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Smugglers stymied

Members of HMCS Toronto's naval boarding party board a suspected drug smuggling vessel in the Arabian Sea region on Jan. 17 during Operation Artemis.

Inset: HMCS Toronto's disposal team destroys illicit narcotics seized on a drug smuggling vessel the previous day.

LS Dan Bard, Formation Imaging Services, Halifax, Nova Scotia

HMCS Toronto strikes again

Shawn O'Hara
Staff Writer

The crew of *HMCS Toronto* made yet another drug bust after intercepting a suspicious vessel in the Indian Ocean as part of Operation Artemis.

Roughly 40 nautical miles off the coast of Tanzania, navy personnel boarded the vessel and found 265 bags of heroin weighing in at 280kg.

Cdr Mathew Bowen, Commanding Officer of *Toronto*, credited the allied nature of Operation Artemis to the success of the seizure.

"It is the ongoing collaboration with our multinational partners that enabled us to achieve a positive

outcome in seizing illegal narcotics during our latest boarding," he says.

This latest seizure brings the total narcotics seized by *Toronto* to a staggering 8.5 metric tonnes in 12 months, including seizures of cocaine, heroin, and hashish.

The seizures have all been a part of Operation Artemis, the Canadian Armed Forces' current participation in counter-terrorism and maritime security operations in the Arabian Sea.

Toronto has been deployed on Operation Artemis since January of last year; it has been a busy year for the Halifax-based patrol frigate.

In March the crew seized 500kg of heroin valued at \$100 million. A series of interdictions between May

and June resulted in the seizure of an additional seven tonnes of narcotics including heroin and hashish.

Then in October the crew made another bust, uncovering a shipment of 180kg of heroin off of Cape Horn.

According to Rob Nicholson, Minister of National Defence, *Toronto's* highly successful deployment has struck a heavy blow against narcotics smuggling.

"I commend the crew of the *HMCS Toronto*," says Nicholson. "Their tireless work with our allies in the Combined Maritime Forces has led to the interception of tonnes of illegal narcotics shipments which would otherwise fund terrorist organizations."



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Pilot project encourages active healthy living

Kara Tibbel
Staff Writer

When was the last time you took the stairs instead of an elevator? Or parked at the back of the lot and walked the extra 100 feet to the door?

As small as it may seem, just walking those extra couple feet contributes to a person's overall health.

To get base employees into the "active living" mindset, the MARPAC Health and Wellness Team is launching the Base Administration Active Living pilot project from February to April. Everyone is invited to the launch party at the Naden Athletic Centre upper gym at 8 a.m. There will be prizes and a short active living demo to get people moving.

Active Living champion Cmdre Bob Auchterlonie, along with the BAdmo, Cdr Wes Golden will discuss the benefits of developing and maintaining a healthy lifestyle for both the individual and their family.

Each Base Administration employee will be given a log book to track their daily routine; the goal is to encourage change. A person should be active 30 minutes a day and every child at least one hour. The ultimate goal is to have families active every day of the week.

Maryse Neilson, Health Promotion Director for Personal Support Programs, and Chair of the Active Living Working Group, says the families of civilian and military employees play a vital roll in the well being of those on the Defence Team, and therefore should be included in the project.

"A healthy, happy family at home is a stronger and healthier front line," she says. "It has been proven that exercise and a healthy lifestyle can give a person more energy, a clear mind and a longer life expectancy, reducing the chance of developing dementia or other life threatening conditions."

The idea is to create attainable goals that drive people onward to a healthier life.

For those struggling to get off the couch, Neilson says, "Don't think of exercise as



Maryse Neilson, Health Promotion Director for Personnel Support Programs, lives by her work, and incorporates healthy activities into her daily life.

a chore, it's so simple; do something you love. One of the common misconceptions people have with getting exercise is having to go to the gym, and that isn't the case at all. Although going to the gym is fun for some it may not be for others. Even being active while cleaning the house, doing your gardening, walking the dog or even a nature hike are great ways to get in your daily exercise and you don't even realize you are working out."

Neilson hopes that in the three month period, good habits start to form.

She would like to see other branches take part in a similar project.

During Nutrition month in March, the Health and Wellness Strategy's Nutrition and Weight Wellness Working Group will hand out fruit and veggie packages at the gate to remind people that good nutrition is also an important part of a healthy lifestyle.

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Defence community receives "Royal" treatment

Shawn O'Hara
Staff Writer

The Victoria Royals hit the ice of the Save-on-Foods Memorial Centre last Saturday Jan. 11 against the Kelowna rockets, and from the stands the Defence Community cheered them on.

The event marked the 2014 Defence Team Appreciation Night, where the "Boys in Royal Blue" offered discounts, prizes, and activities to the community they hold so dear.

"Victoria is a military town. It always has been and always will be," says Darren Parker, Senior Vice President of Marketing and

Sales for the Victoria Royals. "We want to honour the connection and heritage while giving something back to our fans in the community."

For CAF Appreciation Night the Royals offered 250 complimentary and discounted tickets to military and civilian defence personnel, 50/50 raffles, interactive displays and a bit of military flair.

The Royals wore special Defence Team Appreciation Night jersey during the game, which were auctioned off to raise money for the Military Family Resource Centre (MFRC).

"Organizations like the MFRC are the lifeblood of the military community. It's important to support something which supports so many people," says Parker. "The jerseys also serve to highlight the connection our players feel towards the military, and they look pretty good too."

Over \$4,000 was raised for the MFRC during the live auction alone, with more rolling in through the online portion.

Parker says the Defence community is a giving one, so it's no surprise the donations keep coming.

"It's a proud and enthusiastic group," he says. "They're always there to help, whether it's their families or the families of others there's always so much generosity."

While the Royal's fell to the Rockets that night, the important part was respecting the link between the Canadian Armed Force (CAF) and the community on which it stands.

Parker says the team, managers, and everyone else loves the opportunity to get involved and is excited by the future of the project.

"We've got a good platform to do some good here and you can bet we're going to take advantage of it," says Parker. "This event is always a blast, and the community loves it. We hope to keep this going for as long as possible and give back as much as we can."

For those looking to place a bid on the Defence Team Appreciation Night



Cpl Blaine Sewell, MARPAC Imaging Services

Centre Ice puck drop at the Save-on-Foods arena during the Defence Team Appreciation Night where the Victoria Royals and the Kelowna Rockets played their second of a two game series on Jan. 18. In front (left to right): Kelowna Rockets team captain Madison Bowey and Victoria Royals team captain Jordan Fiansoo face off. In the rear row (left to right): PO1 Ian Biller; navy mascot Sonar; Sailor of the year LS Dale Armstrong with daughter (and puck dropper) Naomi Armstrong; Director of Civilian Human Resources at CFB Esquimalt Michael Holt; Base Commander Capt(N) Luc Cassivi; Victoria Royals representative Darren Parker, and Victoria Royals mascot Marty the Marmot.



LS Ogle Henry, MARPAC Imaging Services

Above: Midget league hockey players entertain the crowd during the first intermission.

Right: Lt(N) Robert Gilpin, Combat Systems Engineering Officer (CSEO) onboard HMCS Calgary, shows off his puck-handling at the Skills Competition during the second intermission.



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People Talk

Lookout asked this question:

What are you most grateful for in your life and why?



My two kids because they're awesome.

MS Chris Meredith



I'm very thankful for my recent contract in the military. It's steady work and I've wanted to do it for a long time.

AB Chad Van Unen



There are lots of things I'm grateful for: family, friends, a beautiful place to live and work, and my health, among others.

Takato Tanaka



My grandparents. They raised me and taught me what it means to be a good person. I wouldn't be the woman I am now without them.

OS Samantha Daly



My daughter. Every day she makes me so happy.

LS Ann Marie Aird

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Nicholson: a Biography by Marc Eliot

Cock of the Walk

COW registration deadlines

Cock of the Walk sports tournaments are coming up.

Proposed dates:

Curling, Feb. 11-14 (1 day required)
Volleyball, Feb. 25-28 (2-3 days required)
Basketball, March 19-21 (2-3 days required)

Registration deadlines:

Curling, Jan. 31
Volleyball, Feb. 14
Basketball, March 7

Get your team together to compete

against other teams in the fleet for some friendly competition. Open to all fleet units! Contact your unit's sports rep if interested, and get them to register your team for these fun filled events.

- Fleet Sports Officer: LCdr Ellen Mariano (250) 363-5065 Ellen.Mariano@forces.gc.ca
- COW Fleet Sports Coordinator: Les Alexander (250) 363-4068 Les.Alexander@forces.gc.ca

Congratulations HMCS Vancouver

The fleet welcomes everyone to come out and at the beginning of the 5k Fleet Run on Jan. 30 to watch HMCS Vancouver receive the Cock

of the Walk Trophy. Commodore Bob Auchterlonie will award Vancouver for last year's amazing demonstrations of skill and teamwork.

SPORTS trivia by PO1 Bill Sheridan Contributor

1. The Red Wings had two first overall picks in their history, who did they pick?
2. What hitter had the most walks in a season in MLB?
3. Who were the NHL's Rocket, Pocket Rocket, and Russian Rocket?
4. Henry Kissinger, Nelson Mandela and Whoopi Goldberg have been honourable members of what touring team?
5. Michael Oher is known for which recent movie?
6. What is the oldest professional football team in the US?
7. The song "Sons of Westwood" is the fight song for what school?
8. What was the worst score on a single day during the Masters?
9. What was the first number retired by the New York Rangers?
10. What country has won the most Women's World Cups?
11. The John B Sollenberger Trophy is awarded to whom in the AHL?
12. What Canadian sprinter-turned-personal trainer went to Israel to establish an athletics training program for Maccabi of Tel Aviv?
13. Who are the Connecticut Brakettes?

- ANSWERS
1. Dale McCourt (1977) and Joe Murphy (1986)
 2. Barry Bonds 232
 3. Maurice Richard, Henri Richard and Pavel Bure
 4. Harlem Globetrotters
 5. The Blind Side
 6. The Cardinals
 7. UCLA Bruins
 8. Billy Casper shot a 106, but didn't turn his car in.
 9. Rod Gilbert's number 7
 10. US and Germany have won two each. Norway and Japan one each
 11. Leading Scorer
 12. Ben Johnson
 13. They are a women's fast-pitch softball team.

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Cdr Julian Elbourne, Commanding Officer of HMCS Protecteur discusses his ships recent deployment on MIDPAC Oiler.

Please describe what the MIDPAC Oiler is. Where does it take place? How long does it go for? When will you arrive home?

HMCS *Protecteur* will be the duty tanker near Pearl Harbor, Hawaii, on MIDPAC Oiler from Jan. 16 – Feb. 27. We will be operating in the mid-Pacific region, arranging replenishments and refueling for U.S. and Canadian ships. During this tasking, *Protecteur* will be participating in various U.S.-led exercises such as KOA KAI and the Submarine Commander's Course.

KOA KAI is a semi-annual exercise around Hawaii designed to prepare ships for deployments in a multi-ship environment. This year, *Protecteur* will be the supply ship for all surface ships participating in the exercise. This multi-ship environment will provide valuable training for *Protecteur's* crew, provide our embarked helairdet with excellent Anti-Submarine Warfare training opportunities, and will augment the training opportunity provided by MIDPAC Oiler.

The Submarine Commander's Course is a four-month course designed to assess the candidates' ability to command a submarine unaided during war-like conditions.

What sort of special training was needed? Unique equipment? Unusual maneuvers in any way?

Protecteur's crew has been working hard since coming out of refit in December 2012, and a busy sailing schedule combined with Work-Ups with Sea Training (Pacific) has ensured that *Protecteur* is trained and ready for the challenges of MIDPAC Oiler.

Replenishments at Sea are *Protecteur's* primary function, and we're always ready to support allied ships.

Protecteur is well versed in tactical manoeuvres specific to her class, which will be rehearsed during the deployment.

Is the crew confident in their ability? Is this something they're used to?

The crew has worked hard and is ready to sup-

The crew knows their job and what's expected of them, and they work together as a team to support each other to get the job done.

port the mission. They are well-worked up in replenishing other ships, and the stations run like a well-oiled machine. The crew knows their job and what's expected of them, and they work together as a team to support each other to get the job done. Where new members may lack experience, there is ample knowledge in *Protecteur* to draw from.

How do you feel about the mission so far? Is everything going to your expectations? Have

you been on this kind of deployment before?

So far the mission has been great. We were a consort for HMCS *Regina* as it completed Mission Workups, which was good for the team as it kept everyone focused on providing the best support possible. *Protecteur* was on a very similar deployment last fall when, after the TGEX, we stayed off Southern California (SOCAL) as the Duty SOCAL Oiler for another month. Both SOCAL and

MIDPAC Oilers work for the same Command, CTF 33, so the experience from the fall makes transitioning to MIDPAC Oiler very easy.

What's next for Protecteur? Are you excited? How does the crew feel?

Protecteur will be busy over the next year with MIDPAC Oiler, work-up training, followed by RIMPAC in the summer, and finally back to San Diego for SOCAL Oiler in the fall. The ship's company is happy with the program and keen to meet the challenges of the coming year. I'm looking forward to the rest of the year; I have an exceptional crew, and having the opportunity to lead such a fine group is extremely rewarding.

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HMCS Regina and HMCS Protecteur pass each other while at sea.

B.C.'s voice on the NMFC

Capt Trevor Reid
19 Wing PAO

Anna Boyechko is determined to be a voice for military families in British Columbia.

"I actually applied twice before to be on the National Military Family Council (NMFC)," said Boyechko. "I really wanted to be an advocate for families."

The NMFC was designed to give military families an opportunity to influence change and ensure their needs are heard by Canadian Armed Forces leadership. The Council is a volunteer advisory body that provides the Chief of the Defence Staff with the view of families regarding military service and how it impacts spouses, children and relatives.

"There is a misconception that the NMFC is linked to the Military Family Resource Centres," said Boyechko. "We communicate and liaise with the MFRCs in our respective geographical areas, but we are independent. CAF Leadership looks to us for awareness of issues and possible solutions."

Boyechko was appointed to the 12-member NMFC in late September 2013. She is a Registered Nurse with more than 20 years of experience and currently works for the Island Health Authority in a clinical support role. She comes from an extensive military family; both her brother and sister-in-law are CAF members, and her husband is an RCAF Construction Engineering Officer. Along with her husband and two children, she has lived in military communities across Canada, including Galetown, Winnipeg, Moncton, Abbotsford and currently resides in Comox.

Among the issues Boyechko plans to focus on during her two-year term are spousal employment, child care and helping military

families succeed despite their often transient lifestyles. Knowing that moving can be stressful, one of her biggest priorities is to foster resiliency in military families to help people through these transition periods.

Recently the NMFC was tasked by Chief of Military Personnel to discover more about the issues that families experience with the moving process.

"The Council and Military Family Services pushed the provinces to waive a 90-day waiting period for health cards when military families arrive in a new province," said Boyechko. "This is just one example of how we can succeed in tweaking social services at a local and national level to help the moving process."

The definition of military family is also an area needing review. "We are now dealing more with extended families, so we need to include support for the parents of single members— or whomever a member considers family," said Boyechko.

As part of her duties, Boyechko likes to meet with families face-to-face to discuss their concerns. However, given the wide geographical range she must cover, including Esquimalt and Mainland B.C., she has also taken to using social media in addition to coffee groups.

"I want to put many peoples' experiences forward, not just my own, and what people tell me is confidential," said Boyechko. "Ultimately the Council is a safe place to share concerns and it serves as a straight path to leaders within the CAF."

To learn more about the National Military Family Council, access their website www.familyforce.ca/sites/NMFC/EN/Pages/default.aspx or facebook page www.facebook.com/pages/NMFC/NMFC/468845636538360

Anna Boyechko can be contacted via email: nmfc.cfm.bc@gmail.com.



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Chelsea Falconer
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Friends, family and colleagues gathered last Thursday, Jan. 16 to recognize the achievements of Cdr Stan Bates during his two year tenure as Commanding Officer Regional Cadet Support Unit (Pacific).

At the Change of Command Ceremony, held at Venture, the Naval Officer Training Centre (NOTC), Cdr Stan Bates passed the torch to Cdr Andrew Muir.

In his heartfelt address, Cdr Bates spoke to both the highlights and challenges he faced in this command position.

"This is a tremendously complex, intricate operation that can't be fully appreciated until you live it," said Cdr Bates. "It exceeds anything that I have been involved with in my career, including my experience as a lead planner for the Canadian Armed Forces (CAF) response to the Libyan crisis."

Cdr Bates recounted many of the achievements of the cadets during his tenure which included engagement with international exchanges, community projects, and performances by the Cadet Honour Band.

"There is nothing like seeing 800 cadets on parade to celebrate the Battle of Britain or the countless other parades that occur around the province for every significant military and civic commemoration," Cdr Bates said.

Commander Maritime



Photos by Captain Amélie Leduc

Cdr Andrew Muir (right) assumed command of the Regional Cadet Support Unit (Pacific) from Cdr Stan Bates (left) during a change of command ceremony on Jan. 16. Commander Maritime Forces Pacific/Joint Task Force Pacific, RAdm Bill Truelove (centre), oversaw the signing of the Change of Command certificate.

Forces Pacific/Joint Task Force Pacific, RAdm Bill Truelove, oversaw the signing of the Change of Command certificate and Cdr Muir assumed command of the Regional Cadet Support Unit (Pacific).

After the customary document signing, RAdm Truelove thanked Cdr Bates for his unwavering devotion and leadership as Commanding Officer of Regional Cadet Support Unit (Pacific). Cdr Bates was a strong advocate for the cadet program in rural communities - contributing to one of the highest growth rates in the country.

Cdr Muir then took the podium and addressed the crowd as the incoming Commanding Officer.

"I am extremely pleased to join the world of Cadets," Cdr Muir said. "I look forward to being involved in every aspect and working with the excellent staffs of headquarters, schools and training centres."

To conclude the ceremony, the unit presented Helen Bates, Cdr Bates' wife, with



Cdr Stan Bates (centre) received a signed Edmonton Oilers jersey, presented by CPO2 Bruce Stauffer (left) and PO1 Line Laurendeau (right).

a bouquet of flowers as a token of their appreciation for her ongoing support. In recognition of Cdr Bates' dedicated service, the unit presented him with a signed Edmonton Oilers jersey.

In an interview following the ceremony, Cdr Bates emphasized how much he values the teamwork that was involved in his tenure with the Cadets program.

"There are a lot of kind words that are said about

my leadership," Cdr Bates said, "but this is a reflection of the staff ... our error rate is almost zero and that reflects the talents and professionalism of those that are entrusted with delivering the program."

Commander Bates will be retiring from his military career after more than 31 years in the service, but plans on staying engaged with the cadets by contributing to the cadet renewal plan.

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On the water with HMCS Malahat

Lt(N) Peggy Kulmala
Malahat PAO

If you were out for a drive on the Malahat on sunny Saturday, Jan. 18, you might have seen a mini-convooy of RCN-branded vehicles pulling four small boats.

Along with a literal bus load of naval reservists from *HMCS Malahat*, all were on their way to Goldstream Boathouse Marina for the local reserve division's Small Boat Day.

"The purpose of the day was to exercise our ability to deploy and set up temporary facilities, and to practice realistic exercise scenarios both on water and ashore," said Lt(N) Rory Kulmala, *Malahat's* Deck Officer and the day's lead planner. "We successfully achieved our assigned training goals, and had fun along the way."

On arrival at the Marina, the reservists set to work building modular tents and launching boats. All hands - from the newest recruits to the senior officers - set up an Operations Centre, complete with networked computers and printers, stateboards, electronic and paper chart data plotting, and all the necessary resources required for functioning operating centre.

"We had mere hours to define requirements, create, procure and pack the necessary materials, and then deploy," said Lt(N) Kay van Akker, *Malahat's* Operations officer. "Our sailors continuously impress me with their aptitude for problem-solving and adaptability."

Once "Camp Malahat" was ready to go, senior staff started briefing their people on safety, equipment, and their taskings for the afternoon, while those in support occupations and new-to-the-navy rotated throughout the Camp, learning about forward deployed small boat operations. There were some wrenches thrown into the works - not one, but two casualty exercises.

"Personnel smoothly transi-

tioned to the unexpected exercise injects," said PO1 Michael Mitchell, *Malahat's* Coxswain and the senior NCO onsite for the day. "I was impressed with their teamwork and initiative, and with people taking ownership of their responsibilities."

Once Cdr Jim Sprang, *Malahat's* Commanding Officer and the Officer in Tactical Command for the day, declared "OPRED", or that the 40-person team was operationally ready, the boats were deployed.

a RHIB," said NCdt Evan Park, a newly enrolled MARS officer. "That moment truly solidified my decision to join the Canadian Armed Forces and the Royal Canadian Navy."

But regardless of the component, element, or seniority, all had an opportunity to learn and grow.

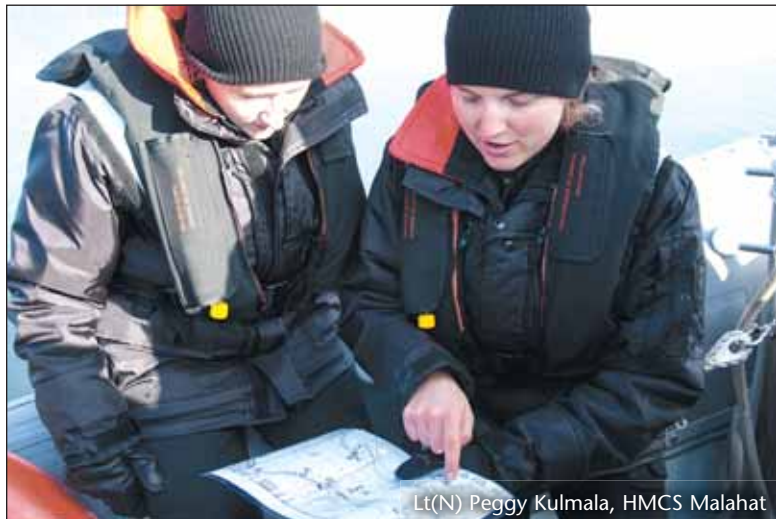
"I used skills learned and practiced on ship, such as building a recognized maritime picture, plotting targets, ops logging and



Lt(N) Peggy Kulmala, HMCS Malahat

NCdt Evan Park, a newly enrolled MARS officer, takes his turn on the helm of the Rigid-hulled Inflatable Boat while on patrol in Finlayson Arm.

LS Alana Smit (right), boat coxswain, shows LS Andréa Carvahal (left), RMS Clerk, where they are in Finlayson Arm while patrolling "Zone 2" in a Rigid-hulled Inflatable Boat.



Lt(N) Peggy Kulmala, HMCS Malahat



Lt(N) Anne Gardam, HMCS Malahat

Lt(N) Kay Van Akker, Operations Officer, gives the Small Boats Operation brief at the Operations Centre, complete with multiple computers, a projector and printers, all networked and running off two portable generators, at Goldstream Boathouse Marina.

The remaining small boats, *Malahat's* Rigid-hulled Inflatable Boat (RHIB) and its Hurricane zodiac, plus another RHIB on loan from CFFS(E) ran patrols in three defined zones in southern Saanich Inlet and Finlayson Arm. The boat-swains were able to practice navigation and boat handling, while for others - some for the first time - got a chance to get out on the water and connect with why they joined the navy in the first place.

"The greatest moment for me was during the on-water portion, when I got behind the helm of

evidence gathering, and transferred them to a new environment," said MS Emily Agopsowicz, a NCIOP. "Overall, it was well worth a Saturday outdoors and on the water."

"A Naval Reserve Division contains a wide range of resources, both material and personnel which can be utilized directly in our role to support the RCN's mission," said Cdr. Sprang. "It is my aim to provide the ship's company with exciting and unique training opportunities of increasing complexity which exercise those capabilities."

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Network program helps new defence employees excel

Shawn O'Hara
Staff Writer

In the fast-paced and influential world of the defence environment it never hurts to have mentors on your side to help build your career.

A network within DND/CAF ensures such guidance is available.

The Defence Youth Network (DYN) is designed to give new employees of the defence community skills and connections to excel in their careers by providing them with professional development programs based on the pillars of networking, learning, community involvement, and leadership.

"These are the kinds of skills you need to demonstrate in order to progress in a career in defence," says Kristen Davison, Vice-President of Communications for the DYN. "We want our members to progress to become integral and influential parts of the defence team."

Just before Christmas Vice Chief of Defence Staff LGen Guy Thibault assumed the role of Champion for DYN.

"One of the network's primary goals is to take advantage of the organization's unique structure, which sees civilian and CAF personnel working side-by-side. We aim to create an awareness of the complex workings of the Public Service for CAF members, and an apprecia-

We want our members to progress to become integral and influential parts of the Defence Team.

-Kristen Davison
Vice-President,
Communications for DYN

tion of CAF culture for its civilian membership," he said in an open letter to the defence community.

Membership is not limited by age; rather it is inclusive of the professionals who have a youthful perspective in their role at defence, he adds. LGen Thibault encourages everyone to get involved, either as a new member or as a mentor sharing expertise.

The goal is to develop both military and civilian employees for leadership roles in the future.

"If the programs we offer can someday help propel a young sailor on the road to becoming Admiral, then we're going to offer whatever we can to them," says Davison.

The DYN offers networking get-togethers, expert speakers, online tools, and seminars.

One program in conjunction with Defence Renewal as well as the government-wide Blueprint 2020 initiative is called #Ideation.

It encourages employees to offer management their ideas on how to improve the workplace.

"We thought we could provide additional support and get our members involved," says Davison. "We also hold luncheon sessions to get people talking and ideas flowing."

The next step in the #Ideation program is what DYN calls "OpCATALYST." Members form groups to develop ideas; basically, a think tank of innovation. From there the top groups will present their ideas to a panel of managers, Dragon's Den style.

"At the top level the members are getting a great opportunity to stretch their legs and really work out their leadership skills," she says. "It's benefiting the organization, it's benefitting the members, and it's benefitting their workplace. It's a win all around."

To learn more about the DYN and #Ideation, visit their GCPedia page at [www.gcpcedia.gc.ca/wiki/Defence_Youth_Network_\(DYN\)](http://www.gcpcedia.gc.ca/wiki/Defence_Youth_Network_(DYN)).

To join the DYN send an email to DYN-RJD@forces.gc.ca to get on their mailing list or check on their Facebook page at www.facebook.com/DYN.DND and twitter @DYN-RJD.

The DYN is looking for interested individuals on the West Coast to stand up a regional DYN group. If interested, please e-mail dyn-rjd@forces.gc.ca.

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LS McKay, centre, is promoted to Master Seaman by Cdr Derby and CPO2 Lemieux.



LS Heidi Foley is promoted to the rank of MS by Cdr Wes Golden, Base Administration Branch Commanding Officer, and MCpl Adam J. Foley, her spouse.



OS Oliver Boongaling is promoted to the rank of AB by Cdr Wes Golden, and CPO2 Gilles H.J. Duquette.



AB Sarah Williams is promoted to the rank of LS by Cdr Wes Golden, and CPO2 Gilles H.J. Duquette.

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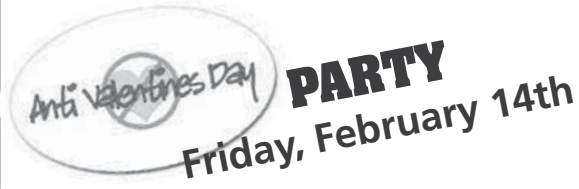
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MCpl Leanne Power is promoted to Sergeant by the Commanding Officer of Canadian Forces Health Services Centre (Pacific), LCol Joane Simard.



Sharon Brine is presented with her 35 year Service Recognition Award by Cdr Wes Golden, BAdm Branch Commanding Officer.



Left: PO2 Woodrow receives the 1st Clasp of his Canadian Decoration from Cdr Harrigan OIC of PCC(P)

Right: MS Mills CD receives the Canadian Decoration from Cdr Harrigan, OIC of PCC(P).

Bravo
ZULU



Top left: Peter Atkinson, Vice President of Personnel Support Programs (PSP) presents Everett Laroy with a certificate acknowledging five years with PSP.

Middle: Peter Atkinson presents Krista Durrand with a certificate acknowledging five years with PSP.

Top right: Danny Branchflower is presented with a certificate of merit for his work in restructuring the financial operations of Non-Public Funds (NPF) in Esquimalt.

Left: Gillian Larsen, Meghan Kelly, and Roger D'Amour are all recognized for five years with PSP.

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STV TUNA IS LOOKING FOR CF/Ex-CF/DND civilian members to join the forces offered sailing program. Any one interested in sailing or learning to sail is encouraged to join us. All skill levels are welcome. For more information about the program please contact Sgt Steve Wright 902-427-4417 or steven.wright@forces.gc.ca or check us out on facebook (STV Tuna) for more information.

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