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## Sweet 60

Lieutenant Governor Steven Point and Premier Christy Clark give the Diamond Jubilee Flag to Flight Corporal (Cadet) Chase Crawford, Master-Corporal (Cadet) Rathana Tiv and PO2 (Cadet) Federico Naranajo-Bellina. A Ceremonial Guard of Honour, comprised of 100 sailors, soldiers and airmen and women, complemented the Feb. 14 "Presentation of the Black

Rod" ceremony, which was held in honour of the 60th anniversary of the accession to the throne of Her Majesty Queen Elizabeth II. The Naden Band of Maritime Forces Pacific led the Guard along with an artillery saluting battery from 5th (BC) Field Regiment Royal Canadian Artillery.

Photo by Cpl Michael Bastien, MARPAC Imaging Services

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### Presentation of the Black Rod

The anniversary of the Queen's ascension to the throne 60 years ago was cause for celebration. The Guard of Honour, Naden Band and 5th (BC) Field Regiment RCA, brought the ceremony to life on the opening day of Parliament.

**Right:** The Guard of Honour parades in front of the British Columbia Legislative.

**Below left:** LGov Steven Point with LCdr Iain Meredith inspects the Guard of Honour.

**Below right:** Flight Corporal (Cadet) Chase Crawford, MCpl (Cadet) Rathana Tiv and PO2 (Cadet) Federico Naranajo-Bellina salute during the raising of the Diamond Jubilee Flag.



Photos by Cpl Michael Bastien, MARPAC Imaging Services



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# HMCS Charlottetown crew help Italian helicopter land

**SLt Emily Todd**  
HMCS Charlottetown

The Italian Navy helicopter was already hovering over *HMCS Charlottetown* when the alternate current light flashed on the console, indicating an electrical fault.

The pilot's decision to make an emergency landing aboard the Canadian frigate turned a routine flight deck evolution into a successful demonstration of allied interoperability.

The helicopter — call sign "Matador" — is an Agusta-Bell 212 adapted for anti-submarine warfare. It belongs to the air detachment embarked in the guided-missile destroyer ITS Francesco Mimbelli, one of three Italian warships currently deployed with the surface fleet on Operation Active Endeavour, NATO's counter-terrorism operation in the Mediterranean Sea.

"We smelled a strong burning smell, and then lots of smoke filtered into the cockpit," said helicopter pilot LCdr Ciro Sannino. "We followed our procedures: land as soon as possible. We were already [approaching *Charlottetown*], so we decided to land there."

From time to time, electrical systems fail, said *Charlottetown's* Air Officer, Maj David Holmes, who was the Landing Safety Officer on duty at the time of the emergency.

"Aircrew are trained the same all over the world to practise these drills. Hopefully, you never have to do it for real, but it happens. In this situation, Matador being able to land on *Charlottetown* to deal with its emergency is testament to the fact that these drills and

procedures work, and that training is the key to success," he explains.

After careful inspection, the problem turned out to be the helicopter's generator.

The Italian helicopter was moved into *Charlottetown's* hangar for the repair job.

"We needed technicians from Mimbelli, since it was an electrical problem," said LCdr Sannino.

With this repair, *Charlottetown's* routine flying program became not-so-routine: its own helicopter, a CH-124 Sea King, had to fly to the Italian ship, pick up the technicians and bring them back, depositing them on *Charlottetown's* fo'c'sle.

"A fo'c'sle transfer is something we practise. It is very useful, when the flight deck is obstructed, to have an option forward," said Capt Myk Gray of *Charlottetown's* air department. "It turned into a vertical replenishment, since the Italians needed technicians and equipment to get Matador into the hangar — and we needed peanut butter and jelly sandwiches for the crew of our helicopter, whose flight day had suddenly been extended."

After smiling throughout their impromptu visit, the Italian pilots left with full bellies and an experience to share with their comrades.

"Matador" returned a couple of days later with a thank-you package of wine, pasta and Italian desserts.

"It was a pleasure to help out our comrades, and an example of the benefits of sailing with allied navies," said *Charlottetown's* Commanding Officer, Cdr Wade Carter. "They would have done the same for us. It was great to watch my team swing into action — makes you proud."



Italian helicopter tail number 7-67 conducted an emergency landing on board HMCS Charlottetown at sea off the coast of Italy.

Photo by Cpl Ronnie Kinnie, Formation Imaging Services, Halifax

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# matters of OPINION

## MPCORNER Just what is identity theft?

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### Sgt Benoit Rheume Military Police Community Relations

Identity theft refers to the preparatory stage of acquiring and collecting someone else's personal information for criminal purposes.

#### What is Identity Fraud?

Identity fraud is the actual deceptive use of the identity information of another person (living or dead) in connection with various frauds, including impersonating another person and the misuse of debit card or credit card data.

#### Facts

Identity theft techniques can range from unsophisticated, such as dumpster diving and mail theft, to more elaborate schemes.

Technology, mainly the Internet, facilitates more elaborate schemes, such as skimming, phishing, and hacking as criminals gather profiles of potential victims. Computer spywares and viruses, designed to help thieves acquire personal information, are an emerging trend.

Victims of identity theft or fraud can experience financial loss and difficulty obtaining credit or restoring their "good name."

#### How your information could be used

Criminals can use your stolen or reproduced personal or financial information to:

- access your bank accounts;
- open new bank accounts;
- transfer bank balances;
- apply for loans, credit cards and other goods and services;
- make purchases;

- hide their criminal activities; and/or
- obtain passports or receive government benefits.

Using identity theft to facilitate organized criminal and terrorist activities also appears to be a growing trend.

The best way to find out is to monitor your hard copy or on-line financial accounts frequently and to check your credit report regularly for any unusual activities. If you receive calls from collection agencies about unfamiliar accounts, or if you applied for credit and were unexpectedly turned down, you should investigate further.

If you suspect or know that you are a victim of identity theft or fraud, or if you unwittingly provided personal information or financial information:

- Contact your local police force and file a report
- Contact your bank/financial institution and credit card company
- Contact the two national credit bureaus and place a fraud alert on your credit reports:
- Equifax Canada Toll free: 1 800 465-7166
- TransUnion Canada Toll free: 1 877 525-3823

#### Prevention is the best way to deal with this crime

Identity theft can occur over the Internet or telephone, or via fax or regular mail. Therefore, be particularly wary of unsolicited e-mails, telephone calls or mail attempting to extract personal or financial information from you.

Ask yourself if you really need all of the identity documents you carry in your wallet or purse. Remove any you don't need and keep them in a secure place instead.

Periodically check your credit reports, bank and credit card statements and report any irregularities promptly to the relevant financial institution and to the credit bureaus.

During transactions, it's safer to swipe your cards yourself than allow a cashier to do it for you. If you must hand over your card, never lose sight of it.

Always shield your personal identification number when using an ATM or a PIN pad.

Memorize all personal identification numbers for payment cards and telephone calling cards. Never write them on the cards.

Familiarize yourself with billing cycles for your credit and debit cards.

Trash bins are a goldmine for identity thieves. Make sure you shred personal and financial documents before putting them in the garbage.

When you change your address, make sure you notify the post office and all relevant financial institutions (your bank and credit card companies).

NEVER give your banking or personal info over the phone.

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

To report information relating to any crime, visit: [www.victoriacrimestoppers.com](http://www.victoriacrimestoppers.com) or call 1-800-222-8477.

## FILM Review Red Tails, just another Hollywood cliché

### Jennifer Fielding Contributor

*Red Tails* is a movie about the first all-black American air squadron in the Second World War, the 332<sup>nd</sup> Fighter Group, which began as the Tuskegee Airmen in Alabama.

The military establishment never gave the Tuskegee program much support, and when the black airmen arrived in Ramitelli, Italy, they were assigned substandard planes and unimportant missions in the hopes the program would die on its own.

However, once the pilots were given new planes and the opportunity to showcase their bravery and skill as bomber escorts, the significance of their contribution could not be denied. The pilots were referred to as the "Red Tails" because they painted the tails of their P-51 fighter planes red.

George Lucas has flatly stated

that, "Hollywood did not want this movie to be made." He was so committed to the project that he started working on it in 1988 and stuck with it until he could finally get it made, shelling out close to \$100 million of his own money to see it through.

But which movie was he talking about, exactly?

I had a hard time believing it was the version I saw in the theatre, because the finished product was so incredibly – there is no other word for it – Hollywood.

Clichéd characters: check. Overly dramatized romantic subplot lacking in credibility and adding nothing to the story (think *Pearl Harbor*): check. Incredible liberties taken with historical events (see previous comment): check. CGI/explosion overload (and...): check.

The cast of one-dimensional characters: the overachiever who drinks in order to deal with life's pressures and his father's expect-

tations ("Easy"); the charming compulsive risk-taker who is always in trouble with authority ("Lightning"); the baby of the group (dubbed "Junior", who must earn his desired nickname of "Raygun") who comes into his own by showing bravery in the face of overwhelming odds...and so it goes.

However, the actors do a good job, which says a lot more about their ability than the script.

One of the better-known stars was Cuba Gooding Jr., who also appeared in the truly excellent HBO TV-movie *The Tuskegee Airmen* (1995), which I highly recommend if you are interested in a more historically accurate depiction of this story.

As Major Stance here in Lucas' version, I felt he was believable as an inspiration to the men, but that he enjoyed chomping on his pipe a little too much.

Terrence Howard, who is probably best known to most for

*Crash*, did an excellent job as Colonel A.J. Bullard, although every line he delivered seemed calculated to submit to the Academy for their consideration.

Ne-Yo, better known for his work as a pop/R&B artist, turned in a fine performance as Andrew "Smoky" Salem, singing and strumming his guitar to raise the morale of his fellow airmen.

Is this film true to history? Not really. But is it historically significant? Yes. The film's value lies not in its historical content but in its very existence. This is the first Hollywood film of this magnitude to feature an all-black cast, and to celebrate black heroes of history, and military history at that. Those things in themselves are incredibly important achievements. I just find it disappointing that George Lucas felt he had to sacrifice historical accuracy in order to accomplish this.

Rating: 6.5/10

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# NEWS Nuggets

## Last Great War veteran dies

Earlier this month, Florence Green, the last known First World War veteran, passed away in England two weeks shy of her 111<sup>th</sup> birthday. Green joined the Women's Royal Air Force in September 1918, where she worked as a waitress in the officers' mess at RAF Marham in Eastern England until war's end.

### New Judge Appointed

LCol Randall Callan, a legal officer with the Office of the Judge Advocate General, has been appointed as a Judge to the British Columbia Provincial Court. LCol Callan, who is currently serving as the Assistant Judge Advocate General Atlantic Region, has been deployed to Afghanistan and Sudan and was counsel for the Government of Canada and the CF before the Somalia inquiry in 1996.

LCol Callan, who will be serving in Prince George effective April 2, is one of nine newly appointed Provincial Court judges in regions across B.C. to further address caseload pressures on B.C.'s courts and improve access to the justice system.

### Free Screening of Film

On March 14, DND personnel are invited to a free screening of "War in the Mind", a documentary about soldiers returning from war with Post Traumatic Stress Disorder.

Three soldiers who are featured in the film will be present for a discussion and will talk about their progress. The documentary has raised \$1.3 million and has helped The Veterans Transition Program to expand across the country.

The film will be played at 7 p.m. at UVic's David Lam Auditorium and all interested attendees are asked to RSVP to judyfilms@hotmail.com.

### Court Martial

From Jan. 23 to Feb. 2, LS (formerly PO2) Adams was tried by general court martial on three charges under NDA – charge number one, under section 130

of the NDA pursuant to S. 271 of the criminal code for sexual assault, charge two under section 130 of the NDA pursuant to S. 271 of the criminal code for sexual assault, and charge three under S. 97 of the NDA drunkenness.

The accused plead not guilty to all three charges; the general court martial found the accused guilty on all three charges, and the court sentenced the offender to 12 months imprisonment and a reduction in rank to Leading Seaman. The court ordered the release of the offender pending appeal under conditions.

### From the Prime Minister's Office

Prime Minister Stephen Harper celebrated National Flag of Canada Day by presenting a Peace Tower flag to Pierre Lavoie for his outstanding dedication to improving the health of his fellow citizens.

Lavoie was appointed as Honorary Colonel of 3 Air Maintenance Squadron at 3 Wing Bagotville, Que., in September 2011.

"The National Flag of Canada is a symbol of honour, pride, and Canadian identity," said the Prime Minister. "By dedicating himself to educating Canadian youth on the benefits of physical activity and helping improve their quality of life, Mr. Lavoie is a perfect example of what it means to be Canadian."

A world-class triathlete,

Lavoie is the Founding Chairman of the Grand défi Pierre Lavoie, a health promotion program that uses physical and educational activities to motivate children between the ages of six and 12 to stay healthy by eating the right foods and exercising regularly. He is also President of the Association de l'acidose lactique, spokesman for the Corporation de recherches et d'actions sur les maladies héréditaires (CORAMH) and Founder of the Club cycliste acidose lactique for 10- to 17-year-olds.

Lavoie received a Meritorious Service Medal from the Governor General of Canada in 2005 and became Knight of the Ordre national du Québec in 2006. In 2011, he was named Member of the Order of Canada for his leadership and commitment to youth and for his support of research into hereditary diseases, and awarded the Medal of Honour of the National Assembly.

Feb. 15 was declared National Flag of Canada Day in 1996. It marks the day in 1965 when our red and white maple leaf flag was first raised over Parliament Hill, in Ottawa, and in hundreds of communities across Canada. To celebrate this special day in Canadian history, the Peace Tower flag is presented each year to one or more Canadians who exemplify the values our country holds dear.

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# Formation Master Seaman position finds a berth on the West Coast

**Ben Green**  
Staff Writer

Last month, MS Gordon McKiver, President of the Mess Committee (PMC), added a new responsibility to his already demanding schedule. He is the first Maritime Forces Pacific (MARFAC) Formation Master Seaman.

The newly created position, which essentially looks to simplify communication channels between leadership and junior ranks, comes alongside ongoing transformations within the Canadian Forces, Fleet upgrades, and large scale construction projects throughout the base.

"The concept of a Master Seaman in the Formation who could act as a two-way conduit of information to his or her peer group and the Formation Chief Petty is not new," says CPO1 Paul Helston, MARFAC Formation Chief. "This position was established in Maritime Forces Atlantic some years ago and has proven to be a benefit to command as well as the individual."

With CPO1 Helston having direct access to leadership, such as Commander MARFAC, senior leadership within MARFAC, and the Royal Canadian Navy Command Chief Petty Officer, the reports of the Formation Master Seaman will enable him to pass along concerns and fresh ideas that might

otherwise have been filtered out by normal communication channels. While traditional communication mediums such as conferences and town halls have been effective, he says MS McKiver's new role will facilitate top-to-bottom and bottom-to-top communication that much more seamlessly.

"This particularly important group of leaders [Master Seaman] can effectively communicate what is happening in their unit, in terms their peers and subordinates understand and appreciate, but also inform command of issues or concerns [while providing] excellent ideas," he says.

The first order of business for MS McKiver will be meeting with various ships' PMCs and junior ranks messes to introduce his new role. He will also attend a number of briefings on a regular basis, to stay informed of current topics, issues, and events within the Formation.

Beginning in March, he will also host the first of regular Master Seaman Leadership forums, which will focus on current issues of concern to MARFAC junior ranks personnel. The forum will provide attendees with guest speakers and a host of material

aimed at helping them lead their subordinates properly and effectively.

In addition, MS McKiver will be invited to attend various board meetings, committees, and briefings that affect NCMs in the Formation, such as Ops Briefs, Formation Fun Day, and the Base Fund Committee.

"I expect some growing pains as we sort out the position on the West Coast and become used to the idea," he says. "The position is not only good for everything it brings, but it helps in my role as President of the Mess Committee; it allows me to contact a variety of groups of people and resources with greater ease of access than before."

Traditionally, the PMC on the East Coast is also the Formation Master Seaman, which is why MS McKiver was the logical candidate within MARFAC.

The first Master Seaman Leadership forum will be March 1 at the Pacific Fleet Club. All available Master Seaman within the Formation are invited to attend. Any questions can be directed to MS McKiver at 250-363-3918.



**MS Gordon McKiver, President of the Mess Committee, has now added to his duties by becoming the MARFAC Formation Master Seaman. Along with his responsibilities at the Fleet Club, MS McKiver is now tasked with communicating important issues to Master Seaman ranks within the Formation and passing their information on to higher leadership.**

Photo by Ben Green, Lookout

## Advertorial

# Military wife turns TV star

Vanessa Roman is used to seeing her husband Major Jason Roman fly off in his Sea King helicopter with the Canadian Forces. But now she's doing her own bit of moving - to the small screen.

The mom of three and Halifax real estate agent hosts "Reno vs Relocate" which will begin airing on HGTV network in May. In the show, Vanessa helps families decide whether they should renovate their existing home, or find a new one.

But for military families, the decision is often far more straight forward: which house will be home in a new community. The complications come from the short window in which to find property and the unique requirements for service families.

Vanessa says being a Forces wife gives her first-hand experience making these moves go smoothly, and she puts in the effort to make sure that's the case. "I come from a military family, I'm married to a military guy - so if you're coming to Halifax, I'm the agent you need to have for your house hunting trip," says Vanessa. "I understand the challenges of moving to a new city and integrating the family within an existing community. There are a lot of hoops to jump through and you generally get just seven days to find a house."

Military transfers are a unique way to move, she says, and the process can be time consuming and complicated. Vanessa is a registered real estate agent with Brookfield Global Relocation and has been through the relocation process herself.

She is also an active member of the Nova Scotia Association of Realtors® and a member

of the Canadian Real Estate Association. She holds degrees in Economics from Dalhousie University and Journalism from the University of King's College.

That mixed background, combined with the flair you need on TV and her military family experience, means Vanessa knows what these moves demand. "I dedicate myself fully to the family for the week they are here," she explains. "They get

exclusive access to me."

"Having grown up in Halifax, I'm extremely familiar with the area and its amenities, with particular focus on the military lifestyle."

"I saw that other agents were not able to understand the unique prospect of buying a home for a military family. This is your single biggest investment as a family and you need to select an agent carefully or you will lose money."

So do you want a TV star as your real estate agent?

"In Nova Scotia you can become a licensed real estate agent in only three months,"

says Vanessa. "That's why it's extremely important for you to interview agents."

"Mistakes in real estate are costly, so if you are ill advised it can cost you thousands or hundreds of thousands of dollars. So even if my advice just helps people to pick a better agent, I think it's worthwhile." She adds, jokingly: "Hosting a national TV show hopefully means someone thinks I know what I'm talking about when it comes to buying and selling real estate."

"Reno vs Relocate" will start airing on the HGTV network in May and you can contact Vanessa through her website at [www.vanessaroman.ca](http://www.vanessaroman.ca).



**You can follow Vanessa Roman on Twitter at [VanessaRomanTV](https://twitter.com/VanessaRomanTV)**

# Scare tactics in place

**Ben Green**  
Staff Writer

The geese population at Work Point has turned chicken following the addition of two lawn accessories at the Naval Officers' Training Centre.

Replicas of two coyotes with fake geese being hunted have successfully scared the messy inhabitants from the facility's main playing field.

With geese using the waterfront acreage as home base during much of their migration season, the facility's grass training and sports areas have become virtually unusable due to the volume of droppings left behind.

In an attempt to reclaim some of their fields, CPO2 Sean Mac Úisdin, Venture's Acting Coxswain and Unit General Safety Officer, purchased a pair of rubber coyotes online after seeing them being effectively implemented on the grounds of the Admiral's residence in dockyard.

"We're pretty happy, I'd say they're around 75 per cent effective so far," he says. "Another two or three out there would make it even more effective."

The coyotes sit on pegs that are pressed into the grass. Each one has a life-like tail which, with the rest of its body, swivels in any sort of breeze. The coyotes' realistic features and occasional movements seem to dissuade the geese and keep them at a respectable distance from where they're situated.

Since their implementation at the beginning of the month, CPO2 Mac Úisdin says the initial success is encouraging, despite

there being one draw back. Unless the coyotes are manually moved around the field a few times each day, the geese get wise to the ruse and slowly migrate back to the area.

"[Especially] over the weekend, if they don't get moved, the geese will cozy right up to them," he says.

For the coyotes to be completely effective, CPO2 Mac Úisdin says they realistically need an additional two or three for an area the size of their sports field. In addition, he says they'd also like to get a few for the patio space by the Gunroom, as well as the acre of training area in behind the Haida building, as these are high traffic areas.

Unfortunately, unless the coyotes are effective long-term, the grassy areas at Work Point will continue to be unusable for students.

"If you go play soccer, you're guaranteed to be covered in green," he says. "Motivation to use the field is at a low."

The coyotes will be evaluated at the end of the summer, and if it's deemed a new strategy is needed, CPO2 Mac Úisdin says they might try attaching them to remote control cars and chase the geese off that way. Another possibility might be to install some sort of sound system, like orchards implement in the Okanagan region, although he says they have to be mindful of local residence living near the area as well.

"We need something quiet and non-intrusive," he says. "It's a bit of a balancing act unfortunately."



A rubber coyote stands guard over the playing field at Work Point. Geese have been avoiding the props that have been put in place to curb the number of birds on the facility's grassy areas.

Photo by Ben Green, Lookout

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# Bumping up the numbers - reaching out to women

**Kristina Patterson**  
Navy Public Affairs

It was a chilly morning when *HMCS Algonquin* set out on a day sail with a most unusual complement of sailors.

On Feb. 9, the ship hosted more than 100 women from west of Thunder Bay, who were capping the three-day event "Women in the Forces" with a small taste of the sea.

The event was intended to promote awareness about the opportunities available to women in the Canadian Forces. For that, the Canadian Forces reached out to women with influence in their communities, such as teachers, counsellors and youth leaders with the ability to spread the word.

Unlike most militaries in the world, the Canadian Forces has a "no exclusion policy", which means Canada allows full and equal service to women to perform any job in the CF.

Currently, women make up 14.9 per cent of the CF population. The Canadian Forces Recruiting Group hopes to boost that number to 25 per cent in the next 10 years with the help of influential women such as Nancy Darling. She runs the Women in Trades program at Okanagan College.

"I have learned there are so many opportunities for women it is unbelievable," she said during the sail. "The opportunities for advancement are the very best, along with the education opportunities. And they pay you a full salary to go to school".

*HMCS Algonquin's* Commanding Officer, Cdr Tim Kerr, addressed the group at the beginning of the sail.

"Our hope is that you will

leave the ship today and be able to make an informed comment on what the Royal Canadian Navy does."

The Royal Canadian Navy regularly invites focus groups to participate in day sails. The day sails provide an opportunity for people to experience navy life on board a modern Canadian warship, interact with sailors, and have a better sense of what the navy does on a daily basis.

"The women are so incredible, they are a real inspiration to women everywhere," said Darling of the female sailors on board the ship. "They are in roles of leadership and yet they are not exclusive of what we would call female roles, they are still wives, mothers - they still have families."



CPL MANUELA J. BERGER



**Above right:** CPO2 Joanne Legge speaks with an "Influencer" on board *HMCS Algonquin*.

**Above left:** "Influencers" and female servicewomen chaperones on board *HMCS Algonquin*.

Photos by Cpl Manuela J. Berger



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# HMCS Ottawa passes workups

**SLt Alexander Grinton**  
HMCS Ottawa

At the end of January, *HMCS Ottawa* departed Esquimalt Harbour, and found itself back at sea in the hands of Sea Training Pacific for a week long set of Directed Workups (DWUPs).

The buildup for the sail included a very inclusive set of damage control simulations and training at the Damage Control School in Colwood, and the introduction of the Dräger system, *Ottawa's* new firefighting equipment, to personnel.

Over December and January, *Ottawa* received Dräger replacements for the older Chemox breath-

ing apparatus and new fill stations for the Dräger air bottles, plus the training needed to effectively use the system. The crew also spent four days attending lectures and conducting practical exercises on the ship to prepare for the tough week ahead.

Learning to use a new piece of kit is a challenge in itself, but the true test was learning to work as a team at sea again after months alongside. Not only did *Ottawa* recently undergo a change of command, but it also had many new crew members of different rank and varying levels of experience. In order to pass the intensive schedule of assessed training and exhausting exercises, such as simulated fires, floods, casualties, power outages, and warfare scenarios, *Ottawa* had to pull

together.

Although the sail was a grueling week with little sleep, personnel training and mentoring from Sea Training Pacific proved invaluable. DWUPs turned out to be a great opportunity for the crew to familiarize themselves with their new equipment and bond with new members and the command team.

In the end the crew rose to the challenge, used their skills, and with a positive attitude showed just how hard they were willing to work.

*Ottawa* has come a long way in a week, and ended DWUPs on a strong note with an overall "SAT" from Sea Training.

*Ottawa* came back alongside Esquimalt Harbour on Monday, Feb. 6.

# Forget the gym - just store a ship

**LS F. Dave Stowell**  
HMCS Charlottetown

The delivery trucks that rolled into Canadian Forces Base Halifax in early January rode in low on their axles. The crew of *HMCS Charlottetown* knew this was coming: a two-day stint of storing rations for the ship's deployment on Operation Metric.

I am a supply technician serving in a warship, so one of my most important jobs is helping to ensure that we have enough food aboard for the entire crew — more than 250 people. Think for a second about how much

you eat in a day and you'll soon realize the challenge of this task.

We loaded fruit, vegetables, meat, drinks, and everything else we would need for the Atlantic transit. The biggest items, and most difficult to handle, were boxes of frozen beef weighing upwards of 40 kilograms each. A day of storing ship is a great substitute for a trip to the gym.

The best way to deal with hundreds of boxes of food-stuffs is to get into a routine — let it become monotonous, and enter the "zone." This time, unfortunately, we had to load the rations by type, packing each kind of

food into a different area of the ship. That meant interrupting the flow at the end of each batch to reorganize everyone for the next.

When the packing resumed, muscles protested. To keep myself moving, I made up mental games: think of a number of boxes and set myself to reach it, and then another, and another. After I lost count, I worked for the right to brag that I lasted the entire two days of storing rations for well over 250 people.

Incidentally, that much food fills about 30 pallets when stacked on the jetty — an intimidating sight.

It's amazing to witness

the speed and efficiency with which our crew can store rations. When the job was done, with the content of all those pallets moved from the jetty into the ship, there was a definite sense of accomplishment.

*Charlottetown* recently joined the NATO task force conducting the counter-terrorism mission Operation Active Endeavour in the Mediterranean Sea. This deployment, conducted by the Canadian Forces under Operation Metric, also gives Canada the flexibility and the capability to respond to emerging crises in the Middle East and North Africa.

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A U.S. Coast Guard helicopter lowers a basket to HMCS Saskatoon during Exercise Pacific Guardian.

HMCS Saskatoon practices casualty clearing during the exercise.



# Exercise PACIFIC GUARDIAN

**SLt Mike Strapko,**  
Public Affairs Officer, HMCS York

After six months of preparations, boots hit the ground at HMCS Discovery near the end of January to build a base camp for Exercise Pacific Guardian.

Deadman Island was blessed with sunshine and above seasonal temperatures which was welcomed by the advance party who set up 18 tents with wooden platforms, diesel heaters, cots, and generators. Within a few days, most of Discovery's indoor space was transformed into a high-tech exercise headquarters and training facility. At one point, the base camp population swelled to 157 sailors, representing 20 of the 24 Naval Reserve Divisions across Canada.

Exercise Pacific Guardian is an annual two-week exercise that brings together the Royal Canadian Navy, Royal Canadian Air Force, Canadian Coast Guard, Vancouver Police Department, Port Metro Vancouver, and U.S. Coast Guard marine and air assets which are our national and international security partners. These multiple agencies work as a synchronized team to deal with

a full spectrum of domestic security threats, and practice realistic coastal operations in a joint combined environment.

Having a strong military presence in our coastal waters serve as the eyes and ears to develop a comprehensive awareness of the maritime domain which is critical in upholding Canadian sovereignty.

"The integration of domestic security partners is paramount in maintaining our operational awareness," said Cdr James Sprang, Task Force Commander. "The aim of Exercise Pacific Guardian was to develop the collective skills within the task group to refine our national security obligations. The exercise proved to be a valuable opportunity to work together to mitigate Canadian domestic security threats."

Maintaining watch along Canada's vast coastline is a responsibility the Royal Canadian Navy achieves with great pride. The success of Exercise Pacific Guardian validates the readiness of the Royal Canadian Navy and our ability to work with our domestic and international partners.



HMCS Brandon is escorted into Port Metro Vancouver with HMCS Nanaimo sailing aft.

## COASTAL READINESS

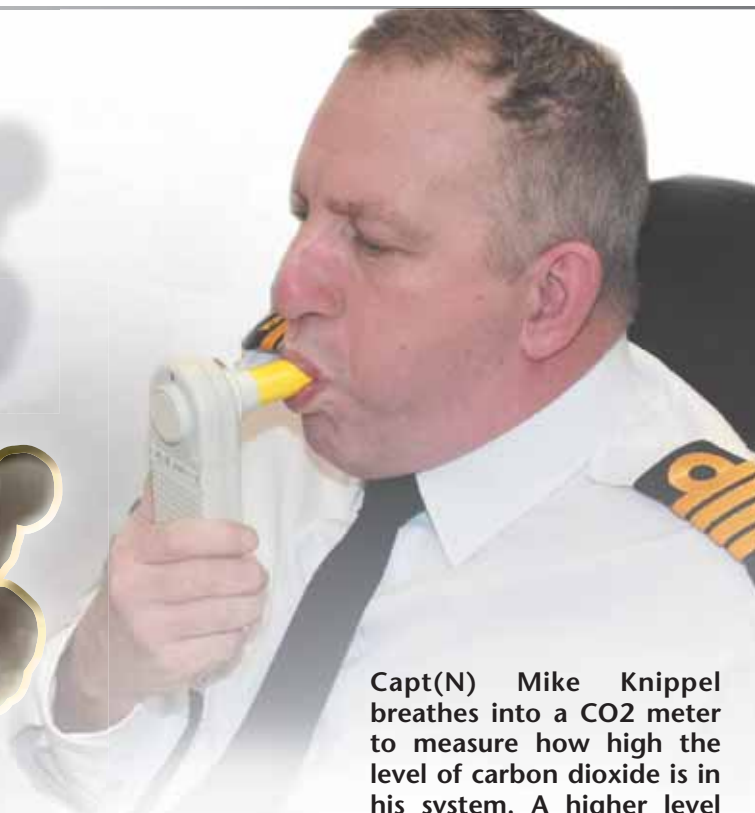


HMCS Saskatoon at action stations during the .50 calibre machine gun exercise.

Photos by SLt Mike Strapko, PAO, HMCS YORK

# Quitting from the top

The Lookout spoke with Capt(N) Mike Knippel, Chief of Staff of Maritime Forces Pacific/Joint Task Force Pacific, about his motivations to take the March 1st I QUIT! challenge next month.



Capt(N) Mike Knippel breathes into a CO2 meter to measure how high the level of carbon dioxide is in his system. A higher level indicates a heavy smoker.

**Q:** How long have you been a smoker and why have you decided to quit?

**A:** I've smoked since I was about 12 years old, so almost 40 years now. I've decided to quit many, many times, but have been less successful in turning decisions into actual action. I see the I Quit campaign as another of the many opportunities I have had to quit, but also see an opportunity to help others in the Formation quit.

**Q:** Is there a specific reason for quitting now (health, family, friends)?

**A:** Yes, yes, and yes. But the main reason I am trying to quit again is to release myself from this addiction and its other effects. I'm tired of having to go for a smoke every hour, telling myself it helps with my concentration at work, when really what is causing concentration lapses is the physical addiction to have another cigarette.

I think we smokers convince ourselves often that we need to have a cigarette for reasons, but use circular logic. Does the cigarette relieve the stress because cigarettes are stress-relievers, or are we stressed because we need that next cigarette? Non-smokers don't have these concentration lapses, so it has to be the addiction.

The best way, from my point of view, to improve concentration is to get rid of the physical addiction. Some say it's one of the worst addictions, but the physical side is relatively light - it takes about three days to beat that, and the physical symptoms are minimal.

The real symptoms, and the real challenge, are mental. Once I understood that, I realized the only thing between me and an improved lifestyle was beating the mental aspect of the addiction, which can be done, I think, by understanding it.

**Q:** What base resources will you use to help quit?

**A:** The Base resources are fine programs, which I have used in the past. Although unsuccessful for me, they have worked for many, many people. I

am trying a different approach this time out; I'm using a program in a book by a fellow named Allen Carr, Easy Way to Stop Smoking. It focuses on understanding both the physical and mental aspects of the addiction and the quitting process. It gets you to understand the physical part is easy to overcome; that one must focus on the mental aspects to succeed. I liken it to deprogramming me from almost 40 years of poor understanding of why I smoked and why I had a hard time quitting in the past.

**Q:** What do you envision will be the most difficult part about quitting this time?

**A:** I've tried close to all the methods, save for hypnotherapy or acupuncture. Although they work for many, they didn't work for me. The most difficult part will likely be what to do when the smoking triggers hit. But that is a mental challenge to overcome.

When I look at what triggers me to smoke, the answer is pretty much everything - when I wake up, after I brush my teeth, after I eat, with a coffee, when I get frustrated, when I get sad, when I get nervous. So, although I know from experience beating the triggers can be very difficult, I've also figured out that these are false triggers. The real reason I light up is the perception the triggers cause the desires, when really it is just the physical need.

But the physical need is fairly easy to beat; it's the mental aspects that need to be beat, and the best way to do that is to fully understand them and how they work.

**Q:** Should other smokers within DND follow your lead and quit the habit?

**A:** All smokers know why it is important to stop smoking - people aren't dumb. In fact, I am continuously amused that some non-smokers think there are actually smokers who don't understand the risks and effects. Smokers know exactly why it is important to quit; I can't tell them anything they don't already know. Health, cost,

productivity issues both at work and at home, stinking...but most of all, the effect of constantly having this little reminder hanging over your head - "how do I plan for my next cigarette". That little devil is always there for the smoker, and I suspect life gets a lot easier when that is gone.

**Q:** Why have you decided to promote your fight to quit within the Formation?

**A:** There are two reasons. First, by laying myself on the line like this, I am purposely painting myself into a corner - I am publicly telling the Formation that I am done with smoking as of March 1st, and I know enough civilian and uniformed people out there that, if I fail, I'll be hearing about it for a long, long time. So there is a selfish aspect to this - I am doing it to reinforce my own desires to stop smoking.

But that's not the biggest part as to why I'm doing this. I want to tell smokers that, like me, we all make plans to quit, and then find reasons to not quit. I'm an expert at finding those reasons. Sometimes we have to just toughen up and get on with it, and the I Quit campaign is a great opportunity to do this.

But I also want to issue a personal challenge. Give it a shot and join me, civilian employees and uniformed personnel alike. Many in the Formation know me from my time in Sea Training Pacific and in other jobs in the Formation. Many have felt my wrath during workups as I challenged them to seek their potential and to see how much they had to give to the team, to the ship, to the Navy. I've made many lives miserable during workups and this is a chance to get back at me. Show me you have the guts to match me, to quit alongside with me. Show me you can set aside the little monster on your shoulder, the one that is always telling you it's time for another cigarette...show me you can shut that little monster up for a month. I dare you.

I'll also add a little bit more commitment. Anyone willing to accept my challenge, or considering it, whether uniformed or civilian, should feel free to

email me at work at any time during that process. I will answer every email. Ask me how I'm doing it. Ask me for the techniques I'm using. Ask me how I'm holding up. Tell me you don't think I can do it. Tell me how you're doing. Full email access to me to discuss smoking and quitting, from the time you start thinking about it until the end of the campaign at the end of March. I dare you all.

**Q:** Coming from a smoker who is trying to quit, what would you say to someone who is thinking of starting for the first time?

**A:** Think about how stupid we look feeding the monster. Know that every cigarette feeds the beast, including the first. Know that it is impossible to become addicted to cigarettes if you don't have that first cigarette. The smoker misses the times that they cannot smoke, they get added stress, they have to plan for smoking opportunities, and they have to buy more mouthwash even. The non-smoker doesn't have any of these problems.

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# Faith-based study group helps spouses on the homefront

Ben Green  
Staff Writer

With deployments leading to inevitable separations within the military community, a recently formed group called the Military Wives Bible Study is looking to ease the burden this places on spouses and children.

The monthly faith-based workshops, organized and hosted by Julie Sweeney, offers attendees something outside of external church communities that may not fully comprehend the specific strains of military life.

"They're just not equipped to deal with the ever-changing schedules and mindset [of military life]," says Sweeney, a military spouse and mother.

With guidance from Lt(N) Nigel Tully, a chaplain at CFB Esquimalt, the group organized its first meeting last month at St. Peter's Chapel in Belmont Park. To date, Sweeney says they have about nine regulars for their meetings and 20 members in their Facebook group.

"Through the monthly bible studies the goal is that we will be able to better understand how to biblically respond to the specific challenges we as military wives face," she says.

Until June, each monthly session will tackle a specific topic – loneliness, fear and anxiety, contentment, bitterness, temptation, and weariness – with attendees receiving various handouts and resources to take with them after each meeting.

"The biggest benefit is it's a faith-based military community where women can come and pray together," says Sweeney.

Meetings are scheduled for the last Wednesday and Sunday of every month starting at 6:30 p.m. in St. Peter's Chapel. Those interested in connecting through their Facebook page can check out the group by searching Christian Military Wives ~ Victoria, B.C. in the social network's search engine. Any questions or concerns can be directed to Sweeney by phone, 250-889-3444, or by email, julray@telus.net.

"This is a group for military wives who desire biblically-based spiritual nourishment," she adds. "This is for all denominations of the Christian faith as well as those seeking something new. Our goal is to strengthen and encourage the spiritual lives of military wives in a way that is not currently being offered."



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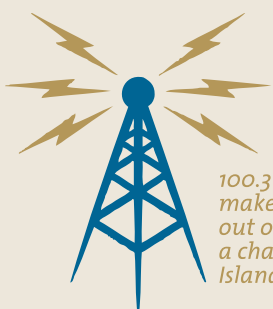


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# Living a balanced lifestyle

**Cdr Clifford**  
Contributor

Living in today's fast paced society and experiencing the stresses of work and family demands, it seems like there is always more to do than we have time available.

Therefore, it is important to strike a healthy balance and prioritize these competing demands.

There are things we want to do, and things we must do. Maintaining equilibrium between the social, physical, spiritual, economic and mental aspects of our lives is one of the key factors in healthy living. However, reaching that delicate balance is a learning process. At times you may tip the scale too much in one direction and have to find your footing again.

Your personal balance will be unique, and your challenge will be to stay mentally healthy by keeping that balance. With that being said, there are a number of things one can do to manage the stress and anxiety that can be associated with the overindulgence, or lack thereof, in the physical, emotional and spiritual spheres of life.

**Spiritual Sustenance**

Sometimes in life, we can lose our way with the constant hustle and bustle of the world around us. Through this fog, we sometimes for-

get what really matters, and getting in touch with our spirituality may be the step one needs to look at life in a new light.

For example, although your career is important, will it be your career or friends and family that comfort and love you, helping you navigate turbulent times in your life?

There are times when one needs to re-evaluate their actions and reactions and look at life's bigger picture. Turning to one's religious beliefs and/or spiritual side may help in gaining the guidance and direction needed to calm the mind and body.

If this is something you struggle with, there are resources available to help provide this support. Chaplains offer diverse spiritual services within the various interfaith environments found within the Canadian Forces. They are here to listen, to discuss and to provide advice when needed. Members can access this service through the Canadian Forces Health Services Clinic (Pacific) or through their own Unit and/or Duty Padre (250-363-2640 after 1600 hrs). By getting in touch with your spirituality, you may learn to better balance those things that you are able to change about your life with those that you cannot change.

**Expressing your Emotions**

Stress is a normal, essential part of life and how you deal with it depends on your attitude. You may become overwhelmed by things that other people deal with easily and sometimes your emotions can get the best of you.

We are all challenged to find safe and constructive ways to express and share our feelings of anger, sadness, joy and fear. This is especially true when life throws us the unexpected and we are forced to cope with these often unwanted changes.

For example, children have accidents, parents get ill and jobs disappear. We need to stay flexible and get into the mindset that everyday brings change and our challenge is to adapt. Staying positive is sometimes easier said than done, but achieving an optimistic and calm demeanour will likely pay dividends in the positive outcome of many situations.

There are courses available through Health Promotions that can assist in dealing with this aspect of healthy living. Programs such as 'Managing Angry Moments', 'Stress: Take Charge!', and 'Basic Relationship Training' help people address some of the struggles they may have when trying to achieve a higher level of emotional wellbeing. For more

*Continued on page 15.*

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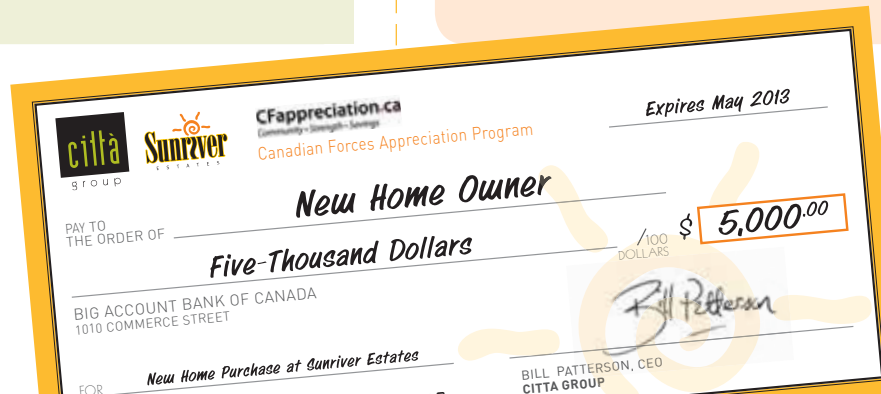


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# Life is better when balanced

From page 13

information on these programs and more, visit the Personnel Support Program (PSP) website at <http://esquimalt.mil.ca/badm/psp/index.htm>

## Feeling Physical

It is often the case that fitness falls by the wayside, or in some instances, one's waistline.

Excuses are made and justifications presented on reasons why you cannot fit in some form of physical activity on a daily and/or weekly basis.

Although this is an integral part of the CF's mandate for soldiers, sailors and air men and women, e-mails pile up and meetings eat away at the work day.

Nonetheless, physical activity is an excellent way

to relieve stress, feel good and contribute to an overall healthier lifestyle. Making time and managing it wisely is crucial to creating opportunities within your busy schedule. Taking the stairs, riding your bike to work or participating in PSP's numerous fitness programs and classes are just some of the avenues available to making physical fitness part of your life.

This is important, as regular exercise can help prevent heart disease, high blood pressure, diabetes, osteoporosis and depression, while contributing to overall good health.

So if you are lacking motivation to get off the couch or neglecting to set aside the time in your agenda,

remember that fitness is part of a balanced life which is essential for personal effectiveness, peace of mind and living well.

In summary, there are many ways to create a balanced and healthy lifestyle. Everyone is unique and thus, finding stable ground within your life will be distinctive to your needs and wants. Sometimes we need to step back and reevaluate what is important in order to prioritize the endless list of responsibilities that fall into our laps. It is not always easy but learning to balance the physical, emotional and spiritual spheres of our lives can help set the stage for greater happiness and harmony for years to come.

## HMCS Vancouver Achievement Deck

The Captain and crew of HMCS Vancouver congratulate the following members of the Vancouver family on their career achievements during the month of February. Bravo Zulu!

### Promotions:

- AB Brant McKirdy (Marine Engineer) promoted to LS
- OS Jesse Gisborne (Sonar Operator) promoted to AB
- Pt Jonathan Gerlach (Airborne Sensor Operator) promoted to Pt (trained)

### Qualifications:

- SLt Jerry Nanthakumar (Maritime Surface and Subsurface) achieved his Bridge Watchkeeping Certificate
- SLt George Szabo (Maritime Surface and Subsurface) achieved his Bridge Watchkeeping Certificate
- OS Michael Wilson (Marine Engineer) achieved his Cert. 1 Qualification

### Honours and Awards:

- Lt(N) Kristina Gray (Maritime Surface and Subsurface) awarded the Margaret Manson Ship Sponsor Award for 2011-2012
- MS Christopher Switzer (Hull Technician) awarded the Queen's Diamond Jubilee Medal

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Group image of participants of the Rim of the Pacific (RIMPAC) 2012 Commanders Symposium held at the Chief and Petty Officers Mess at Canadian Forces Base Esquimalt Feb. 7 and 8. RIMPAC is a biennial, multi-national maritime exercise held off Hawaii, designed to improve interoperability and understanding between military forces from nations with an interest in the Pacific Rim. As such, the series of exercises has contributed to the security and stability of the region for 22 years. Canada has participated in every RIMPAC exercise since 1971.

Photo by Cpl Charles A. Stephen, MARPAC Imaging Services

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### Awards presentations at Maritime Forces Pacific Headquarters on Feb. 9.



MWO Gregory Monk (right) receives the Canadian Peacekeeping Service Medal from Capt(N) Luc Cassivi.



Maj David Proctor (right) receives his Canadian Forces Decoration 1 for 22 years of service in the Canadian Forces from Capt(N) Luc Cassivi.



Lt(N) Byrne Schneider (right) receives his Canadian Forces Decoration for 12 years of service in the Canadian Forces from Capt(N) Luc Cassivi.



Cpl Alex Croskery (right) receives his Canadian Forces Decoration for 12 years of service in the Canadian Forces from Capt(N) Luc Cassivi.



Capt Bob Evans (right) receives his Canadian Forces Decoration 1 for 22 years of service in the Canadian Forces from Capt(N) Luc Cassivi.



LS Hugh Ledger (right) receives his Canadian Forces Decoration 1 for 22 years of service in the Canadian Forces from Capt(N) Luc Cassivi.



Cpl Malcolm Byers (right) receives his Canadian Forces Decoration for 12 years of service in the Canadian Forces from Capt(N) Luc Cassivi.



Photos by Cpl C.A. Stephen, MARPAC Imaging Services



# Bravo ZULU



WO Deveau promoted by LCol Quinn, BCEO and Maj Grenier.



LS Tricia Benson from IPSC, currently working at BIS, was awarded the Chief of Military Personnel (CMP) Commendation by BGen Fred Bigelow, CEO DGPFS on Feb. 9 for administering medical aid to a victim of a group assault.



The IPSC Esquimalt Outreach Coordinator, Sascha Gutierrez is awarded the Chief Military Personnel (CMP) Commendation for her professionalism and initiative in assisting a passenger in medical distress aboard a commercial flight en route to Victoria.



Lt(N) Sylvain Leblond (D/OSM - QAWC Victoria) being presented with his Head of Department Qualification by Cdr Kirby McBurney (F4 Eng - CANFLTPAC HQ), Feb. 15.

## CPO1 SCROLLS

were handed out during a ceremony held Feb. 13 at the CFB Esquimalt Wardroom. This scroll, signed by the Minister of National Defence, is presented in recognition of promotion to the rank of Chief Warrant Officer/ Chief Petty Officer First Class.



RAdm Nigel Greenwood (left) presents CPO1 James Moman with a his Chief Warrant Officer Scroll.



RAdm Greenwood presents CPO1 Kevin Woods with a his Chief Warrant Officer Scroll.

Photos by Cpl C.A. Stephen, MARPAC Imaging Services



RAdm Greenwood presents CPO1 Douglas Bell with a his Chief Warrant Officer Scroll.



RAdm Greenwood presents CPO1 Alan McNaul with a his Chief Warrant Officer Scroll.



RAdm Greenwood presents CPO1 Ian Kelly with his Chief Warrant Officer Scroll.

## Ceremonial Divisions and Award Presentations



Capt(N) Craig Baines presents the General Campaign Star South West Asia 1 Bar to OS Elaina Parsons.

Photos by Cpl Michael Bastien, MARPAC Imaging Services

Capt(N) Craig Baines presents the First Clasp to his Canadian Forces Decoration for 22 years of dedicated service to Lt(N) Duane Drew.



Capt(N) Craig Baines awards the Canadian Forces Decoration Medal for 12 years of dedicated service to Cpl Jaskiran Atkinson.



Capt(N) Craig Baines presents the General Campaign Star South West Asia 1 Bar to Cpl Thomas Hynes.



Capt(N) Craig Baines presents the Second Clasp to his Canadian Forces Decoration for 32 years of dedicated service to Cpl John Malysheff.



Capt(N) Craig Baines presents Canadian Forces Decoration Medal for 12 years of dedicated service to Lt Ian Golding.



Capt(N) Craig Baines presents Canadian Forces Decoration Medal for 12 years of dedicated service to LS Kirsten Arensen.



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# CF Employment Systems review: feedback wants

The Directorate of Human Rights and Diversity (DHRD), in collaboration with the Director General Military Personnel Research and Analysis (DGMPPRA), is conducting the second Canadian Forces Employment Systems Review (ESR).

**What is ESR?**  
The ESR is a process designed to identify employment barriers that may contribute to under-representation of designated group members in the CF as defined by the Employment Equity Act: women, Aboriginal peoples, members of visible minorities, and persons with disabilities. It should be noted the CF does not set representation goals for persons with disabilities.

**What is an employment barrier?**

An employment barrier is a formal or informal policy or practice that restricts or excludes persons in designated groups from employment opportunities. Such a barrier might be an unnecessary job requirement, inappropriate selection criteria, a physical barrier, unequal access to informal systems or to training and

development, or a non-supportive work culture or environment.

Your participation: voluntary but encouraged.

We value your participation and need it. Should you wish to participate in the CF ESR, you may do so by providing your inputs to the Project Team by 15 March 2012 at:

Phone: 1-888-298-4585  
DWAN Email: +CF ESR - ESE FC@CMP DHRD@Ottawa-Hull

External Email: CFESR\_ESEFC@FORCES.GC.CA.

Further CF ESR information is located at: <http://cmp-cpm.forces.mil.ca/dgmp-dgpm/dhrd-ddpd/ee-eme/esr-eme-eng.asp>

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## A few words about the affordable luxury at Promontory.

**Overheight 8'10" ceilings** in living areas (9'10" in Estate Homes) Designer recessed lighting over eating areas and in bathrooms Choice of Dusk or Dawn colour schemes by award-winning Mitchell Freedland Design Discrete and **stylish fabric roller blinds throughout** Durable Stainmaster™ treated carpeting in bedrooms Expansive two-tone framed windows Quality engineered-wood baseboards and door casings **Full-height rift-cut white oak cabinetry** with brushed nickel pulls **Promontory Signature kitchens** with **recessed LCD HD televisions** and storage pantry **Soft-close™** door and drawer hardware Recessed halogen valance lighting **Kohler™ single-lever Purist faucet** in polished chrome with pull-out spray **Solid composite stone countertops** Undermount 18-gauge stainless steel sink by Kindred™ Full-height handset tile backsplash Premium stainless steel appliance including: **Miele™ 60 or 90cm Energy Star refrigerator Miele™ Inspira dishwasher** with Touchtronic™ controls and Q1 acoustic rating **AEG Electrolux™ 60cm or 75cm natural gas cooktop AEG Electrolux™ stainless steel wall oven Faber™ integrated slide-out hood fan Panasonic™ stainless steel microwave** Dramatic and inviting **two-storey hotel-inspired entrance lobby** Exclusive and convenient **concierge desk** Stately **covered entrance driveway** Rift-cut white oak entry door Secure and durable solid-brass entry hardware with mortise lockset Common area interior design by award-winning Mitchell Freedland Design Contemporary flat-panel wood-grain cabinetry with polished chrome feet **Private master ensuite** features a luxurious soaker tub or walk-in shower with porcelain tile surround. **Solid stone countertop** with backsplash **Kohler™ vitreous china undermount sink** 90 Degree eco-performance tub and shower filler by Moen™ 90 Degree single-pole faucet by Moen™ **10mm frameless glass shower doors** (on showers only) Recessed halogen lighting above water closet, sink and tub/shower **Custom-framed vanity mirror with integral back-lighting** GFCI plugs at all vanities **Dual-flush toilet by Toto™** Decorative polished chrome towel bars and paper holders Comfortable **forced-air heating and air conditioning** with ceiling mounted heat pumps (in bathrooms) Conveniently located cable and telephone outlets in living room, kitchen, each bedroom and work space or den Pre-wired for **high-speed internet** access and digital cable entertainment channels Convenient built-in closet shelving Laundry closet with Maytag™ **front-load stacking washer and dryer** Laundry closet with convenient overhead lighting Promontory is built to Bosa Properties' eco-standards and respects the environment with the following sustainable features: Energy Star™ appliances Dual-flush water closets **Motion activated common area lighting** (some areas) Increased use of CFL lighting in common areas Conveniently located close to bus and bicycle routes Energy-efficient glazing system reduces energy consumption **Heavy duty solid-brass deadbolt** lock and viewer on suite entry door Hard-wired smoke detectors Energy-efficient double-glazed windows and sliding glass doors with thermally broken two-tone aluminum frames Two personally coded entry devices for access to entry lobby, elevators and individual residential floors **Bicycle storage locker** provided for each home Entry phone outside main lobby with **security camera allows you to pre-screen visitors using your TV** set Bright lighting along outdoor pedestrian walkways **Secure underground parkade** with emergency alert buttons Home Warranty coverage for: 2 year materials and labour warranty 5 year building envelope warranty 10 year structural warranty **Bosa Properties Customer Care** warranty **included with every home.**

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Promontory at Bayview Place is developed by Bosa Properties (Bayview) Inc. Prices subject to change without notice. E&OE



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