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NEWS 2



New Orca statue installed

COMMUNITY 8



Mental Health Week

FEATURE 9



Man in Motion visits Base

End of an Era



Last Monday, Auxiliary Fleet Staff said good bye to ferrying CFB Esquimalt personnel across the harbour.
See more on page 3.

Photo by MCpl Angela Abbey, MARPAC Imaging Services

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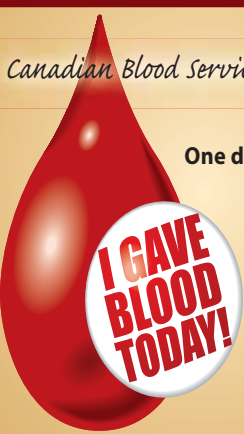
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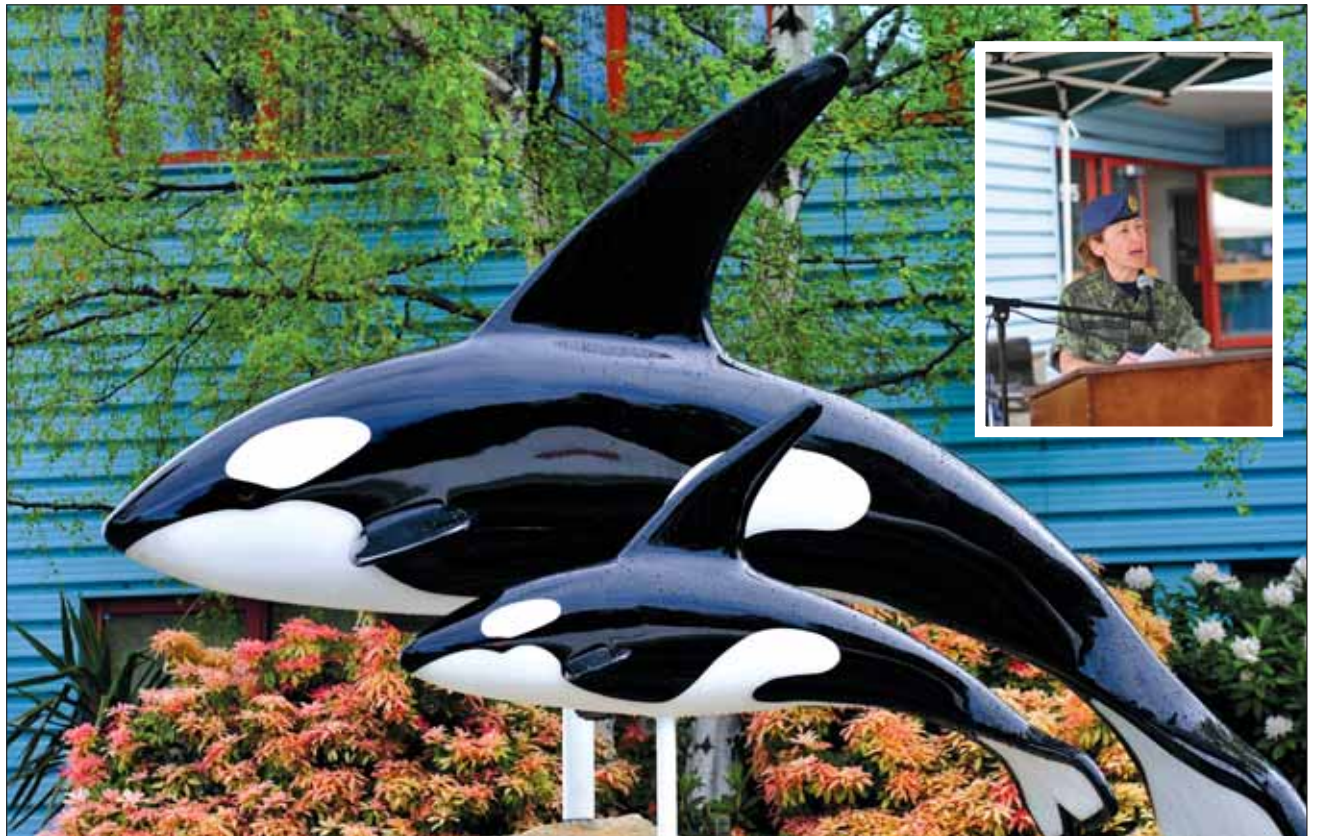


Photo by Shelley Lipke, Lookout

Last Thursday, Construction Engineering celebrated its 109th birthday. In honour of this occasion the newly refurbished fountain outside the building was rededicated with two Orca statues.

Orcas return to engineers

Lt Chris Larouche
Base Construction Engineering

Base Construction Engineering (BCE) employees had a "whale" of a day April 26 when they celebrated a milestone reached by the Canadian Military Engineer Branch – their 109th anniversary.

Part of the day's event included the rededication of two new fibreglass Orca statues that were reinstalled as the centre piece of the fountain entitled "The Spirit of Construction Engineering."

The original killer whale monuments were dedicated in 2003 to commemorate the Branch's centenary, a landmark occasion signifying the important role played by engineers throughout the ages.

Sheltered by a tent, the BCE Officer, LCol Darlene Quinn, kicked off the celebration by reactivating the fountain by remote control. Mother Nature, acknowledging an engineer's ability to plan for wet weather, tested that resolve by contributing winds that forced the fountain spray in the direc-

tion of the podium.

Unwavering, the BCEO noted that Canadian Military Engineers have participated in every major war and conflict, as well as peace support and domestic operations since the inception of the Branch.

The importance of engineering trades dates back to the late Stone Age, she said, adding that since that time, engineers have designed and/or built fortifications, roadways, water supply infrastructure and even participated in the design and construction of the pyramids.

LCol Quinn acknowledged Fleet Maintenance Facility personnel for the months of hard work that went into fabricating the new arcing whale statues, which form part of the display located in front of the Construction Engineering building. The original design was conceived by Ken Lidstone, a long serving member of the Branch, along with several other serving and retired civilian members in 2002.

The event echoed the sentiment of the inaugural dedication ceremony in 2003, attended at the time by LCol

(Ret) Paul Arsenault, former BCEO, and British Columbia's former LGov Iona Campagnolo.

The recent dedication and birthday celebration was made extra special for a few military members when LCol Quinn presented MCpl Mike Ward from Joint Task Force Pacific with his Canadian Forces Decoration (CD). She also promoted two members, Sgt Gerry Jamieson and MCpl Marcel Kozyn from the Pacific Naval Construction Troop.

Refreshments during the event were provided by the Canadian Military Engineers Association (CMEA), an organization that strives to enhance the well-being of its members, provides educational bursaries and links engineers through events and newsletters.

Overall, the 109th birthday culminated in a successful gathering of serving and retired civilian and military engineers who re-connected and enjoyed the camaraderie of the event. Numerous personnel were once again reminded that engineers enable everyone to enjoy a good quality of life.

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Photo by Shelley Lipke, Lookout



Photo by Shelley Lipke, Lookout

After 57 years of service transporting base personnel between Colwood and Dockyard, Blue Boats YFB 316 and YFB 318 had their final run April 30. Invited guests on board both vessels sailed past Duntze Head as Base Commander Capt(N) Craig Baines saluted from the dais. Afterwards everyone gathered on the jetty for cake and coffee.

Top left: Former Captain of Blue Boat 316, Dave Dyer brings the boat alongside for the final trip as the base ferry.

Middle: MS (Ret'd) Joe Buczkowski in his original Royal Canadian Navy uniform enjoys cake specially designed to pay tribute to the last sail.

Centre: Capt(N) Craig Baines and the two Blue Boat Captains, Kevin Bauml (Boat 318) and Keki Pardiwalaski (Boat 316) partake in the cutting of a cake.

Victoria Harbour Ferries celebrated the launch of the new Baseline service May 1. The Baseline ferries now act as the Blue Boat replacements.

Middle right: Victoria Harbour Ferries President Nick Samson, Esquimalt Mayor Barb Desjardins and Capt(N) Baines cut the ribbon to officially open the new service.

Lower right: The Baseline ferries can transport up to 200 people per trip. For times and fare information visit: victoriaharbourferry.com/baseline/

Goodbye Blue Boat



Image by: MCpl Angela Abbey, MARPAC Imaging Services



Photos by Shelley Lipke, Lookout

Welcome Baseline Ferry

matters of OPINION

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WHAT SAY YOU

MPCORNER: Buckle up for the summer

LS Nicolas Muir
Military Police
Community Relations

The rain has stopped, the sun is shining, it's the weekend and you find yourself cruising the roads with the windows down (or tops down if you're one of the lucky ones).

Summertime is the perfect time to take a relaxing drive down to the shore, but getting there in such a relaxed state is where trouble can sometimes arise.

Remember to buckle up
Seatbelts save lives. It can't

be stressed enough, whether it's a trip in a DND vehicle, or a drive in your personal vehicle to the store, coffee shop, or a two hour trip to visit family, wearing a seatbelt can save your life.

And don't forget, you as the driver are responsible for all children in your vehicle. They must be in proper child restraints, not only appropriate for their age, but foremost for their size and weight.

The Military Police and civilian policing agencies are also enforcing some lesser known laws, which should be kept in mind during these beautiful

days. Should you chose to smoke in a vehicle, even if you have the windows and roof down, with someone under the age of 16 years old, you can be charged under the Motor Vehicle Act.

Now that we have looked into the safety of drivers and their passengers, there is just one more member of the family that often goes overlooked when hitting the road.

It may seem common sense, but it is illegal to let "little Fifi" or "Big Rover" take a ride on a truck bed unless he or she is safe from falling off or being thrown from the vehicle. This

means a suitable cage, carrier, or guard rail must be attached or installed. Be sure that if your dog likes to jump around and distract you, that it's best to place them in the backseat.

Accidents don't only happen when we have snow or ice out on the roads. Although you should always drive according to conditions, safety will always start with you—the driver.

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

WHAT SAY WE

Seven money conversations you should have

Money is one of the most common sources of conflicts for couples.

Differences in debt load, budgets, spending habits and financial goals can lead to disagreements between partners. Recent studies have shown that financial talks among couples often lead to arguments and even a split.

How can couples avoid sliding into arguments when talking about money?

As part of its Living as a Couple Life Event, the Financial Consumer Agency of Canada (FCAC) guides financial consumers through the seven financial conversations that every couple should have:

Talk about assets and liabilities

Be open and honest about individual assets (e.g. savings, property, investments) and liabilities (e.g. credit card debt, mortgages, car loans). It minimizes stress in the long run and goes a long way towards helping you make wise financial choices as a couple; especially when it comes to important decisions like buying a home. FCAC's Assets and Liabilities Worksheet for Couples can be a good place to start the conversation.

Be open about each other's credit history

Your own and your spouse's financial histories will impact your ability to get credit as a couple. This is why you should both understand your individual credit report and credit score and then discuss them openly with each other. To help you, FCAC has a few pointers on understanding your credit report and credit score.

Define your financial priorities

Whether saving up for a down payment on a home, paying off debt or planning for your wedding, defining your financial goals together is important to ensure that you are both working

toward the same thing. Use FCAC's financial goals worksheet to guide you in the right direction and its budget calculator to help you get there.

Understand your financial personalities

Some people like to spend money, others like to save it, some prefer to invest money and others like to combine it. No matter what your financial personality is, the way you approach your personal finances will impact your finances as a couple. Being open and honest about what you spend avoids surprises and is key to making a realistic household budget.

Determine each other's financial roles

Who will ensure that the bills are paid? Who will monitor and adjust the household budget? These tasks should be divided equally to ensure that both people in the relationship are aware of their combined money situation and feel involved in decisions. Learn how some couples arrange their finances.

Be aware of your monthly cash flow

The first step in making a realistic budget for two and reaching your financial goals together is to understand how much money each individual brings home every month after taxes. Then, compare that amount with your individual and combined monthly obligations (e.g. cell phone bill, debt repayment, rent).

Discuss your financial arrangements

Because everyone has different financial histories, situations and needs, it pays to discuss how your combined finances should be managed. How many service fees are you paying? Which financial institutions offer the best products to suit your needs as a couple? FCAC has examples of how couples arrange their finances and benefit from tax tips. It also has information on what you need to know about insurance when living

as a couple.

FCAC's Living as a Couple website offers more tips and tools to help couples plan and manage their finances. More information on financial products and services is available online at www.itpaystoknow.gc.ca

Sudoku

			4	5			1	
				2				9
2		6		1		5	8	
	3			6	2			1
7		9		4	3			
1	6			8	5	9	3	4
	9			3	1			8
3				6	1			
6			9		2	7		

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Beginner

Here's How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

8	7	2	4	9	5	1	6	3
6	3	5	8	7	4	8	7	6
5	9	1	6	8	7	4	8	2
8	9	7	2	3	1	4	6	8
4	7	2	7	2	8	5	9	6
1	6	9	8	5	6	3	4	7
7	5	9	1	4	3	8	8	2
6	9	5	1	4	3	8	8	2
4	3	8	6	9	6	3	8	7
2	4	9	3	8	6	9	6	3
8	1	5	6	2	7	3	4	9
9	7	3	4	5	8	6	1	2

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9 a.m. - 3 p.m.
Building N92

The day will feature subject experts who will speak on different aspects of emergency preparedness, and provide the audience with the information and confidence required to prepare themselves and their communities in case of emergencies.

To register, please send an email to: bruce.kelly@ps.gc.ca.

Emergency Preparedness 101

Capt Gabe Roder
Vancouver Fire & Rescue Services

Time: 9 - 10:30 a.m.

Emergencies and disasters can happen with little or no warning. Being prepared could save your life or the lives of others and significantly improve your quality of living in the aftermath.

This session will teach you to be prepared for any type of emergency or disaster.

You will learn personal and family preparedness, disaster communications, how to develop a family emergency plan and connect with your family in an emergency, as well as the proper use of a fire extinguisher.

Homeowner's Insurance - Part of Your Emergency Plan

Lindsay Olson, Vice-President
B.C., Saskatchewan and Manitoba Insurance Bureau of Canada

Time: 11 a.m. - noon

It's always important to be prepared in the event of an emergency. Part of this planning is having insurance to protect your home - one of the largest investments you will make in your lifetime. Join Lindsay Olson as she presents an introduction to home insurance and discusses what to ask your insurance representative to make sure you have the coverage you need.

Spread Your Wings, but Stay on Your Toes!

Louise Richard
Passport Canada

Time: 1 - 2:30 p.m.

For many of us, international travel is all about leaving familiar ground, soaring and exploring the world near and far. But taking off without informing and preparing ourselves for what lies ahead in a foreign land can have serious consequences and lead international adventures to run aground. Find out how Passport Canada and Consular Services can help you prepare for safe and successful travel abroad.

Grab your camera for a video contest

Grab a camera and record your shipmates in action. Compile it into a video and send to Matthew Kingstone. You might win a Fleet Fitness Video Challenge prize!

Over view of challenge:

One member will arrange for themselves and/or a few of their shipmates to be video recorded working out on board the ship. The video will be submitted to Matthew.Kingstone@forces.gc.ca. The videos will be evaluated following a set criteria and a first, second and third place winner will be selected.

The challenge starts May 1 and closes May 30.

The Video: To be 2 - 5 mins in length. Digitally recorded (MPEG4)

Grading Criteria:

Creativity: Choosing movements, modes of training and locations on board that are imaginative and show "outside the box thinking".

Safety: Choosing movements, modes of training

and locations on board that are safe for the participant, passers by and non participants and that don't damage the vessel.

Functionality: Workouts and movements selected should aid in the completion of day to day activities including job duties.

Fun: Workouts should be enjoyable for the participants and make them want to continue to exercise.

Adaptability: Choosing movements that are easily adaptable to make it harder or easier to suit the participant

Prizes: 1st place prize valued at \$100, 2nd place valued at \$50 and 3rd place valued at \$25

Any member can participate, they do not have to be BFTA or AFTA certified.

For more information or to submit a video contact Matt Kingstone in the PSP Fitness office (3-4485, Matthew.Kingstone@forces.gc.ca) or Meg Larsen PSP Fitness Coord (3-4495, megan.larsen@forces.gc.ca)

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Left to right: Lisa Domae, NIC Vice President, Student & Educational Services & Planning; Dr. Lori Wallace, Dean, Extended Education, University of Manitoba; Jan Lindsay, North Island College president; Col. Jim Benninger, Wing Commander, 19 Wing Comox, discuss a new education agreement.



Island college signs exclusive agreement

Getting an undergraduate degree just got easier for Canadian Forces members on Canada's West Coast.

North Island College and the University of Manitoba announced a student mobility agreement providing Canadian Forces academic credit for their military rank, courses, and training and guaranteed course transfer to one of Canada's largest research universities.

The agreement provides more than 1,200 retired, Regular and Reserve Forces at 19 Wing Comox and their families access to university transferable courses from both institutions. They'll earn a Bachelor of Arts (General) or Bachelor of Arts (Integrated Studies) degree at the University of Manitoba faster, knowing their military rank and training counts toward their degree.

NIC has been working closely with 19 Wing to improve access for Canadian Forces members for several years.

In 2009, former college president Lou Dryden worked closely with then Wing Commander, Colonel Fred Bigelow to investigate education opportunities. Current president Dr. Jan Lindsay affirmed this commitment by entrenching it in the college's 2011-2015 Strategic Plan.

"NIC is committed to working closely with 19 Wing to provide degree paths required for many Canadian Forces' members to become commissioned officers, to further their education, or train for a second career," said Lindsay.

19 Wing and North Island College together surveyed 457 members of 19 Wing and their families on their post-secondary needs, resulting in clear direction: military members want degree completion opportunities with the flexibility to accommodate military life on Canada's West Coast.

The agreement with the University of Manitoba builds a partnerships for

our students and allows North Island College to provide professional development opportunities important to the Canadian Forces.

"The Canadian Forces fully endorses the concept of life-long learning. By taking courses that lead to a diploma or degree, 19 Wing personnel are not only improving themselves but making the Canadian Forces a more effective organization," said Chief Warrant Officer David Bolster.

Canadian Forces members can also access support of North Island College and the University of Manitoba military advisors, who can help students complete Individual Learning Plans, arrange extensions on class assignments, authorize withdrawals, or reimburse tuition.

For more information, or to register for courses and programs, visit www.nic.bc.ca/uofm or contact NIC's military student advisor at 250-334-5000 or military@nic.bc.ca.

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Randall Garrison, MP ESQUIMALT-JUAN DE FUCA



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TGEX - A platform for officer training

Shelley Lipke
Staff Writer

The Spring Task Group Exercise (TGEX) began today off Constance Bank and in the West Coast Firing area off Tofino.

HMC Ships *Algonquin, Ottawa, Vancouver, Edmonton* and *Nanaimo* joined six Canadian F18 fighter jets, Sea Kings and one Aurora, and American and Australian frigates USS Ford and HMAS Perth in the exercises, which run until May 18.

The primary focus of the exercise for the Royal Canadian Navy is crew training.

"This is a force generation event to increase the combat effectiveness of all units, and the primary aim is to conduct the sea phase for the Operations Room Officer (ORO) course," explains Canadian Fleet Pacific Combat Officer, LCdr Dale St. Croix.

Each year, Canadian naval officers from the east and west coasts meet during TGEX for the challenging sea phase component of their ORO course.

"This is the apex of combat training," says LCdr St. Croix. "It's a very difficult course. After this, there are only two other jobs on the ship that are higher, the Executive Officer and the Commanding Officer."

Canadian Forces Naval Operations School Halifax is overseeing this two week sea phase of training that involves 12 students split between *Vancouver* and *Ottawa*.

"It is very demanding. Personnel are selected for the course by a naval selection board," explains LCdr St. Croix. "Upon successful completion of the course, the new OROs will join their ships for 18 to 24 month posting periods, and will be expected to hit the ground running. As the key person in the operations room, they ensure the ship goes where it needs to and that each event is carried out as intended."

During TGEX they will plan and execute naval operations across a broad spectrum of events ranging from anti-air defence,

anti-submarine warfare, maritime interdiction, search and rescue support and support with domestic operations.

"Most of us have been ashore for a year or more and have missed being at sea," said *Ottawa's* ORO student Lt(N) David Schmidt. "We've been working in the Operations Room Team Trainer (ORTT) in Halifax for the last few months, but even the best simulator isn't on par with real operations. Having sea, land and air elements integrated into the same exercise provides us with many new challenges and capabilities."

"I'm really looking forward to the gunnery. The ORO course covers all aspects of ship operations, but the focus of training will always be on war fighting. OROs must be able to defend the ship and destroy the enemy - it's what makes us a warship."

Secondary objectives for TGEX include a sea phase for the Information Management Director Course and support to

the Royal Canadian Air Force Fighter Weapons Instructor Course, a senior F18 course involving personnel from across the country involved in live firing exercises.

"The most unique event in Spring TGEX is the inclusion of the F18 fighters," said LCdr St. Croix. "It is exciting the Air Force is participating in this exercise as it provides us an extra layer and will make it more interesting for both the navy and the air force. It's not often that we get to participate with Canadian F18s and support their training objectives at sea. We will provide them with surface and air targets during their exercises."

The overall goal of any TGEX is to increase combat effectiveness of individual units in a task group environment. "Multi unit warfare exercises such as Spring TGEX provide a good opportunity to enhance allied interoperability and further good working relations between partner nations," said LCdr St. Croix.

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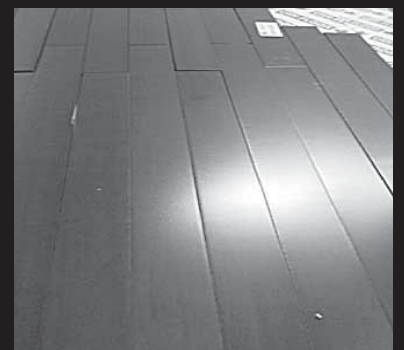
TIME: Saturday, May 12, 2012, 10:00am
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PREVIEW: Friday, May 11, noon - 6pm & Sat, May 12, 9 am - 10am

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Mental Health Week

Mental Health Film Festival

Worried Sick

With Host Alan Alda

Researchers explore the effects of stress on health and healing and how relaxation can help lessen the damage.

Location: D 250 Theatre

Date: Monday May 7

Time: 12-1 p.m.

Kids Have Stress Too!

An interactive training workshop from The Psychology Foundation of Canada.

* Space is limited to 25. Sign up early!

Location: D250 E43 Boardroom

Date: Tuesday May 8

Time: 12-1 p.m.

War In the Mind

The dramatic and intimate stories of Canadian soldiers and their families who are affected by Post Traumatic Stress Disorder.

Location: D 250 Theatre

Date: Thursday May 10

Time: 12-1 p.m.

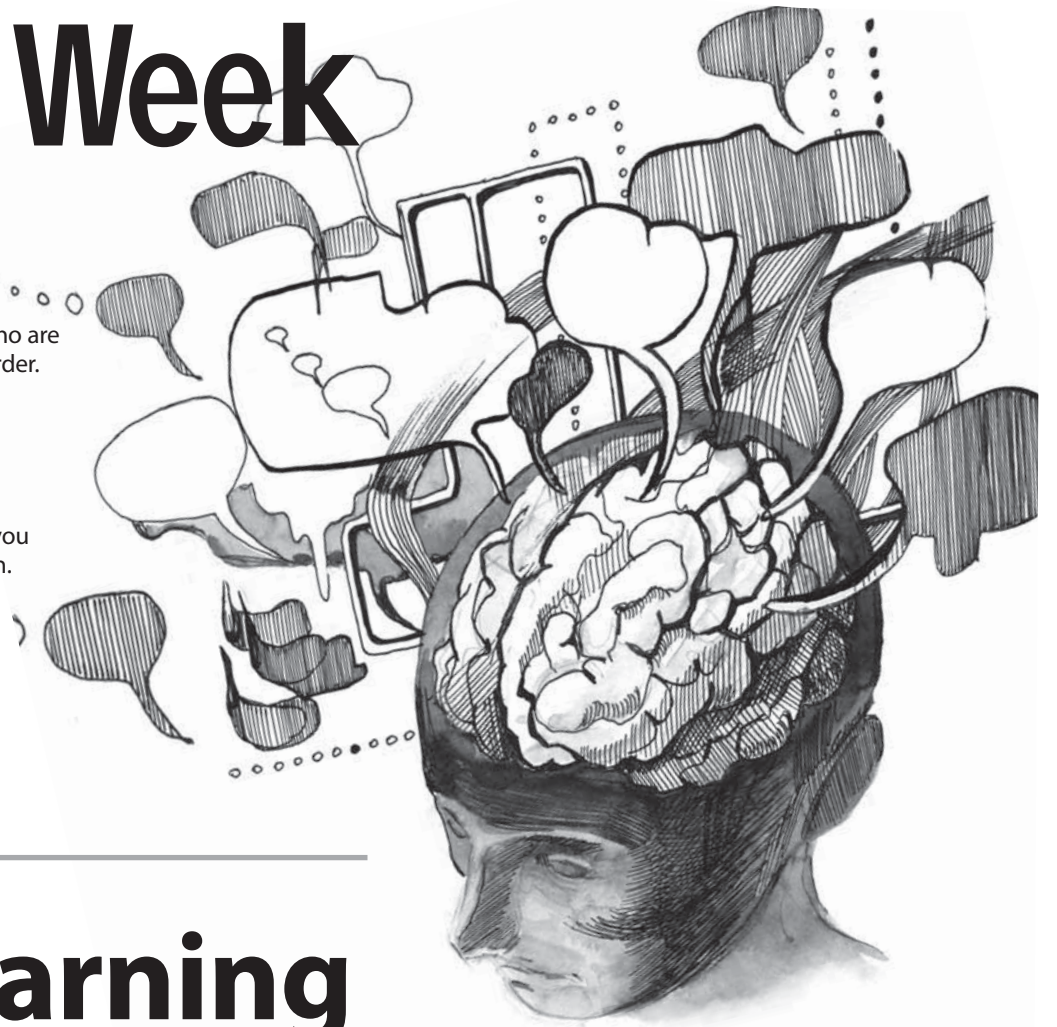
Men Get Depression

This video may help you or someone you know recognize the signs of depression.

Location: D250 Theatre

Date: Friday May 11

Time: 12-1 p.m.



Interested? E-mail heidi.Bada@forces.gc.ca or call 250-363-4614 to sign-up.

Mental Health Learning

Heidi Bada

EAP Program Assistant

www.guardingmindsatwork.ca/

"Mental Health is Everyone's Concern"

This year, the Canadian Mental Health Association (CMHA) is celebrating 61 years of improving people's understanding of mental health through the annual Mental Health Week; this year's theme "Mental Health for All."

This annual national event is meant to encourage everyone to learn, talk, reflect and engage with others to reduce stigma surrounding mental health. According to the CMHA fact sheet, one in five Canadians, over the course of their lives, will experience a mental illness.

Ultimately, this means that every Canadian family will in some way be affected, yet a persistent stigma prevents millions from getting the help they need. Regardless of your age, race, religion and socio-economic category, you, your family and your friends are not immune to mental illness.

DND and the CF is dedicated to battling the negativity, misunderstanding, shame, and myths surrounding mental disorders that prevent so many people from getting the help they need. We know that the earlier people get help, the better the outcome.

What is Health Promotion?

HP is a process that enables people to take control of their own wellbeing. Health is viewed as a resource for everyday living in order to maximize your potential and quality of life, as opposed to something to just think about when you become ill or injured.

What Do We Do?

Health promoters work at a number of levels to effect both individual and community changes that support healthier choices and ways of living as well as to prevent illness and injury.

At CFB Esquimalt, we offer courses to individuals, unit trainings and briefings, professional development opportunities, and tailor made workshops. We also work with leadership to establish healthy policies, challenge unhealthy practices, and shift the Navy culture to one that promotes health and wellbeing. Our 4 main areas of focus are:

- Addictions Awareness & Prevention
- Injury Prevention & Active Living
- Nutritional Wellness
- Social Wellness (including stress & anger management, relationship skills, suicide intervention)

The Defence Team, across Canada, has the opportunity to participate in the National Health and Wellness Challenge during the month of May. This year's theme is "One Choice at a Time" and you have the opportunity to make proven, healthier choices for yourself each day in the month. Pay special attention to the social wellness behaviours during Mental Health Awareness Week and take time to consciously relax, read for pleasure, volunteer your time, and handle conflict constructively. Mental Health prevention is as important as all other forms of health prevention so LET'S GET STARTED today.

There will be a week-long display at the Colwood Pacific Activity Centre - Military Family Resource Centre the Lampson Military Family Resource Centre that will have FREE: DVD that are connected to the free Canadian Mental Health Association, guided self-help program that features workbooks and telephone counselling called Bounce Back. Find out more information at www.bouncebackbc.ca

Diversity reading room at the base library

Brenna Smith
Contributor

The Diversity Reading Room is a cozy and quiet space that's located in the front corner of the Base Library (N12). It was started in early 2008, when advisory group member 2Lt Melanie Graham brought the idea forward to Base Librarian Sheryl Irwin.

"There were a number of books on diversity that were scattered throughout MARPAC. Melanie thought it would be a good idea to house them all in one place, and the base library was the logical place to do so," says Irwin.

From the initial books brought over from MARPAC, the Diversity Reading Room has grown to encompass 12 shelves. It contains both fiction and non-fiction books, along with a small selection of movies.

As Irwin says, "It's really nice [to have the Reading Room]. It's a good thing it's here, and hopefully it will raise awareness."

The books located in the Diversity Reading Room reflect each of the four Defence Advisory Groups: women, visible minorities, Aboriginal Peoples and persons with disabilities. They are there to help illuminate diverse perspectives, and each book helps to unveil the stories and histories that accompany a variety of human experiences.

All books and movies are available for loan to any DND employee or their family (former or retired). Loan periods on books are three weeks, with the option for a renewal. Alternatively, you can also head over to the Base Library and lounge in one of the nice leather chairs in the Diversity Reading Room while browsing the current selection.

The Diversity Library is sponsored by MARPAC HQ in conjunction with the MARPAC Employment Equity Advisory Groups. If you have any suggestions, please contact Marie Van Humbeck at marie.van-humbeck@forces.gc.ca.



Man in Motion visits Base

Shelley Lipke
Staff Writer

Twenty-five years after starting his Man in Motion World Tour, Rick Hansen is once again on the road. This time on a tour aptly called Many in Motion.

As part of his 25th anniversary cross-country tour, Hansen visited CFB Esquimalt last Monday to present a "Difference Maker" medal to an individual who is taking action to change the world. That individual for CFB Esquimalt is PO1 Cliff Rose.

"I felt very honoured, privileged and humbled that a man like Rick Hansen was honouring me," said PO1 Rose.

As the divisional chief for Canadian Forces members posted to the Joint Personnel Support Unit (JPSU), PO1 Rose coordinates administrative support to all injured and ill members posted to the unit, and provides a setting of unit normalcy and career support.

"Rick Hansen congratulated me on being the difference maker for CFB Esquimalt and said he was very proud of my work with the ill, sick and injured people on base," said PO1 Rose. "My wife and kids were there and were proud to see me accept this award."

Hansen addressed the crowd of invited guests, many from the JPSU.

"It is an honour and a privilege to see the role the Canadian Forces has played in making a difference. Petty Officer Rose you are one of the shining lights helping people to lead a more meaningful and productive

life. I am very proud of the work the men and women of the Canadian Forces do," he said.

As he wound his way to Victoria, Hansen stopped at many bases and wings to show his support for the Canadian Forces.

His visit to this base was also something special for A/SLt Chelsea Howard – a reunion of sorts.

She was two-years-old when Hansen visited School District 23 in Kelowna to receive a cheque for \$23,000 raised by local school children. After the cheque was presented, a toddler Howard handed him a bouquet of yellow tulips on stage.

When she heard Hansen was visiting the base, she wanted to meet him again with flowers.

Luckily, she had yellow tulips growing in her garden.

"I think everything comes full circle," she said. "It is quite serendipitous that I found myself doing this. I think his is a really worthy cause and I hope that he continues to do this good work for another 25 years."

Hansen and A/SLt Howard shared a hug when she presented him with a framed photo of them on stage 25 years ago, and, of course, a bouquet of yellow tulips.

Throughout the event the Naden Band of Maritime Forces Pacific played interludes of the Rick Hansen theme song *Man in Motion*.

In 25 years, Hansen's *Man in Motion* World Tour raised more than \$250 million for spinal cord injury research.

Rick Hansen and "Difference Maker" PO1 Clifford Rose enjoy a performance by the Naden Band before Hansen's departure.

Right: Acting Sub-Lieutenant Chelsea Howard presents Rick Hansen with some yellow tulips. She did this 25 years ago when she was just two years old.

Photo by Cpl Michael Bastien, MARPAC Imaging Services



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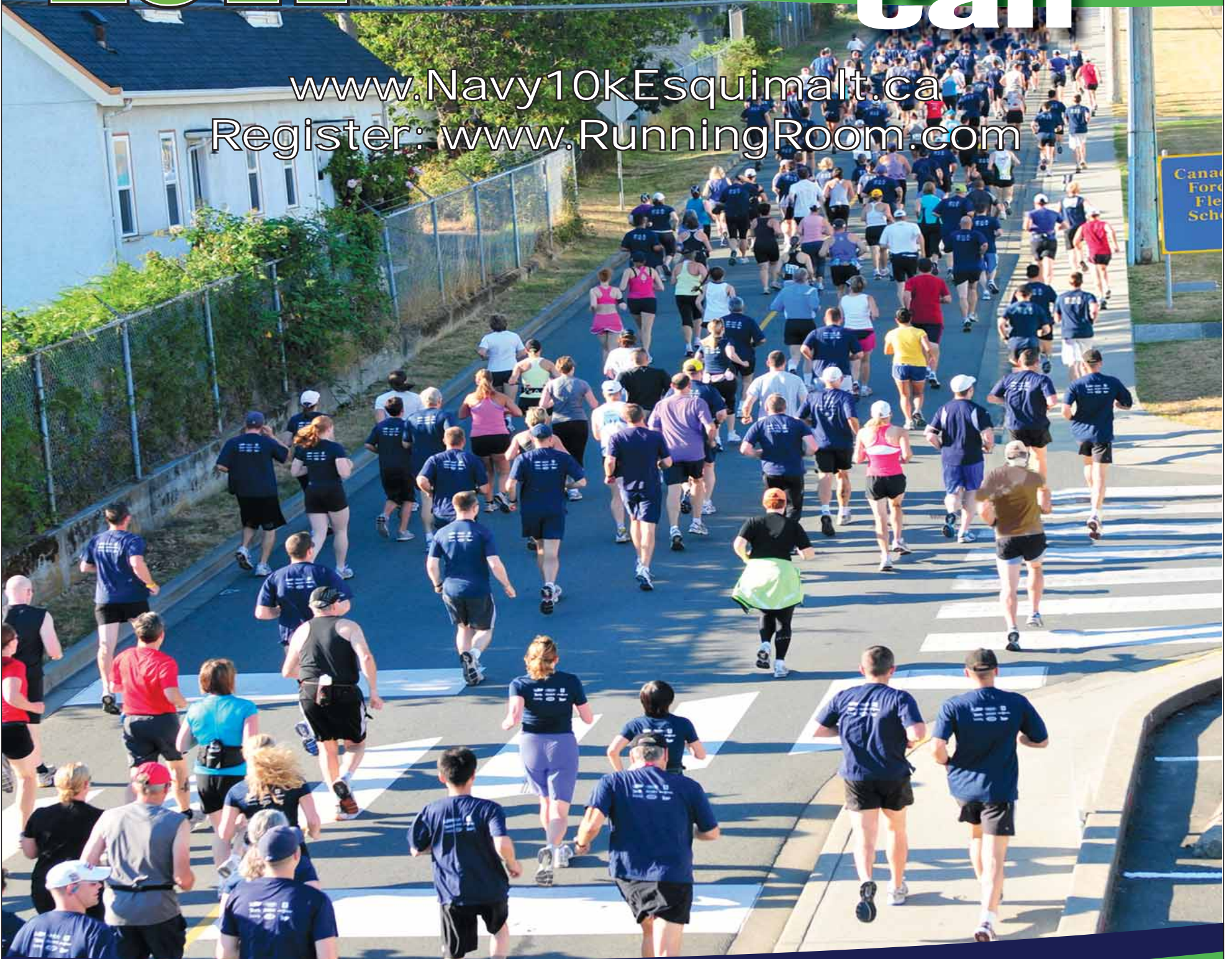
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Junior rangers target Albert Head

2Lt Ian Carter
UIO 4 CRPG

The 4th Canadian Ranger Patrol Group (4 CRPG) hosted the fourth annual Junior Canadian Ranger National Marksmanship Championship (NMC) at the Albert Head training facility last weekend.

Rear Admiral Jennifer Bennett, Chief Reserves and Cadets, officially opened the championship early Saturday morning with a speech and opening shot.

Each Patrol Group put forward two, five person teams, which, for the Junior Canadian Rangers, marked the culmination of a yearlong training/qualifying process.

The weekend was not just about shooting. When not on the zeroing or competition ranges, they toured HMCS Ottawa, went to Wild Play, rappelled, did a nature trek, and, of course, shopped in Victoria.

Sgt Mark Nussbaumer from 4 CRPG's Junior Canadian Ranger Company is very familiar with competitive shooting and was tasked with running the ranges.

After all the scores were in, it was determined that a shoot-off was not required.

Prizes were awarded to the following teams:

- First, squad 1 from 2 CRPG (Quebec)
- Second, squad 2 from 4 CRPG (Western Canada)
- Third, squad 1 from 5 CRPG (Maritimes)

Individual top scorer awards went to the following:

- First, Brady Llewellyn Cunard from 5 CRPG
- Second, Evan Michael Pye also from 5 CRPG
- Third, Kyle Dingwall from 4 CRPG

This year saw the first presentation of the Spirit Award, which went to Madison Ruben of Paulatuk, 1 CRPG (Northern Canada) for her outstanding showing of the JCR spirit. Madison was awarded a GPS and certificate by Championship Sergeant Major, WO Carl Coventry.

Many of the JCRs are hoping to meet up again at next year's NMC, which will be hosted by 2 CRPG in Quebec City.

For more in depth coverage of this year's NMC check out the JCR web site at www.jcr-rjc.ca.

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Samantha Comer of 4 Canadian Ranger Patrol Group re-primed the Daisy Air Rifle on the zeroing range at Camp Albert, Friday April 27.
Photo by Cpl Chelsea Hutson

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BUS SCHEDULE Service to continue at these intervals throughout the day.
 Last bus leaves Dockyard at 14:50 and Naden Drill Shed at 15:20

WORK POINT/NADEN

A shuttle will transport DND members and Civilian Employees between Naden Drill Shed & Work Point, MAY 10, 2012 for the CFB Esquimalt NAOSH EXPO 2012. Schedule is as follows:
 Start: Leave Work Point (Regular place where bus's pick up and drop off) 11 am and run in-between Work Point and Naden Drill Deck as needed ending at 13:30 pm.

DOCKYARD/NADEN

A bus will transport DND members and Civilian Employees between Naden and Dockyard, May 10, for the CFB Esquimalt NAOSH EXPO 2012. Schedule is as follows:
 Leave Dockyard Gate: 09:50
 Leave Naden Drill Shed: 10:20
 Leave Dockyard Gate: 10:50
 Leave Naden Drill Shed: 11:20

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NAOSH Expo
celebrates your safety

Shelley Lipke
Staff Writer

Workplace health and safety is extremely valued by the leadership on base.

To showcase its importance, Formation Safety and Environment is hosting the North American Occupational Safety and Health (NAOSH) Expo on Thursday.

Inside the Naden Drill Deck more than 50 vendors will be on hand with informative and interactive displays, providing a great opportunity to engage the CFB Esquimalt population with workplace health and safety.

The event begins with opening comments and safety awards presented by Fleet Maintenance Facility (FMF) Cape Breton's Commanding Officer, Capt(N) Donald Smith.

"The NAOSH Expo is for everyone. Taking care of yourself, your safety and health is a commitment for life. I believe everyone should attend this event," says Capt(N) Smith.

"I believe people can take away a renewed sense of importance of safety, tips and tools and new ideas on how to make a productive workplace safe. It's a great opportunity."

New this year is the Jaws of Life demonstration by CFB Esquimalt Firefighters taking place in the gravel parking lot outside the Naden Drill Shed

after Capt (N) Smith opens the Expo. Base Construction Engineering will provide an Urban Search and Rescue display.

Then at noon Marks Work Wearhouse will unveil Helly Hansen's full line of work wear clothing, from underwear to outerwear with a Helly Hansen representative on hand to answer any questions.

This line features hi-res, fire-retardant, and waterproof clothing geared towards safety and comfort in the workplace.

The fashion show will run for about an hour.

Throughout the week, the Mark's Work Wearhouse footwear truck will be at various locations in Colwood, Work Point, Naden and Dockyard, and on May 10 it will be outside the Drill Deck.

Parking for the event is limited, so a shuttle bus from Work Point to Naden and buses from Dockyard to Naden are provided. To view the bus schedules go to the notice board.

Serious Coffee and Ultimate Water are providing complimentary coffee and water all day, and Montana's Cookhouse will have burgers, veggie burgers and pulled pork sandwiches for sale.

Each year between 900 and 1,500 base employees attend the Expo. This year's event will give away more than \$5,000 worth of door prizes.

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SAILOR PROFILE: Weapon maintenance crucial on warship

Cpl Ronnie Kinnie
Task Force Charlottetown

What makes a warship effective? Is it the large powerful weapons on board a ship, or is it the crew of dedicated highly-trained sailors who operate and maintain them?

Anyone who has sailed on a warship knows it's the entire crew working together to complete the mission at hand that makes a ship powerful.

Keeping the warship's weapon systems working and ready to fight is a challenging yet crucial task. The days of lighting a fuse to fire a canon are long gone. Today, warships are highly sophisticated with weapons systems made of electronics, hydraulics, and electrical and mechanical systems. They all work together to protect the ship and defeat the enemy.

For MS Stephen Hawco, a weapons engineering technician currently serving on board *HMCS Charlottetown*, it's his job to ensure the weapons are always ready to fight.

"One of the most rewarding parts about my job is when a weapons system goes down and it's under a tight timeline – you need to have the ability to get into the system and rectify the fault in order to bring the weapons system back online, so the ship can continue its mission," says MS Hawco.

Weapons engineering technicians have a wide variety of weapons to maintain such as the 57mm Gun, Missiles, Torpedoes, Close-in Weapons System, and all of the ordnance that go along with them.

"Being a Weapons Engineering Technician allows me to work with my hands on the equipment and

I'm always learning new things and furthering my education," says MS Hawco.

The job can be challenging. "It's an ever evolving job; everyday you get up it's a new job, a new task and you have to evolve with it and move along," says MS Hawco.

Striving to stay current with new technology keeps the technicians busy maintaining their knowledge of the systems onboard.

Like many sailors this is not MS Hawco's first operational mission. He has taken part in international missions, as well as domestic. "What I enjoy most about being in the Navy is the things that I have been able to participate in," says Hawco. "The places in the world that I have been able to see, I know if I worked at a civilian job I wouldn't be able to see half of them."



Photo by Cpl Ronnie Kinnie, Formation Imaging Services
MS Stephen Hawco, weapons engineering technician onboard HMCS Charlottetown, conducts maintenance on a Close in Weapons System compressor motor while in the Red Sea on Operation Metric.

Stephanie Lee
photography and graphics

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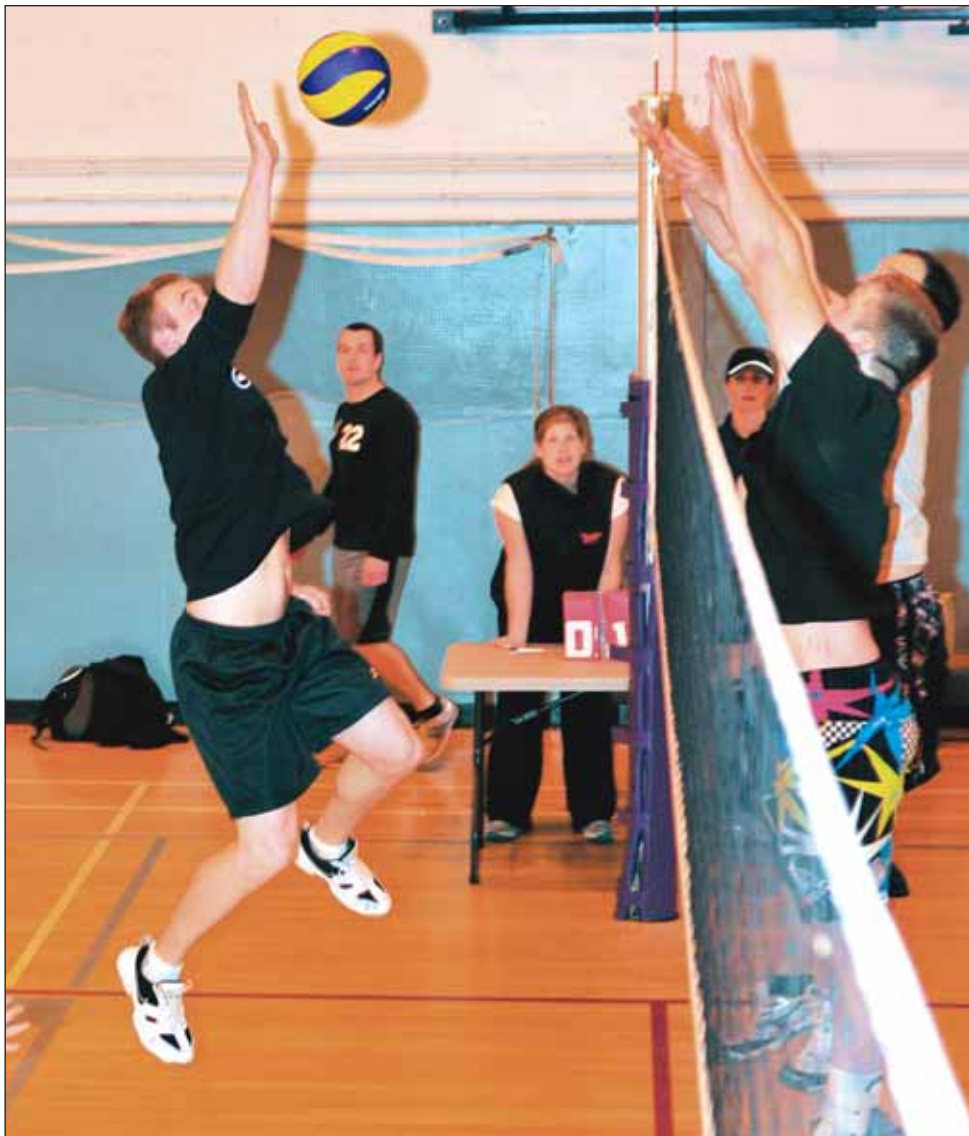


Photo by Shelley Lipke, Lookout

Cock of the Walk volleyball finished with HMCS Regina taking gold, Ottawa silver and Winnipeg Bronze. The remaining participants were from HMC Ships Protecteur and Algonquin, and the Coastal Division.



Photo by Shelley Lipke, Lookout

The Fleet Run on April 26 was well attended by base personnel. Many of them used the Fleet run as training for the upcoming Navy 10k run on June 3.

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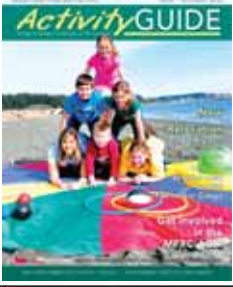
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AB Jonathan Hynes takes part in upper deck maintenance in HMCS Charlottetown while on a port visit to Toulon, France, during Operation Active Endeavour with Standing NATO maritime Group 1.
Photos by Cpl Ronnie Kinnie, Formation Imaging Services

Charlottetown at sea



MS Barry Morrissey on the helm and MS Jean-Guy Carbonneau on the throttles during a routine exercise.

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Net proceeds to benefit the Esquimalt Military Family Resource Centre

The Naval Ball is being held to commemorate the 1897 Ball hosted by the Lieutenant Governor of British Columbia in honour of Queen Victoria's Diamond Jubilee.

18th Annual Naden Open • Hosted by Olympic View

The 18th Annual Naden Open will take place on June 21. Entry fees are \$85 for Military and DND, and \$105 for guests.

- 0800 hrs Shotgun Start
- 2 Person Scramble Carts
- Buffet Dinner
- Prizes to be Awarded

Register at Naden Athletic centre kiosk by June 8. For more information, contact PSP sports office 3-4068/4069/4540



BCEO Promotions and Awards



MCpl Marcel Kozyn was promoted to his current rank effective April 1 by the BCEO, LCpl Darlene Quinn.



MCpl Chris Ward from JTFP was presented with his CD for 12 years of dedicated service in the Canadian Forces by the JTFP Engineer, LCpl Darlene Quinn.



Sgt Gerry Jamieson from BCE was promoted to his current rank effective April 1.



Lt(N) Lau receives the Operational Support Medal for operations off the coast of Africa from Cdr Riis N4 NEM.



Lt(N) Nguyen is promoted by Cdr Riis N4 NEM (R) and LCdr Cooper (L).



Lt(N) Mailhot-Montgrain is promoted by Cdr Riis N4 NEM (R) and LCdr Cooper (L).

ADAC Pacific promotions April 27



LS Flynn, Sonar Operator, is promoted to Master Seaman by Maj Field of ADAC(P) and Cdr Plaschka from MARPAC HQ.



MS McKenzie, Sonar Operator, is promoted to Petty Officer Second Class by Maj Field of ADAC(P) and Cdr Plaschka from MARPAC HQ.

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Intersection Hockey League

The 2011/2012 Intersection Hockey League (I.S.H.L.) completed the playoffs on April 29. This year all teams fought hard to get to the playoffs and the top two teams of each division rallied to get the winning title and trophy. The A division champions were the FMF Outlaws, the B Division Champions were the BCEO Bandits, and the C Division Champions were the FMF Chiefs.



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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

Naden Gym Running Group

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



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.



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Parenting Exercises

Tips to being a parent

Christine Sulek
Director Military Family Services

Whether your parenting partner is only a few kilometres away or across the continent, parenting during an exercise is a lot like parenting through a deployment. It takes stamina, perseverance and sometimes more than a little caffeine. Here are some tips to help make it manageable.

1. Avoid scheduling multiple activities at the same time. No matter how fabulous you are, it is hard to be in more than one place at once. Share driving duties with other parents whenever possible.
2. Expect the worst. If the baby is sick and the dog just got skunked, the roof will probably also leak while your spouse is away! Plan for the worst and make sure you have access to emergency funds if the other partner is going to be away for more than a few days. Keeping a handyman on speed dial isn't a bad idea either.
3. Look into respite care or drop-off babysitting. Even a couple of hours per week will sometimes be enough to help. If you can, swap some time off with a friend who has children who are close in age. Keep in mind that it is reasonable to use some of

that field pay for babysitting.

4. Keep a stock of quick meals in the freezer for "those days". Breakfast for supper is perfectly acceptable. Pizza has all the food groups!
5. Help young children remember the absent parent with photos, stories, videos and letters. Sometimes phone calls are difficult or happen at awkward times. Recording a favourite bedtime story beforehand will help keep their voice alive.
6. Lower your standards. The vacuuming can usually wait. There will be days when mediocre parenting is good enough. Be forgiving and give yourself credit for doing it all.
7. Most importantly, take care of yourself. Don't forget to eat properly, sleep enough and keep up your support network. Nothing restores the soul like a listening ear.

To get in touch with a listening ear, don't hesitate to call the Family Information Line from 8 a.m. until midnight on weekdays (EST). On weekends and holidays, leave a message and a counsellor will return your call as soon as possible.

Christine Sulek is a Family Information Line counsellor, spouse of a CF member and mother of three.

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NEWS Nuggets

Results of Standing Court Martial

On April 24 to 26, Lt(N) Pearson of HMCS Ottawa was tried by Standing Court Martial on three charges.

Charge one pursuant to section (S.) 130 of the National Defence Act (NDA) and contrary to S. 271 of the criminal code, that is to say a sexual assault; charge two pursuant to S. 97 of the NDA, that is to say, drunkenness; and charge three pursuant to S. 129 of the NDA, that is to say conduct to the prejudice of good order and discipline.

On the first charge, the accused pled guilty to a less serious offence. He pled guilty to a charge pursuant to S. 130 of the NDA and contrary to S. 266 of the criminal code, that is to say, assault.

Charge two was withdrawn by the prosecutor. The accused pled guilty to charge three.

With the concurrence of the prosecution, the judge found the accused guilty of the less serious charge to charge one. The judge also accepted the guilty plea on the third charge.

The court sentenced the offender to a severe reprimand and a fine in the amount of \$8,000.

Pacific Tattoo

The Pacific Tattoo will be held at Bear Mountain Arena July 14 and 15 at 7:30 p.m., with a matinee on July 15 at 1:30 p.m.

The tattoo is a musical mix of military bands, massed pipes and drums, fiddlers, dancers and vocalists. Performers from Germany and The Maritimes will be among the line-up. Among the Tattoo's attractions will be the Trumpeters of Berittener Fanfarenzug Freckenhorst, The Naden Band of Maritime Forces Pacific, The Regimental Pipes and Drums of the Calgary Highlanders, Canadian Scottish Regiment Pipes and Drums, Greater Victoria Police Pipe Band and Canadian fiddle and step dance star, Stephanie Cadman.

The Tattoo also includes special skills demonstrations, a 55-voice choir and a 50-strong team of dancers including jive and Chinese dance groups, and the Pacific Tattoo's own Celtic dance team.

Tickets are \$37.50 for adults, with discounted pricing for children, seniors, groups and military personnel. Tickets can be purchased on line at www.pacifictattoo.ca or from the Bear Mountain Arena box office at 250-478-8384. For more

information, visit www.pacifictattoo.ca.

HMCS Athabaskan transits to Port Weller, Ontario, for refit

On March 20, HMCS Athabaskan set sail from Halifax to transit to Port Weller in order to undergo an eight-month-long refit. The preparations for this refit began in November upon conclusion of an extremely busy sailing schedule.

Arriving in Port Weller on March 26, Athabaskan commenced final de-storing in preparation to turn the ship over to Seaway Marine & Industrial and ADM (Mat). Planning and preparation have already begun to ensure the ship's company is ready to sail the ship home to Halifax prior to Christmas.

Wolfville Fire Department and HMCS Halifax

On Saturday April 21, a continued bond of friendship between the Wolfville Volunteer Fire department and HMCS Halifax was revisited. Ten members (and two spares) of Halifax's ship's company will run across the province June 2 - 8 in the ninth annual Run For The Wish to raise funds for the Nova Scotia Chapter of the Children's Wish Foundation. This year, runners will cover 800kms with the team departing Yarmouth and stopping overnight in Conway (outside of Digby), Berwick, Sackville, Kemptown, Antigonish, Whycomomagh and a finale in Sydney, Cape Breton to grant the wish of Mya LeBlanc, a resident of Sydney.

The team will also join a local elementary school running team in Dartmouth for the final run into Halifax the morning of June 11 as a finale to reach Halifax.

Anyone interested in making a donation or reading more about HMCS Halifax's Run Nova Scotia and Timothy's story can do so at <http://www.childrenswish.ca/en-ns/wishes/950/Wishes-in-Waiting>

Veteran dies

A former Lieutenant-Governor of Nova Scotia who served as a merchant marine during the Second World War died May 1. John James Kinley was 86.

Kinley served as Nova Scotia's 29th Lieutenant-Governor, holding the position from 1994 to 2000. He also worked as an engineer, a businessman and was a member of the Royal Canadian Navy.

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VANCOUVER ISLAND MULTIPLE births assoc. KIDS MEGA SALE. May 12, 2012, Pearkes Arena, 3100 Tillicum Rd. open to general public from 9:30am - 12:30. VIMBA members with valid membership cards sellers, & volunteers pre-shop from 9:00 am - 9:30. Cash only, no tax. Bring bags for your purchases. If your children need it, chances are you will find it at KMS. Babies and children's clothing, k shoes, gear, bedding, maternity, toys, books, and more. Contact to sell: kidsmega-sale@gmail.com

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CAREGIVING FOR SOMEONE with dementia? The Alzheimer Society of B.C. has support groups for caregivers. Contact the Alzheimer Resource Centre at 250-382-2052 for info and to register.

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ARE YOU A WORKING woman in the community & would like to share your knowledge, experience, skills with another woman? By being a career mentor you will support women in building self-esteem and working towards achieving economic self-sufficiency. Contact Bridges for Women at 250-385-7410 or www.bridgesforwomen.ca

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This bright 2 bedroom townhome has tons of entertaining space and **views of the water**. Located close to Admirals Walk and minutes to the Naval Base. This 1500 Sq. ft. home also offers 3 large decks for easy care outdoor space, fireplace and a full size garage. The complex is safe, quiet and well-run.



172 Levista Place • \$699,900 • MLS #303307

NO HST! New Home, main-level living offers open concept kitchen/living/dining/fireplace, granite countertops, hwd floors, lg covered deck off dining rm w/gas bbq hook-ups. Upstairs, 3 bdm, master w/lg walk-in closet/en-suite. Laundry rm upstairs. Landscaped with sprinklers, heat pump, dbl car garage - end of cul-de-sac; 5 mins to Costco/Walmart - 10 mins to downtown. Home warranty!

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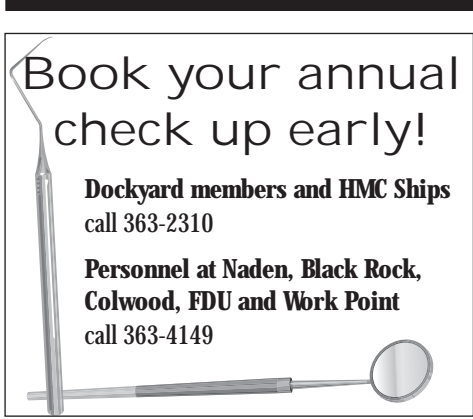
Tara Niedoba
250-857-0178
tara@jerrybola.com



Book your annual check up early!

Dockyard members and HMC Ships
call 363-2310

Personnel at Naden, Black Rock, Colwood, FDU and Work Point
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1 BDRM APARTMENT FOR SALE in Belmont Park. \$165,000 if interested pls call 250-884-0878

GREAT LOCATION! CLOSE TO Waterfront and minutes to town along walkway, bus or bike. 2 Bdrms & den, 2 bthrms. This 2 level town home allows pets and rentals and has a fenced yard. New doors, windows, updated kitchen & bathroom, storage & in unit laundry. Huge mstr. Bdrm with patio doors to deck. 1160 sq ft. \$315,000.00 Priced to sell quickly.



Colonial House

Corner unit with ocean views. Recent updating includes kitchen cabinets with pull-outs, bathroom cabinets and countertops. Two bedrooms, one bathroom and in-suite storage. Close to shopping, bus routes, rec centre and naval base. **Now \$189,900**

Jacqueline Baker 150-805 Cloverdale Ave
250-384-8124

Invitation to view the Jordan River Vacation Chalets!

Located next door to China Beach (Juan de Fuca Provincial Park) just a couple of minutes west of Jordan River on West Coast Road, then turn right on Trailhead Drive.

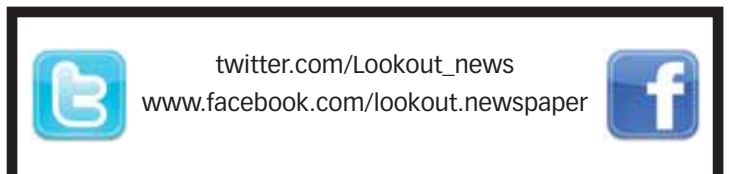
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Chalets starting at \$250,000

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1077 Lisa Close, Shawnigan Lake
MLS #307430

4 bedroom, 3 bathroom family home on large corner lot. Spacious master with luxurious ensuite, functional kitchen, laminate floor, and gas fireplace. Fully fenced private yard. A must see!

For more info contact Amanda Orr
Royal LePage Coast Capital Realty 250.686.9961

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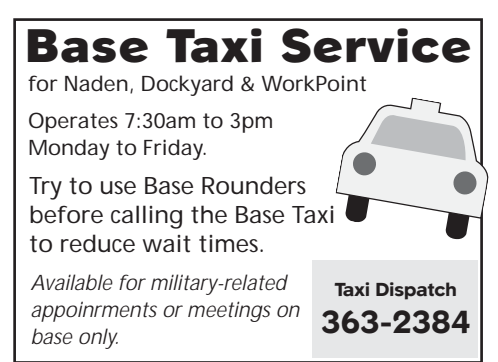
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ON MAY 12TH, 2012 FROM 11AM - 1PM
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As a thank you, we would like to extend an invitation to witness a piece of history evolve. Join us for the ground-breaking of Victoria's most anticipated development.

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- View this historic site as it begins its transformation
- Enjoy a symbolic Lion Dance Ceremony
- Learn about Union's ground-breaking limited time offer

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