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OS Aaron Brookes and LS Nicholas Lutyk show off the brand new Naval 2-in-1 Rain Gear, along with new thermal underwear. The new gear has been a long time coming and will offer a warm and waterproof option for extreme weather conditions while at sea, on base, or on deployment. Clothing Stores shelves will be fully stocked with the new kit this spring.

Shawn O'Hara, Lookout

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A/SLt MacDougall, BPAO Trainee

The Grey Selkie is one of two Victoria Harbour Ferry Company vessels that transport base employees between Colwood and Esquimalt. The money and time saved using this service is phenomenal says A/SLt Ron MacDougall.

Baseline Ferry sails past the "Colwood Crawl"

A/SLt Ron MacDougall
 BPAO Trainee

Every weekday morning I ride downhill on my mountain bike to D-Jetty in Colwood to catch the Baseline Ferry, a service offered by the Victoria Harbour Ferry Company.

I am one of the more than 300 passengers who ride the Grey Selkie or the Linda May II to Dockyard or Naden daily. Instead of sitting in my car driving in the Colwood Crawl, I'm happily avoiding the 40 minute nerve-racking drive by taking the ferry.

Upon arrival here last February from Eastern Canada, I was surprised to see the sheer volume of traffic funnelling into Esquimalt, causing stop and go traffic on weekday mornings. The return trip can be even worse often taking at least an hour.

On the other hand, the ferry trip across the harbour takes a maximum of 15 minutes, so for me it's a no brainer. The cost of a one-way ticket is \$2.50 and it is even cheaper as a regular commuter to use prepaid punch cards or a monthly pass.

"I use the Baseline because of the frustration of being in traffic and it's better on the environment," says Anita Didrich from Shop 171 at the Fleet Maintenance Facility and fellow commuter. "Also, while we sit on the

boat every day we meet new people - it's very social."

As a friendly Nova Scotian, I find it's easy to strike up a conversation in the relaxed atmosphere, which is obvious by the numerous conversations heard during the trip. This open atmosphere is also felt by the ferry staff.

"We feel like they belong to a larger family. We transport the same people day in and day out, twice a day, so things often run on a first name basis," says Barry Hobbs, Vice President of Victoria Harbour Ferries. "The staff is amazed at how warm and fuzzy the people are at 7 a.m. It's a wonderful thing."

Another one of my fellow commuters, CPO1 Robert Anderson from MARPAC Headquarters energetically adds, "People often don't believe in the savings until they try it for themselves. I can also get some

work done on my Blackberry and there is plenty of parking on the Colwood side - a real bonus."

After purchasing a ticket from the friendly staff at the small ticket building, I typically wait under the large tent with the other passengers - much appreciated on rainy days. After boarding, the ferry pilot, known to commuters as "Captain Bill", gives the two minute departure signal (four short blasts) and confirms via walkie-talkie that no one is left behind. It is obvious that the comfort, safety, and well-being of the Baseline passengers is priority number one.

The Victoria Harbour Ferry Company recently expanded its service to include Victoria Shipyard workers, leaving Colwood at 5:40 a.m. and 5:50 a.m. to accommodate the early shifts. Regular ferry services run from 6 a.m. until 8 a.m. and includes three hourly runs during lunch. Service resumes at 2:50 p.m. with the last ferry departing at 4:50 p.m.

When asked why Baseline Ferry is the first choice for many commuters, first mate Ian Roberts says, "It usually comes down to two major factors for the passengers: the horrendous amount time it takes to drive that short of distance and the higher cost to commute by vehicle."

I use the Baseline because of the frustration of being in traffic and it's better on the environment.

-Anita Didrich
 FMF employee

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Last days of a Century of Navy Art exhibit

Shelley Lipke
Staff Writer

The clock is winding down on a collection of 46 paintings from many of Canada's leading war artists, depicting naval activities from the First World War to the present day, currently on exhibit at the Royal BC Museum.

The Navy: A Century in Art opened Nov. 11, 2010, marking the Centennial of the founding of the Royal Canadian Navy, and only two weeks remain until this exhibit closes Jan. 27.

"This collection is on loan from the Canadian War Museum and shows 100 years of history honouring the men and women of the Canadian Navy," said curator

of history Lorne Hammond.

Works on display are drawn from the museum's Beaverbrook Collection of War Art, featuring paintings from both official and unofficial war artists including Arthur Lismer, Alex Colville, Harold Beament, Donald C. Mackay, Anthony Law, Ted Zuber and Pegi Nicol MacLeod.

These artists have captured the Canadian naval experience in times of war and peace — from dramatic depictions of the Battle of the Atlantic to intimate portraits of life at sea and ashore.

"The war art collection began with the First World War when hundreds of Canadian artists served, creating paintings during the

war. Others in the collection are more recent paintings of the Gulf and Afghanistan," said Hammond.

"By the Second World War the artists were giving lists of subjects and they were asked to document the life of men and women in service," he adds.

The paintings depict convoy patrols in the north Atlantic, naval actions at night, and submarine patrols.

"If you look closely you can see how some of the artists are using abstract art in the sea and sky, but at the same time doing a realistic painting," said Hammond.

"Some are paintings with tremendous personal connections," he said.

Canadian artist Alex Colville went to shore in

the landing craft and you can see his involvement in the painting.

In another, the officer overseeing a funeral at sea was at that funeral and paints himself saluting. "I liked the way the collection shows shore leave, work parties at sea or ashore and harbours that must be familiar to many members of the navy," he said.

One painting features Lt Hampton Gray's plane being gunned down in the Second World War. He was the last Canadian Forces member to be awarded the Victoria Cross during the war.

Military members receive a 20 per cent discount at the museum and half price is in effect after 3:30 p.m. daily.



"Iced Up" by Donald MacKay, 1943. Sailors on board HMCS Shawnigan remove ice from a depth charge launcher.



Inset: "Finale" by Donald Connolly, 1987. Pilot Lt Robert Hampton served on the carrier HMS Formidable, and was killed during an attack on Japanese vessels in Onagawa Bay.

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People Talk

Lookout asked this question:

In a movie based on your life what actor would you want to play the part of you, and why?



James Earl Jones. He's just got such a great voice.

MCpl Travis Kennedy



I think I'd want to play myself. No one else could get it right.

OS Nicholas Gould



Dwayne "The Rock" Johnson. We may not have many physical similarities, but mentally and spiritually we're both strong.

OS Angel Soto



Mark Wahlberg. My life is nonstop action; he's the only one that would be able to keep up!

AB Marc Baker



George Clooney. I'd obviously be getting a late start at this and I'd need someone that matches my age.

Mark Miller

Secret Santa brings cheer to posted sailors

CP01 Janet Graham-Smith HMCS Winnipeg

Sailors from *HMC Ships Protecteur* and *Winnipeg* deployed with *HMCS Regina* received some extra Christmas cheer over the holidays thanks to their ship mates back home and *Regina's* very own secret Santa.

It's hard enough to leave family and friends for long periods of time, but when the deployment spans the holidays it's just that much tougher. To say thanks and seasons greetings

to their shipmates in *Regina*, the two warships' crew got together to make Christmas stockings for Santa to put on the bunks of their deployed sailors on Christmas Eve.

Handmade stockings, complete with the ship's crest, were filled by the very busy elves of the respective ship's company in readiness for the big night.

But how best to get the stockings from Victoria to the sailors deployed in *Regina*? As luck would have it a secret Santa came to the rescue.

The Senior Writer in *Regina*, WO Sue Sbrizzi, while home on leave in November enthusiastically volunteered to pack all the stockings in a great big sack and bring them back with her. She hid them in the ship's office until Christmas Eve when she brought them out of hiding and placed one on each sailor's bunk.

Of course hidden in the sack was an extra stocking from the sailor elves as a small token of their thanks for her part in the Christmas stocking project.

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Fiction novel benefits Wounded Warriors Fund

Shelley Lipke
Staff Writer

Author Al Birtch lives close to the Highway of Heroes in Trenton, Ontario.

For the past seven years he's witnessed fallen Canadian soldiers being repatriated on their final journey home.

Former and current servicemen and women from military, police and fire departments join hundreds of citizens at every overpass along the 401 highway from Trenton to Toronto to honour the fallen.

It is a humbling sight.

"I decided that I needed to do something to tell the story of the belief system that calls people to a life of service," said Birtch.

So he booted up his computer and wrote a novel about it.

Recently published, Code of Honor is his fifth fiction novel. The code of honour is the moral code service members live by.

Birtch apologizes to Canadian readers for the American setting and spelling of Honor in his new thriller.

"It's a fact of reality that

I decided that I needed to do something to tell the story of the belief system that calls people to a life of service

-Al Birtch
Author, Code of Honor

the U.S. market dominates in the field of fiction thrillers, so I had to go with the flow," he says. "It's also a fact of life that the Code of Honor that stems from a life of service knows no political boundaries, so Canadian readers will equally identify with the stories and characters," he says.

His style is to take real world events, things that the reader will quickly identify with, and then create a storyline that offers an unexpected set of dangers to the characters.

"The consistent feedback I get is my readers are never quite sure where the truth left off and the fiction began. They are left wondering, could this actually be hap-

pening around me? Some believe it is."

Writing this book was one way for him to acknowledging the commitment of Canadian Forces members, and support them.

"Fifty per cent of the net proceeds from the sale of my book will go to support the work of the Wounded Warrior Foundation in Canada."

Wounded Warriors Foundation's focus is heavily weighted to help military people who are experiencing social and psychological challenges.

"I guess I empathize with these military men and women and just want to help in any way I can," he said.

Birtch made a career as a banker but also had a passion for writing novels.

"I hope people take away the best human qualities require giving of ourselves. And that truly living requires taking risks. Not all of us can face that challenge of taking risks, but even if you personally cannot, you can support those who do. I hope anyone who still believes that heroes are not only needed, but still exist today will enjoy this book," he says.



Author Al Birtch holds up his latest novel "Code of Honor," which pays homage to military members.



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*The focus groups will be conducted by a qualified researcher with a PhD, and a social worker will be present at all times.

THE STUDY

Children in Military Families: The Impact of Military Life on Family Well-Being

The Chief Military Personnel and the Chief of Defence Staff have made the well-being of military families a top priority. Thus, this research study looks at the impact of military life from the children's perspective. We would like to understand children's experiences of military life, so we can make policy/program recommendations that will improve the quality of life and well-being of Canadian Forces families.

It's an opportunity for children to have their voices heard on issues that affect military families.

OUTLINE

- Focus Groups are planned for Feb. 27 & 28, 2013, at 6 pm Colwood Pacific Activity Centre (CPAC), 2610 Rosebank Rd, Colwood, V9C 4J7
- 30 to 40 minutes long.
- Children grouped by age (8 to 10 and 11 to 13).
- Questions related to their experiences of parental deployment, family relocation, and well-being.
- Responses will remain confidential and anonymous.
- During the focus groups, parents will be asked to remain in the waiting room nearby.

You and your child can meet the researcher conducting the focus group and ask any questions prior to your child's participation. You will be asked to sign consent forms, but please note that your child's participation in the focus groups is completely voluntary and he or she may leave at any time.

QUESTIONS

If you have any additional questions regarding this research, please contact :

**Dr. Alla Skomorovsky 613-992-8739 /
Alla.Skomorovsky@forces.gc.ca**

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This research study was approved by the SSRRB in accordance with CANFORGEN 198/08, approval # 1134-12F.

Four-decade career a "good go" for CPO1 Syrard

Shelley Lipke
Staff Writer

What does retiring after 36 years of service in the Royal Canadian Navy feel like?

Ask CPO1 Vital (Vee) Syrard.

In 1976, at the young age of 17, he walked into the recruiting centre on Bishop Street in Montreal and took the oath.

Drawn to a life of travelling on the high seas, he became a radio operator, a trade these days known as naval communicator.

On Friday he celebrated his retirement with a party at the Chief and Petty Officer's mess, and his last day in uniform is Jan 28.

"It went in the blink of an eye," he says.

During his career he's seen it all – from Morse code and teletype, to satellite communication and then the computer age.

"I feel like a dinosaur," he says about what he's experienced in his trade throughout the years.

His initial trade training was done in Esquimalt in Naden's building 50.

"At the time we still used Morse code, but teletype was the main form of communication back then. As radio operators we handled ship-to-ship communica-

tion and also ship-to-shore. I loved it. You were the ears and the voice of the ship," he said.

CPO1 Syrard would transmit messages to the Aldergrove radio station, the teletype relay station. From there further communication was possible within Canada.

"Sun spots effected high frequency communications

and at times we would go for days without the ability to communicate with our shore station. This would make a lot of people anxious, especially the command team and operations room team as we had no way to send information," he recalls.

Using various teletype systems, CPO1 Syrard would type messages on a machine that would convert them

into long perforated tapes.

"We would twist them around our fingers and hang them up until we had proper radio contact and we could send them out."

They were organized by priority and sometimes it took days before the radio operators had the frequency required to send them.

"They looked like wasp nests while they hung up

waiting to be sent," he said. "You were at the mercy of the frequencies and were either a hero or a zero."

At the time there was no email, only telegrams.

"Someone would send a telegram to their mom in Ontario and we would write down what he wanted and calculate how much it would cost him. After he paid at the pay office on the ship, he would come back up, we would format it and transmit out to CFS Aldergrove for relay into a commercial network."

Another relic of the time was the phone patch.

Usually used for emergency calls, it was one-way communication and users would have to say "over" so a switch could be pulled allowing the other person to talk.

Many postings saw CPO1 Syrard, his wife Julie, and children Nicole and Eric relocating across Canada.

He served at the Aldergrove station; was a boot camp instructor training recruits in St.-Jean, Quebec; worked at Fleet School Esquimalt as an Instructor teaching his trade at the QL3 and QL5 level; worked at Canadian Fleet Pacific and Sea Training Pacific as Chief Radioman; and with the Chief of Maritime Staff and Chief of Military Personnel

in National Defence Headquarters. Most recently he was Coxswain of Fleet School where his naval communicator career started.

He served on many ships including HMC Ships Yukon, Miramichi, Mackenzie, Restigouche, Annapolis, Huron, and *Algonquin*.

"The saddest memory I had was when I crossed the brow of the *Algonquin* for the last time as the coxswain, knowing I would never go back to a ship. I loved that ship, the morale and esprit de corps the crew had was second to none.

I served seven years in *Algonquin* and I have probably 18 to 20 years of seetime in total.

His best memory was meeting the Governor General and having supper with the Chief of Defence Staff in the Commanding Officer's cabin during RIMPAC in *Algonquin*.

"I will miss the people. The people make the navy."

Now able to enjoy retirement, he wants to take a course on home inspection and also he would like to start a small renovation business and travel with his family.

"Fifty three years old is the perfect age to retire," says CPO1 Syrard. "It's been a good go."



CPO1 Vital (Vee) Syrard (left) shakes hands with former Chief of Defence Staff, Gen Walt Natynczyk, during Exercise Rim of the Pacific.

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HMCS Regina going strong

Cpl Rick Ayer, Formation Imaging Services Halifax

Above: Steward, OS Oliver Boongaling (left) onboard HMCS Regina serves lunch to the Commander, Canadian Joint Operations Command, LGen Stuart Beare, during a visit to the ship while at anchor off of Muscat, Oman, during Operation Artemis.

Right: Executive Officer of HMCS Regina, LCdr Andrew Hingston (left) and Lt(N) Sarah Thomas (right) salute LGen Beare as he leaves the ship after a short visit.

Below: HMCS Regina bids farewell to HMAS Anzac as it prepares to leave Combined Task Force 150 to head back to Australia after working for four months with HMCS Regina in the Arabian Sea region.



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 Pacific Centre Family Services Association
 Military Family Resource Centre
 Queen Alexandra Centre for Children's Health
 Canadian Diabetes Association
 The Prostate Centre
 Saanich Volunteer Services Society
 Broadmead Better Back
 Monarch House Victoria
 TC 10K
 Goddess Run
 West Coast Taekwon-Do
 Westshore Triathlon Club
 Powell River Recovery Centre
 Energy Health Clinic
 Provincial Sleep Group
 Life Mark Health
 NexGen Hearing
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Jon Chabun, MFRC

Julie Sweeney has created a nine-week self-help program for military spouses that addresses the thoughts and behaviour that can influence body image.

Volunteering is really worth it

Jon Chabun
MFRC

The Military Family Resource Centre (MFRC) is piloting a new self-help group on Monday nights starting in January and the person behind its creation is a MFRC volunteer.

Julie Sweeney developed the program and will act as facilitator for the sessions.

Worth Your Weight is a nine-week program that helps military spouses deal with the thoughts and behaviour that can influence body image. The weekly group doesn't focus on diet or exercise. Instead, participants look deep inside to examine their core beliefs and the issues they have with themselves.

The idea behind the program is addressing the inside before working on the outside.

"Body image is a common theme amongst women," said Sweeney on why she wanted to do Worth Your Weight. She started the group to help

the women that constantly belittle themselves.

The program is her latest effort in the past year to help members of the military family community.

"Julie is making a positive impact on people's lives by filling a need in the community," said Marianne Ostrovich, a registered clinical counsellor and social worker at the MFRC. "She isn't waiting for someone else to develop a program, she is taking an active role in helping members of the community."

Sweeney partnered with St. Peter's Naval Chapel in January 2012 to create the Military Wives Bible Study monthly support group to fill a need in the community. The study takes place on the last Sunday of each month at 6:30 p.m. at St. Peter's Naval Chapel in Belmont Park.

She decided to become a MFRC volunteer in March 2012 in support of her diploma in applied psychology. She got involved helping the counsellors at

the MFRC and it gave her the opportunity to give back to the military family community on a deeper level.

She helped to facilitate the Mind over Mood support group as a volunteer. After Mind over Mood finished up, she helped to run an evening, drop-in group for participants of the program.

"I am amazed at Julie's personal growth over the past year," said Ostrovich. "I don't think she expected it. She took an opportunity and ran with it. It's inspiring to see."


A positive experience with the MFRC in 2011 gave her the motivation to give back as a volunteer. When her husband deployed in 2011 for four-and-a-half months in *HMCS Ottawa*, she really felt supported and wanted to help others.

"If you call, they'll help but you have to take those steps," said Sweeney of the MFRC. "You have to seek out the help. It was the best way to go through a deployment. I felt super supported. I made a lot of friends."

All those good experiences have given her the momentum to create her own programs for the community.

Worth Your Weight runs Monday nights from Jan. 14 to March 11 at St. Peter's Naval Chapel in Belmont Park. Interested participants can call the MFRC at 250-363-2640. An interview will help determine if this group is right for you. Prior group experience using Cognitive Behaviour Strategies or Planned Change is recommended.

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CF doctor receives award of excellence

Shelley Lipke
Staff Writer

Capt Shawn Benninger grew up in Hornepayne, Ontario, with a clear understanding of the importance of medicine. Within his own family health problems persisted, such as pneumonia and strokes.

This led him to into the medical field and eventually into the Canadian Forces. He signed up as a nursing officer in 1999 and transitioned to medical officer in 2004.

"Health and the importance of health became very evident to me when I was young. I wanted to contribute to help people," said Capt Benninger.

Thirteen years later that philosophy earned him the College of Family Physicians of Canada Award of Excellence.

"I felt very privileged that people felt the efforts I made in treating patients and my efforts to prevent illness and injury were worthy of recognition," he said.

In November, he attend-

ed a banquet in Toronto to receive his award at the College of Family Physicians.

"I certainly felt special to be among physicians that included some of the top physicians in Canada," he said.

Dr. Linda McNally worked closely with Capt Benninger in Borden and nominated him for this award based on community outreach, excellence in practice and organizational initiatives he took.

The 31-year-old doctor was working at the clinic in Borden as the acting base surgeon from 2009 to 2012.

"I was working with the clinic in Borden to increase efficiency and decrease wait times. The last year before I was posted out here, I looked at how we ran our sick clinic and how we could open up the scope of practice of our doctors, nurse technicians and med techs so everybody could be used to their full potential," he said.

He designed a different schedule for the clinics that included same day appointments and open access for patients to be seen on a more timely basis.

In Alliston, Ontario, he worked in a community emergency department to keep up with a full breadth of medicine.

"Seeing cradle to grave rather than a small military population is beneficial," he says. "I like my job because you have the opportunity to help people, especially when they need help. Whether it is a physical or mental challenge, people seek me out for help and I have an opportunity to affect their personal or work life that is beneficial for both me and

the patient," he said.

He has also been on humanitarian outreaches in Honduras with the United States Air Force.

This year was the second year that during the New Year's break he worked in Fort Smith, Northwest Territories (NWT).

"There have been physician shortages in the NWT and I went to provide relief coverage and act as the physician in the emergency department. This work is challenging because it's quite rural. They have

Health and the importance of health became very evident to me when I was young. I wanted to contribute to help people.

-Capt Shawn Benninger

limited resources, yet it makes you be creative because you don't have all the amenities of a well developed urban hospital."

In July 2012, he left Borden and was posted to HMCS Protecteur.

"This award was for what I did in Borden, but I am looking forward to continuing these initiatives in Protecteur. Currently, we are trying to increase the occupational health and preventative care of the members aboard. I am looking forward to continuing this type of work locally with my medical team on the ship," he said.



Shelley Lipke, Lookout

Capt Shawn Benninger, a physician on board HMCS Protecteur, was awarded the College of Physicians of Canada Award of Excellence for his past and present work in making Canadian Forces medical units more efficient with less wait times.

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Pre-teen pays it forward by helping homeless

Shelley Lipke
Staff Writer

It took 10-year-old Emily Tipper a year to collect and recyclable enough bottles to feed 150 homeless people in Victoria

On Dec. 23 she took to the streets with members of her family to see her efforts pay off.

Joined by father MS Mark Tipper, sister Breanne and friend Madisson Daly, they handed out home-made lunches.

The family baked gingerbread cookies, cooked three large turkeys, and then set up an assembly line in their kitchen to prepare turkey sandwiches. They added oranges and candy canes to the bagged lunches using the \$400 Emily raised over the year to pay for the groceries.

"We went through town to Pandora, Yates, Blanshard, Johnson Street,

and ended up giving lunches in the chapel at the Salvation Army and Our Place," says MS Tipper.

"On Ellis Road we got stormed with people wanting food and we ended up running out and had to turn people away," he said.

"I felt happy to know that 150 people were going to have a meal, but was also really sad when we ran out of lunches and there were still people who needed them," says Emily.

One woman ran up to Emily and said she hadn't eaten in days. She was

Next year I would like to hand out 300 lunches, and in the future I will see if I can do more.

-Emily Tipper

emotional and told Emily to stay in school.

At the Rock Bay shelter a First Nations man was so thankful he gave Emily a First Nations drawing.

"I wasn't expecting anything at all. I thought somebody should do something to help the homeless, and this was something that, as a 10 year old, I was able to do," said Emily.

"Next year I would like to hand out 300 lunches, and in the future I will see if I can do more," she adds.

"I was very proud of her," says her father. "She wears her feelings on her sleeve and is always worried about other people. Since Christmas Emily has already raised \$20 for next year."

If anyone wants to donate their bottles for this cause MS Tipper will arrange to pick them up. He can be reached at 250-363-4668.



Photo courtesy of MS Tipper
Ten-year-old Emily Tipper, sister Breanne and friend Madisson Daly handed out 150 bagged lunches on Dec. 23 to Victoria's homeless. Tipper took this initiative by collecting more than \$400 over the year by returning drink bottles.

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Awards and promotions at MARPAC

Capt(N) Luc Cassivi, Chief of Staff Plans and Operations Maritime Forces (Pacific) and Joint Task Force (Pacific) Headquarters, and Director Canadian Submarine Force, presented several awards and promotions.

Photos by Corporal Brandon O'Connell, MARPAC Imaging Services



PO2 Whitten receives the Queen's Diamond Jubilee Medal.



AB Matthew Sarachman receives the Operational Service Medal.



CPO2 Hayes receives the second clasp of the Canadian Forces Decoration Medal.



Major Olson (centre) receives his new shoulder slip-ons.



Sgt Craig Fiander, MARPAC Imaging Services
MCpl Clarke Meade (centre) receives his new rank from Capt(N) Luc Cassivi (left), assisted by Capt Grant Whittla.



Sgt Craig Fiander, MARPAC Imaging Services
MWO Nigel Colley with his new rank assisted by Joanne Colley.



Cdr Malcolm Musgrove, MCDV Officer in Charge at Sea Training (Pacific), receives the Queen's Diamond Jubilee Medal and certificate from Cdr Richard Dowker, Commanding Officer Sea Training (Pacific).



LCdr Annick Fortin, Combat Officer at Sea Training Pacific, was presented the Commander Canadian Fleet Pacific Bravo Zulu Award by Cmdre Scott Bishop.



LCdr Corey Gleason, Weapons Officer at Sea Training Pacific, accompanied by his spouse, France Chalifour, receives his new rank from Cdr Richard Dowker, Commanding Officer Sea Training (Pacific), and LCdr Pascal Belhumeur, Executive Officer Sea Training (Pacific).



The Naden Band's PO2 Tim Keels receives his Queen's Diamond Jubilee Medal from Lt(N) Matthew Clark.



CPO2 Vallieres was promoted to his new rank by Cdr Ryan Solomon, D/COS FTA, and his Divisional Officer, Lt(N) Robin Sheffield, MARPAC FATO.

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ANNOUNCEMENTS

LIFERING ALCOHOL & DRUG ADDICTION SUPPORT GROUPS has started new groups on Vancouver Island. Victoria, BC: Victoria Native Friendship Center on Thursday evenings 7:30pm @ 231 Regina Ave. Saanichton, BC: Tsawout First Nation on Thursday afternoon at 3pm at 7728 Tetayut Rd. Duncan, BC: 1 Kenneth Pl. on Friday evenings at 7pm. Nanaimo, BC: Vancouver Island Therapeutic Comm. on Sunday evening 7:15pm @ 10030 Thrid Street. General inquiries: Michael@LifeRingCanada.org.

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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.

FAMILY CAREGIVER SERIES, Free Alzheimer Society of B.C. workshops, Tues, Jan 15 through Feb. 12, 6 to 8:30 p.m., Hillside Seniors Health Centre, 1454 Hillside Ave. Pre-registration req. 250-370-5641 or WellnessCentre.Registration@viha.ca. The free series will help participants understand dementia, the changes it can cause in communication and behaviour, the changing roles in the family, and planning ahead and understanding the health-care system.

3005 11 Svc Bn ARMY CADETS has a great, fun, safe, purposeful program. There is no cost and youth M/F 12-18 years of age are eligible to join. Weekend and Summer Camps, Band, First Aid, and Marksmanship are all offered. Thursday 6:30 - 9:00 pm, 724 Vanalman Ave Victoria. Call 250-363-3194 or email 3005army@cadets.net.

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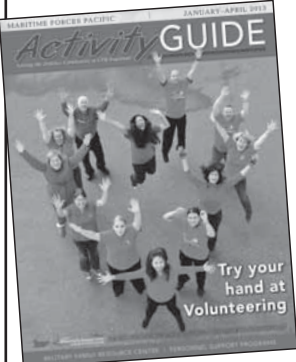
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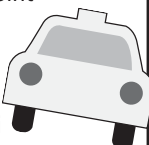
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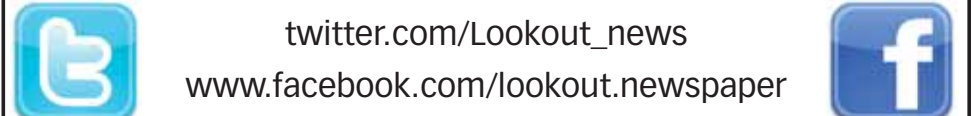
Taxi Dispatch
363-2384

Base Library Catalogue Online

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Unfortunately, holds cannot be processed online at this time. If an item you want to borrow is out, call 363-4095 or email irwin.sl@forces.gc.ca to place a hold.

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