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Above: Veteran submariners lead Canadian Forces members, the Naden Band, and Royal Canadian Sea Cadets as they parade through the streets of downtown Victoria May 1 to commemorate Battle of the Atlantic. The celebration commemorates the sacrifices of sailors and merchant seamen who gave their lives in the North Atlantic during the Second World War between September 1939 and May 1945.

Right: LS Rajbir Khabre of Fleet Maintenance Facility Cape Breton, a member of the Parade Vigil, stands at the corner of the Homecoming Statue.

Left: CFB Esquimalt Base Commander, Capt(N) Craig Baines, and Base Chief Petty Officer, CPO1 Douglas Markin, salute after placing a wreath at the base of the Homecoming Statue.







Above left: RAdm Nigel Greenwood, Commander Maritime Forces Pacific, delivers his opening address to parade members and guests. Above right: RAdm Greenwood and Capt(N) (Ret'd) John Mason unveil the Veteran Sailor statue by artist Nathan Scott. Capt(N) Mason was the model for the new statue.

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Exterior



The crew of HMCS Brandon gathers to display the battle Ensign from the original Brandon. A Second World War veteran returned the ensign to the navy 66 years after the captain ordered him to lower it during the decommissioning of the original ship.

Historic naval Ensign returns to Brandon

Lt(N) Hayley Mooney Contributor

Last Monday, sailors from *HMCS Brandon* gathered on the minor warship's foc'sle to display a unique flag that is over six decades old and pays homage to the ship's ancestry.

Gently the sailors opened the Second World War Naval

Ensign that once adorned HMCS Brandon (K149), a Royal Canadian Navy corvette that provided convoy escort duty throughout the Battle of the Atlantic.

Norm Aldridge, a resident of London, Ont., had the flag in his possession, taking it home after the decommissioning of the ship in 1945. He presented the ensign at a Battle of the Atlantic Memorial at *HMCS Prevost*. Lt(N) Sean Batte, of *HMCS Prevost*, returned the flag on his behalf.

New web-based course helps families

Jon Chabun MFRC

The Esquimalt Military Family Resource Centre (MFRC) will launch the first web-based learning tool for Canadian military parents on

Wednesday, May 11. "Raising Your Military Child" teaches the at-home and deployed parent about behaviours they may see in their child and how to support them at any age. The bilingual and confidential training is available online at no cost by visiting www. esquimaltmfrc.com.

"There has been recent research done on the impact of military life on children," said Gaynor Jackson, executive director of the Esquimalt MFRC. A study in March 2011 by the University of New Brunswick reported that teens from military families face unique stressors during deployment.

"The study wasn't news to Military Family Resource Centres," continued Jackson. "We developed 'Raising Your Military Child' because of what our families say their needs are. We have been creating this resource since last fall based on that input. The tool gives parents easily accessible tips on how The tool gives parents easily accessible tips on how to best support their children if they are impacted by the lifestyle challenges.

It was important to make

the learning tool available

online. Research from the

Esquimalt MFRC showed

that close to 15 per cent of

military families resides at

least a 30-minute drive from

-Gaynor Jackson MFRC Executive Director

to best support their children if they are impacted by the lifestyle challenges. No matter what age, we can all experience stress. This tool covers all age groups from newborns to teens." one of the MFRC's three locations. "Families can't always get

into the resource centre," said Jackson. "'Raising Your Military Child' is available on our website anytime of the day for them to access."

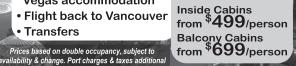
Established in 1988, the Esquimalt MFRC is the only local non-profit organization that provides programs and services for military members posted to CFB Esquimalt and their families. It has three locations including two in Esquimalt and one in Colwood.



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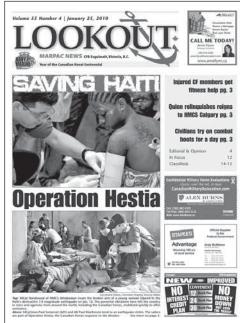
Sara Helmeczi

I'm not sure about you but I was under the impression that technology was forcing print media out of business. After attend-

It's true the U.S. has seen newspapers closing up shop, but Canada has actually seen an increase in readership and subscriptions. What has changed is the necessity for newspapers to have a robust website and make use of a variety of social media tools.

Those in the know such as Suzanne Raitt, VP of Marketing and Innovation for Newspapers Canada, and Mario Garcia, CEO and Founder of Garcia Media, indicated that newspapers still enjoy a high level of reader trust for their content, and in-depth stories are more accessible in print form.

Surveys show that most people get their news from a variety of sources with print being the mainstay, and websites and TV a far second. But we can expect to see more and more newspapers developing complimentary websites and apps to stay current, interesting and keep us subscribing.



ads are seen as part of the content, providing a different kind of information, but one that is expected and accepted by readers. Geoff Tan, Senior VP from Singapore Press Holdings, showed a glimpse into the future of advertising. Their 17 publications are on the cutting edge of new age ads that include 3D art, taste strips, scents, bizarre shapes, and even embedded video chips.

The highlight of the conference was the formal gala held in the River Rock Casino Resort Theatre where 98 Canadian Community Newspaper Awards were presented. The MC for the evening was author and humorist Arthur Black who kept the hundreds of guests from across the country entertained.

Our own newspaper Lookout was nominated in the category of Best Canadian Forces Newspaper, up against Halifax's Trident Newspaper and the Shilo Stag from CFB Shilo. The Haiti edition from last January was submitted for judging and Lookout once again earned top honours. The judges said that "Lookout staff did a wonderful job creating a visually themed newspaper that draws attention to, rather than detracting from, the excellent editorial text."

Personnel Support Programs Manager Dave Molinari accepted the award on Lookout's behalf.

Winning two years in a row could not have been achieved without the support of the local Defence Team, especially the Base Commander who is the publisher, the talented Image Technicians, and personnel who contribute ideas and stories about their units. Congratulations to the staff of the Lookout and please keep supporting our award-winning newspaper.





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WHAT SAY WE

ing the recent Ink+Bevond Conference. I learned this is far from reality.

In order for a newspaper to be profitable they need advertising. Unlike TV ads, print

INBRIEF

Dig out those re-gifts for gargage sale

Have you been doing your Tales from the deep spring cleaning? Do you need to get rid of things that are piling up around the house and yard? The residents of the 1100-1200 block of Old Esquimalt Road will be holding their annual Garage Sale on Saturday, June 4, at 9 a.m.

The Lampson MFRC will be joining them again. If you would like to sell your wares, the MFRC will provide you with a table in their parking lot behind Lampson School for a nominal fee of \$5. Come set up and meet people in your community or just drop by and enjoy a hot dog and drink for a small fee.

To reserve a table, call Vida Anderson-Wulff at 250-363-0101 or email her at vida. anderson-wulff@forces.gc.ca. ID Checks this week

From May 11 to 12 the Military Police Unit will conduct DND ID checks at various locations within CFB Esquimalt. Ensure you verify your ID card and commence any administrative procedures to rectify any shortcomings.

Join Canadian submari-

ners, our "living artefacts", as they recount their underwater adventures on Saturday afternoon, April 30, at the Maritime Museum in Bastion Square. Artefacts from the submarine HMCS Grilse, including a unique scrapbook, will be on display.

Anyone wanting to hear firsthand about life in "the silent service" is welcome to drop in for a chat with stalwart submariners between 2 and 4 p.m. Grilse served as the Royal Canadian Navy's West Coast submarine from 1961 to 1969 and was followed by Rainbow (1968-74).

Acres of Lions at PFC

Acres of Lions has just returned from performing at the Canadian Music Festival in Toronto. Normally, tickets for their performances sell for \$15. The PFC is offering all junior rank members a great deal at \$5 a ticket, or \$10 at the door on Friday, May 6. Doors open at 7 p.m., band

at 9 p.m. Golf Tourny

The 17th annual Naden

Open takes place June 23, and is hosted by Olympic View Golf Course. Entry fees are \$85 for military and DND, and \$105 for guests.

Register at Naden Athletic centre kiosk by June 10. For more information, contact the PSP sports office at 250-363-4068/9.

Military rugby players wanted

Enter a team or as an individual to compete in the Buccaneer Days Rugby 7's Tournament Saturday June 11 at Bullen Field. Start time is 9 a.m. and there is no cost for military members, \$20 for DND civilians. Last day to register is May 12.To register contact Matt at PSP Sports 250-363-4540 or Matthew. Carlson@forces.gc.ca.

New Course Calendar at the LCC

The Learning and Career Centre (LCC) is proud to announce the launch of the 2011-2012 training calendar. The LCC offers more than 50 different courses to both civilian and military personnel to help you achieve your learning and work performance goals.

Check out some of the newest additions to the curriculum: Understanding Your Leadership Style, Presentation Skills, and Managing Multiple Projects & Deadlines. Also, look for offerings of their most popular courses including Project Management, The Supervisor Development Program, HR Topics, and a full array of computer classes. The LCC are also offering multiple sessions throughout the year of DND required training to help fit with your schedule.

Space is available for May 2011 courses: Business Writing, Harassment Prevention for Employees, Supervisor Development Program, HR Topics: Classification Overview, Work Description Writing and the Pre-Retirement Seminar.

For course descriptions and calendar visit the LCC website: http://hr.ottawa-hull. mil.ca/hrciv/applications/ lcc/en/ncc_courseListLoc_e. asp?lccid=8&view=alpha

To register, please contact your Unit Training Coordinator.



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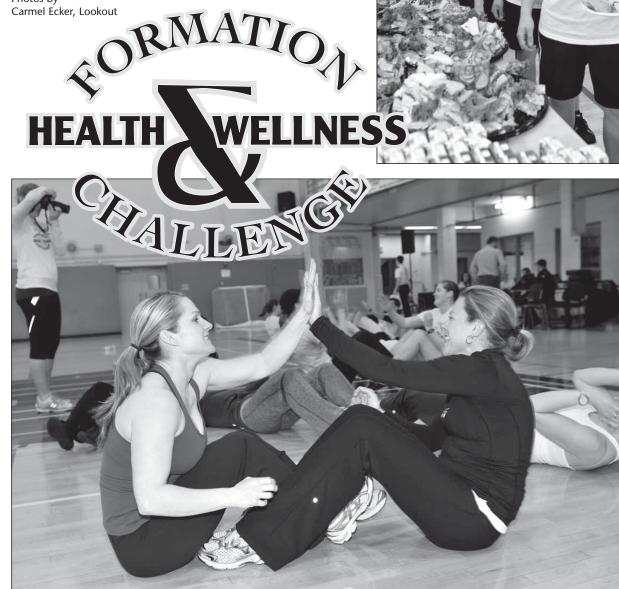
Complete Mechanical Repair 610 Herald St • 382-6184 GOOD YEAR DUNLOP

Health challenge kicks off

CFB Esquimalt employees gathered at the Naden Athletic Centre lower gym on May 2 to kick off the 2011 Formation Health and Wellness Challenge. The lunch time event featured an address by RAdm Nigel Greenwood, a healthy lunch and a 10 minute boot camp class with Aura Fitness.

Right: OS Matt Kettle of Base Manual Party loads up his plate with sandwiches, fruit and cookies courtesy of Thrifty Foods.

Below: Crystal Lockyer (left) and Kelly Forsley participate in the boot camp portion of the afternoon's festivities. Photos by



Wake up in the morning



with the JACKFM Morning Show on 103.1 JACKFM

And the winner is...

James Grossmith

From April 15-29 Personnel Support Programs (PSP) Recreation ran a contest to name the new climbing apparatus at the Naden Pool.

The votes are in and we have a winner.

The new name for the climbing apparatus is "Tip Sea". Tip Sea received 33 per cent of the votes, with Sea to Sky Climber coming in second place, with 29 per cent, Sea Monkey Bars with a close 24 per cent, and Snakes & Ladders in last place with 13 per cent.

If you want to come by and try "Tip Sea" out, the pool is open for recreational swimming from 4 to 10 p.m. every weekday, and from 9 a.m. to 8 p.m. on weekends.

Be forewarned though, it is not as easy as it looks. Many people have tried and failed to conquer "Tip Sea". If you are looking for a challenge then come down and give it a try.

As the "Tip Sea" entry was received without a name or contact information, we will hold on to the prize for another competition. Thank you to those who submitted their creative entries.



Know your vitamins

Choose the nutritional supplements that can help you in summertime situations.

1. This vitamin when taken orally, acts as an effective insect repellent.

- a) Vitamin D
- b) Vitamin K
- c) Vitamin B1
- d) Vitamin A

2. If you bruise easily, you should take more:

a) Vitamin C b) Vitamin K (usually found in combination with

- Vitamin D)
- c) Bilberry extract
- d) Bioflavonoidse) all of the above

3. You can prevent and ease sunburn by increasing

intake of: a) Vitamin *C*, bioflavo-

noids b) Dark coloured berries,

or BerryRich supplement c) Vitamin A or Beta caro-

tene d) Omoga 2 from fish oil

- d) Omega-3 from fish oil 4 e; 5 c.or flax seed oil *Courtesy:*
- e) all of the above
- 4. When it's too hot to www.newscanada.com

a) buying a quiet fan and putting a bucket of ice water behind it so it blows colder

air b) drinking iced green tea (with L–theanine) – decaffeinated

c) moving your bed into the basement, if you have one d) take melatonin an hour

before bedtime e) all of the above

5. Take this along on camp-

ing trips for a small but effective "first aid kit".

- a) garlic
- b) Vitamin C c) tea tree oil
- d) chocolate (good until it

melts!) e) none of the above Too easy? Maybe, but perhaps you have some new

ideas for ways to ensure a safe, healthy, and enjoyable summer for all members of the family.

Answers: 1 – c; 2 – e; 3 – e; + – e; 5 – c.

Courtesy: webber naturals consumer information center. www.newscanada.com

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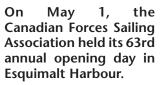
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CF Sailing Assocation ready for summer





Left: HMCS Oriole hosted the CFSA's CPO2 Commodore Haggis, John and RAdm Greenwood, Commander Maritime Forces Pacific. CFSA boats sailed past and received a salute from both men.

Bottom left and right: Boat crews got creative, donning costumes and playing music.

Ben Green, Lookout



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CELE International Migratory Bird Day

Shelley Lipke Staff writer

You can watch the big birds nesting on live video stream or you can enjoy the theatre of nature in person.

If you prefer the smell of the forest, the sound of wind rustling through the leaves, and the excitement of spotting hummingbirds, Black Capped Chickadees, Pacific Wrens, and owls as they return from their winter vacation, then consider bird watching next Saturday at Beaver Lake.

To celebrate International Migratory Bird Day, Rocky Point Bird Observatory, Capital Regional District (CRD) Regional Parks and Victoria Natural History Society will host an all day free event for the family starting at 7 a.m. with a bird watching tour leaving the Nature Centre in the main Beaver Lake parking lot.

"This event is celebrated all over the world," said Shona Lawson, President of Rocky Point Bird Observatory. "It coincides with International Keep Your Cats Indoors Day as domestic cats are the number one predators of songbirds."

There will be guided bird walks, hummingbird and songbird banding demonstrations, children's activities and presentations.

Then the main event starts at 10 a.m. with booths staffed by the Victoria Natural History Society, the CRD Regional Parks, Rocky Point Bird Observatory, the Hummingbird Project of B.C., and other community organizations.

Displays will allow youth to see and touch feathers and skulls, and learn more about birds. **Rocky Point Bird Observatory** (**RPBO**)

The Migratory Bird Observatory at Rocky Point is along one of four flyways across North America, called the Pacific Flyway. Each year the birds are caught in mist nets and banded from July through September to monitor and track various species of birds and their populations.

"We have 12 or 13 of these nets that are about 1.5 metres high by six metres long. Since the birds are most active early morning and early evening we open the nest up just before sunrise and work until just after lunch," says Lawson.

During the banding season, about 50 volunteers rotate through a 90-day period to help the Bander-in-Charge and an intern funded from Environment Canada's Science Horizons program. The net lanes are established in the same place for a number of years so they can track the birds, both species and populations over time.

"When the birds get caught in the nets they are carefully extracted from them by trained handlers and then banded and measured, and have their body condition assessed by a bander. Then the birds are released and the data goes into a database bank. RPBO activities are done in accordance with provincial and federal permits. We submit our data to Canadian Wildlife Service, Canadian Bird Banding Laboratory and Canadian migration monitoring network (CMMN)," explains Lawson.

This becomes information for provincial and federal and other biologists to use to help monitor and manage songbird populations and habitats. It helps provide detail if species, such as American Robin populations are declining, or if they are not producing as many offspring. The CMMN also monitors migration activities over the years, and shows if populations of various species are declining or increasing. Last year RPBO banded more than 3,000 birds from 63 species during fall migration with the most exciting bird caught being a Red-tailed Hawk and the most common a Wilson's Warbler.

Rocky Point Bird Observatory is always on the hunt for volunteers and offers an annual bird banding workshop in the spring.

"People can have a better understanding and appreciation of wildlife in our world getting bv involved," says Lawson. "This is a really interesting area Canada of because have we bird species that are residents, species that migrate here to breed and species that migrate here to spend the winter. We can catch anywhere from zero to 100 birds a day. One net we had this year caught more than 500 birds over the course of the season. We welcome all ages of volunteers, but for banding activities at Rocky Point the minimum age is 18."

Go to www.rpbo.org for more information on the organization, or to volunteer.

More information on the International Migratory Bird Day can be found at www.crd.bc.ca/parks, www.rpbo.org or www.vicnhs.bc.ca

Photos by Glenn Bartley, professional wildlife photographer







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Three soldiers killed in traffic accident

Shilo Stag

The names of three 2 Princess Patricia Canadian Light Infantry (2PPCLI) soldiers killed in a Veterans Way accident near CFB Shilo May 1 have been released.

Pte Daniel Scoular, 24, of Half Moon Bay, B.C., and Pte Brayden MacLachlan, 26, of Port Dover, ON, died at the scene. Cpl Yannick Wright, 27, of Toronto died May 2 in a Brandon hospital.

A fourth soldier was injured and remains in hospital.

The soldiers were travelling in a private vehicle April 30 that went out of control on an icy road during a snowstorm and tumbled off a bridge over Willow Creek around 12:30 a.m. Pte Scoular had been in the Canadian Forces just shy of two years and was posted to CFB Shilo in July 2010. Pte MacLachlan had been in the CF for almost three years and was also posted to Shilo in July 2010. Cpl Wright had been a soldier for three years and was posted to Shilo in 2008. He had



Photo by Denise Andries

This memorial was put up on the Willow Creek bridge on Veterans Way, the site of a April 30 accident that claimed the lives of three soldiers from CFB Shilo.

one tour in Afghanistan in 2009. "We are deeply saddened by the loss of Daniel, Brayden, and Yannick and our hearts and deepest sympathies go out to their families," said LCol

Shane Schreiber, commanding officer of 2PPCLI. "They were excellent soldiers, friends and young men, and they will be very much missed by their comrades in the regiment."



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HMCS Charlottetown assists migrant vessel near Libya

Lt(N) Michael McWhinnie **HMCS** Charlottetown

Central Mediterranean Sea - The crew of HMCS Charlottetown saw the human face of regional instability recently while investigating a migrant vessel in the waters off Libya.

Shortly before noon on March 25, an order from the Commander Combined Task Group 455.01 directed Charlottetown to investigate a vessel off the coast of North Africa that had been reported as "adrift" to authorities ashore. The frigate scrambled its Sea King helicopter, which became the first NATO aircraft to reach the vessel.

"We located the vessel, tracked it by radar, and confirmed visually it was making good headway," said pilot Capt Gerritt Siebring. "As soon as Charlottetown came into visual distance, however, the vessel stopped dead in the water."

When contacted by radio, the crew of the migrant vessel claimed they were adrift because their engine was seized and they were out of fuel. A boarding party set off from the frigate to investigate.

Once aboard the migrant vessel, the boarding party members saw that the actual situation was rather different.

"I was surprised to see the engine was running," said engineer PO2 Serge Grondin. "I checked the sump and the oil was pure black; there was no water contamination as they said. When I checked their fuel, there was easily 400 litres in their tanks."

The boat also had an efficient bilge pump, powered by the main engine.

After a minor adjustment to the rudimentary steering system, the migrant vessel was deemed seaworthy. Meanwhile, Charlottetown provided food, water and blankets for the passengers, and a member of the warship's medical team checked their general health. The final determination was that, although crowded, everyone aboard was in good health and in no immediate danger.

"Once we provided aid and met our obligations by assuring their health, ability to navigate and safely operate their vessel, our options became limited," said Cdr Craig Skjerpen, commanding officer of HMCS Charlottetown. "We opened our distance and resumed our patrol, but stayed close enough to monitor the situation and respond if required."

The warship monitored the migrant vessel all night as the NATO Combined Task Group began managing the situation in coordination with Italian national authorities. The Italian Coast Guard took charge of the vessel and its occupants the following day.

"I am told these boats are a common and ongoing challenge in this region; nonetheless, it was an encounter that marked our Canadians sensibilities," said Cdr Skjerpen. "The safety margin becomes low when a master loads his vessel with this many people. Even a seaworthy craft presents an elevated risk should the sea state deteriorate."

The issue of informal migration from North Africa is not new. According to the Migration Policy Institute, an independent non-profit organization that studies world population flows, between 65,000 and 120,000 sub-Saharan Africans enter the region each year, and tens of thousands attempt to reach European destinations in Spain, Malta or Italy by boat. The crisis in Libya has undoubtedly made the situation worse. The United Nations High Commission on Refugees estimates that, between March 23 and April 27, 2011, almost 635,000 people — including more than 250,000 "third-country" citizens crossed the Libyan border into neighbouring countries, most of them heading for Egypt or Tunisia.

Charlottetown is currently deployed on Operation Mobile in the central Mediterranean Sea. Since March 23, Charlottetown has been part of Operation Unified Protector, the NATO-led maritime effort to enforce the arms embargo against Libya called for in Resolutions 1970 and 1973 of the United Nations Security Council. The objective of the arms embargo is to protect civilians in Libya by preventing the delivery of weapons, ammunition, military vehicles and equipment, and troops to destinations in Libya.



Lt(N) Michael McWhinnie

Above: Ethiopian and Eritrean expatriates aboard a migrant vessel outward bound from Libya await the arrival of a boarding party HMCS Charlottetown.

Below: Aboard HMCS Charlottetown, LCdr Matthew Coates, the Executive Officer, coordinates the ship's response to a report of a migrant vessel adrift at sea.



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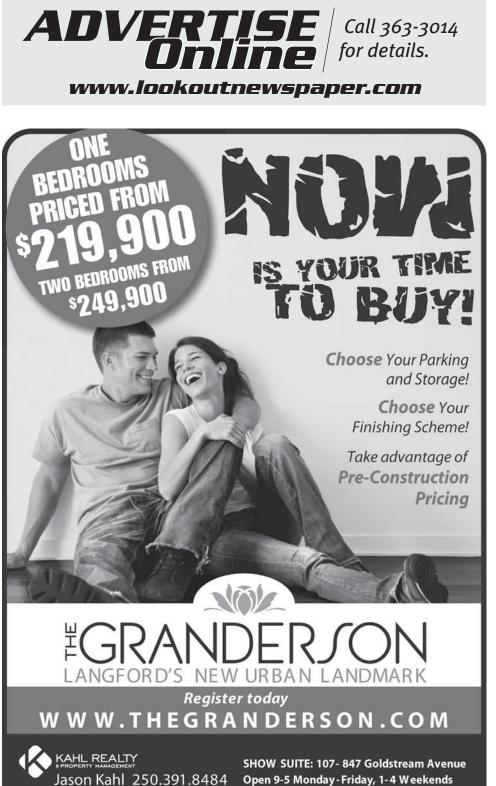
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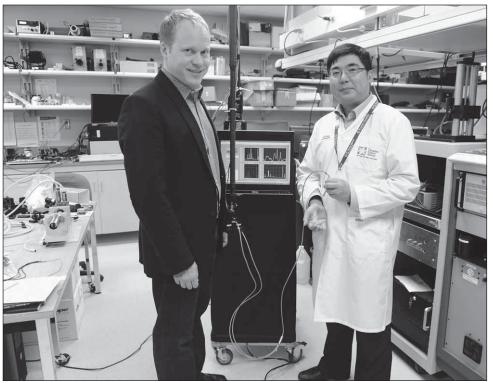


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Thomas Braun, president and CEO of Verisante Technology, Inc. (left), with Dr. Haishan Zeng, one of the co-inventors of the Verisante Aura and senior scientist, Integrative Oncology Department at the B.C. Cancer Agency, show the Verisante technology for early cancer detection.

New device provides quick and accuate skin cancer diagnosis

News Canada

Dr. Harvey Lui, a wellknown dermatologist in Vancouver, has seen the same story play out for thousands of worried patients waiting for a skin cancer diagnosis.

First, a potentially long wait to see a dermatologist followed by a medical exam and a decision to biopsy based on limited tools. Patients then waited days to hear whether biopsied lesions are cancerous. So Dr. Lui and two colleagues at the B.C. Cancer Agency and Vancouver General Hospital (VGH) – Doctors David McLean and Haishan Zeng – started work on a new tool they hoped would be an innovative technology that could determine whether a lesion is cancerous or not in a non-invasive manner.

Now known as the Verisante Aura, the device can detect a malignant melanoma or other type of skin cancer in less than two seconds by shining a ray of light on it.

So Dr. Lui and two colleagues at the B.C. Cancer of tools available, diagnosing malignant melanoma – the most deadly form of skin cancer - can be challenging for even the most experienced dermatologist. Clearly, a new tool such as the Verisante Aura was desperately needed to improve patient care and detection procedures, and provide immediate diagnosis," said Dr. Lui, head and professor in the Department of Dermatology and Skin Science at the University of British Columbia and director of the worldrenowned Skin Care Centre at VGH.

When available in Canada in fall 2011, the Verisante Aura will help patients avoid unnecessary biopsies and help doctors detect more early–stage cancers.



Now that's...



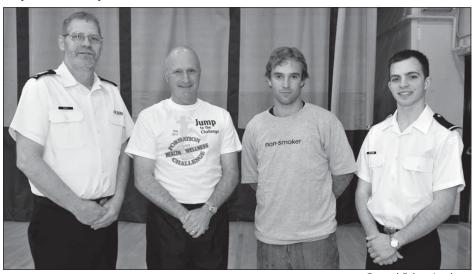


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Capt Alain Ruel, BCE Customer Services Officer, was presented with his new rank by MGen E.S. Fitch (Ret'd) and the Base Construction Engineering Officer, LCol D.O. Quinn, during a brief ceremony at the commencement of the Canadian Military Engineers 108th Birthday Mess Dinner held at CFB Esquimalt on April 20.



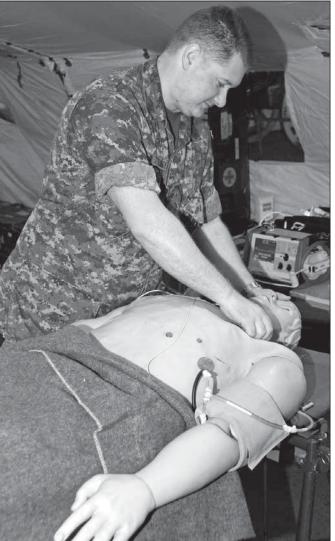
Carmel Ecker, Lookout During the Formation Health and Wellness Challenge Kickoff May 2, RAdm Nigel Greenwood (second from left), Commander Maritime Forces Pacific, congratulated the winner's of this year's March 1st I Quit! Challenge. CPO1 David Bodie (left) took third, Shaun Gurney (second from right) took second, and NCdt Nicolas St. Louis walked away with first prize, all gift certificates from CANEX.



Left: Donald Preusche accepts a Bravo Zulu for General Safety from Base Commander Capt(N) Craig Baines during last week's North American Safety and Health Week Trade Show.

Right: PO2 Bob McNally accepts a Bravo Zulu for General Safety from Capt(N) Craig Baines.





Ben Green, Lookout Last Thursday, Naden's Drill Shed was transformed with booths and presentations dedicated to innovative products and services to help make the work place safer. Trade show attendees also had the chance to win raffle prizes and collect swag.

Left: WO Jason Byrne attaches a three-lead ECG on the medi-man patient simulator. The dummy breathes, responds, and has a pulse like a normal human.

Below: CFB Esquimalt Fire Inspector Ed Blaney stands ready to answer questions at the fire rescue table.





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Lookout

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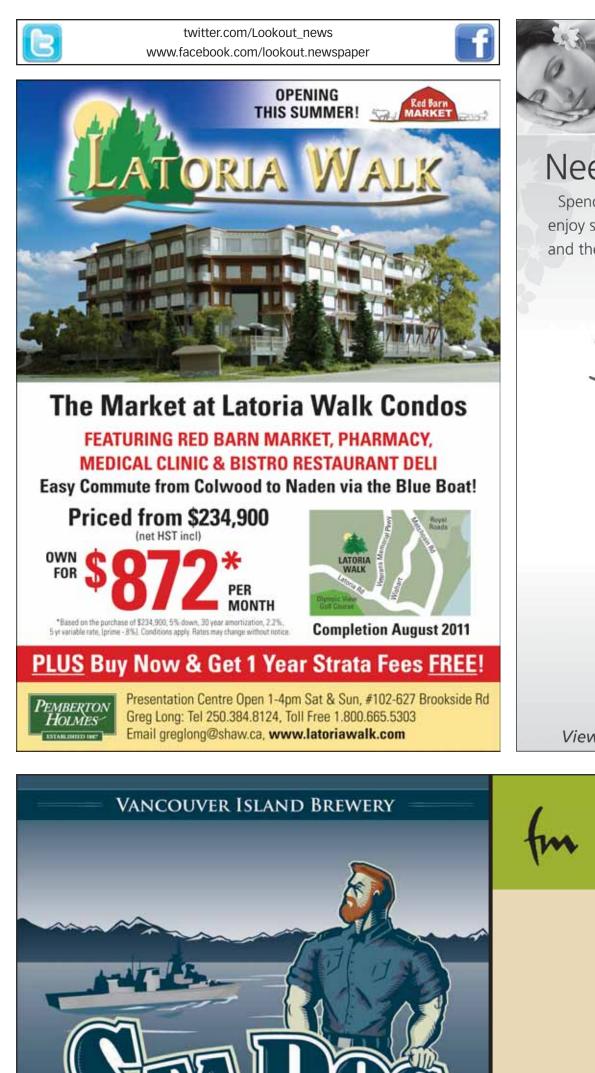
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