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Shooting for Nationals



Esquimalt maintains heavy pressure as the puck is shovelled towards the Comox goal during game two of their regional tournament on Jan. 19. The game was hard fought, but Esquimalt eventually overpowered Comox 8-0 to book their ticket to the Canadian Forces National Sports Championship in March.

From Jan. 17-19, CFB Esquimalt's Wurtele Arena hosted the men's, women's and Old Timer's Pacific Regional Hockey Championships. The tournament saw teams from CFB Esquimalt square off against teams from CFB Comox in a best-of-three series. The Esquimalt women and Old Timer's swept Comox in two games, while the men's division went to a third and deciding match that Comox ended up winning 5-3.

Photo by Ben Green, Lookout

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11 January - 26 February

Tobacco-free challenge, butt out for a month

Ben Green
Staff Writer

Personnel Support Programs (PSP) is calling on all tobacco users within the Department of National Defence to kick the habit for one month as part of the *I Quit! Challenge*.

It's no secret that smoking and other forms of tobacco use greatly increase the odds of developing a multitude of health issues.

Heather Williams, Health Promotion Manager at PSP, says tobacco products also have a negative effect on mission readiness. Smoking increases a military member's risk of respiratory problems and bone and muscle injuries. The reduced blood flow to the bones and muscles that results from smoking is at least partly responsible for these problems.

She says this can add up to be a big bill for the Canadian Forces.

"Tobacco use costs the CF Regular Force more than \$36 million per year in treating tobacco-related diseases, loss of productivity, and absenteeism," she says.

So, in support of Health Promotion's larger, eight-week Butt Out smoking cessation program, the *I Quit! Challenge* is looking for a minimum of 1,000 personnel nationwide to quit from March 1 to April 1.

To participate, personnel must find two supporters who will verify the quitter remained tobacco-free during the month of March. Former tobacco users who have quit in the last six months must remain tobacco-free in order to participate. At the end of the month, successful quitters will answer a simple skill-testing question and undergo a carbon monoxide test.

"The winners will be tested, with a carbon monoxide monitor if applicable, to prove they have not been using tobacco during the month of March 2012," says Williams. "If the test cannot be done for any reason, the winners will have to sign a statutory declaration."

Williams adds that participants are free to use any tobacco cessation medication, such as Zyban or nicotine patches and gum, as the carbon monoxide test is an indicator of smoke exposure only.

On April 1, there will be a series of random draws from all participants registered locally and nationally. The national draw will award a \$2,000, \$1,250, and a \$750 CANEX gift card, and 28 local draws will give a \$200 and \$125 CANEX gift card. There will also be one national prize for a supporter, a \$500 CANEX gift card, and a local prize for a supporter, a \$50 CANEX gift card.

The two supporters of the winning participant will have to certify that, to the best of their knowledge, their participant kept the commitment to not use tobacco for the month.

Williams says she hopes the *I Quit! Challenge* will be a platform for participants to continue to quit tobacco use after the month is over and perhaps motivation for those who've been unsuccessful in the past.

"Try, try, and try again," she adds. "It's never too late. For some people it takes several times to quit. The more times you try, the more you learn and the better your chances for a smoke-free future."

Interested participants have until Feb. 29 at 11:59 p.m. Eastern Time to register online. Information post-

ers and brochures are available at many locations around base, including the pharmacy, the fitness centres, CANEX, the dental offices, and the Military Family Resource Centres.

Those wanting to enrol in the larger Butt Out program can visit the Naden Athletic Centre between 9 and 11 a.m. on Mondays and Wednesdays to sign up. Military members can obtain smoking cessation medications free of charge while on the program.

To register for the *I Quit! Challenge*, visit <http://cmp-cpm.forces.mil.ca/health-sante/iquit-jarrete/>. Any questions can be forwarded to Williams via email at heather.williams@forces.gc.ca or by phone at 250-363-5532.



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With their NATO operations complete, HMCS Vancouver underwent its change of command ceremony two weeks ago. Cdr Peats (right) relinquished command to Cdr Mazur (left) as Cmdre Ellis (centre), Commander Canadian Fleet Pacific, was the ceremony's Reviewing Officer.

Mission ends with change of command

Lt(N) Tony Wright
HMCS Vancouver

On an unseasonably warm Jan. 13 in Funchal on the Island of Madeira, Portugal, the crew of *HMCS Vancouver* assembled on the flight deck to witness a ceremony rich with tradition; the ship's change of command from Cdr Bradley Peats, who has commanded the ship since November 2010, to Cdr David Mazur.

Reviewing Officer for the ceremony was Cmdre Peter Ellis, Commander Canadian Fleet Pacific.

Vancouver's deployment in the Mediterranean with Operation Unified Protector and Operation Active Endeavour is now complete and the ship visited this island in the Azores to conduct a decompression stop and a change of command.

As tradition dictates, Cdr Peats and Cdr Mazur signed proclamations officially transferring the ship's command, all witnessed by Cmdre Ellis. Cdr Peats then, "turned over the watch" to Cdr Mazur and reported to Cmdre Ellis that "I stand relieved." Cdr Mazur followed with his report to the Commodore, "I have the ship."

In another long held tradition, Cdr Peats was rowed ashore by the ship's senior officers. Being that the ship was in Portugal, a colourful Portuguese row boat was found for this duty.

Cdr Peats will now return to Esquimalt for some much deserved leave and then on to his next posting as Commanding Officer of the Naval Officer Training Centre Venture.

Cdr Mazur will bring Vancouver home, transiting the Atlantic Ocean and Panama Canal. The ship will come alongside in Esquimalt in mid February.

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MPCORNER The facts about Cocaine

Sgt Benoit Rheaume
Military Police Community Relations

Cocaine (Benzoylmethylecgonine) is a drug (paste) extracted from the leaves of the South American coca plant. It is a strong stimulant that effects the body's central nervous system (CNS).

On the "street", cocaine is often called: Coke, Dust, Toot, Line, Nose Candy, Snow, Sneeze, Powder, Girl, White Pony, Flake, C, The Lady, Cain, Neurocain, Rock, and Crack.

Cocaine can be injected, smoked, sniffed, or snorted and is the second most commonly used illicit drug in the U.S./Canada. Nearly one per cent of Americans, or 2.1 million people, are currently using cocaine (no data on Canadian users).

The drug creates a strong sense of exhilaration. Users generally feel invincible, care-free, alert, euphoric and have a lot of energy. This is usually followed by agitation, depression, anxiety, paranoia and decreased appetite. The effects of cocaine generally last about two hours.

Cocaine is potent and dangerous. The short-term and long-term effects of cocaine are equally dangerous. The danger of experiencing cardiac arrest or seizures followed by respiratory failure is equal in both short and long term abuse.

- Insomnia
- Loss of appetite
- Blurred vision
- Vomiting
- High anxiety
- Irritability
- Constricted blood vessels
- Dilated pupils
- Nasal infections
- Nose bleeds
- Rapid breathing
- Sweating
- Violent behavior
- Twitching
- Hallucinations

The long-term effects of using cocaine can include extreme agitation, violent mood swings and depression. Prolonged use of snorting cocaine cause ulcerations in the mucous membrane of the nose and holes and in the barrier separating the nostrils.

It can also result in a loss of appetite, extreme insomnia and sexual problems. Heart disease, heart attacks, respiratory failure, strokes, seizures, and gastrointestinal problems are not uncommon among long-term users of cocaine and crack.

Crack cocaine is a highly addictive and powerful stimulant that is derived from powdered cocaine. Crack is made by dis-

solving powdered cocaine in a mixture of water and ammonia or sodium bicarbonate (baking soda). The mixture is boiled until a solid substance forms. It is removed from the liquid, dried, and then broken into the chunks (rocks) that are sold as crack cocaine.

Crack is nearly always smoked, delivering a large quantity of the drug to the lungs, producing an immediate and intense euphoric effect. Because of its availability and intense effects, crack has grown in popularity. Health risks and problems resulting from crack use are the same as those listed for cocaine, however because of the intensity of the drug it is a higher risk.

Cocaine is highly addictive, leaving users with an overwhelming craving for the drug. The addiction to crack develops quickly, sometimes after just a few times of smoking it. Those addicted to cocaine or crack can find help with behavioral treatments including both residential and outpatient approaches.

CFB Esquimalt Military Police: (250) 363-4032 or 9-1-1

To report information relating to any crime, visit: www.victoriacrimestoppers.com or call 1-800-222-8477.

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to misplace anything again. Now us gnomes can be forgetful folks at times, so I had my fair share of run-ins with ol' Lucky Bag. Fortunately, my diminutive posture and overall cuteness often dissuaded those in charge from the regular punishment, instead settling for a few good paddles from one of the mess' wooden spoons.

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Ship Aids in Massive Drug Recovery

HMCS St. John's helped recover drug cargo from a scuttled self-propelled semi-submersible vessel while deployed on Operation Caribbe in the Caribbean Basin from October to November of last year. More than 6,700 kilograms of cocaine was seized, carrying an estimated street value of US\$180 million. During the operation, St. John's worked with assets from France, the Netherlands, Spain, the U.K., the U.S., and a U.S. Coast Guard law enforcement detachment, a team of experts in maritime law enforcement and counter-narcotic operations.

Centennial Concert

On Jan. 29, A Great Noyse, part of the Esquimalt Centennial Concert Series, will play at St. Paul's Historic Naval and Garrison Church. The concert, which features period instruments and music from the 1400-1500s, will begin at 3 p.m. with doors opening at 2:30 p.m. Tickets are \$10 for adults, free for students, and \$40 for an entire series ticket. They will be available at the door, but can also be purchased by calling 250-598-1687 or emailing rrweb@shaw.ca. Proceeds from the concert will go towards the performing ensemble as well as the Friends of St. Paul's organ restoration fund.

Model Shipbuilding

From Feb. 3-5, Victoria Model Shipbuilding Society will host their 25th Westshore Hobby Show. Large model ships will be on display tables while smaller ones will be radio controlled in the club's own portable pool. For more information call 250-385-9552.

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First grad parade for Warrior Training of Afghan soldiers

Major Glen Parent
Op Attention / CCTM-A

After nine weeks of drill, range practice, patrolling techniques, checkpoint procedures and convoy exercises, the 1,400 Afghan National Army soldiers on parade at the Regional Military Training Centre-West, near Herat in western Afghanistan, deserved every moment of the praise and recognition they received during the ceremony marking their successful completion of Basic Warrior Training (BWT).

So did their instructors, who are senior soldiers of the Afghan National Army, and the 15 Canadian Forces members deployed in Herat to support and assist them.

This BWT serial was the first course conducted at RMTC-West with the assistance of Canadian Forces training advisors.

"Our role as advisors is to observe how the Afghan National Army conducts BWT courses, help them fine-tune their instruction methods, and set the conditions for RMTC-West to become an enduring institution," said senior advisor Capt John Miller.

Canadian Forces training advisors arrived in the Herat area in October 2011 as part of the initial rotation of Canada's contribution to the NATO Training Mission-Afghanistan. They have already learned a lot about their ANA counterparts and the Afghan

National Army in general.

"The BWT instructors are highly motivated and dedicated to improving the situation in Afghanistan, and the recruits are proud to become members of the ANA," said advisor MCpl Rob Covelli.

Since the graduation of that first course Dec. 27, 2011, Canadians at RMTC-West have been working with the ANA training staff to prepare for the next BWT course, scheduled in mid-January.

"It is satisfying to know that BWT graduates will contribute to Afghanistan, whether they continue their military careers or apply their newfound literacy and teamwork skills as civilians," said Capt Miller.

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Sgt Bryon Boyes, CCTM-A

A graduate of ANA Basic Warrior Training shows his certificate to fellow soldiers during the graduation parade at the RMTC-West in Herat, Afghanistan on Dec. 29.

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Photo by Ben Green, Lookout
Capt(N) Luc Cassivi drops the ceremonial first puck at the Jan. 17 Opening Ceremony of the Pacific Regional Hockey Championships at CFB Esquimalt's Wurtele Arena. Capt Tara Langley (left), captain of the women's Comox squad, and PO2 Christine Carrier, captain of the women's Esquimalt squad, take the puck drop. The tournament, which pits men's, women's, and Old Timer's teams from Esquimalt and CFB Comox, sees who represents the Pacific Region at this year's Nationals.

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Afghan soldiers schooled in math and reading

Sergeant Will Kelsey

Op Attention / NATO Training
Mission-Afghanistan

As you read this article, you probably don't stop to consider when and how you learned to read. Reading is second nature to you, and you can barely remember when it wasn't.

But what if you had to learn to read and write now?

Learning to read and write as an adult is a challenge that the vast majority of Afghan National Army (ANA) recruits face.

Thirty-five recruits sit quietly in a tent at the Kabul Military Training Centre (KMTC), a vast military base and training area located in the eastern fringes of Afghanistan's capital city. With keen interest, the recruits track every move of the man at the front of the tent, an Afghan civilian teacher — proud and skilled in his craft — who methodically works through the day's lesson. Today, the recruits are learning the first letters in the alphabet.

There are 39 other tents just like this one, all lined up in neat rows as you would expect in an army camp, accommodating 1,400 more ANA army recruits in different phases of their literacy training. Nearly 9,000 ANA recruits are enrolled in basic training at KMTC, and almost all of them begin with learning to read, write, count and calculate.

All military and police recruit training in Afghanistan now includes a literacy component, and up to 80,000 members of the Afghan national security forces are enrolled in literacy training at any given time.

Literacy training is critical because most recruits cannot read, write or calculate using numbers. Without these skills, soldiers, police and air force personnel cannot read maps, account for supplies, or follow written instructions. At KMTC, only about 13 per cent of recruits pass the initial literacy test before they start training. Only 23 per cent of Afghans are literate and numerate at a basic level.

During ANA basic training, ANA recruits receive 64 hours of literacy and arithmetic instruction designed to bring them to the level achieved in Grade One in Canada.



Photo by MCpl Chris Ward, Canadian Forces

Candidates of the Afghan National Army Basic Warrior Training course begin their days taking literacy classes at the Kabul Military Training Centre (KMTC). More than 200 Canadian Forces advisors and support staff serve at KMTC as part of the Canadian Forces contribution to the NATO Training Mission in Afghanistan (NTM-A).

After basic training, they work up to Grade Two and then Grade Three standard. Programs now in the planning stages will deliver instruction up to Grade Six level.

The Afghan national security forces began their literacy training programs in October 2010. In July 2011, during a ceremony at KMTC, the 100,000th graduate of Grade One literacy training received his scroll and pen.

At KMTC, literacy training is planned and delivered almost entirely by Afghan soldiers and civilians. Foreign advisors provided by the NATO Training Mission-Afghanistan, including two Canadian Forces members deployed on Operation Attention, provide advice on course scheduling and facility management.

Plans are in place for a permanent facility to replace the tents of today. When complete, this facility will accommo-

date more than 3,000 students in classes of 30.

Raising the literacy and numeracy rate among Afghan soldiers, air force personnel and police is a crucial stage in the development of a modern professional force capable of handling Afghanistan's security needs. This effort, launched to meet current operational objectives, will eventually benefit Afghan society as a whole.

The task is daunting, but entirely within the realm of the possible. At KMTC, Canadians work alongside their Afghan partners, class by class and recruit intake by recruit intake, to make reading, writing and arithmetic skills as normal among Afghans as they are among Canadians.

Sgt Will Kelsey is currently deployed in Kabul on Operation Attention. He is employed as a "literacy advisor" at the Kabul Military Training Centre.

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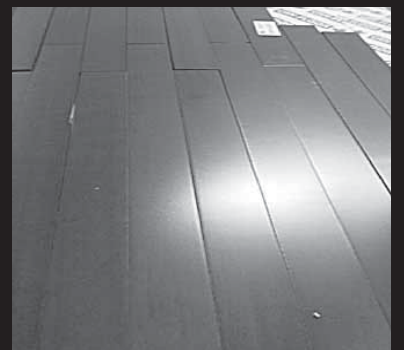
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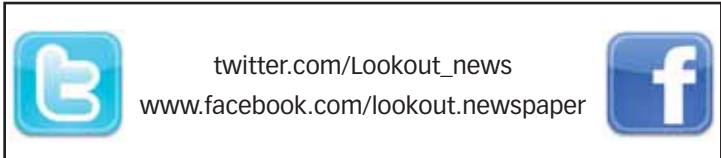


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