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Volume 57 Number 12 | March 19, 2012

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.
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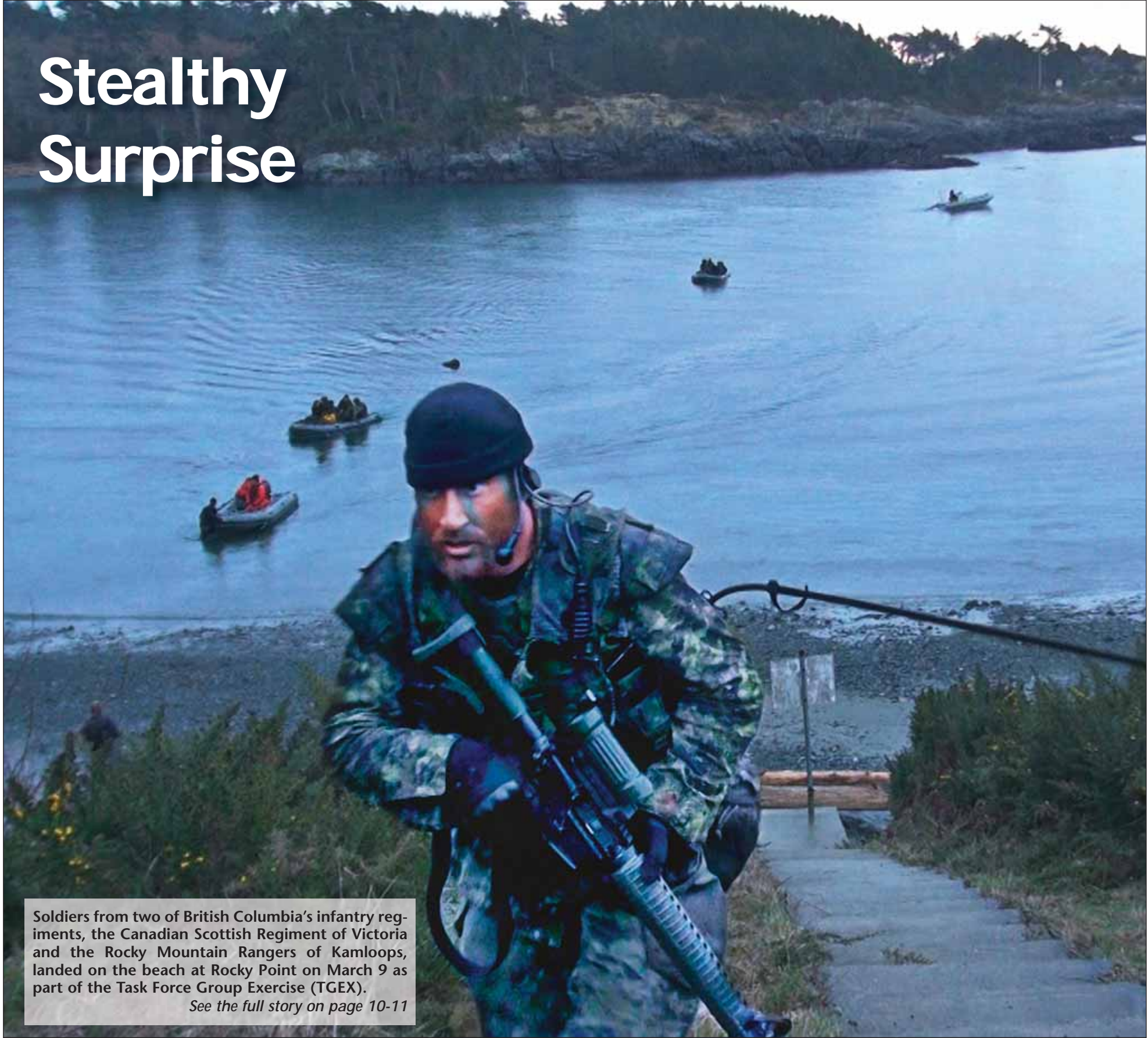


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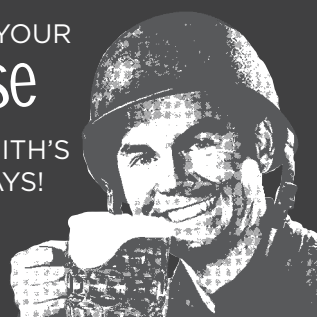
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Stealthy Surprise

Soldiers from two of British Columbia's infantry regiments, the Canadian Scottish Regiment of Victoria and the Rocky Mountain Rangers of Kamloops, landed on the beach at Rocky Point on March 9 as part of the Task Force Group Exercise (TGEX).
 See the full story on page 10-11

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Charity sends CF youth to camp

Ben Green
Staff Writer

Thanks to a new partnership between Joint Task Force Pacific (JTFP) and Canada Company, 50 children of deployed Canadian Forces members within B.C. will have the opportunity to attend camp this summer free of charge.

The week-long “Summer Blast Camp”, which will run from June 30 to July 6, is at beautiful Camp Summit, near Squamish, B.C. Children aged seven to 15 of deployed soldiers, sailors, and airmen/airwomen are eligible.

The value of the week long camp is around \$670.

“This is the first time we’ve been approached on something like this,” says Cdr Tim Allan, CFB Esquimalt’s Base Administration Officer. “I would certainly invite them [parents] to consider this positively.”

With Canada Company already conducting similar programs in eastern Canada, the decision to branch west followed after a meeting between Peter Hart, Executive Director of Canada Company, and RAdm Nigel Greenwood, Commander MARAPC/JTFP, this past November.

Camp Summit, located about an hour north of Vancouver, is surrounded by 27 acres of old growth forest. Here, children will spend seven days immersed

in fun activities such as arts and crafts, archery, and orienteering. In addition, there will be more challenging adventure activities such as climbing, high ropes, mountain biking, day hikes, and canoeing on the serene Alice Lake.

Cdr Allan says this new partnership with Canada Company reflects the respect that external organizations have for our serving personnel.

“It’s comforting that an organization like this wants to do good things,” he says. “We ought to take them up on the opportunity if we can. It shows we welcome their recognition of the great work CF members do.”

To be eligible for this program, children must have/had parents in a deployment situation. Specifically, the selection of children will be based on one of the following (in priority):

- Children of CF personnel to be deployed during the period over the summer June 30 – Aug. 30
- Children of recently (since 2011) deployed CF personnel; and
- Children of CF personnel who will deploy after Aug. 30.

Note that “deployed” infers overseas operations, domestic operations, or significant tasks or training away from home. Cdr Allan cites overseas operations as Afghanistan or

Libya, domestic sovereignty exercises such as Operation Nanook, and the upcoming RIMPAC exercises as perfect examples of deployments that would qualify.

All applications must be in the hands of Cdr Allan no later than April 6, with the list of selected children being announced on or about April 15. If more than 50 children apply, camp attendees will be selected by a family lottery. To make it easy for families, the Base Commander has agreed to provide bus transportation to and from Camp Summit and CFB Esquimalt.

For more information, personnel within Canadian Fleet Pacific units can contact Daniel LeBlanc at 250-363-7618. Personnel in non-Canadian Fleet Pacific units can contact Cdr Allan at 250-363-4016.

Stood up in 2006, Canada Company is a charitable, non-partisan organization that builds the bridge between businesses, community leaders, and the Canadian military. Their goal is to ensure the men and women in the CF receive the widest support, care, and recognition. For more information, visit www.canadacompany.ca.

For more information on Camp Summit, visit www.campsummit.ca.

To download an application form visit www.lookoutnewspaper.com

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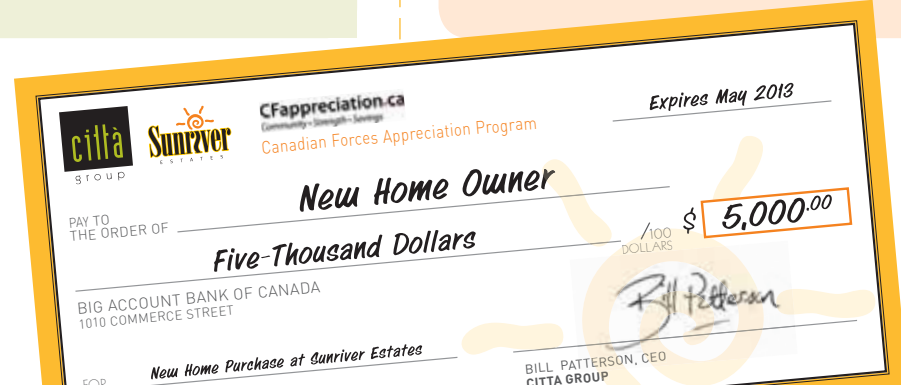


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FROM COMMANDER MARPAC/JTFP Racism elimination is in everyone's interest

The Canadian Charter of Rights and Freedoms establishes multiculturalism as a fundamental characteristic of Canadian heritage and identity. Accordingly, the Department of National Defence and the Canadian Forces embrace these values.

As members of these institutions it is our duty to demonstrate our nation's equitable and inclusive celebration of our diverse population.

On board ship, sailors must work together for a mission to succeed. The suc-

cess or failure of the ship depends on the talent of every member of both the ship's company and the support organization ashore.

By welcoming diversity we are more productive and team-oriented through gaining access to the best and brightest people Canada has to offer.

Today we renew our individual and collective commitment to eliminate racism in all of its clear and subtle forms. Every person has a unique opportunity to support multiculturalism. We can do this individ-

ually by ensuring everyone on our team is treated with the dignity they deserve. Not to do this, or exercising silence in the face of discrimination, makes us all accomplices to intolerance and hate.

Any institution that is segregated diminishes its own value.

The inherent evil of discrimination is that people are judged on external features such as race, nationality, and ethnicity, instead of their ability or talent. Rather, strength comes through variety, integra-

tion and diversity. The CF embraces this idea of diversity, and ensures personnel are assessed based on their capability and loyalty.

Our strength lies in the actions we take and the relationships we build today. I am confident that MARPAC will continue to succeed and prosper through its dedication to the principles of inclusivity and the prevention of racism.

RAdm Nigel Greenwood
Commander
MARPAC/JTFP

Base set to celebrate multiculturalism

On March 21, Maritime Forces Pacific (MARPAC) will celebrate the International Day for the Elimination of Racial Discrimination. In 1966, the United Nations' General Assembly declared this day a day of international recognition and solidarity. Canada was one of the first countries to support the UN's declaration.

Multiculturalism is a fundamental characteristic of Canadian heritage and identity. It is enshrined in the Canadian Charter of Rights

and Freedoms and is reflected in our nation's diverse population.

Here at MARPAC, everyone in the Defence Team has the opportunity to support multiculturalism by ensuring that all members of the DND and CF team are treated with the dignity they deserve. Any institution that is segregated diminishes its own value; strength comes through variety, integration and diversity.

To celebrate MARPAC's diverse and strong work-

force, MARPAC has produced a video message that will be released March 21 to recognize International Day to Eliminate Racism.

Posters, which serve as a reminder of this day's importance, will also be available. A key part of MARPAC's commitment to diversity is the Visible Minority Advisory Group, which is currently under the direction of Co-chairs Jennifer Fielding and Capt Darod Awil. Defence Advisory Groups work with senior MARPAC leadership

and provide feedback and advice on the implementation of employment equity and diversity initiatives.

MARPAC will also host a Citizenship Swearing-in Ceremony May 17. This ceremony will celebrate the accomplishments of these new Canadian citizens and the continually growing diversity within Canada. For information on MARPAC employment equity and diversity, contact Marie Van Humbeck at marie.van-humbeck@forces.gc.ca or 250-363-7669.



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MPCORNER: Crisis team's are available to help

Sgt Benoit Rheume Military Police Community Relations

Today, it's not uncommon to see a Private or Able Seaman with two medals on his or her tunic.

Whether it's anti-piracy missions in the Persian Gulf, fly bombing missions in Kosovo or front line work in Afghanistan on the Police Operational Mentoring Liaison Team, many CF members have done their share to make this world a better and safer place.

But there is a "flip" side to all these medals, praise and glory. Your body and mind gets tired. If you don't take time to "recover"

or you don't know where to go to or who to talk to for help, you are setting yourself up for failure. You will go down quickly. Operational stress injuries happen to the best of us. Adjusting to the changes in our work, home and personal routines after a deployment can be difficult.

The old saying "man up" doesn't apply anymore.

As you go back to the "real world" (your life) things may have changed, you may have changed.

If you feel that way, it's time to talk to someone about it.

There are a range of counselling services available at the Mental Health Clinic and some of these services are not limited

to service members. The clinic offers counselling for couples, and family counselling, so a member and his loved ones can face their new "reality" together.

Sometimes, a quick conversation with an intake worker, usually a nurse or a social worker, will give you the tools needed to better understand the issues and carry on with your lives.

If you seek assistance at the Mental Health Clinic, there is a strict policy about confidentiality.

The Family Crisis Team (FCT) is a separate but related resource available to unit Commanding Officers. The FCT is composed of various specialists: social worker, health educator, padre, and

Military Police. The FCT main goals are to provide education about family violence, CF member responsibilities for responding to family violence, and the mental health services that are available to support members and their families. Through these presentations, the chain of command will be better prepared to guide a member who needs help.

- Mental Health Clinic: (250) 363-4411
- 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

LETTER TO THE EDITOR

Sailors saved the day

Dear Commander Francoeur:

I want to express my sincere appreciation for the excellent response from three of your personnel from HMCS Calgary (MSE Dept) in the afternoon of Monday, March 5 at the Esquimalt Graving Dock.

I am the courier for a number of tenants of the facility, including Seaspan (currently refurbishing your ship under the FELEX program). I was carrying 100 gallons of anti-foul paint in five gallon cans on a pallet from the Esquimalt Drydock Company, and while proceeding up an incline in the yard, the bottom can of the load dislodged causing the entire skid to collapse inside the truck.

Your crew members, LS Daryn Forsythe, LS Joe Wright and AB Benson noticed paint dripping from the rear of the vehicle and immediately ran up the hill to alert me.

As soon as first responders from Seaspan arrived on the scene with emergency spill kits, your three crew members immediately assisted in containing what was now a significant amount of paint escaping from the vehicle. They helped in creating a dam at the back door of the truck, and remained assisting on scene until a clean up crew from the Esquimalt Drydock Company and the environmental people arrived and the situation was brought under control. Had it not been for their

assistance at this early stage, the spill would have been far greater.

Furthermore, there was no idea of knowing how many cans inside the truck had ruptured and it was obvious we had to locate the source very quickly. When I surveyed the situation inside, I saw most of the five gallon cans had collapsed on top of one that was leaking badly.

Containing anti-foul paint, their heavy weight made them difficult to remove quickly so, realizing the urgency of the situation, your crew immediately climbed inside the truck to assist me.

Their rapid assessment and instinctive response to the situation no doubt contributed greatly in containing the spill, which resulted in a positive outcome with no environmental impact.

Would you kindly thank them most sincerely on my behalf and commend them for their assistance and professional conduct during this potentially serious incident?

They are a credit to our Canadian Forces, in which I also have two sons serving, and to the proud name of HMCS Calgary.

Sincerely,

Paul R. Jordan
Courier

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Little Gnome Fact



Did you know the tasty condiment mayonnaise has a naval origin? The capital of Minorca, a small Mediterranean island east of Spain, was named Portus Magonis after Hannibal's brother sometime early in the second century. Eventually, the capital became known as Port Mahon.

In 1756, the Duc de Richelieu attacked the island and drove out its British inhabitants. After the battle, Richelieu was so famished he stormed the nearest kitchen ashore and tossed all the food he could find into a single pot and blended it together. Using this as inspiration, chefs across Paris concocted a dressing in honour of his victory by blending together various ingredients – thus mayonnaise was born.

And what a day it was! Mayonnaise turned out to be catnip for us gnomes! Eggs and oil so perfectly blended together into a delightful consistency...pardon my drooling. We downed the stuff by the jar! Thankfully a low fat alternative was eventually produced, in a handy squeeze bottle I might add, or us gnomes might be better known for our portly shapes rather than humble models of fitness...what?

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NEWS Nuggets

Spectators welcome at court martial

On March 21, a standing court martial has been ordered to try PO2 K.D. Rayment from CFB Esquimalt. The charges are 1 and 2, S. 129 NDA, conduct to the prejudice of good order and discipline. The proceedings will take place at 9:30 a.m. at the CF Language School, 670 Lampson St. in room 6. Spectators are encouraged to attend, military spectators are to wear dress of the day and be seated by 9:20 a.m.

Military Family Garage Sale

On April 1, the Military Family Resource Centre will host their Military Family Garage Sale at the Colwood Pacific Activity Centre MFRC from 9 a.m. to 1 p.m. Tables are now \$15 until the end of the month, but they are limited so book early. Interested attendees can book their table and pay at any MFRC location. For more information call 250-363-2640 or toll free at 1-800-353-3329.

April is Oral Month

1 Dental Unit Det Esquimalt is raffling off two baskets to highlight oral hygiene. One basket contains whitening strips and other miscellaneous oral care items, while the second basket has an electric toothbrush and other miscellaneous oral care items. A free entry will be given to anyone who has their annual check-up or a hygiene appointment within the month of April. Cost to enter the draw is \$1. Check out the unit's displays on April 3: 11 a.m. - 1:30 p.m. at Nelles Block lobby, and 11 a.m. - 1:30 p.m. at NOTC Venture front lobby.

Bring a loonie to enter the raffle draw. To book an annual check up during April call the reception local at 3-4149.

Navy 10K Registration Now Open

Registration for the Navy 10K is now open, with the race taking place on June 3. The Navy 10K and 5K races will begin at 8:30 a.m. with the Kids Fun Run beginning at 10 a.m. The cost is \$15 for military personnel, \$20 for DND civilian personnel and dependants, and \$30 for the general public. To register, visit www.Runningroom.ca or for more information visit www.Navy10kEsquimalt.ca. Any questions can be directed to Danielle Sutherland, Navy 10K Run Director, at 250-363-1008.

Upcoming Fleet Run

The next 5K Fleet Run will be March 29 beginning on A jetty. The run will start at 8:30 a.m. with warm ups starting at 8:15 a.m. Any questions can be directed towards Tammie Barriage, PSP Fitness and Sport Instructor, by phone at 250-363-4485 or by email at tammie.barriage@forces.gc.ca.

Vimy Pins

At a special ceremony on Parliament Hill last week, Prime Minister Stephen Harper and Steven Blaney, Minister of Veterans Affairs, were presented with Vimy pins to officially launch the Vimy Foundation Pin Campaign. The Vimy Pin is available for purchase online through the Vimy Foundation's web site at vimyfoundation.ca and was introduced in

February 2009. The pin has been called "April's Poppy." It is the Foundation's goal that Canadians wear the pin every Vimy Ridge Day in remembrance of that outstanding victory on April 9, 1917, and in recognition of that battle's contribution to the Canadian identity.

CDS in China

Chief of the Defence Staff, Gen Walt Natynczyk, completed a four-day trip to China last week where he met with his Chinese counterpart Gen Chen Bingde, the Chief of the General Staff of the People's Liberation Army, and General Guo Boxiong, Vice Chairman of the Central Military Commission. The purpose of the trip was to improve understanding between the two militaries and build upon Canada's on-going efforts in the region.

Project Reconnect

Cambridge Suites Hotel has an exciting new contest called Project Reconnect, with many chances to win weekly get-away packages at your choice of locations - Halifax, Sydney or Toronto. Enter to win the Grand Prize - flights for two to one of their hotels with a two night weekend Reconnect Package of your choice. To enter on Facebook, go to: www.facebook.com/#!/CambridgeSuitesHalifax?sk=app_324073940940886

For more information on the Reconnect Packages available, visit the link below on the Cambridge Suites Hotel website www.cambridgesuiteshotel.com/projectreconnect



Social media taking off for CF

A/Slt Chelsea Howard
Navy Public Affairs

base and with Canada's military is readily available.

Who do you like? Or follow? In the age of Facebook, Twitter and countless other social media networks, Maritime Forces Pacific (MARPAF) manages five different sites that share valuable information with more than 3,600 people.

The @marpac Twitter account, initiated during the 2010 Vancouver Olympics, has garnered more than 1,100 followers. The Maritime.Forces.Pacific Facebook page, that made its debut during the International Fleet Review, reached a milestone 1,200 'likes' this week. This is great news to site coordinators who work hard to ensure that accurate and interesting information about what's happening on

In response to the growing use of social networking, the Royal Canadian Navy issued new social media initiatives. These initiatives encourage the regular use of social networking as a tool to facilitate both internal and external communications, and provide insight around the appropriate use of such media.

A social media inventory was conducted, demonstrating that many units already maintain social media accounts of some kind, typically Facebook. These accounts are beneficial to member engagement, providing a forum that promotes inter-connectedness across ranks and the ability to share interesting photos, videos, and event information.



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Senior naval reservists holds town hall to share information and ease concerns

Ben Green
Staff Writer

Last week, full-time and part-time naval reservists at CFB Esquimalt and HMCS Malahat, Victoria's reserve division, attended town hall meetings led by the Command Triad of the Naval Reserves – Cmdre David Craig, unit Commander, Capt(N) Chris Dickinson, unit Deputy Commander, and CPO1 Pete Caza, Formation Chief.

Visiting from Naval Reserve Headquarters (NAVRES HQ) in Quebec City, the three used the opportunity to stress the bright future reserve sailors have within the Formations and shed light on the direction the navy is headed.

"The reason I'm actually in town was to talk to the full-time reservists who are serving on the ships and various places ashore, to reinforce with them that we need the reservists in the navy and especially in putting the ships to sea," says Capt(N) Dickinson in an interview with *Lookout*.

In recent years, Capt(N) Dickinson says NAVRES

HQ has realized the major obstacle facing them isn't recruiting, but retention. With many reservists often having to wait to complete their specific trades training following basic training, a percentage simply lose interest all together and leave before being formally qualified.

Using the town halls as a platform, the three highlighted the programs implemented in response to declining numbers, which are making trade-specific training more achievable to reserve sailors.

For example, across the country regional centres of expertise have stood up where reservists receive training from qualified peers prior to beginning their own course. Also, with cooperation from the regular force, more reservists are able to sign off on their qualifications as more ships are being put on the water. Finally, in perhaps the most unique initiative of all, groups of Class A's have recently been tasked to ships other than the Maritime Coastal Defence Vessels. In line with the "One Navy" approach, reservists are having the

opportunity to complete on-the-job training by augmenting into the larger, traditionally regular force-manned warships.

Capt(N) Dickinson says having these citizen sailors share their experiences on exercises and missions with friends and colleagues is vital for promotion across the country.

"To put somebody into a big ship that's deploying, and as a reservist who's maybe from a smaller town, they can go back into those smaller units of 50 or 60 people and talk about what the navy does," says Capt(N) Dickinson. "It's good for the unit and it's good in their communities."

In addition to these opportunities, naval reservists will also have the chance to train with the Canadian Coast Guard in their small boat safety programs beginning in 2013. This summer employment will allow about 70 sailors to receive hands-on training while they wait to receive their formal qualifications.

Despite these programs already in place, Capt(N) Dickinson says the current national force of 3,500

reserve sailors is still too low. He'd like to see that number grow to at least 4,200 in coming years.

"The biggest message I have for reservists right now, whether they're full-time or part-time, is don't quit on me. We need both the part-time and full-time sailors right now. What we're looking to do is get us to be a healthy reserve, which is a balance between the full-time and part-time sailors."

Capt(N) Dickinson says the priority of NAVRES HQ is to now come to an agreement with the navy and establish a concrete number of naval reservists within the Canadian Forces. He acknowledges the uncertainty surrounding naval reservists has led to higher attrition over the last two years, but emphasizes the importance of keeping connected with knowledgeable sources in times of ambiguity.

Reservists looking for more information can contact their career managers, or Cdr Jill Marrack from Naval Reserve Headquarters by phone at 418-694-5560-5643 or by email at jill.marrack@forces.gc.ca.

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PROGRAMS

Ship repair unit continues services through interim move

Lt(N) Sarah Roberge
FMF CB

Over the last few weeks, more than 160 people occupying the second and third decks of D250, as well as the cafeteria and other ground floor occupants, were temporarily relocated to the newly constructed, never before inhabited middle section of the building. This interim move was to make room for Stuart Olson Dominion Construction Ltd. contractors to carry out a complete overhaul of their previous office area.

This renovation activity is one of many steps towards completing the Fleet Maintenance Facility Cape Breton Shop (FMF CB) Consolidation Project with the goal of bringing essentially all of FMF CB under one roof in order to improve service to the MARPAC Fleet and other customers.

The interim move is as its name implies: temporary. However, many people were uprooted, while still continuing to provide top-notch service to their customers, including nine Halifax Class Frigates, Iroquois Class Destroyers and Victoria Class Submarines in various

stages of maintenance and operational capability.

Many people and organizations were involved with planning the interim move, but the people who took care of placing each employee at their new desk were Industrial Engineering. Their team came up with the placement plan while facing the challenge of the floor plan being set up for its future permanent occupants, including Engineering

“Many people and organizations were involved with planning the interim move, but the people who took care of placing each employee at their new desk was Industrial Engineering.”

and Base Logistics' Joint Venture Material Team.

Much thought was put into where each employee would be physically sitting during the eight-month period in order to ensure

continuity of service with very little interruption to the regular work flow.

Although there was some level of stress and consternation about changing work stations, Mark Corkery, who is with the Industrial Engineering Section, reports they have received mostly positive feedback about the new location.

“It’s newer, it’s cleaner, and people are finding they actually have more personal space because they took the time to pare out old garbage that has been accumulating over the years at their old desks,” he says.

He finds the main complaint is with shared spaces, as there are less bookshelves and cabinets to store common reference material. Overall, the interim move was carried out with little interruption to services. As the occupants settle into their new work spaces, they keep in mind that this whole process will be repeated a mere eight months later, once the North end of D250 has been renovated.

Consolidating all shops into one location is a crucial step towards improving services to customers and better meeting the needs of the Fleet.



Make your suggestions known in Our Base. Follow the link on the MARPAC Notice Board.

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Whale watching vessel turns eyes on Nanoose

Capt Jeff Manney
CFMETR

A new vessel has arrived at Nanoose Bay's Maritime and Experimental Testing facility. Stripped of her regular whale-watching livery, Tenacious III will be patrolling the range with a different underwater prize in mind.

Tenacious III, an 11-metre, 30-passenger aluminum tour vessel, will serve temporarily as the new patrol craft at CFMETR, the Canadian Forces Maritime Experimental and Test Ranges. Operated by a military crew – two boatswains and an engineer – Tenacious III will help keep unauthorized vessels from entering the station's 200-square kilometre maritime test range during operations, particularly while the submarine *HMCS Victoria* completes her operational trials.

"I'm ecstatic that we're getting her," says the vessel's new master, Ranger 1 detachment I/C PO2 Kevin Hall. "She'll allow us to do our job, to be more safe and flexible in higher sea states, and to be much more comfortable. When you're out

there for 12 to 13 hours at a time, those are pretty big considerations."

The vessel, on a three-month lease from a Campbell River firm, is intended to fill the gap between the now decommissioned YAG-4 Pelican and its replacement, the Egret. Ironically, it was another underwater creature, a rogue 30-metre Douglas Fir, which finally ended the Pelican's long career last summer. The Pelican's replacement, Egret, is not expected to be operational until later this year.

To fill the gap, the Ranger 1 crew has been using a Navy RHIB.

"The RHIB is fine on range in the summer," PO2 Hall says of the open boat. "But in the winter, in the rain, it's like needles going through your skin. It's not pretty out there."

Despite operating since 1965, and providing mariners with ample notice when it's active, the torpedo range known as Area Whisky Golf routinely encounters errant boaters traveling the Strait of Georgia. Directed by a Range Safety Officer located on

Winchelsea Island, Ranger 1 is employed to intercept these vessels before they enter the range and steer them clear of exercise torpedoes, manoeuvring naval vessels or sonobouys raining down from anti-submarine aircraft overhead.

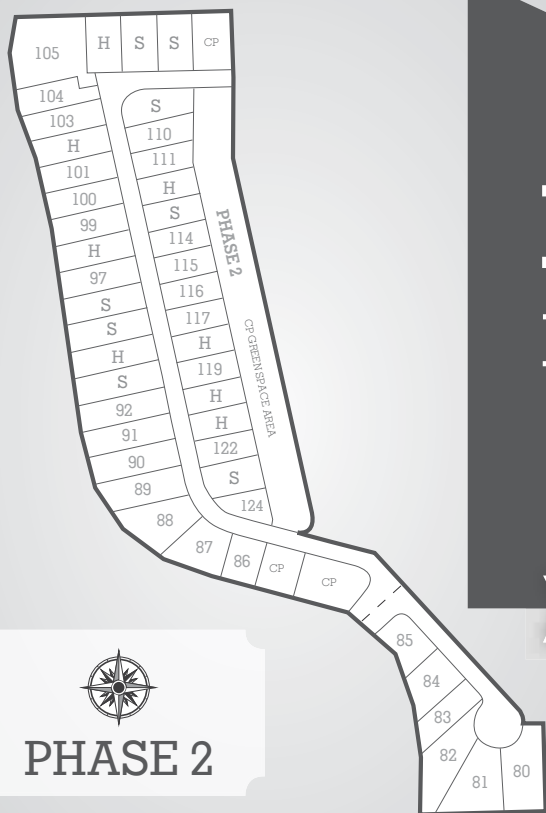
With all eyes on the *Victoria's* torpedo trials, the need for vigilance on the range has never been greater. PO2 Hall says he's confident the new patrol craft will do its part in making the sub's visit a success.

"We'll have a radar again, a navigation system and the speed needed to keep the range clear," says Hall. "That means being able to provide maximum support to range operations. We can't wait to get out there and see what she can do."

Tenacious III, a whale-watching tour vessel, will serve as a new patrol craft at Nanoose Bay until the replacement Egret is operational later this year.



Canadian Forces Maritime Experimental and Test Ranger's "Ranger 1" crew aboard Tenacious III: MS Anthony Goodwin, MS Rich Loy and PO2 Kevin Hall.



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Commodore up for top immigrant award

Ben Green
Staff Writer

Last month *Canadian Immigrant* magazine announced their shortlist for this year's "Top 25 Canadian Immigrants." Among the 75 candidates competing for the award is Cmdre Hans Jung, Surgeon General of the Canadian Forces and the first visible minority to reach the flag rank within the Canadian military.

The award, voted on by the public, celebrates the outstanding achievements of Canadian immigrants who've made a positive impact and are a source of leadership for all newcomers to the country. The nominees range from a variety of fields: health care, business, immigrant services, arts and culture, activism, government, engineering, and not-for-profit.

"I found out by email from the award organization that I had been nominated and had been short-listed," says Cmdre Jung from his office in Ottawa. "I was completely surprised, but honoured."

Born in South Korea, Cmdre Jung arrived in Canada with his family in 1970 at age 11 not knowing a word of English. He joined the Canadian Forces

11 years later, where he's spent more than three decades serving the country as a member of CF Health Services.

Nominated for the award by a senior member of Toronto's Chinese business community, Cmdre Jung says he's humbled just to be shortlisted and believes recognition in awards such as this highlight the abundant opportunities that exist in this country, even for the newest of citizens.

"It is a matter of role modelling and integration so that all immigrants and Canadians at large can realize, if not already, that opportunities exist in Canada for all Canadians to fully participate in every area of Canadian society," he says.

Being the only CF member among the nominees, Cmdre Jung says in due time more visible minorities will eventually reach the military's upper echelons. Until then, he's proud to lead the way.

"Given that the CF is the only career where everyone starts from the bottom up, it will take a long time to see sufficient numbers of minority groups in senior leadership/management to act as role models," he adds. "If I can play that role and encourage immigrant



Commodore Hans Jung

Canadians to consider a career in the CF so that the CF can better reflect Canadian society, then all the better."

With voting closing April 13, the top 25 will be announced in May and recognized in *Canadian Immigrant* magazine. For all nominees that make the top 25, Royal Bank of Canada will make a donation to each of their respective charities of choice. If selected, Cmdre Jung plans to direct the donation to the Canadian Institute for Military and Veterans Health Care Research.

To view the full list of nominees, or to vote, visit <http://canadianimmigrant.ca/canadas-top-25-immigrants/canadas-top-25-immigrants-2012/vote>.

Surgeon General since 2009, Cmdre Jung is the leader of more than 6,300 medical and dental regular force, reserve, and civilians who provide health care to CF members. Considered the "father" of physicians' assistants in Canada, he championed the establishment of physicians' assistants to address doctor shortages across the country.

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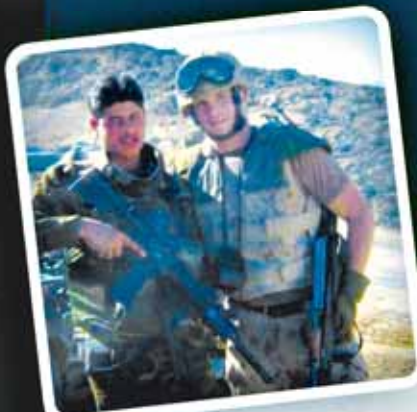
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TASK GROUP FLEXES

Ben Green
Staff Writer

In the early morning hours of Saturday, March 10, as the sun began to peak through the dusk sky, members of the reserve infantry moved about the cleared gravel pit at Whirl Bay on Rocky Point, not too far from the Canadian Forces Ammunition Depot, in stealthy silence.

Soldiers from the Rocky Mountain Rangers, dressed in rebel attire, were on patrol, index finger stiffly resting on the trigger of their rifle, at the ready to protect their territory.

Little did they know, moving through the tree-line were a handful of soldiers from Canadian Scottish Regiment, role playing as the liberating force.

In a surprise attack, machine gun fire erupted, forcing the rebels to take cover behind heavy machinery and mounds of sand and rock.

The firefight didn't last long. The Rangers, playing the enemy, were quickly out manoeuvred, over-run, and subdued.

This attack on a fixed position was just one of many exercises that took place during the 11-day, multi-service, bi-national Task Group Exercise (TGEX) held March 5-16 on the land, sea, and air of western Vancouver Island. Warships, helicopters, and aircrafts from both the Canadian and American mili-

taries were also part of the larger exercise for the purpose of collaborating and coordinating their capabilities.

"Task group exercises are an opportunity for all three elements to learn how to maximize their own capabilities by correlating information gathered from the other elements," says Cdr Scott Van Will, commanding officer of *HMCS Ottawa*, a participating vessel in the exercise. "This strengthens Canada's ability to operate in many different environments and gives them the skills and experience to be successful in any type of mission."

The army portion began on the water but ended up on familiar ground following an amphibious landing on March 9 at Rocky Point.

The air and sea components took to the West Coast Firing Area to complete surface firing exercises, damage control exercises, boarding exercises, helicopter operations, and simulated chemical weapons attacks. *HMC Ships Ottawa, Regina, Algonquin*, and submarine *HMCS Victoria* were joined by USN Ship Ford, as well as a CH-124 Sea King helicopter detachment from 443 Maritime Helicopter Squadron, a CP-140 Aurora Long Range Patrol Aircraft, from 407 Maritime Patrol Squadron, and a P-3C Orion Anti-Submarine Warfare Aircraft from Naval Air Station Whidbey Island.

Cdr Van Will says with so many pieces in play, communication between all assets was



Reservists from the Canadian Scottish Regiment and the Rocky Mountain Rangers run through attack scenarios at a gravel pit near Rocky Point. The two reserve units were just a small portion of the land, air, and sea assets participating in the extensive Task Group Exercise held around Western Vancouver Island March 5-16.

Concurrently, members of 2 Princess Patricia's Canadian Light Infantry worked with naval and air assets to begin their eight-week Basic Reconnaissance Training Course at Rocky Point and Albert Head.

Photos by Ben Green, Lookout

MIND AND MUSCLES

vital in order to avoid costly breakdowns. "Working with a task group requires a lot of planning and flexibility amongst the ship individually and also at a task group level," he says. "When the plan changes suddenly for one ship, it can drastically affect the plans of the task group as a whole. The challenge is being able to adapt, which went very well."

From a Canadian naval perspective, the exercise not only improved the combat readiness of the crews involved, but also looked to assist *Regina* in its High Readiness Work Ups in preparation for potential future deployments, as well as further *Victoria* in its trials for full readiness.

Despite the TGEX being much higher in tempo compared to regular open ocean sails or maritime security patrols, Cdr Van Will says it provided a great measuring tool for not only the naval crews, but all units involved.

"The more you practice something, the better you become," he adds. "Although we may be tasked to a mission that we haven't conducted on TGEX, the experience and unity the crew gains from working together prepares a ship really well for any future operation."

Here's a quick look at the activities Canadian vessels were involved in over the 11-day TGEX:

Surface Firing Exercises: *Ottawa*, *Algonquin*, and *Regina* conducted anti-surface and anti-air firings with their main guns in

the West Coast Firing Area. Surface targets included orange inflatable ones pulled behind a remote controlled boat called a Barracuda, and air targets pulled behind a leer jet.

Damage Control Exercises: For two-and-a-half hours, *Ottawa* and *Regina* conducted a sustained fire exercise involving a number of simulated casualties and loss of fire fighting equipment. *Ottawa* called *Regina* for assistance that in turn sent over attack teams and other personnel via smaller crafts to assist.

Helicopter Operations: Working with USS Ford, *Algonquin* used its Sea King for intelligence gathering during an ENCOUNTEREX. Each ship disguised themselves as another vessel and tried to detect the other one.

Chemical Biological Radiological Nuclear Transits: During a simulated chemical weapons attack, personnel on *Ottawa*, *Algonquin*, and *Regina* had to wear gas masks and CBRN suits.

Boarding Exercises: Dressing some of its crew in civilian clothing and donning false papers and passports, *Ottawa* was used as a platform for the boarding party from *Regina*.

Joint Operations: Picked up by small boats from Tofino, 33 soldiers from 39 Brigade embarked in *Ottawa* for an evening en route to their disembarkation point. Sleeping in the ship's hanger overnight in full army kit, the soldiers were provided an early breakfast before disembarking.



Exercise Highland Orca - Comox



Pte Brendon Amos, from the Calgary Highlanders, takes cover under a tree as he secures a landing position for troops arriving by boat, during Exercise Highland Orca. Exercise Highland Orca, which took place in Comox, B.C. from March 9-11, was a unique opportunity for army and navy reservists from Calgary to train in coastal areas as they practiced methods and means of attacking from the sea to accomplish a beach landing.

Photo by DND



Soldiers from 41 Canadian Brigade Group practice beach landings at HMCS Quadra, near CFB Comox, on Saturday afternoon, during Exercise Highland Orca.

Photo by DND



(Left to right) Corporal Harrison Cubitt-Cooke, Master Corporal Sheldon Wagg and Corporal Ryan van Zandt of the Calgary Highlanders, discuss their attack plan on Air Force Beach on Sunday morning, during Exercise Highland Orca.

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The Esquimalt Women's Volleyball team Tritons won the 2012 Pacific Region Volleyball Championship that was held at 19 Wing Comox from March 9-11. The team won the best two out of three championship in two straight matches without losing any sets. The team will represent the Pacific Region at the 2012 CF National Volleyball Championships to be held at 14 Wing Greenwood from April 20-25.

Front row from L to R: Capt Maria Codina, Lt Rebecca Sparkes (team Captain), and LCdr Lorinda Semeniuk.

Back row from L to R: Sgt Melanie Levesque, A/SLt Carolyn Pumphrey, A/SLt Krista Seguin, Lt(N) Milena Johnson, Capt Tesha Wheaton and coach Switch Rousseau.

Missing: Lt(N) Liz Mohammed, SLt Jody Dans and assistant coach Keith Bruhm.

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Sinai Surgeon: A year of service in the desert

Ben Green
Staff Writer

For one year plus a day in the mid-1960s, F/L (Ret'd) Merv Letts saved lives in the sweltering heat of the Sinai desert of north-eastern Egypt.

Now, 45 years later, he's penned a book entitled "*Sinai Surgeon*" that chronicles the adventures and challenges he faced trying to maintain the health of Canadian airmen and local nomads in the arid and unforgiving environment.

Deployed to 115 Air Transport Unit (ATU) as a member of the United Nations Emergency Force (UNEF), the medical officer was part of a Canadian contingent of peacekeepers sent to the region in the midst of the impending Six Day War between Israel and the Arab States.

"I started out writing the book as a history of 115 ATU, as it seemed to be left out of historical writings of the United Nations Emergency Force," he says.

The transport unit's headquarters, an old British rehabilitation base from the Second World War, was located at El Arish along the Mediterranean coast. It provided the 95 Canadian airmen an ideal spot to patrol the border between the two nations. They were the primary transport of the Emergency Force, patrolling the Israeli-Egyptian border and transporting men and equipment around the Sinai, to and from Beirut, Cairo, Cyprus, as well as many desert outposts.

The book details the unique afflictions that personnel succumbed to in the desert climate, including gastroenteritis, sunburns,



hepatitis, malaria, dengue fever, and bites from numerous spiders, snakes, and scorpions. F/L (Ret'd) Letts and other medical personnel were tasked with caring for both the serving and civilian members of the base. He says they also provided regular care for the Bedouin, the nomads living in the area.

"They were very friendly to us and we conducted a 'Bedouin Sick Parade' each week out in the desert, which we had designated stops with our Jeeps and four-wheel drive ambulance that carried medicines and equipment," he says. "There

were always a dozen of Bedouin waiting to see us with various ailments at each stop, usually at a cement water barrel."

Interspersed throughout the book are the stark realities F/L (Ret'd) Letts had to face as both a medical professional and a military officer. He describes being on a flight to Beirut and blowing an engine, only to be arrested by Israeli forces after having to emergency land at Lod airport in Tel Aviv. Or flying to a small outpost at Sharm el Shiekh in pitch darkness to rescue a radio operator who had been electrocuted; the only landing visuals within the moun-

tainous region being beer bottles filled with kerosene along the runway.

"One quickly learned to take responsibility for medical issues," he says. "In particular, steps to prevent disease and injury, many of which are described in *Sinai Surgeon*."

The book isn't all doom and gloom though. Recreation at 115 ATU was very important to counteract personnel's separation depression, so F/L (ret'd) Letts describes in colourful detail his role as "Swanmaster" - coordinating trips to exotic locations such as Beirut, Jerusalem, Cairo, and Luxor. He also describes the fun they had at the base's tennis courts, private beach, radio station, and sand golf course about an hour up the road.

"The excellent recreation programs were one of the reasons we had a very manageable level of depression and mental anxiety," he says.

All royalties from book sales are being donated to the Rotary Club of West Ottawa, which in turn is donating them to the Polio Plus Program of Rotary International. This initiative is very personal to F/L (Ret'd) Letts who was afflicted with the disease as a child growing up in Manitoba in the 1940s, as well as seeing it firsthand with patients during his Sinai deployment.

"Poliomyelitis was also present in the Middle East in 1966 and 67 and today persists in Africa, India, and Yemen," he adds. "The eradication of polio, similar to smallpox, is achievable and we're almost there."

For more information on the book visit www.sinaisurgeon.com.

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Cadets on the mark at biathlon

Capt Kimberley Banaszkiwicz
National Youth PAO
Chief Reserves and Cadets

Although the 2010 Olympic Winter Games are in the recent past, "owning the podium" mentality certainly is not.

Cadets from B.C. proudly represented their province during the 25th National Cadet Biathlon Championship that took place in Martock, N.S., from March 4 - 9.

Together, they brought home three gold medals, three silver medals, three bronze medals, and Cadets Carson Mackenzie and Louisa Tsang won the Jean-Philippe Le Guellec Award (senior category, 15 and 16 years old). This is awarded to female and

male cadets with the highest cumulative aggregates from their individual races results during the National Cadet Biathlon Championship.

Cadet biathletes making up the unit team came from 909 Peregrine Royal Canadian Air Cadets Squadron (RCACS) located in Kelowna, B.C. Making up the Female Unit Team were Air Cadets Jennah Smailes, Tekarra Banser and Devon Strilchuk. The Male Unit Team consisted of Hezekiah Koop, Devon Greenhalgh and Carson MacKenzie. Mackenzie calls competing in biathlon "a great experience."

The Composite Team, which consists of Cadets from different Corps and Squadrons, and only having the opportunity of meeting each other as

a team at the National Championship, included Sarah Lumley, Louisa Tsang and Nicole Tupy (Female Composite Team) and Emile Vogel-Nakamura, Hayden Smailes and Kevin Fierling (Male Composite Team).

Sarah Lumley, from 205 RCACS located in Nanaimo, B.C., explains why she loves the sport of biathlon: "It is such a fun sport to do, watch and explain to others. It combines two completely separate skills to create a truly unique sport."

When asked about what she would tell younger youth thinking about joining a biathlon team, she offered, "I'd ask where else can you find such a unique sport and receive complete support to practice it? And that answer is nowhere but Cadets."



Devon Strilchuk, from the Pacific team, takes aim on the shooting range at Martock, Nova Scotia, on March 8.

Photo by Cpl Jennifer Kusche

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 Armed 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."

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.

-Vanessa Roman
Reno vs Relocate, HGTV

"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.

Advertorial



Premieres Monday May 28 at 9 pm on HGTV
You can follow Vanessa Roman on Twitter at VanessaRomanTV

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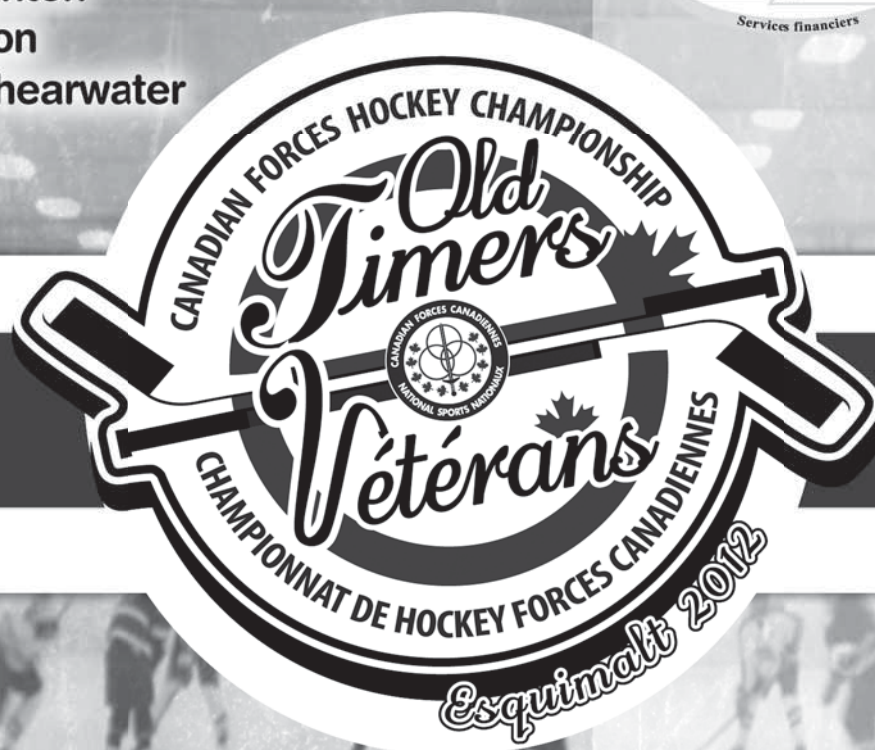
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Cadet's bravery earns top award

Capt Jen Taylor
Canadian Cadets

Air Cadet Warrant Office First Class Simon Grant received more than a farewell ceremony at his final parade as Cadet Parade Commander of 861 "Silver Fox" Squadron in Abbotsford last week. The six-year cadet was also awarded the Cadet Award for Bravery, the highest honour that can be presented to a cadet, for his fast-thinking action at a community event on Oct. 10, 2009.

At just 16 years old, then Cadet Flight Sergeant Grant jumped into a runaway, driverless shuttle bus, hitting the breaks just feet before a one-and-a-half story high cliff that overlooked a busy roadway below. Thirty-five passengers were onboard the bus at the Fort Langley Cranberry Festival, where Grant was volunteering with fellow cadets. Grant was assisting visitors in and out of the shuttle buses when he heard a loud noise and turned to see a bus moving toward the sidewalk. He immediately ran to the bus's open door, hopped up the stairs into the driver's seat and pressed the break, stopping the bus just after it had jumped

the curb. Grant says he does not want to think about what might have happened not only to the bus passengers but to motorists below, had he not taken action.

Officers and staff at Grant's Squadron are not surprised by his actions, calling him a "positive, professional and effective member of the Squadron" and praising his "exceptionally high standards". Grant has also been awarded the Cadet Long Service Medal, Lord Strathcona Medal, and Legion Medal of Excellence for his service to the Air Cadet Program. A graduate of Abbotsford Traditional Secondary School, Grant hopes to pursue a career in the military as a Logistics Officer and has applied to attend the Royal Military College in Kingston, ON.

The Cadet Award for Bravery may be awarded by the Canadian Forces to Cadets who perform outstanding deeds of valour involving risk of their own lives in saving the lives or property of others and is also approved by the Chief of Defence Staff. This is only the second time that the Cadet Award for Bravery has been presented in B.C., the last one occurring over 60 years ago.



Commander Stan Bates (left), Commanding Officer of the Regional Cadet Support Unit (Pacific) in Victoria, and Governor Tom Holland (right), from the Air Cadet League of Canada, congratulate Cadet Warrant Officer First Class Simon Grant after he is presented with the Cadet Award of Bravery, March 7.



Naval Communication Junior Computer Information System Network Operator. OP 0106 graduated March 8.

Top Student: OS England.

In the photo, OS Mahnke, OS Beneteau, OS Leclair, OS England, OS Gallant, OS Roberts, OS Hull, OS Taylor, OS Basim, OS Quick, OS Ferrell, and OS Allan. Welcome to the Fleet!



Steve Culley, from CFB Esquimalt Maintenance Detachment Matsqui, is presented a retirement certificate for LCol Woolley, Base Information Officer. Steve retired after 48 years of service to his country, split evenly between service in the military and as a DND civilian employee. His career began in the Royal Canadian Signal Corps in 1964 at the age of 16. As an electronics technician, his experience began in the era of vacuum tubes and continued through the adoption of transistors, integrated circuits, digital networks, and the internet. He started in an era of short range portable radios that were larger than bricks and portable telephones were only dreams of fiction writers. His 48 years of service is a remarkable achievement, which stands out as the gold standard for dedication and service to Canada. Stop and consider if you have ever heard of someone who has served this long.



Leading Seaman Berry is promoted to Master Seaman by LCol Woolley, Base Information Officer, at Maintenance Detachment Matsqui.



Private Bielak is promoted to Corporal by LCol Woolley, Base Information Officer, at Maintenance Detachment Matsqui.

Photos by MCpl Frerichs



Private Vilca is promoted to Corporal by LCol Woolley, Base Information Officer, at Maintenance Detachment Matsqui.



Lt(N) Matt Otoupal of Base Administration Branch receiving his OPME Completion Certificate from Cdr Tim Allan, BAdmo.



Lt Lemieux, Officer Commanding National Investigation Service, receives his General Campaign Star from Base Commander, Capt(N) C.A. Baines. Lt Lemieux was the Officer Commanding the National Investigation Service Detachment while serving in Kandahar July 29 - Aug. 28, 2011.

INFOCUS

Photos of interest



Photo by Cpl Martin Roy, Formation Imaging Services

During Exercise Southbound Trooper XII, members of the 2nd Regiment of Royal Canadian Horse Artillery fire a round from the Canon type 155mm M777 in Fort Pickett, Virginia.

Exercise Southbound Trooper XII is a joint, interagency, multi-national and public exercise based on Task Force 36, which is to be force generated from the 36 Canadian Brigade Group Territorial Battalion Group.

Approximately 700 soldiers, sailors, airmen and airwomen from units across Nova Scotia, New Brunswick, Prince Edward Island, Ontario and Alberta are participated in the training. The exercise provides a unique training opportunity for the participants to train side-by-side in a multi-national task force environment.

Units from the U.S. Army, Navy, Army National Guard, Air Force and Marines also participated in the training providing the Canadians the opportunity to operate with their U.S. counterparts in an effort to develop their interoperability skills.

Right: March 9, near Foldvika, Norway, three assault boats filled with soldiers from Charles Company, 1st Battalion, The Royal Canadian Regiment, conduct training with the Norwegian military boat platoon during Exercise Cold Response. Approximately 800 soldiers from 1st Battalion, along with various supporting units located in Petawawa, are deployed for the exercise. Exercise Cold Response 2012 is a Norwegian invitational military exercise with activities taking place from March 12 - 21, with about 16,000 participants from 15 nations.

Photo by Cpl Stuart MacNeil, DND-MDN Canada



Photo by Cpl Igor R. Korpan, 32CBG Photographer

Left to Right: During the Toronto Marlies Canadian Forces Appreciation Night, Ryan Hamilton, Captain of the Toronto Marlies, and Colin Stuart, captain of the Rochester Americans, pose for the ceremonial puck drop. OS Brian Kim, BGen Julian Chapman (centre), CD, Deputy Commander of Joint Task Force Central/Land Force Central Area, Gunner Lorenzo Escobal, and Pte Steve Bonn drop the puck at centre ice at Ricoh Coliseum in Toronto.



Photo by Ben Green, Lookout

OS Albert-Gabriel Paquet (right) binds the wrists of OS Andre-Felix Sanfacon (left) to demonstrate knot-tying for curious festival attendees during the 15th Annual Victoria French Festival on March 11. Sailors from CFB Esquimalt participated and members of CF Fleet School (Esquimalt) were on hand to interact with people at their booth in Centennial Square where they demonstrated some aspects of navy life.



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ALZHEIMER SOCIETY OF B.C. Family caregiver series in Esquimalt on Saturdays, March 3rd through 31st, 10 a.m. to 12:30 p.m. each day at Esquimalt Recreation Centre, 527 Fraser St. Contact the centre at 250-412-8500 and cite course 35338.

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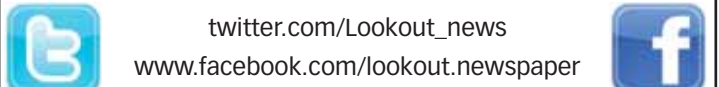
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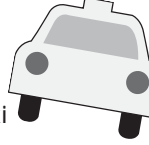
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Charlottetown leads exercise

Lt(N) Jessica MacDonald
HMCS Charlottetown

Success in operations comes from skilful control of many moving pieces, and it takes time and training to master the skills of understanding, visualizing, describing and processing complex situations.

These skills were recently applied in the Mediterranean Sea as HMCS Charlottetown conducted a surface exercise (SURFEX) with the ships of Standing NATO Maritime Group 1 (SNMG1) during Operation Active Endeavour. With four ships from three different countries, one helicopter and one ScanEagle unmanned aerial vehicle, the SURFEX required synergy and cohesion to pull things together.

"We conducted a SAG [Surface Action Group]. This is when you take part of a formation and you detach ships to pursue a contact," said Lt (N) Damien Ciotti, an Above-Water Warfare Officer serving in Charlottetown. "During warfare training using live assets, the Operations Room goes into simulation mode, but the beauty of the system is that all of the symbols on our equipment look the same — as if it was actually happening — so, to the operator, it's real."

Another key element of the exercise was the ScanEagle UAV. "Once launched, the UAV acts as the long-range eyes of the ship," said Lt(N) Ian Bilodeau, another of Charlottetown's Above-

Water Warfare Officers. "Although we are still conducting test flights, the UAV has the potential to open up the battle-space. My sensors in the Ops Room are limited by the line of sight, but with the UAV our range is greatly increased and we get a true bird's-eye view of the situation."

Charlottetown embarked a ScanEagle UAV detachment for trials to assess its intelligence, surveillance and reconnaissance capabilities at sea, and to explore the feasibility of equipping Canadian warships with UAVs.

Throughout the SURFEX, Charlottetown acted as the Surface Warfare Commander, carrying Commodore Ben Bekkering, commander of Standing NATO Maritime Group 1. "Charlottetown did an excellent job to bring together all the moving pieces throughout the scenario."

"It's all about building a picture," said Lt(N) Ciotti. "Being able to coordinate the flow of information from multiple assets and integrating it all together."

Charlottetown is currently deployed on Operation Metric, Canada's participation in international efforts to enhance security in and around the Mediterranean Sea. Since mid-January, the Halifax-based frigate has been integrated into Standing NATO Maritime Group 1 and assigned to Operation Active Endeavour.

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Wednesday, April 14 - 4 - 5 p.m. - CPAC Regina Room
Monday, April 9 - noon - 1 p.m. - Naden Athletic Centre Conference Room

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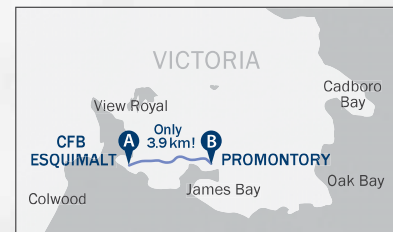


No Rental Restrictions



DND Deposit Structure

Talk to a member of our sales team to find out more about Promontory's special DND deposit structure - making it ultra easy for you to get into the real estate market today.



Not to mention...

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 Quality engineered-wood baseboards and door casings **Promontory Signature kitchens** with **recessed LCD HD televisions** and storage pantry Recessed halogen valance lighting **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 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 **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 Comfortable **forced-air heating and air conditioning** with ceiling mounted heat pumps (in bathrooms) 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) Entry phone outside main lobby with **security camera allows you to pre-screen visitors using your TV** set 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.

50% SOLD

Great homes still available.

	Priced From
Junior 1 Bedrooms	\$204,900
Studios	\$222,900
One Bedrooms	\$267,900
Two Bedrooms	\$367,900
Two Bedrooms + Den	\$569,900

All prices include A/C, Parking and net GST



PROMONTORY
AT BAYVIEW PLACE

Sales Centre Open Daily 12-5pm. 80 Saghalie Road.
250.382.2672 www.bosaproperties.com



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



MILITARY
DISCOUNT
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"Thank a Hero"

\$350 to \$750 off best price!



SAVAGE CYCLES

in Langford across from Steve Drane
250-475-8885 • www.savagecycles.ca

Naden Gym Running Group

The Navy 10K is upon us. Race date is Sunday June 3rd.

This group will help those that are working their way up to a 10k. It will be a walk/run group to start and gradually increasing to a run group closer to race date.

If you are an experienced runner looking for some more intense training please come on Mondays from 1145-1300hrs.

Every Thursday at 1205-1250 hrs
Starting Now!



For more information, please contact Megan Larsen, Fitness Coordinator, Naden Gym.
Tel 363-4495, megan.larsen@forces.gc.ca