

Volume 58 Number 6 | February 11, 2013

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.
www.lookoutnewspaper.com



Snow and steady

Cpl Andy Social (left), a member of 1st Battalion, Princess Patricia's Canadian Light Infantry based in Edmonton, takes to the slopes of the Mount Washington Alpine Resort in a sit-ski, as adaptive snow sports instructor Neill Lamberton (right) follows. This is Cpl Social's third year participating in the Veteran's Festival, which brings injured soldiers and veterans to Mount Washington to learn how to do a variety of snow sports including skiing and snowboarding. Hosted by the Vancouver Island Society for Adaptive Snowsports, the program receives major support from the Soldier On Fund and True Patriot Love Foundation. *Read more on page 2.*

Photo courtesy of 19 Wing Comox

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Royal appreciation



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Gnome high and dry



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Injury and illness couldn't stop 27 members from surfing the snow

Twenty seven Canadian Forces members participated in the sixth annual Veteran's Festival at the end of January, which was a five-day ski/snowboarding program on Mount Washington.

The event was hosted by the Vancouver Island Society for Adaptive Snowsports (VISAS) and Mount Washington Alpine Resort, with major funding from the Soldier On program and the True Patriot Love Foundation. It introduced ill and injured veterans to adaptive alpine and Nordic skiing and snowboarding.

"We are very excited this program has grown so quickly," said VISAS

Veteran's Festival organizer Glen Hooze.

In 2007, only one participant hit the slopes; this year 27 men and women from across western Canada signed up for the week of instruction.

"We've seen people's lives change in the course of a few days," added Hooze. "Our volunteer instructors are proud to be part of the Festival, and know the challenges and accomplishments experienced by the veterans are deeply meaningful."

Veterans arrived in the Comox Valley Sunday, Jan. 27, coming from as far away as Shilo, Manitoba.

"The local support has been out-

standing," said Hooze.

Sponsors and support for this event included the Comox and Courtenay Legions, 888 Wing of Royal Canadian Air Force Association, Federal Superannuités National Association (FSNA), Comox Valley Taxi, and Barry Van Dusen at the Whistle Stop Pub.

19 Wing Comox provided daily transportation to and from the hill.

At the "Meet and Greet" on Sunday at the Westerly Hotel, the True Patriot Love Foundation's co-founder, Mike Burns attended from Toronto.

Branch 160 Royal Canadian Legion hosted the Veteran's closing Awards Banquet in Comox on Friday, Feb. 1.

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Photo 19 Wing Comox

Sgt Derick Dixon, (far right), presents a cheque for \$1,320 to the Solider On Fund on behalf of the 19 Wing Comox Silver Totems hockey team. The presentation took place during the Vancouver Island Society for Adaptive Snowsports' Veteran's Festival. Joining Sgt Dixon, (left to right), are: Sgt Rick Rickard, Soldier On coordinator; Brian Culley and Mike Vatheuer, Adaptive Snowsport Instructors; and Veteran's Festival participant Carolyn Grant (centre).

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Last Wednesday, HMCS Nanaimo participated in The Dressing of the Ship alongside Y Jetty to celebrate the anniversary of Her Majesty Queen Elizabeth's accession to the throne. Dressing ship is a navy tradition of flying signal flags on a line from bow to stern with the national flag at the masthead. This is done to mark significant events in Canada and the Commonwealth and occurs on nine different occasions throughout the year including our National Flag Day.

Cpl Justin Ancelin,
MARPAAC Imaging Services



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Published each Monday, under the authority of Capt(N) Bob Auchterlonie, Base Commander.

Le LOOKOUT est publié tous les lundis, sous l'égide du Capt(N) Bob Auchterlonie, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in CFAO 57.5. Views and opinions expressed are not necessarily those of the Department of National Defence.

Le Rédacteur se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies, ou annonces publicitaires pour adhérer à l'OAFCS7.5. Les opinions et annonces exprimées dans le journal ne reflètent pas nécessairement le point de vue du MDN.



Circulation - 4,500

One year subscription - \$37.67

Six month subscription - \$18.84

Three month subscription - \$12.56

Prices include tax.

A Division of Personnel Support Programs
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Canadian Mail Product Sales Agreement 40063331



WHAT SAY WE

Penny for your thoughts? Not any more

Melissa Atkinson
Managing Editor

After 155 years of being scooped off the ground, filling up change purses, and more recently, taking roost in the "Take a Penny, Leave a Penny" tray, the penny, or cent as it's called in Quebec, is now a thing of the past.

Last Monday marked the last day of the Canadian penny's circulation, meaning there's one less place for the Queen to showcase her profile and the end of the phrase "a penny for your thoughts."

Merchants across the country are no longer obligated to include the penny when giving change, and in cash transactions prices may be rounded to the nearest nickel.

While those paying by debit and credit will still be expected to pay the one cent denomination, retailers are now more than likely to frown when presented with handfuls of the copper coins, (which is really 94 per cent steel, 1.5 per cent nickel, and 4.5 per cent copper as plating). Although, according to Canada's Currency Act, you can only use 25 pennies at a time to pay for goods or services. This is obviously a little known fact in the seniors' and children's world.

The penny is being retired because it costs the government 1.6 cents to make one. That's an \$11 million savings a year to taxpayers – or 1,100,000,000 pennies, more than are currently in circulation.

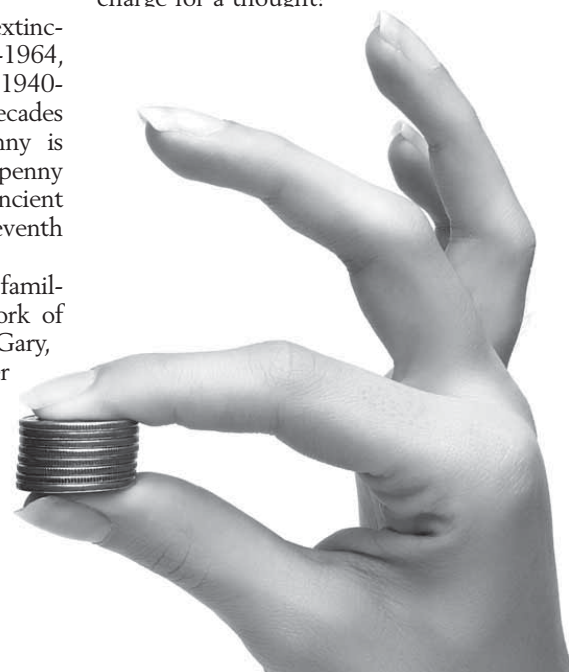
Our penny is not the first to go into extinction. In Australia it reigned from 1911-1964, in New Zealand it lasted 49 years from 1940-1989, and in Ireland more than seven decades from 1928-2000. The Canadian penny is outlived, thus far, by the American penny (1793-) and the British, its royal and ancient ancestor, which dates back to the seventh century.

So the days are numbered for that familiar Maple twig designed coin, the work of English artist George Edward Kruger Gary, whose initials KG appear to the lower right of the maple twig. Some will end up in collector's albums, right alongside the first pennies of 1858, and the vine design from 1911 to 1920, and the two maple leafed pennies from 1920 to 1936, and the 1967 Centennial coin of a rock dove.

But the majority, it's hoped, will find their way to charities, which

are eager to take the coins, roll them up and haul them to the bank. Every penny counts in their world.

So now one question remains: what to charge for a thought?



People Talk

Lookout asked this question:

What are your thoughts on Black History Month and its relevance today?



As a multi-cultural country, we need to know the specifics about other cultures. It is a sense of pride for Blacks. I don't think it is designed to make Blacks more special than anyone else, but to commemorate what has happened, good or bad. We learn from our past by first acknowledging it.

A/SLt Oscar Vanderzaag,
NOTC Venture



People don't talk enough about it. Most people don't know the history of Black or pay enough attention to Black History Month.

SLt Pam Hogan,
Navigating Officer,
HMCS Yellowknife



I think it gives attention to people who may or may not even want it, and makes an unnecessary distinction between Blacks and other Canadians.

PO2 Trevor Palendat,
Chief Cook,
HMCS Yellowknife



Black History Month is absolutely worthwhile! It provides a good learning experience. The mother of my children is Black and we feel it is important to educate our children on both sides of their heritage.

LCdr Keith Guinchard,
Distance Learning
Coordinator,
NOTC Venture



It is a valuable exercise to recognize heritage - we do it for a lot of groups, so why not? Any time there is a story to be told, we should tell it. This is no different than honouring women in the CF or other Employment Equity groups. We need to celebrate our diverse heritage or it fades into history and is forgotten.

Maj Aaron Novcosky,
Commanding Officer,
ADAC (Halifax)

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Children of military families needed for a study

We are looking for parents interested in having their children be part of a focus group with other children to discuss their perspectives on issues related to deployment, relocation, and well-being.

*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.

Victoria Royals show CF appreciation

Shawn O'Hara
Staff Writer

The Victoria Royals will be showing their support for the Canadian Forces at their Second Annual Canadian Forces Appreciation Night on Feb. 23.

The team will go head-to-head with the Kelowna Rockets in a night of fundraising, celebration, and fun at the Save-On Foods Memorial Arena.

Grant McNeil, Promotions Manager for the Royals, says CF Appreciation Night is a cause close to the hearts of the players and staff. "Victoria is very clearly a naval city," he says. "It's important we show the public and community that we care and appreciate their service."

The game will be like any other game in the Royals' regular season but with a Canadian Forces twist.

The Royal Canadian Navy Naden Band will perform the national anthem, and the arena will be jam packed with displays and demonstrations by different CF units. Presentations include a weapons display from the Canadian Scottish Regiment, a Naval Reserve display from *HMCS Malahat*, and demonstrations of Explosive Ordnance Disposal equipment from the Fleet Diving Unit.

"There's going to be a lot of things to see and do that people might not get to experience otherwise," says McNeil. "There's so much about the military that civilians don't understand, so at the event they can get a closer look."

The evening will also benefit various organizations with proceeds from the evening's

50/50 draw and Chuck-a-Puck fundraisers going to the Military Family Resource Centre and Cadets Canada. Spectators are encouraged to bring non-perishable food items for the Mustard Seed Food Bank.

The Royals will wear limited edition CF Appreciation Night jerseys, which will feature a logo and crest inspired by the military.

"The game and the jerseys will be a great opportunity for the team to pay homage to the troops," says McNeil. "We're very proud to support the cause in any way we can."

The jerseys will be worn only for the Feb. 23 game and then will be auctioned off in various events throughout the rest of the season. The money from the auctions will go to the MFRC, the Cadets, and the Mustard Seed Food Bank.

The financial support is just one small part of the night. To McNeil and the rest of the organization the night is about showing the troops they care.

"From the boys in the room to the managers at the top, this cause is important to all of us," he says. "Regardless of where in the world the troops are or where they're going they should know there are people at home who are thankful for everything they do."

Tickets are \$12 for both military and civilian CF members and can be reserved through the Royals Box Office at 250-220-7889. CF members must show their military ID when picking up their tickets.

Three hundred seventy five complimentary tickets have already been distributed to units, and \$12 discounted tickets for Defence Team members can be reserved through the Royals Box Office at 250-220-7889. Members must show their DND ID when picking up tickets.



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NEWS Nuggets

HMCS Regina visits Malaysia

HMCS Regina made a detour to Malaysia on its way home, docking in Northport, Port Klang Feb. 5.

Cmdre Scott Bishop, Commander Canadian Fleet Pacific, flew to Malaysia to welcome the ship, said the three-day port call was an opportunity to bolster maritime security and reaffirm ties between Canada and Malaysia.

Changes come to CF leadership

Last Wednesday the Conservative government announced a number of changes to the military's top officers, including the head of the Canadian Army and the Royal Canadian Navy.

Some changes of note: Vice-Chief of Defence Staff, VAdm Bruce Donaldson is retiring.

Royal Canadian Navy Commander, VAdm Paul Maddison is retiring. Replacing him will be RAdm Mark Norman. See page 12 for the full list.

Firebird 50

Were you an Air Cadet in Dundas or Ancaster, Ontario? 735 Firebird Squadron, Royal Canadian Air Cadets will be celebrating its 50th anniversary in June and we'd like you to be part of it. Events planned so far include

the Annual Review followed by a semi-formal dinner.

Both events will take place June 1-2 at the Canadian Warplane Heritage Museum in Hamilton, Ontario. For further information and registration about these and other 50th anniversary events, visit the website at firebird502013.wordpress.com. Contact Susan Creer at firebird502103@live.com or @SusanJCreer.

All over the map

The Greater Victoria Concert Band (GVCB) will perform at the Alix Goolden Hall Saturday, March 2 in a concert entitled "All Over the Map: from Broadway to Middle Earth."

Doors open at 7:30 p.m. with an 8 p.m. show.

This wide-ranging concert features both the GVCB Intermediate Band conducted by David Suomi Martinen and the GVCB Senior Band conducted by Michael Keddy. Tickets are \$10 for general admission; free for kids 12 and under. Tickets are available from band members and at the door. For more information, visit www.gvcb.ca.

Winter pruning at Royal Roads

• Saturday, Feb. 23, 10 a.m. – noon.

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will be on dormant apple and pear trees, grape vines, currants and gooseberries. There will also be a fruit tree clinic including grafting demonstrations.

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DND Big Bike Challenge

The DND Big Bike Challenge is looking for recruits.

The Heart and Stroke Big Bike Event is a fundraising activity aboard a bicycle built for 30. During the 20 minute ride teams will help raise awareness and funds to help make a big difference for heart health in Canada.

There will be friendly competition for top fundraising team and the DND Spirit Award.

Teams can register at no cost; we simply ask that each rider fundraises for their seat.

The Big Bike will be in Victoria June 18, 20, 25-27. The DND Challenge teams ride on June 27.

For more info contact Jeremy Loveday at 250-634-2327 or jloveday@hsf.bc.ca or check out www.bigbike.ca.

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Canadian sailors in England play critical role in protecting merchant ships

Margaret Campbell
Op Artemis / Task Force Northwood

On Nov. 27, 2012, a merchant ship crossing the Indian Ocean took self-protective measures in reaction to two skiffs that were shadowing it.

When the master reported the incident to the NATO Shipping Centre (NSC) in Northwood, England, the anti-piracy team based there quickly took action.

"On the basis of further information from the ship, the NSC assessment — produced in conjunction with colleagues at NATO, Maritime Security Centre Horn of Africa and the U.K. Maritime Trade Operations office in Dubai — was that this was a Pirate Attack Group," said Lieutenant-Commander Nicholas Smith of Task Force Northwood, the Canadian Forces team deployed at the NSC.

After determining that the skiffs were part of a Pirate Attack Group, the NSC proceeded to identify and warn all other vessels in the area of the danger. NATO and European Union warships also went to the area to look for the pirate vessels.

Embedded in the NATO Maritime Component Command Headquarters in Northwood, the NSC is the main link between NATO naval forces and the international shipping industry. Most NSC communications focus on the High Risk Area, the part of the world where piracy is most common, including the waters around the Horn of Africa, the Gulf of Aden, the north-

ern Arabian Sea, and the northwest quadrant of the Indian Ocean.

Maintaining communication between NATO and the international shipping industry is critical to the success of Operation Ocean Shield, NATO's contribution to the international efforts to combat piracy. This is because the High Risk Area is roughly half the size of Canada, and only a few warships are available to combat piracy in the region.

According to LCdr Smith, the Canadian Forces contribute about 30 percent of NSC personnel. This level of participation makes Canada important to the effort to ensure communication and cooperation between military authorities and merchant skippers.

Task Force Northwood is a group of Royal Canadian Navy specialists in the staff function known as NCAGS, for "naval cooperation and guidance to shipping."

Originally deployed under Operation Saiph, the task force was integrated into Operation Artemis on May 31, 2012. Operation Artemis is the Canadian Forces' current participation in maritime security and counter terrorism operations in the Arabian Sea.

The NSC leads NATO's work to support the merchant shipping community by recognizing and mitigating the risks of maritime trade in the area along with Combined Maritime Forces, MSCHOA and UKMTO. The various organizations use a method known as 'see and avoid' to deter and disrupt terrorist activity.

"See and avoid is a technique used to prevent merchant ships from encounter-



Mark Rawlings, Carillion Defence

A group of naval personnel discuss fishing and other activities in the High Risk Area. From left to right, Cdr s.g. Stein Olav Hagalid, head of the NATO Shipping Centre; LCdr Nicholas Smith, commander of Task Force Northwood; Lt Frank Cools of the Royal Netherlands Navy; and Lt Leonard Kongshavn and LCdr Anders Lovik of the Royal Norwegian Navy.

ing pirate ships in the high risk area," said LCdr Smith. "The NATO Shipping Centre leads 'See and Avoid' activities by providing guidance to ships through their website, participating in conferences and seminars, and staying in contact with individual mariners."

The NSC recently began work on recognition guides for dhows and fishing vessels to help reassure mariners by boosting their understanding of normal patterns of life in the region.

In addition to disseminating reports of pirate attacks, the NATO Shipping Centre provides advice to affected vessels. NSC staff contact every vessel in range of an attack and ensure that warning messages are broadcast on the World Wide Navigational Warning

System, according to LCdr Smith.

The speed of the NSC's reaction contributed to the apprehension of seven pirates on Oct. 11, 2012, by the Dutch amphibious transport ship HMNLS Rotterdam.

A day earlier, the NSC issued warnings to ships off the coast of Somalia in reaction to a report of a pirate attack in that area from the master of a European fishing vessel, relayed by the Dubai office of U.K. Maritime Trade Operations.

The mission effects achieved by Task Force Northwood extend beyond protecting merchant vessels in the High Risk Area.

Maintaining the safety of international shipping routes has a profound impact on the stability of the Canadian economy.

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Reiki healing offered at CPAC

Shawn O'Hara
Staff Writer

When taking care of one's health it's important to be hands on. With Reiki it's hard to be anything but.

Lee Hindrichs, a Reiki Master, has been practicing the healing art for more than 25 years and is now offering workshops at the Colwood Pacific Activity Centre.

"I thought it would be something military moms and dads out there could really use, so I gave CPAC a call and they were into it," says Hindrichs, a former army reserve medic.

Reiki is a holistic healing practice that focuses on the channelling of universal energy to heal and balance the body and spirit.

The three-day workshop consists of lectures and techniques that take students through the first two levels of Reiki training. It also involves

training in reflexology, an alternative healing art that focuses on manipulation of nerve centres to relieve stress and treat ailments.

Lectures are a mixture of theory and technique, as well as the history of Reiki.

"Students will have questions, and I want to give them tools to answer the 'why,'" says Hindrichs. "Most of the workshop focuses on the practical though. At the end of it each student will have around three or four complete sessions under their belt."

Her program focuses on balancing the feelings and stress brought on in the homes of military families.

"I like to focus on the idea of Doctor Mom or Dad," she says. "I want to give them the tools and resources to help their children and themselves cope with the feelings of a family member going away for a long time."

Hindrichs was first

introduced to the world of Reiki in the mid-1980s while working as a registered nurse.

"I was working 70 hours a week and I was just exhausted. My legs felt like two lead weights," she says. "I'd tried a lot of different remedies but I was ready to try something new. I decided to go a Reiki healer."

Hindrichs says that while she went in to the initial treatment sceptical, the results spoke for themselves.

"I felt absolutely energized. I felt a mental clarity I'd never felt before, and the pain in my legs was completely gone," says Hindrichs. "I was amazed. I did some investigating and it led to me learning

Reiki myself."

Two decades later, Hindrichs has obtained master status and practices Reiki through the CPAC and through her own company, Life Force Pathways.

"It's important to remember that healing starts with you. That's what I want to impart on my students," says Hindrichs. "It's not the medicine, or the pills, or the procedures. It all starts with your own body and your own mind."

The next course is Feb. 25-27 at CPAC (2610 Rosebank Road) and the cost is \$350 for Regular/Ordinary and \$375 Associate. Call 250-363-1009 for more information.

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GNAVAL GNOME INTERVIEW IV

The Bahrain Dialogue



Lookout (LO): Hello again, Gnaval Gnome, and welcome. I understand you're conducting this interview from some distance away?

Gnaval Gnome (GG): Yes, I'm calling via telegnome all the way from the Kingdom of Bahrain in the Arabian Gulf!

LO: Oh, and what takes you there?

GG: An airplane, but that's not important gnaw.

LO: No, I mean what are you doing in Bahrain?

GG: Ah...I've come here to visit the Canadians who are working here as part of Operations Foundation and Artemis. There are currently six Canadians serving ashore in Bahrain, five people and one gnome.

LO: And how do you find Bahrain?

GG: When I got off the plane, it was right there; I didn't really have to look for it at all.

LO: No, what I mean is, what are your impressions of Bahrain?

GG: Ah yes...well, it seems a very nice sort of place... it's a little like Victoria, if Victoria were an island Kingdom in the Arabian Gulf and were just like Bahrain.

LO: I see...

GG: When I first got here I was relieved to see there were no wildebeest in my accommodations.

LO: Why do you say that?

GG: You know what they say...No gnus is good gnus.

LO: Hmm, yes. What do you wear there?

GG: Like the other Canadians here, I'm wearing the arid pattern CADPAT uniform. It's very comfortable, but the colour and pattern make me look like a big chocolate chip cookie.

LO: As a Gnaval Gnome, did wearing the CADPATs take some getting used to?

GG: Yes, but the gnifty part is they have so many pockets in which I can squirrel away snacks. And I've become quite proficient at blousing my pant legs over my combat boots. People actually gather to gnote my blousing technique. The secret is to sing the Blousing Song as you blouse.

LO: And how does that go?

GG: It's sung to the tune of Heart of Oak in the key of Gn. And it goes a little something like this...Come blouse up my pants, 'tis to blousing I steer, to blouse up my pants in this wonderful year. It's to blousing I blouse, as a blouser, blouse blouse. For who are so bloused as the blousing blouse blouse blouse....

LO: Why did you stop, Gnaval Gnome?

GG: I said blouse too many times; it's lost all meaning.

LO: And what do you do there on your off time?

GG: Well, gnot to blow my own horn, but I've written a gnovel. I used a gnome de plume, of course. The gnovel's titled "Of Mice and Gnomes", and is about a couple of gne'er-do-well gnomes who roam the countryside looking for cookies and such, but find all the cookies have been eaten by mice.

LO: That sounds quite ambitious.

GG: Yes well, we gnomes are quite goodly with the words and stuff. It all comes down to gnomomenclature, really. I'm also working on bringing it to the big screen. We're looking at Robert De Gniro and Jack Gnicholson for the lead parts.

LO: And how do you keep in touch with everyone back home?

GG: Well, I tried that new-fangled e-mail, but do you gknow how much it costs to mail a computer back and forth between Canada? It's gnon-sensical. Lately I've been using carrier falcons, but that can be a bit tricky as they tend to kick up a fuss when you stick the stamps on them.

LO: Can you tell us a little more about what the Canadians are doing in Bahrain?

GG: Yes, I could.

LO: Please do.

GG: Oh, okay. In a gnutshell, the Canadians here in Bahrain are part of Combined Maritime Forces, made up of 27 different gnations, who conduct gnaval operations in the Red Sea, Gulf of Aden, North Arabian Sea, Gulf of Oman, Somali basin, and Arabian Gulf, with a goal of enhancing maritime security in the region. Did you know they refer to the Gulf of Oman as the GOO; that reminds me of chocolate chip cookies too...

LO: And have you had much opportunity to see Bahrain itself?

GG: Oh yes, everyone here has been quite hospitable and have shown me around. I've been enjoying the local cuisine, which is quite gnourishing. I also spent some time at one of the big shopping centres here.

LO: And how was that?

GG: Oh, you know what they say: if you've seen one shopping centre, you've seen a mall.

LO: Yes, just so. Do you have any projects looming once you return to Canada?

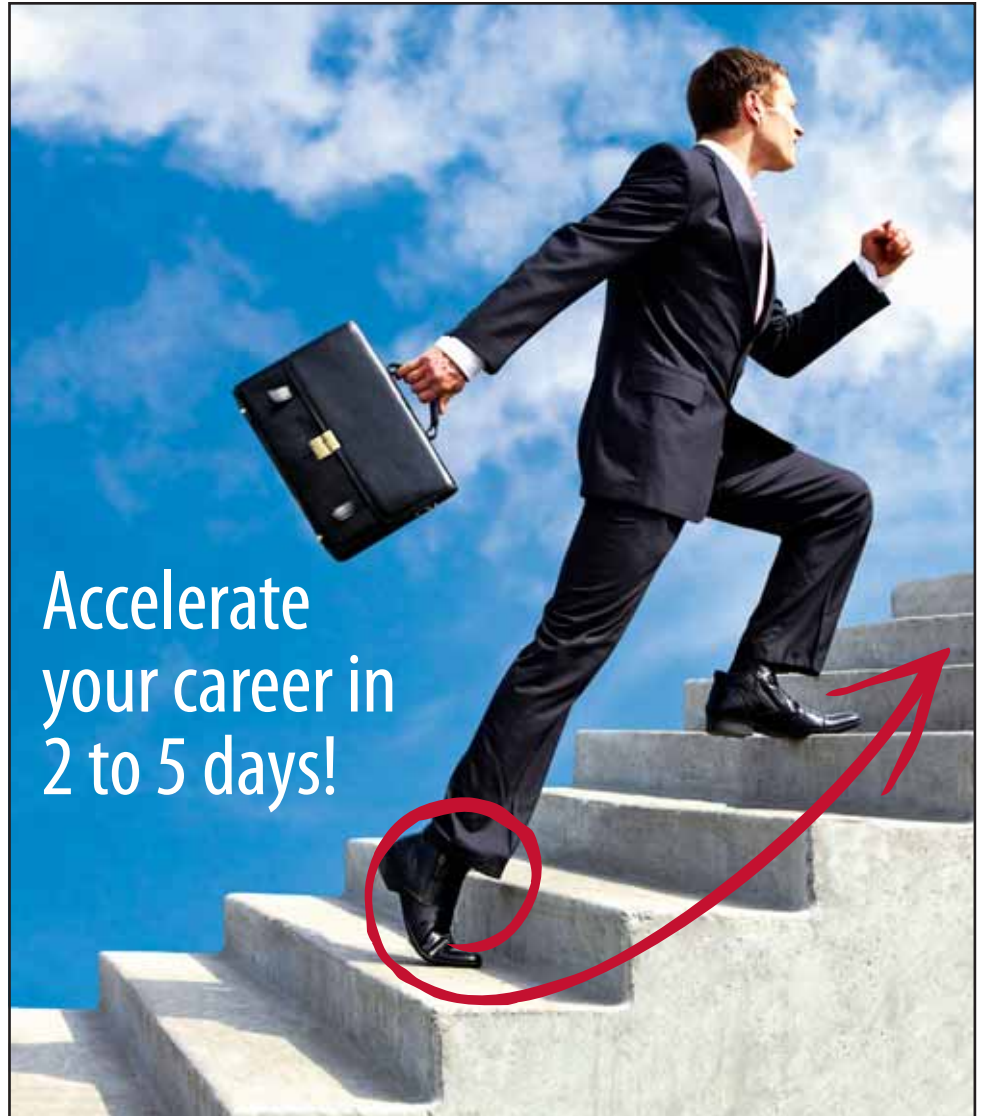
GG: Yes indeed. I'm working with the GNADEN Band on a music video. It's Ganggnome Style.

LO: Fascinating. Well, Gnaval Gnome, as always it has been a pleasure speaking with you. Good luck in your travels, and all the best to the Canadians serving in Bahrain.

GG: Thank you very much. Please mention to your readers they can visit me on Facebook; just look up Gnaval Gnome. Now I'm off to ride a camel in the dessert.

LO: Don't you mean "desert"?

GG: Gnertz, I gknew it was too good to be true!



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New CF leaders emerge

Peter MacKay, Minister of National Defence, announced this year's initial list of senior Canadian Forces promotions and appointments.

The following General and Flag Officer retirements, promotions and appointments will occur in 2013:

- **Vice-Admiral A.B. Donaldson** will retire from service, resulting in the following appointment: Lieutenant-General G.R. Thibault will be appointed Vice Chief of Defence Staff at National Defence Headquarters (NDHQ), in Ottawa.

- **Vice-Admiral P.A. Maddison** will retire from service, resulting in the following promotions and appointments: Rear-Admiral M.A.G. Norman will be promoted Vice-Admiral and appointed Commander of the Royal Canadian Navy at NDHQ, in Ottawa.

- **Rear-Admiral J.E.T.P. Ellis** will be appointed Deputy Commander of the Royal Canadian Navy at NDHQ, in Ottawa, replacing Rear-Admiral M.A.G. Norman

- **Rear-Admiral M.F.R. Lloyd** will be appointed Deputy Commander (Expeditionary) Canadian Joint Operations Command, in Ottawa, replacing Rear-Admiral J.E.T.P. Ellis.

- **Major-General M.D. Day** will be appointed Chief of Force Development at NDHQ, in Ottawa, replacing Rear-Admiral M.F.R. Lloyd; Rear-Admiral D.C. Gardam will be appointed Director General International Security Policy, at NDHQ, in Ottawa, replacing Major-General M.D. Day; Commodore J.F. Newton will be promoted Rear-Admiral and appointed Commander Maritime Forces Atlantic/Joint Task Force Atlantic, in Halifax, replacing Rear-Admiral D.C. Gardam; and Captain (Navy) B.W.N. Santarpia will be promoted Commodore and appointed Director General Navy Personnel, at NDHQ, in Ottawa, replacing Commodore J.F. Newton.

- **Lieutenant-General P.J. Devlin** will retire from service, resulting in the following promotions and appointments: Lieutenant-General J.M.M. Hainse will be appointed Commander of the Canadian Army, in Ottawa, replacing Lieutenant-General P.J. Devlin; Major-General J.H. Vance will be promoted Lieutenant-General and appointed Deputy Commander Allied Joint

Force Command, in Naples, Italy, replacing Lieutenant-General J.M.M. Hainse; Major-General M.J. Hood will be appointed Director of Staff, Strategic Joint Staff, at NDHQ, in Ottawa, replacing Major-General J.H. Vance; Major-General R.D. Foster will be appointed Deputy Commander of the Royal Canadian Air Force, at NDHQ, in Ottawa, replacing Major-General M.J. Hood; Brigadier-General C.J. Coates will be promoted Major-General and appointed Deputy Commander (Continental) Canadian Joint Operations Command, in Ottawa, replacing Major-General R.D. Foster; and Colonel J.P.A. Pelletier will be promoted Brigadier-General and appointed Deputy Commander Continental NORAD Region at Tyndall Air Force Base, in Florida, replacing Brigadier-General C.J. Coates.

- Lieutenant-General W. Semianiw will retire from service.

- **Major-General J.R. Ferron** will complete his tour in Afghanistan, resulting in the following promotion and appointment: Brigadier-General D.J. Milner will be promoted Major-General and appointed Deputy Commanding General Army - Combined Security Transition Command/NATO Training Mission Headquarters, in Kabul, Afghanistan, replacing Major-General J.R. Ferron.

- **Major-General A.J. Howard** will retire from service, resulting in the following appointments: Rear-Admiral A. Smith will be appointed Military Lead of the Defence Renewal Team, at NDHQ, in Ottawa, replacing Major-General A.J. Howard; Major-General D.B. Millar will be appointed Chief of Military Personnel, at NDHQ, in Ottawa, replacing Rear-Admiral A. Smith; and Brigadier-General D.W. Joyce will be appointed Military Advisor to the Privy Council Office, in Ottawa, replacing Major-General D.B. Millar. Major-General P.J. Forgues will retire from service, resulting in the following promotions and appointments: Brigadier-General J.G.E. Tremblay will be promoted Major-General and appointed Commander of the Canadian Defence Academy, in Kingston, Ontario, replacing Major-General P.J. Forgues; Brigadier-General A.D. Meininger will be appointed Commandant of the

Continued on page 14

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Promotions and appointments

Continued from page 12

Royal Military College, in Kingston, Ontario, replacing Brigadier-General J.G.E. Tremblay; Brigadier-General J.J.R.G. Hamel will be appointed Deputy Director (Plans), Strategy, Policy and Plans - North American Aerospace Defence Command (NORAD) Command Centre, in Colorado Springs, Colorado, replacing Brigadier-General A.D. Meininger; Brigadier-General G.D. Loos will be appointed Commander, Joint Task Force North, in Yellowknife, replacing Brigadier-General J.J.R.G. Hamel; Commodore D.C. Hawco will be appointed Director General Cyber at NDHQ, in Ottawa, replacing Brigadier-General G.D. Loos; Commodore S.E.G. Bishop will be appointed Commander Canadian Fleet Atlantic, in Halifax, replacing Commodore D.C. Hawco; and Captain (Navy) J.R. Auchterlonie will be promoted Commodore and appointed Commander Canadian Fleet Pacific, in Esquimalt, replacing Commodore S.E.G. Bishop.

• **Commodore E.M. Steele** will be seconded to Treasury Board Secretariat, resulting in the following promotions and appointments: Brigadier-General A.C. Patch will be appointed Deputy Chief of Staff - Assistant Deputy Minister (Materiel), at NDHQ, in Ottawa, replacing Commodore E.M. Steele; and Colonel S.G. Kennedy will be promoted Brigadier-General and appointed Director General Land Equipment Program Management, replacing Brigadier-General A.C. Patch.

• **Brigadier-General D.C. Hilton** will retire from service, resulting in the following promotions and appointments: Brigadier-General J.R. Giguère will be appointed Commandant of the Canadian Forces College, in Toronto, replacing Brigadier-General D.C. Hilton; Brigadier-General J.M. Lanthier will be appointed Commander Land Forces Québec Area, in Montréal, replacing Brigadier-General J.R. Giguère; and Colonel C.J. Turenne will be promoted Brigadier-General (acting while so employed) and appointed Deputy Commanding General United States (U.S.), I Corps in Fort Lewis, Washington, replacing Brigadier-General J.M. Lanthier.

• **Brigadier-General H.F. Jaeger** will retire from service.

• **Brigadier-General M.K. Overton** will retire from service, resulting in the following appointments: Commodore L. Bisson will be appointed Assistant Chief of Military Personnel, at NDHQ, in Ottawa, replacing Brigadier-General M.K. Overton; Brigadier-General N.E. Russell will be appointed Director General Compensation and Benefits, at NDHQ, in Ottawa, replacing Commodore L. Bisson; and Brigadier-General M.P. Galvin will be appointed Director General Air Personnel, at NDHQ, in Ottawa, replacing Brigadier-General N.E. Russell.

• **Brigadier-General T.E. Putt** will retire from service upon completion of his deployment with the U.S. V Corps in the International Security Assistance Force (ISAF) Joint Command, in Kabul, Afghanistan.

• **Brigadier-General C.C. Thurrott** will be appointed Director General Land Capability Development, resulting in the following promotion and appointment: Colonel N. Eldaoud will be promoted Brigadier-General and appointed Commander Land Forces Atlantic Area, in Halifax, replacing Brigadier-General C.C. Thurrott.

• **Brigadier-General M.A. Matheson** will retire from service, resulting in the following promotions and appointments: Commodore J.P.G. Couturier will be appointed Director General Plans - Strategic Joint Staff, at NDHQ, in Ottawa, replacing Brigadier-General M.A. Matheson; and Colonel J.R.A.S. Lafaut will be promoted Brigadier-General (acting while so employed) and appointed Deputy Director Plans - U.S. Central Command (CENTCOM) in Tampa Bay, Florida, replacing Commodore J.P.G. Couturier.

• **Brigadier-General K.R. McLean** will retire from service, resulting in the following promotion and appointment: Colonel J.M. Fletcher will be promoted Brigadier-General and appointed Chaplain General, in Ottawa, replacing Brigadier-General K.R. McLean.

The following General and Flag Officers will be promoted substantively to their rank: Acting Commodore M.J.M. Hallé will be promoted Commodore and remain Director General Maritime

Equipment Program Management, in Ottawa; Acting Commodore M.B. Watson will be promoted Commodore and remain Director General Personnel Family Support Services, in Ottawa; Acting Brigadier-General S.A. Brennan will be promoted Brigadier-General and remain Director General Capability and Structure Integration, at NDHQ, in Ottawa; Acting Brigadier-General R.G. Mazzolin will be promoted Brigadier-General and remain Director General Information Management Group, at NDHQ, in Ottawa; Acting Brigadier-General P. Rutherford will be promoted Brigadier-General and remain Director General Security Transformation, at NDHQ, in Ottawa; Acting Brigadier-General L.E. Thomas will be promoted Brigadier-General and remain Chief of Staff - Canadian Joint Operations Command, in Ottawa; Acting Brigadier-General H.J. Kowal will be promoted Brigadier-General and remain Director General Military Careers, at NDHQ, in Ottawa; and Acting Brigadier-General D.L.R. Wheeler will be promoted Brigadier-General and appointed Deputy Commander Support at 1 Canadian Air Division, in Winnipeg.

The following Colonels will be promoted Brigadier-General (acting while so employed): Colonel T.N. Balfe will be promoted Brigadier-General (acting while so employed) and appointed ISAF Deputy to the Deputy Chief of Staff Communications in Kabul, Afghanistan, replacing Brigadier-General J.C. Madower; and Colonel W.F. Seymour will be promoted Brigadier-General (acting while so employed) and appointed to the Joint Staff in Pacific Command Headquarters (U.S.) in Hawaii.

After distinguished service to Canada and the Canadian Armed Forces, the following General and Flag officers will retire in 2013: Vice-Admiral A.B. Donaldson; Vice-Admiral P.A. Maddison; Lieutenant-General P.J. Devlin; Lieutenant-General W. Semianiw; Major-General P.J. Forgues; Major-General A.J. Howard; Brigadier-General D.C. Hilton; Brigadier-General H.F. Jaeger; Brigadier-General M.A. Matheson; Brigadier-General K.R. McLean; Brigadier-General M.K. Overton; and Brigadier-General T.E. Putt.

2013 is "Year of Korean War Veteran"

Carl Mills

Veterans Affairs Canada

This year has been designated as the "Year of the Korean War Veteran."

Veterans Affairs Minister Steven Blaney made the announcement Jan. 8 at the Canada Aviation and Space Museum. He was joined by Senator Yonah Martin, representatives from the Royal Canadian Legion, the Korea Veterans Association of Canada and Korean Veterans.

"It is our duty today to pay tribute to more than 26,000 Canadian men and women in uniform who came to the aid of South Koreans during the Korean War," said Minister Blaney. "And, in particular, the 516 Canadians who gave their lives in service to defend the values of peace and freedom on the Korean peninsula."

The Year of the Korean War Veteran coincides with the 60th anniversary of the Korean War Armistice. This year also marks the 50th anniversary of diplomatic relations between Canada and South Korea.

The Korean War began on June 25, 1950, and active fighting ended on July 27, 1953, with the signing of the Korean Armistice Agreement. Approximately 7,000 Canadians continued to serve in the tense theatre of operations between the signing of the Armistice and the end of 1955, with some Canadian troops remaining until 1957.

Approximately 1,000 Royal Canadian Air Force personnel were involved in the conflict. Most, about 800, were from 426 (Transport) Squadron (at that time located at RCAF Station Lachine, Que.), while the remainder were fighter pilots, flight nurses, a cadre of supply, technical and photo intelligence personnel, and a Judge Advocate General.

Twenty-one RCAF volunteer fighter pilots were sent to Korea for F-86 Sabre combat duties and they served in small scheduled groups starting from March 1952, until November 1953. Flight Lieutenant Omer Levesque, who was on exchange with the United States Air Force (USAF) when the war broke out, was the first RCAF combatant in the war.

Canada's fighter pilots flew with the USAF's 4th Fighter Interceptor Wing (FIW) at Kimpo (approximately 24 kilometres northwest of Seoul) or the 51st FIW at Suwon (approximately 32 kilometres south of Seoul).

"The Korean War, Canada's third bloodiest conflict, commenced in 1950," said John Bishop, National President of the Korea Veterans Association of Canada. "The 60th anniversary of the ceasefire will be remembered by all those who served in Korea."

During the event, Minister Blaney also launched and demonstrated an interactive website feature, Land of the Morning Calm, which is now available at www.veterans.gc.ca. This feature presents Korean War history and archival footage, interviews with Korean War veterans and an interactive history calendar. The feature is presented in broadcast style, complete with news anchor and video footage.

The names of the 516 Canadians who died in service during the war, including the nearly 400 Canadians who lie at rest in the Republic of Korea, are inscribed in the *Korean War Book of Remembrance*, which is on display in the Peace Tower in Ottawa.

For more information on Canada's role in the Korean War or the Year of the Korean War Veteran, please read "Canada remembers the Korean War 1950-1953" on the Veterans Affairs Canada website.



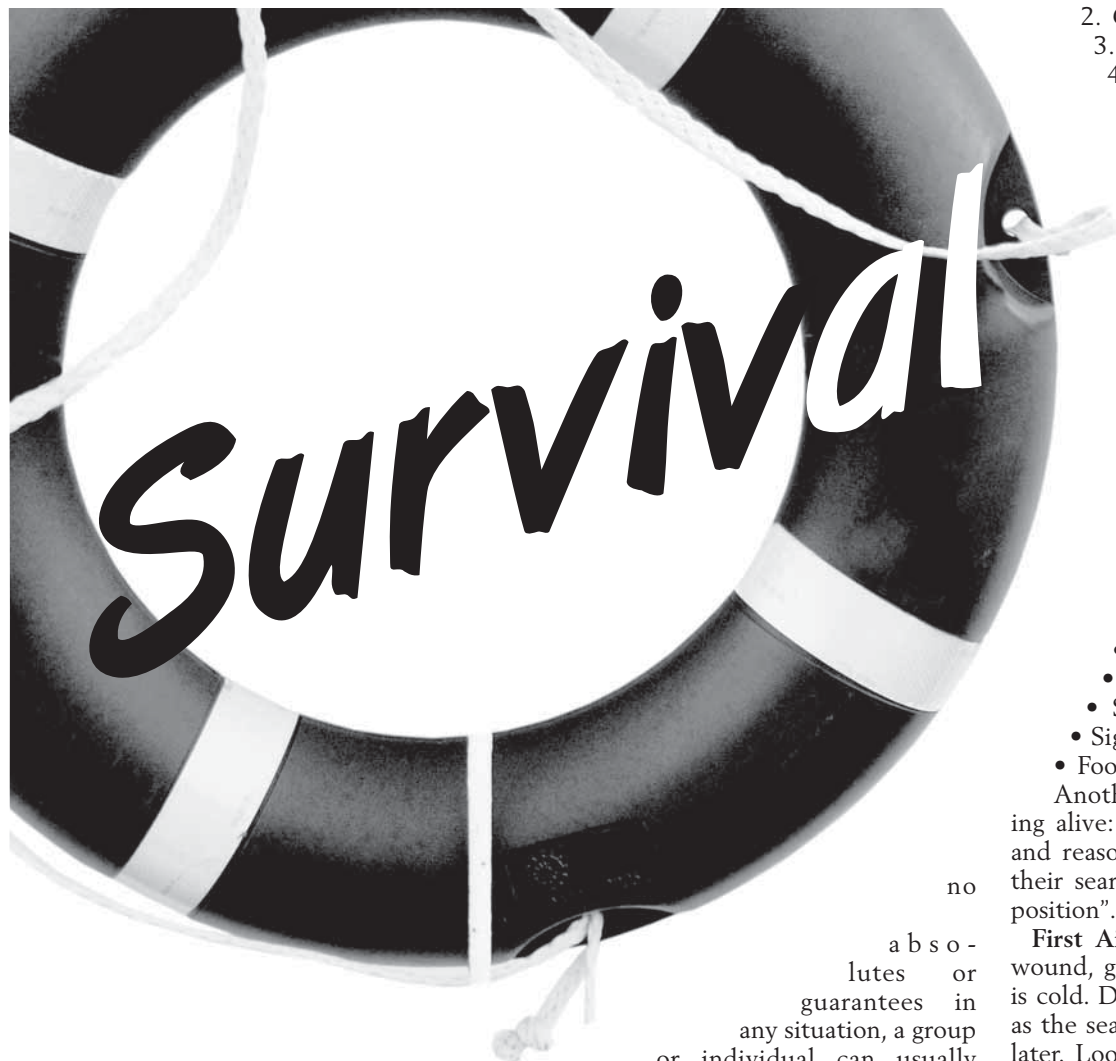
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The RCAF's Flight Lieutenant Larry Spurr flew F-86 aircraft with the USAF from Suwon, South Korea. He completed 50 combat missions and achieved one MiG 'kill'. Photo circa mid-1952.



DND photo

An important aspect of the Korean War was the return of Canadian and American wounded, who were supported by nurses from the USAF, USN and RCAF. RCAF nurse, F/O Joan Drummond (left), and USAF nurses watch medical attendants care for a wounded soldier.



Sgt Dan Bodden
JRCC Victoria

It's been a long day of hiking in the Sooke foothills; you've covered many miles in some of the most beautiful scenery around.

Now it's time to head for home, but you're not quite sure exactly where you are. Nothing around you looks familiar. It's 5 p.m. and getting dark. Your GPS has been acting up all day in the cold temperatures and the nasty incoming weather leaves you with poor satellite reception. No cell phone coverage out here. You considered buying a personal 406MHz beacon, but decided against the \$200 expenditure for a better backpack.

You are lost and alone in the winter. Now what?

Survivor experience and statistics demonstrate, unmistakably, that rates of survival increase significantly when a few basic fundamentals are applied. While there are

no absolute guarantees in any situation, a group or individual can usually have a direct and positive effect on their survival.

These are universal fundamentals, not iron-clad rules or directives. Some thought and creative application will also be required. If you told someone where you were going and when you would be back, they will alert local authorities and someone will be looking for you.

The first rule of winter wilderness survival is quite simple: Don't Panic. Easier said than done.

While panic can be a normal reaction to a stressful situation, it is never helpful. Calm yourself down, take a deep breath and take a deliberate and sober assessment of your situation. It's rarely as bad as it first seems.

Before discussing a systematic survival approach, it is important to identify the dangers and obstacles to emerging safely from a survival situation. Known as "The Seven Enemies of Survival", they are:

1. Pain

2. Cold
3. Thirst
4. Hunger
5. Fatigue
6. Boredom
7. Loneliness

While the first five "enemies" would seem obvious, the last two items speak to the mental aspect of survival.

Now that the hurdles have been identified, we can deal with them. Those of us in the Search and Rescue (SAR) branch of the Royal Canadian Air Force are trained to follow a simple principle known as the "The Survival Pattern", a priority-based approach to survival. The survival pattern is as follows:

- First Aid
- Fire
- Shelter
- Signals
- Food and Water

Another general principle in staying alive: Stay where you are, if possible and reasonable. Rescuers will likely start their search for you at your "last known position".

First Aid – Splint an arm, bandage a wound, get a blanket over someone who is cold. Drink regularly, ration your water as the search for water sources will come later. Look after these concerns both for yourself and fellow survivors now before they become a larger problem. Chances are, you will be regularly re-visiting this vital necessity.

Fire – If staying put, start looking for a suitable site. Ideally it will be reasonably dry and out of the prevailing winds. You will build your survival "camp" around your fire. It will keep you warm, nourished and busy. Gather all fuel, wood and kindling well ahead of time, and do your best to keep it dry. Don't start your fire until you have enough fuel to keep it going in its early stages. Set yourself up for success and get it right the first time around. Deadfall wood found up off of the ground works best. Chopping or sawing wood can consume valuable calories you may need later. Feed long, dry trunks and branches into the fire as they burn.

Shelter – Now that you have your campsite selected and a warm fire, get yourself out of the weather. The number and varieties of outdoor shelters are limited only

by available resources and imagination. In general, it should be wind and water resistant and have enough room for you and your party to get some rest. Many plants and boughs growing around you have water-shedding qualities. Consider the length of time you expect to be there. Information and ideas on improvised shelters is abundantly available in books and internet reading. In other Canadian winter climates, snow has tremendous insulating properties. Wet and cold here in the Pacific Northwest is a particular concern.

Signals – Construct a signal fire, ground to air signal. Wear visible clothing and materials. A mirror, tin foil and whistle can save your life. Think of what you will do when you hear a ground search party or aircraft. You may not have much time to be seen and heard.

Food and Water – Your survival camp is now taking shape. You are feeling better. You are comforted by a warm fire and shelter. You will be surely spotted by rescuers. It's now time to consider hydration and nourishment. Always strive to purify any water source if possible, either with purification tablets or a "rolling" boil of 5 to 15 minutes. Dehydration caused by an intestinal parasite can obviously pose a huge problem. Humans can endure weeks without caloric intake, but fluids are vital. Again, rationing food and water is important. If food is scarce, try and complete the more energy-taxing activities early in your stay. Hunting and trapping food is also a consideration.

Last but not least, similar to military operations or tough sporting events, survival is every bit psychological as physical. Chances of survival vary directly with morale and state of mind. Stay positive – tell yourself and your group often that you will all be fine; even in the most dire situation everyone will start to believe it. Stay busy – upgrade your camp, bring a small deck of cards or develop your own game, move rocks. Occupy your mind, it is in charge - the body merely does what it's told.

Off in the distance, you hear the welcome sound of an approaching aircraft. The bright yellow CC115 Buffalo SAR aircraft waves its wings gently, noticing your signal fire and mirror. Before you know it, 2 Search and Rescue Technicians (SAR Techs) are under orange canopies, parachuting down to you. While attending to injuries and arranging for evacuation, the SAR Techs stop and notice. "Hey, nice camp!"



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Bravo ZULU

At a recent Base Construction Engineering (BCE) Town Hall, the BCE Officer, LCol Matt Johnsen made the following presentations:



Certificate of Qualification (Red Seal) in Carpentry - presented to Chris Barlow.



Pte Mercier is promoted to Corporal.



Pte MacLean is promoted to Corporal.



The Commanding Officer Award is presented to Mike Wardale.



Pte Wu is promoted to Corporal.



FMF Bravo Zulu

Left to right: Miles McKinnon (Success of HMCS Victoria's EDWP/SWP1); Larry Green (Success of HMCS Victoria's EDWP/SWP1); Ken Michaels (Undocking success of HMCS Windsor); Brian Cathcart (Undocking success of HMCS Windsor); Don Vansickle (Success of HMCS Victoria's EDWP/SWP1); Hew Bowman (Success of HMCS Victoria's EDWP/SWP1); Capt(N) Don Smith; Kenneth Dalzell (HMCS VIC AMP); Dave Tobacco (Support of switchboard cabling installation during MLR on HMCS Calgary); Tony Powell (HMCS Victoria RIMPAC); and Sean Griffin (HMCS Victoria AMP)



Apprentice Awards

Left to right: Vytas Zaliauskas (Apprenticeship - Pipefitter); Capt(N) Don Smith; and Dustin Girardin (Apprenticeship - Refrigeration Mechanic).



Long Service Awards

Left to right: Daniel Norry (25 years); Kevin Whitney (35 years); John Misener (25 years); Allan Brown (25-Years); Capt(N) Don Smith; Neil Caird (15 years); Shawn Musfelt (15 years); Anthony Powell (35 years); Joe Lobo (25 years); Leslie Meulblok (25 years); and Jim Giles (25 years).



AB Deborah Dompierre is promoted to Leading Seaman by Cdr Tim Allan at the Base Orderly Room.

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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.

VIEW ROYAL READING CENTRE. Conveniently located at Admirals Walk Shopping Centre. We have books, audios, videos, & DVD's for all ages. Internet is also available. For hours of operation and other information please call 250-479-2723.

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.

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

VOLUNTEER

WOMAN MENTORS WANTED! Are you a working woman in the community and would like to share your knowledge, skills, & experience 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 250-385-7410 or www.bridgesforwomen.ca

SHARE YOUR RECREATIONAL INTERESTS this fall by supporting a person with a disability to become more active! By donating only 1-2 hrs a week you have the opportunity to change someone's life while having a great time doing it. To get involved or for more info, please call Kim at 250-477-6314 ext. 15 or email volunteers@rivonline.org or visit <http://www.rivonline.org/Volunteering.htm>

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LG 2 BDRM APT MAIN floor corner suite \$899/mo. incl. H/HW & prking. NS. Near bus/park. Not far from base. Crime free multi housing building. Quiet area, avail Feb 15th. Contact Elizabeth @ 250-479-9383 or meb@shaw.ca

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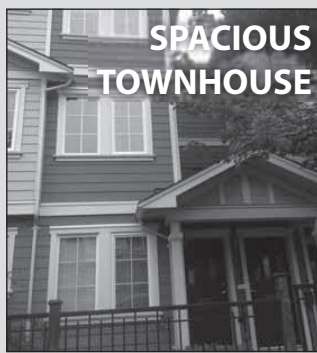
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Use WITS to help your youth tackle bullying

Sarah Lebrun
MARPAC EAP

Classic schoolyard bullying continues to be present today. Twenty per cent of elementary school children have reported being victims of bullying, which is defined as the deliberate and repeated scaring or hurting of someone emotionally or physically.

To counter bullying in schools in Victoria there is a program designed to improve children's elementary school experience by combating bullying.

The WITS Program, created by the collaborative efforts of SD61, The Solid Rock Foundation, and The University of Victoria, is designed to give children and adults tools for building a safe community environment. It is geared primarily for children in Kindergarten to Grade three, and is putting everyone – administrators, teachers, parents, and children – on the same page about how to take on bullying.

WITS stands for Walk away, Ignore, Talk it out, and Seek help. Children learn social skills, social responsibility, and kindness, as well as non aggressive ways of dealing with conflict. With tools such as "ignoring" or "talking it out" children are able to deal with their own problems, but "seeking help" is also a safe and encouraged option. The idea is that if children "seek help" from a trusted adult they will get enough people on their side to make the bullying stop.

WITS provides resources for teachers to integrate the program into their regular lesson plans, using stories, role play, and student reflections.

Parents who are familiar with the program will have the language to talk to their children at home about dealing with peer conflict.

WITS Leads (Look and listen, Explore points of view, Act, Did it Work, and Seek Help) is the second stage of the program designed for older children in Grades four to six. At this age, relational victimization increases and children realize it is possible to hurt someone using words. WITS Leads promotes clear communication, listening skills, and problem solving. It also encourages older students to help younger students with conflict and bullying.

WITS is having a positive impact on children's elementary school experience, helping to create a safe environment by providing tools to reduce bullying. Ask your child if they use WITS at school, or try using it at home to negotiate sibling conflicts.

For more information visit witsprogram.ca, or contact your Civilian Employee Assistance Program 250-363-7968. Additional support for children and parents can be found at the MFRC in their Prevention, Support and Intervention program at 250-363-2640 or 1-800-353-3329 (24 hrs), the anonymous Kids Help Phone line 1-800-668-6868, the Vancouver Island Crisis Line 1-888-494-3888, or youthspace.ca.

Show your commitment to anti-bullying awareness by participating in International Stand Up to Bullying Day and National Anti-Bullying Day. Wear pink on Friday Feb. 22 and Wednesday Feb. 27. For more info visit: www.standupday.com, www.pinkshirt-day.ca, or email Sarah. Lebrun@forces.gc.ca.

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