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Musical union benefits scholarship

Kara Tibbel
Staff Writer

A long anticipated collaboration between the Naden Band of the Royal Canadian Navy and the University of Victoria's (UVic) Wind Symphony, will come together next week for the first time in history.

The two groups have been great acquaintances in the musical industry for a long time, but have never performed together quite like this.

"This is going to be such a unique experience and a night people will remember for a long time," says Eugene Dowling, Canadian Tuba professional, Juno Award Nominee and conductor of the UVic Wind Symphony.

On Feb. 7 at the university's Farquhar Auditorium the two bands unite to raise awareness of the Naden Band Scholarship, established in 1994.

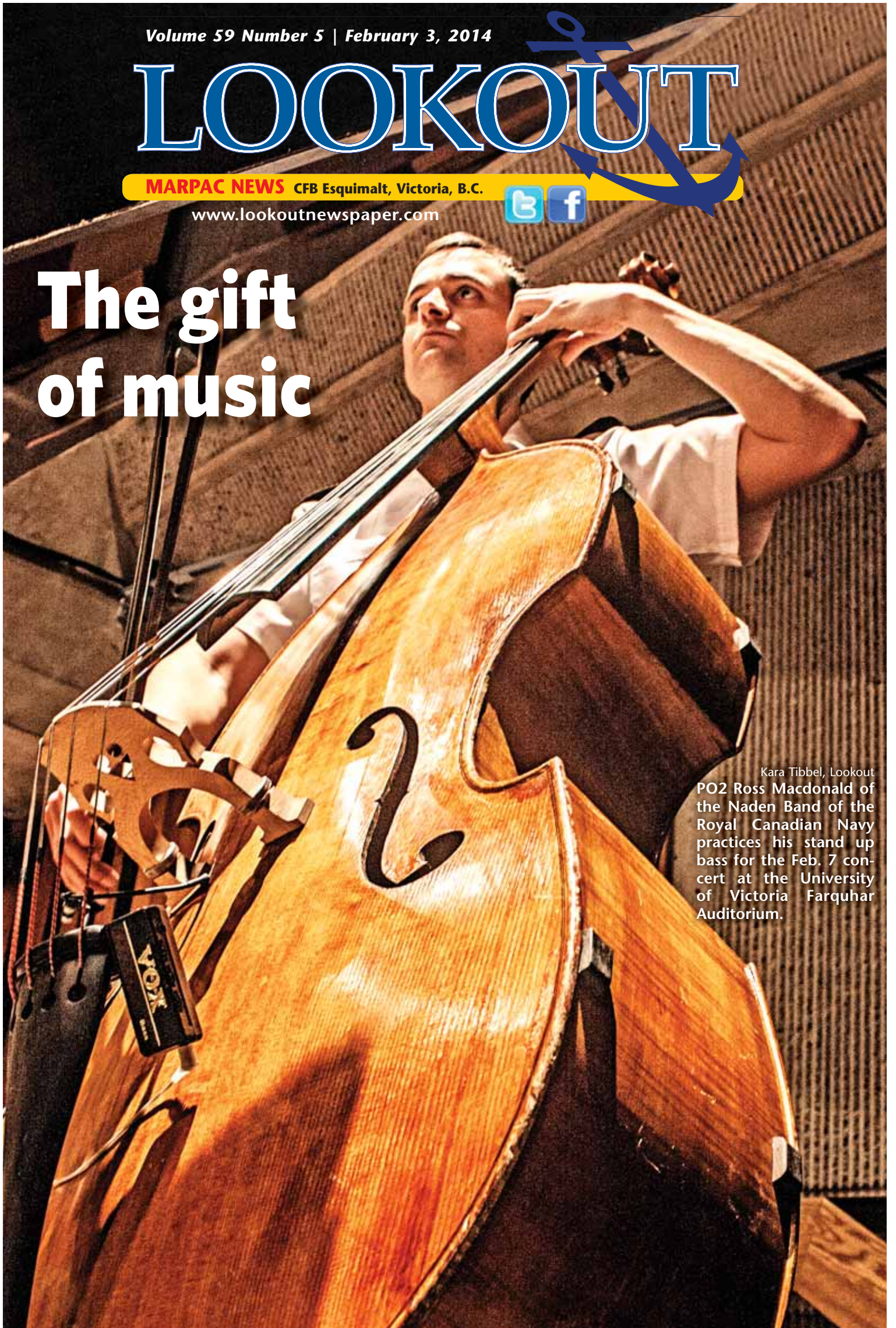
PO2 Robyn Jutras, a recipient of the Naden Band Scholarship in Music Performance, returns to the stage as a bassoon soloist.

"It is very exciting having a previous recipient of the scholarship and former UVic graduate play on our stage again. It is great to have her give back to the scholarship for future recipients," said Dowling.

Lt(N) Matthew Clark, Director of Music and Naden Band Conductor, is thrilled to produce an evening of music of such aptitude and raw talent.

"I know this night will be inspiring to all. Not just for listening pleasure but also for the musicians in the audience and University of Victoria students performing along side us. A lot of people are unaware that the Canadian Armed Forces is the largest employer of musicians in Canada. This night will showcase the level of professionalism the Canadian Armed Forces can offer for music enthusiasts seeking a respectable, professional future in music."

Continued on page 6



Kara Tibbel, Lookout PO2 Ross Macdonald of the Naden Band of the Royal Canadian Navy practices his stand up bass for the Feb. 7 concert at the University of Victoria Farquhar Auditorium.

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Base mourns navy sailor

Shawn O'Hara
Staff Writer

Last week, colleagues, family members, and loved ones were shocked and saddened to hear of the sudden death of CPO2 Gilles Duquette.

The 54-year-old Base Accommodations Officer and 29-year member of the Royal Canadian Navy was found dead in his home in Work Point's Married Quarters Jan. 28.

While the exact circumstances of CPO2 Duquette's death are under investigation, the Defence Community has come out in support of his wife and two children in their time of need.

"I've put a team in place to provide his family with

He was an exceptional sailor and warrior, and enjoyed a distinguished career in the RCN.

-Cdr Wes Golden
Base Administration Officer

our full support," says Cdr Wes Golden, Base Administration Officer in a branch-wide email. "They, like many of us, are struggling to make sense of this tragedy. They are in our thoughts and prayers as we mourn his passing with them."

CPO2 Duquette

served on a multitude of ships including HMC Ships Kootenay, Annapolis, Vancouver, Huron, Calgary, Ottawa, and Winnipeg.

He was also the veteran of two deployments. In 1989 he deployed to Syria on a United Nations' mission and in 2002 deployed on Vancouver to Bahrain as part of Task Force South-West Asia.

Plans are being made to honour his life and achievements.

"He was an exceptional sailor and warrior, and enjoyed a distinguished career in the RCN," said Cdr Golden. "We will, respecting his family's wishes, remember him as the warrior he was. We will miss him dearly."

FROM THE BASE COMMANDER

Fair winds and following seas to our fallen brother-in-arms

Dear colleagues and friends,

It is with deep regret that I write to you after the sudden passing last week of Chief Petty Officer Second Class Gilles Duquette.

CPO2 Duquette was a dedicated sailor with 29 years of service in the Royal Canadian Navy, serving most recently as a member of the Base Administration Branch. Having been posted to this coast most of his career and serving on so many different ships, I know CPO2 Duquette was well known and served with many of us and will be deeply missed.

While no words can express the sadness we feel as a military community, as we come together to support each other and Chief Duquette's family during this difficult time, I want to remind you that while we pride ourselves on our resilience, it is okay to mourn and be saddened by this tragic loss. I also want to remind you that there are services available, should you find yourself experiencing difficulties, including our padres, mental health professionals at the Canadian Forces Health Services Centre (Pacific), and members of the Employee Assistance Program—all of whom are available and ready to assist in any way they can.

As we honour and celebrate the life and career of Chief Duquette, he will be in our thoughts and prayers, and I send my deepest condolences to his family and friends. It is never easy to say good-bye to a friend and comrade, but please join me in wishing fair winds and following seas to our fallen brother-in-arms.

Yours aye,
Captain (Navy) Luc Cassivi
Base Commander

Chers collègues et amis,

C'est avec un immense regret que je vous écris ces quelques mots à la suite du décès subit du premier maître de 2e classe Gilles Duquette.

Dévoué et consciencieux, le Pm 2 Duquette avait à son actif 29 ans de service dans la Marine royale canadienne. Au moment de son décès, il travaillait au sein de l'équipe de l'Administration de la base. Il a passé la plus grande partie de sa carrière sur la côte ouest où il a contribué au succès de nombreuses missions à bord de différents navires. On le regrettera beaucoup.

Bien que notre tristesse puisse difficilement s'exprimer en mots, il est important que nous nous soutenions mutuellement et surtout, que nous soutenions la famille du Pm Duquette durant ces moments difficiles. Comme hommes de troupe, nous sommes fiers de notre aptitude à affronter les situations intenses et à nous adapter. Il est toutefois naturel de songer à cette perte tragique et il importe de prendre le temps nécessaire pour faire son deuil. Si vous pensez que votre équipe n'est pas en mesure de vous soutenir adéquatement, rappelez-vous que vous avez d'autres ressources à votre disposition pour vous aider telles que les services d'un aumônier, du CRFM, de professionnels de la santé mentale du Centre des services de santé des Forces canadiennes (Pacifique) et du programme d'aide aux employés.

Nos pensées et nos prières accompagnent le Pm Duquette pendant que nous honorons et célébrons sa vie et sa carrière. À sa famille et à ses amis, je voudrais offrir nos plus sincères condoléances et leur laisser savoir que nous sommes présents pour eux durant cette période difficile.

Nous souhaitons à notre défunt frère d'armes de reposer en paix.

Le commandant de la base,
Capitaine de vaisseau Luc Cassivi



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Cpl Stuart MacNeil, MARPAC Imaging Services MS Choi, a sailor in HMCS Yellowknife, carries a tray of Operational Services Medals that were presented to his fellow crewmembers.

Yellowknife, Edmonton earn special medal

Shawn O'Hara
Staff Writer

Last Wednesday, sailors from HMCS Ships *Yellowknife* and *Edmonton* were honoured for the work done on Operation Caribbe with the Operational Service Medal.

From Sept. 23 to Dec. 19 of last year, the two Maritime Coastal Defence Vessels sailed the waters of the Pacific Ocean as part of a multinational initiative aimed at cutting off the supply of illicit drugs being smuggled into North America. It was the first such deployment for the Pacific Fleet Kingston-class patrol vessel.

"We never really knew what we were going to find on a day-to-day basis," said LCdr Blair Brown, *Edmonton* Commanding Officer. "In the world of drug smuggling nothing is certain, so we always had to be on our toes."

During their deployment the Kingston-class vessels aided United States Coast Guard personnel in intercepting and boarding suspicious vessels in the hopes of discovering illegal cargo.

"It was a real pleasure working with the Coast Guard," says LCdr Brown. "I was very impressed with the skill

In the world of drug smuggling nothing is certain so we always had to be on our toes.

-LCdr Blair Brown
CO, HMCS Edmonton

and professionalism shown by their forces. I'm glad we got the opportunity to work together."

Cmdre Bob Auchterlonie, Commander of Canadian Fleet Pacific, took a moment at the ceremony to say how proud he was of the work done by *Yellowknife* and *Edmonton*.

"When accomplished, capable warriors are required our allies look to the Royal Canadian Navy," he said. "*Yellowknife* and *Edmonton* proved this reputation to be true time and time again during this most recent deployment on Op Caribbe. We wanted to judge the efficiency of the Pacific Fleet's Kingston-class vessel on a major deployment, and you showed us that and more."

Though *Edmonton* and *Yellowknife* were minor warships on a major deployment, LCdr Brown says from a

day-to-day standpoint it wasn't much different.

"I've deployed on ships of all sizes to all kinds of place, and it didn't change as much as I'd originally expected," he says. "Obviously it's a smaller vessel but the crew is such a close knit family, so the close quarters don't really bother anyone. We're used to it at this point."

He says the capabilities of each class of ship make them better suited to different deployments, so it was just a matter of finding the right spot for *Edmonton*.

"When you get down to it the Kingston-class is no different than the Iroquois-class or the Halifax-class, they're just better suited to different tasks," he says. "I think a good spot was found for *Edmonton*, as a Kingston-class vessel, to use the capabilities available to us to best fill our role."

While the exact operations of Op Caribbe are classified, LCdr Brown says he is proud of the work his crew did while on deployment.

"They really stepped up to the plate," he says. "On deployments like this you never know what's going to happen, so I was very proud at the initiative, skill, and discipline they showed. I wouldn't want to sail with any other crew."



Cpl Stuart MacNeil MARPAC Imaging Services Cpl Justine Diewold, a Medical Technician in HMCS Edmonton, receives the Operational Service Medal (OSM) from Capt(N) Bradley Peats, Deputy Commander Canadian Fleet Pacific.



Cpl Stuart MacNeil MARPAC Imaging Services SLt Pamela Hogan (right), an officer serving in HMCS Yellowknife, receives the Operational Service Medal (OSM) from Commodore Bob Auchterlonie, Commander Canadian Fleet Pacific.

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matters of OPINION

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People Talk

Lookout asked this question:

If you were to retire tomorrow what would you do with your time from now on?



I'd buy a big plot of land and just get away from everything. Do a lot of fishing and hunting. That's the dream.

LS Jacob Desjardins



I'd probably go to Europe and visit my brother and my little nephew. I'd also do a lot more gardening.

Virginia Parsons



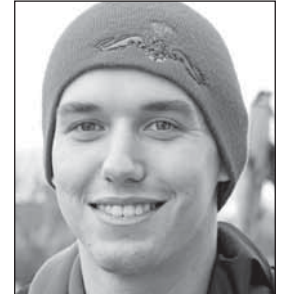
I'd move to Costa Rica and take up surfing. You know, live the good life.

Lt(N) Chris Brierley



I really like power engineering, so I'd probably stick with that but I'd move back to Ontario and start a family.

OS Calvin Green



First thing I'd do is head home and sleep in, then I'd head up island and hit the bush for a while. Spend my days camping and hiking. I love the wilderness.

OS Steven Kryskow

BOOK REVIEW

Two local authors highlight invisible wounds

Cpl Alex Greer 39th Service Battalion

The last Canadian troops are coming home from Afghanistan, and the invisible wounds for some will hardly fade away, namely Post-Traumatic Stress Disorder (PTSD).

Caring for returning service personnel has moved two Greater Victoria authors to put their thoughts in print and penetrate beneath the skin of this invisible wound.

Warrior Rising

Warrior Rising: A Soldier's Journey to PTSD and Back is the personal memoir and heartfelt first-hand testimony of LCol Chris Linford, former Commanding Officer of CF Health Services Clinic (Pacific).

As an army nursing officer LCol Linford experienced the stresses and strains of field hospital work in the first Gulf War and then in Rwanda as part of a humanitarian mission in the aftermath of the 1994 genocide. More recently, he was the Executive Officer of the NATO Role 3 Hospital in Kandahar, Afghanistan.

Upon treating the outward wounds of countless patients, LCol Linford incurred that invisible wound of PTSD, which he describes as an "800-pound elephant in the room." Especially after the Rwanda deployment that elephant followed him back and invaded his home and workplace. Eventually LCol Linford sought treatment that restored his mental health and inspired him to write his book and speak out.

Warrior Rising is both depressing and inspiring. You are on an epic adventure with LCol Linford as your guide. But it is not all gloomy. Yes much of his experiences are grim reading as he worked hard to save lives and alleviate suffering in rather destructive circumstances. Yet his writing style is so engaging and laced with his stress relief and pop culture humour that the reader is continually drawn into his world.

LCol Linford wrote *Warrior Rising* to give hope to those suffering from PTSD and other combat-related injuries. As the author's experiences show there is light at the end of the nightmarish tunnel. Treatment, programs and support groups such as Soldier On can be found. Throughout his account LCol Linford writes from the heart and gives the exhortation in the last chapter to "try to imagine feeling well again."

If you are a clinician, a social worker, a chaplain or anyone keenly interested in the PTSD issue *Warrior Rising* is highly recommended reading.

Best Soldier's Wife

If LCol Linford's real-life testimony of a deployed soldier has piqued your interest on PTSD and related issues, you may be interested in reading *Best Soldier's Wife* by Katrin Horowitz.

As the title would indicate, this is the story of a spouse of a deployed soldier. This is a work of fiction, although the characters and circumstances are based on what Horowitz learned second hand from friends

who are CF members and the spouses of CF members.

This novel is told in the form of letters written by Amy, the fictional wife of tactical helicopter pilot Ian. These letters are cordially addressed to a fictional wife of the Chief of the Defence Staff (CDS), in which Amy can hardly hide her frustration and anger over what has happened to her marriage and family due to her husband's voluntary deployment to Afghanistan.

For Amy, life has been turned upside down the moment Ian talked about his mission. Despite the peace and comfort of Victoria, she lives under a cloud of tension. She notices the changes in Ian whenever they talk by Skype. When he returns home he is withdrawn and quick tempered over every day incidents, which are signs of PTSD.

While Amy is a fictional soldier's spouse, Horowitz has effectively accomplished her task in capturing in fictional form the dilemmas faced by many Canadian military families over the Afghan mission.

Note: "*Warrior Rising: A Soldier's Journey to PTSD and Back*" is available from the publisher Friesen Press (www.friesenpress.com), and from amazon.ca and chapters.ca. More information about the book and about LCol Linford's speaking tours can be found at: www.aWarriorRising.com.

"*Best Soldier's Wife*" is also available from its publisher Quadra Books (www.quadrapbooks.com), and from amazon.ca and will be available in local book stores.

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A Maritime Forces Pacific contingent of 11 military volunteers will be drawn from all Regular and Area Reserve Force Units. Teams must complete the four day 160-km (4 x 40 km) march in CADPAT carrying a minimum rucksack load of 10 kg.

Interested volunteers are encouraged to attend an information brief at 11:00 a.m., Feb. 7 in the MSE Theatre at CFFS(E), Engineering Division. Team training will start Feb. 24, for further information contact MARPAC Team Leader PO1 Josh Barnes 250-363-2855 or Team 2 I/C PO2 Jason Campbell 250-363-1246.



Attention housing occupants: get your voice heard through survey

If you are an occupant in a residential housing unit (RHU) managed by the Canadian Forces Housing Agency (CFHA), then the CFHA National Office wants to hear from you.

CFHA will be conducting a telephone survey with select CFHA Residential Housing Unit (RHU) occupants. The objective of this survey will be to generate research that will measure customer satisfaction with CFHA services.

In addition to indicating progress made over the past few years and areas still requiring improvements, the 2014 administration of the Occupant Survey will also include new items designed to provide CFHA with insight into the experiences and challenges of CAF members and their families who are currently living in DND managed Crown housing.

The understanding gained

The understanding gained from this survey will help address the residential needs of the families that CFHA serves.

from this will help address the residential needs of the families that CFHA serves.

The survey will be performed by Environics Research Group, over the phone during February 2014, with a random selection of occupants across Canada. Should you be contacted to participate, the survey will take approximately 20 minutes of your time, and you may complete it in the official language of your choice. Your participation is completely voluntary and may be withdrawn at

any time. There is no risk associated with participating in this study.

The information collected through this survey will be kept strictly confidential to the full extent of the law permissible, in accordance with Access to Information and Privacy legislation. Your anonymity will be protected in any resulting report or publication; no personal identifying information will be included.

By taking part in this survey, if called, it is a guaranteed way to ensure that you have an opportunity to voice your concerns as an RHU occupant and that those concerns will be heard.

In addition, as a survey participant, your input will be helping to shape and ensure that CFHA builds a relevant and reliable customer service model that will address and sustain the housing needs of the military community of the future.

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Concert will be a night to remember

Continued from page 1

One of the awaited works on the program is the massive reproduction of David Maslanka's Symphony No. 8; a work that has only been performed once in all of Canada. It was Lt(N) Clark who imagined tackling the in-depth masterpiece, and with Dowling on board, the vision of performing a symphony of this complexity became more realistic.

"Together we do great things!" Dowling said enthusiastically.

With 35 Naden Band

members and 45 UVic Wind Symphony members, an astonishing 80 talented musicians will fill the auditorium with powerful music sure to please this coming Friday.

The concert starts at 8 p.m. Tickets are available by phone at 250-721-8480, online at <https://tickets.uvic.ca> or can be purchased at the door. Ticket prices are \$14 regular, \$12 seniors and alumni or \$5 for UVic students.

The concert will be available for live broadcasting at <http://finearts.uvic.ca/music/events/live/>

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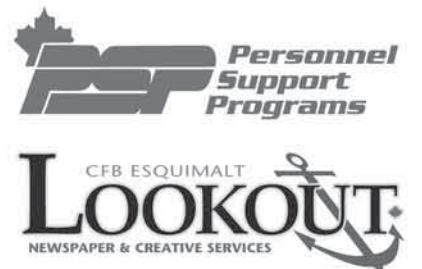


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Kara Tibbel, Lookout

PSP employee Sylvain Verrier drops the puck for the women's Esquimalt opening game against Comox Wednesday, Jan. 22. Left, Comox captain Cpl Tori Koabel, and right Esquimalt Captain PO2 Ashlee Vey.

Esquimalt cleans up at hockey regionals

Kara Tibbel
Staff Writer

CFB Esquimalt's three Triton hockey teams - Men, Woman and Old Timers - all won their regional hockey tournaments, which secure them a place in national play.

All three teams played CFB Comox in a best out of three game play that started with a puck drop on Jan. 22.

The men's and woman's teams both won two games straight, knocking Comox out of the tournament. The Old Timers pushed through to a third game, but defeated Comox with a 3-1 win, also knocking them out of the tournament.

"This year was very exciting watching hockey at such a competitive level, and even better it

was a clean sweep in all three divisions," said Les Alexander, from Personnel Support Programs sports department.

Congratulations go out to Esquimalt players Cpl Jonathan Michel, LS Keelan Cook, CPO2 Derek Johnston and LS Andrew Johnston from the Men's and Old Timers division for winning Most Valuable Player.

Cdr Wes Golden, Base Administration Officer, made a surprise appearance for the closing ceremonies, congratulating CFB Esquimalt in their defeat over 19 Wing Comox.

All three divisions will continue to practice weekly to prepare for their spot in the National Canadian Armed Forces Hockey Tournament at CFB Borden, ON, from March 1 to 21.



Kara Tibbel, Lookout

An Esquimalt men's player reaches to regain possession of the puck in Comox's end.

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Pre-teen brought Christmas cheer to the homeless

Kara Tibbel
Staff Writer

Beyond texting, playing video games and Facebook chatting, it seems unlikely a sixth grader would care about the greater world around them.

But that myth is dispelled with 11-year-old Emily Tipper, daughter of a military member, and one of the city's youngest humanitarians.

For the second year in a row she has rallied friends and family to feed the homeless over the holidays.

On Dec. 23, 2013, she hand delivered 300 homemade lunches to those in need of a full belly. She achieved this feat by collecting and recycling pop bottles and soliciting donations from Thrifty Foods and Country Grocer.

It all started with one conversation that left an indelible mark.

"I remember asking a man laying on someone's door step what he has to eat on Christmas and he told me the homeless don't have enough money to buy food for Christmas, and that they try to see what they can get at shelters," Tipper said. "This made me really sad and I wanted to help."

She secured 150 lunches in her first year, and doubled that number last Christmas.

Each bag contained one sandwich, two cookies, two oranges, a bottle of water, some candy canes and a book.

With a car brimming with paper bags, she started her endeavor in Sooke and made

"As a father I'm very proud of Emily. You see all the negative things kids can get involved in. It's seldom you hear about the positive."

-MS Mark Tipper, Emily's dad

her way through Colwood, Langford, Esquimalt and downtown Victoria. With the help of family and friends each bagged lunch was distributed directly to someone in need.

"I even got to know some of the homeless people. At first I was a little scared but once I started talking with them I realized they were just like you and I, just not as fortunate."

Left over lunch bags were delivered to homeless shelters.

Plans for next Christmas are already underway. She plans to include more food and would like to raise enough money to include a pair of socks in every package.

"I will wrap the socks in Christmas paper so even the homeless can have a gift to open."

Charity is part of her family philosophy. As a group they have taken part or fundraised for Enbridge Ride to Conquer Cancer, Cystic Fibrosis and the Heart and Stroke Foundation, and the list goes on from there.



Photo courtesy of MS Mark Tipper

"As a father I'm very proud of Emily," says MS Mark Tipper, Emily's dad. "You see all the negative things kids can get involved in. It's seldom you hear about the positive. A lot of kids do amazing things, but we just don't hear about it. Emily raised close to \$1,000 when she shaved her head for Cops for Cancer, and now she is finding other ways to help the unfortunate through her bagged lunch program. She is an amazing kid."

Please contact Master Seaman Mark Tipper at 250-363-4374 if you are interested in donating bottles.

Above: The Tipper family work an assembly line to build sandwiches to give to the homeless.

Right: Emily Tipper.



Kara Tibbel, Lookout

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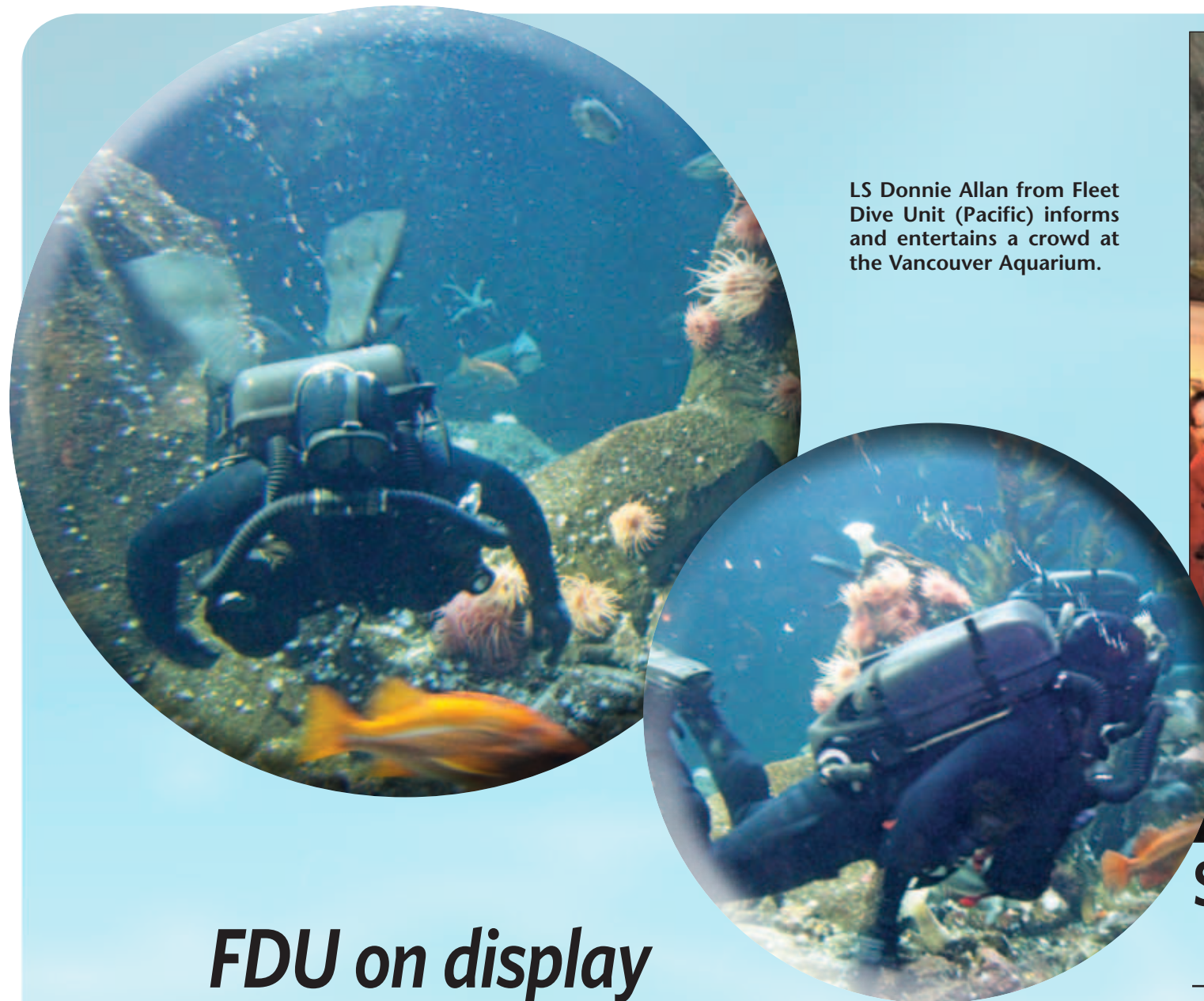
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LS Donnie Allan from Fleet Dive Unit (Pacific) informs and entertains a crowd at the Vancouver Aquarium.



Sailors entertain and educate during aquarium's "Diver Weekend"

Shawn O'Hara
Staff Writer

Particularly strange creatures were on display at the Vancouver Aquarium Jan. 18 and 19, one which makes its home in the waters around CFB Esquimalt.

Clad in fins, a breathing apparatus, and neoprene, PO2 Stevan Mandy, LS Donnie Allan and LS Andy O'Brien of Fleet Dive Unit (Pacific) joined LS Robert "Blue" MacDonald of HMCS Discovery in Vancouver for the Vancouver Aquarium's Diver Weekend.

"It's a fantastic event, and a great opportunity to get people of all ages, especially

children, interested in diving," says PO2 Mandy.

During the event, LS Allan, LS O'Brien and LS MacDonald took a dip in the Vancouver Aquarium's main tank. The enormous salt water habitat holds a dizzying variety of sea life indigenous to the Pacific Ocean, from sea urchins and anemones to sturgeon, cods and crabs.

"We swim in the ocean every day so being around the aquarium sea life is nothing new, however there are still precautions which need to be taken," says PO2 Mandy.

"From entering the tank silently to buoyancy control and confined space awareness, we ensured we did not disturb or damage

the sea life. Really, this is their habitat we're visiting, so we made sure to be respectful of it."

The Diver's Weekend served as a two-fold purpose: to educate and inspire aquarium's visitors on life below the water, and to showcase the exciting and interesting life of a Navy Clearance Diver.

While bobbing around in the briny box PO2 Mandy and his team helped with the Aquarium's informative presentations, swimming from specimen to specimen and showing off the fauna, and their different underwater breathing apparatus.

"Having a diver in the tank adds an extra layer of fun and excitement. The kids love

it," says PO2 Mandy. "We were very fortunate to have had the opportunity for diving demonstrations and a display table where we were able to display our diving equipment, and have great discussions with the public and other diving agencies."

This is the Clearance Divers second time diving at the Diver's Weekend. Everyone enjoyed the experience and bubble time in the big tanks, says PO2 Mandy. Visiting the Aquarium is an opportunity to see things up close you wouldn't see otherwise, he adds.

"I'd encourage any diver (military or civilian) to go next year and check it out. You won't regret it."

FDU on display at VANCOUVER AQUARIUM

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HMCS Regina at sea

Photos by Cpl Michael Bastien, MARPAC Imaging Services

Above: SLt Gregory Kuhn, a Maritime Surface and Sub-Surface Officer (MARS), takes a bearing using a Polaris on the starboard bridge wing of HMCS Regina as the ship departs Guam, USA.

Below: Crew members conduct Chemical Biological Radiological Nuclear pre-deployment training in the Pacific Ocean waters west of the Hawaiian Islands to prepare for Operation Artemis.



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MP barracks: nice to visit, but not an enjoyable stay

MS Mark Tipper
Military Police

Naden Building N2 is the location of CFB Esquimalt's Service Detention Barracks. Boasting a state-of-the-art facility, it offers high-tech video surveillance systems for security during your stay.

It provides private rooms with modern amenities, such as a kitchen, dining area, washroom and exercise facility.

During your stay, you will have access to personal trainers, pastoral services and motivational direction from your own personal support staff, who will keep you occupied on a constant basis. Duration of stays will vary from overnight short-term lodging to stays up to 14 days. If you wish to enjoy the luxuries provided through a longer duration package, we can accommodate you for up to two years less a day at our one-of-a-kind facility, located at lovely CFB Edmonton.

CFB Esquimalt's Service Detention Barracks was originally located in Building N1. It was later relocated to Building N2 and updated, when the Military Police established their offices in the building.

The facility has cells, a wash-room / ablution area, examination room, exercise room, eating facility, outside exercise area, control office and a staff office.

The Detention Barracks can hold up to five inmates of either gender, for a maximum of 14 days.

The Detention Barracks lock up arrested service personnel when it is in the public's interest to do so. For example, an

arrested person may be placed into custody to prevent the repetition of a service offence. In addition, personnel convicted of a service offence following a Summary Trial or Court Martial can serve up to 14 days of a

sentence in a local Detention Barracks.

Members sentenced to more than 14 days detention are sent to the Canadian Forces Service Prison and Detention Barracks (CFSPDB), located at CFB Edmonton. The purpose of detention is to provide a structured environment of discipline. The aim is to assist a service member to get back on track so they can resume a productive role in the Canadian Armed Forces. The system works as the rates of recidivism are minuscule when compared to those incarcerated in civilian correctional institutions.

The Detention Barracks staff is comprised of sailors posted to Military Police Unit (Esquimalt), who have all undergone an extensive training course at CFSPDB, CFB Edmonton. The standards set at the CFSPDB are mirrored here at CFB Esquimalt.

When required, the Detention Barrack staff are augmented by additional trained personnel from the Fleet. Primarily, an inmate's unit will be asked to provide additional custodians. Units are also required to provide escorts when service personnel are flown to CFB Edmonton to serve their period of detention.

MARPAC units are strongly encouraged to canvas their Master

Seamen/Master Corporals for volunteers who would be willing to take the Detention Custodian course at CFB Edmonton, which is three weeks in duration. It should also be noted that female volunteers are always being sought, since it is mandatory for a woman be on watch whenever female personnel are detained.

Want to see for yourself what the Detention Barracks is all about?

Currently, the Military Police Unit Esquimalt Detention Barracks is offering tours on Wednesday's from 1300 hrs to 1500 hrs by appointment only. Detention Barracks staff are willing to accommodate units outside of these hours if required on an as-requested basis. Tours focus on the cell area facility and detail the routine of service personnel who have been placed in custody or sentenced to detention. Tours would be of particular interest to BMQ trainees, QL3 students, personnel in disciplinary roles and personnel appointed as Custody Review Officers.

Information can be found on the MARPAC splash screen, or to arrange a tour date and time, please contact the Detention Barracks Senior NCM at 3-4377, or email: Edward.Bennett@forces.gc.ca

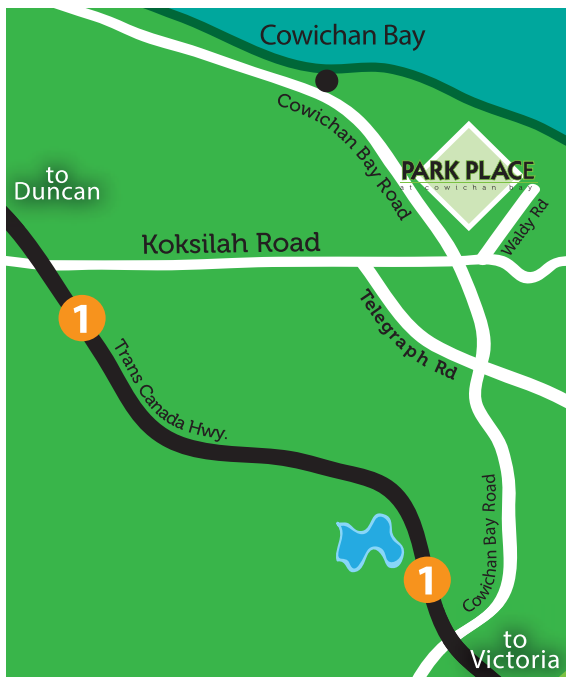


MS Nault inspects a kit at the barracks.

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Sailor takes on prestigious appointment

Kara Tibbel
 Staff Writer

Last November, MS Brandon Ensom accepted the role of Formation Master Seaman and with it a set of responsibilities that comes with the appointment.

The Non-commissioned Officer is the third junior ranking member to take on the role of liaising with senior leaders on behalf of his fellow sailors.

The role has been around in Halifax for 25 years, but only introduced on the West Coast in 2011.

"Our base has a lot of young, intelligent leaders who would excel at the level of responsibility required," says CPO1 Paul Helston, Formation Chief. He says the position offers a great opportunity to improve communications between the ranks.

MS Ensom was among 11 nominees chosen by their Commanding Officers for their leadership skills. After a review of the applications, MS Ensom's entry rose to the top.

He now holds a chair at many high level meetings so he can explain issues to his network of fellow Master Seamen, and bring their concerns and ideas to the table.

"There are many good ideas at all levels on how to do things better and or more efficiently, and he, like his predecessors, have done this very well. For example his predecessors brought forward ideas from the junior ranks for such things as the anti-bullying day and improved training staffing for



Kara Tibbel, Lookout

MS Brandon Ensom has accepted the role of Formation Master Seaman, and running the Pacific Fleet Club.

ships returning from a deployment," says Chief Helston.

Alongside becoming Formation Master Seaman, the sailor also assumed Presidency of the Junior Ranks Mess Committee.

He says his door is always open and gladly accepts any request to better the Pacific Fleet Club. "From a new beer

on tap, fun idea for a Mess event or any concern relating directly to junior ranks, I will do my best to solve it or find a solution in short time," he says.

He has nine years service, six on ships. His last posting was with HMCS Vancouver. The military is deeply rooted in his family, with two grandparents in uniform at one time.

"They inspired me to have a respectable career and structure in my life and I hope to keep excelling at what I do," he says.

His vision for now is to keep bettering the Mess to make it the most enjoyable place to relax, unwind and have fun for the junior ranks.

MS Ensom's door is always open and he gladly accepts any request to better the Pacific Fleet Club.

Family Violence Crisis Team information session

Tuesday, Feb 11th
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Esquimalt Family Violence Crisis Team and the responsibility we all play in dealing with the issue of family violence in our communities.

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Q&A

with the Army Commander

Army Commander Lieutenant-General Marquis Hainse discusses his visits to all the Army divisions, and deployments in the Philippines and Haiti, plus new capabilities and the future of the Canadian Army.

Samantha Bayard
Army Public Affairs

You recently toured all the Army Divisions across Canada. What are your impressions from your visits?

I had very positive impressions. I strongly believe that my predecessor has set up the Army for success. I saw good morale, and it also allowed me to see the realities from division to division that varies either from a recruitment point of view or from a resource point of view. It is very important for me to understand because they are all different. But all in all there is always a great opportunity to connect with what is happening on the ground - that really keeps me grounded.

What impact(s) did the interactions with troops on the ground have on you?

When I get up in the morning I am still very happy to put on my combat boots. Why? Because of

the troops. Every time I go and visit the troops I get re-energized. It's a good reminder of what we are all about. It's about the soldiers that will deliver effects either in Canada or abroad, and we should never lose sight of this. It also gives me a great perspective that sometimes gets lost in the various levels of the chain of command. It is not a bad thing; it's just that it is a reality that the commander needs to realize. Spending time with troops is certainly never time wasted. It helps you see if you need to reset or readjust a few things.

What were the key messages you delivered to the troops?

I told them we need to align the narrative. We need to make sure that in a post-Afghanistan era we know what the Army is all about. The Army needs to set itself to be able to continue contributing to internal security and obviously domestic challenges when need be. And we need to

keep training towards this, but training at a different level than the previous era. It's not "business as usual" but it's still very important that we carry on. We need to learn a lot from our era in Afghanistan, we need to introduce what we have learned in practice and bring it back to our reality. What does it mean for us now? Let's change some procedures, let's change some training and then let's readjust.

Shifting our focus to wider overall Army issues - the Canadian Armed Forces is getting a lot of positive media attention for its humanitarian work in the Philippines. How do you think this is shaping perceptions of Canadian soldiers and the role they can play?

We have the great circumstance right now of being very popular. Our efforts on the international scene have contributed a lot towards this and I think operations such as

Operation RENAISSANCE in the Philippines helps keep our popularity at a good level. This contribution is also a testimony of our ability to deploy and to be versatile. Most importantly, it's a testimony to the competence, the professionalism and the great commitment of our personnel. There is no greater ambassador on the international scene than our soldiers. I am very proud of each and every one of them for what they have done.

You assumed command of the 1st Battalion, Royale 22e Regiment, in Port-au-Prince in 1996. What are your reflections on the Army's most recent contributions in Haiti with the infantry platoon we sent there? How has Haiti changed and developed?

The contribution of that platoon with our Brazilian friends was a great commitment and a great exchange opportunity with a South American country. I think we need to leverage this and see more of this in future. We need to look for opportunities not just in the east and west but also in the south. It will be important that we keep doing this in a period where we are not as involved in operations.

With regard to my reflections on Haiti, there has been progress. They have been afflicted by natural disasters that didn't help them but I am confident for the future because we still have a great effort in Haiti. They are building capacities everyday, it will take time but I think with lots of patience and with good international cooperation we will get something that will bring Haiti back to where it should be.

A number of large equipment projects are ongoing, providing new tools and vehicles like the Tactical Armoured Patrol Vehicle and the upgraded LAV. What do these new capabilities mean for the Army and what are the soldiers saying to you about them?

Those capabilities mean the Army will be set for the future. They will help guarantee that

the Army will be able to conduct all of its tasks set by the Canada First Defence Strategy in the full spectrum of conflict. I think from a soldier's point of view it is all positive because they see that we are taking care of them.

Can you share with us your priorities for the Army for 2014?

I have laid down those priorities with the chain of command and created an Operational Framework which talks about some of those priorities. The way I see it: the key priority is aligning the Army with what we are asked to do.

Readiness is our bread and butter. Everything we do needs to have readiness behind the scenes because this is where we exist.

In terms of sustaining the Army, we need to make sure that we assess our processes, to achieve efficiencies in terms of process and in terms of dollars. We need to contribute to the Defence Renewal Team efforts.

Very close to that is taking care of our ill and injured, clearly.

And finally - let's engage with our colleagues, let's engage with our superiors and our friends let's tell them with a common voice what the Army is all about and where we are going.

Can you share with us your thoughts on the long term future of the Army?

I see certainly a different era but still an exciting era, as exciting as it was in the past decade. We have an opportunity to shape the future of the Army in this particular time. Let's take this opportunity to address our needs, our capabilities as we take care of our

troops. If we do this there is no doubt we will be set for the future.

Is there anything else that you would like to share?

I'm proud to be Army Commander and proud to have been given this opportunity to interact with our great soldiers.



Warrant Officer Jerry Kean, 5th Canadian Division Public Affairs

LGen Marquis Hainse speaks to members of 36 Canadian Brigade Group at the Royal Artillery Park Library in Halifax, NS, Nov. 21, 2013.



MCpl Mélanie Ferguson, Canadian Army Public Affairs

LGen Marquis Hainse, inspects the Quarter Guard during his visit to 3rd Canadian Division Headquarters in Edmonton, Alberta, on Nov. 4, 2013.

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Tyson Bergmann, Operations Officer at Sea Training Pacific, is promoted to his new rank of Lieutenant Commander by Sea Training Pacific Commanding Officer, Cdr David Mazur and Executive Officer, LCdr Graham Roberts.



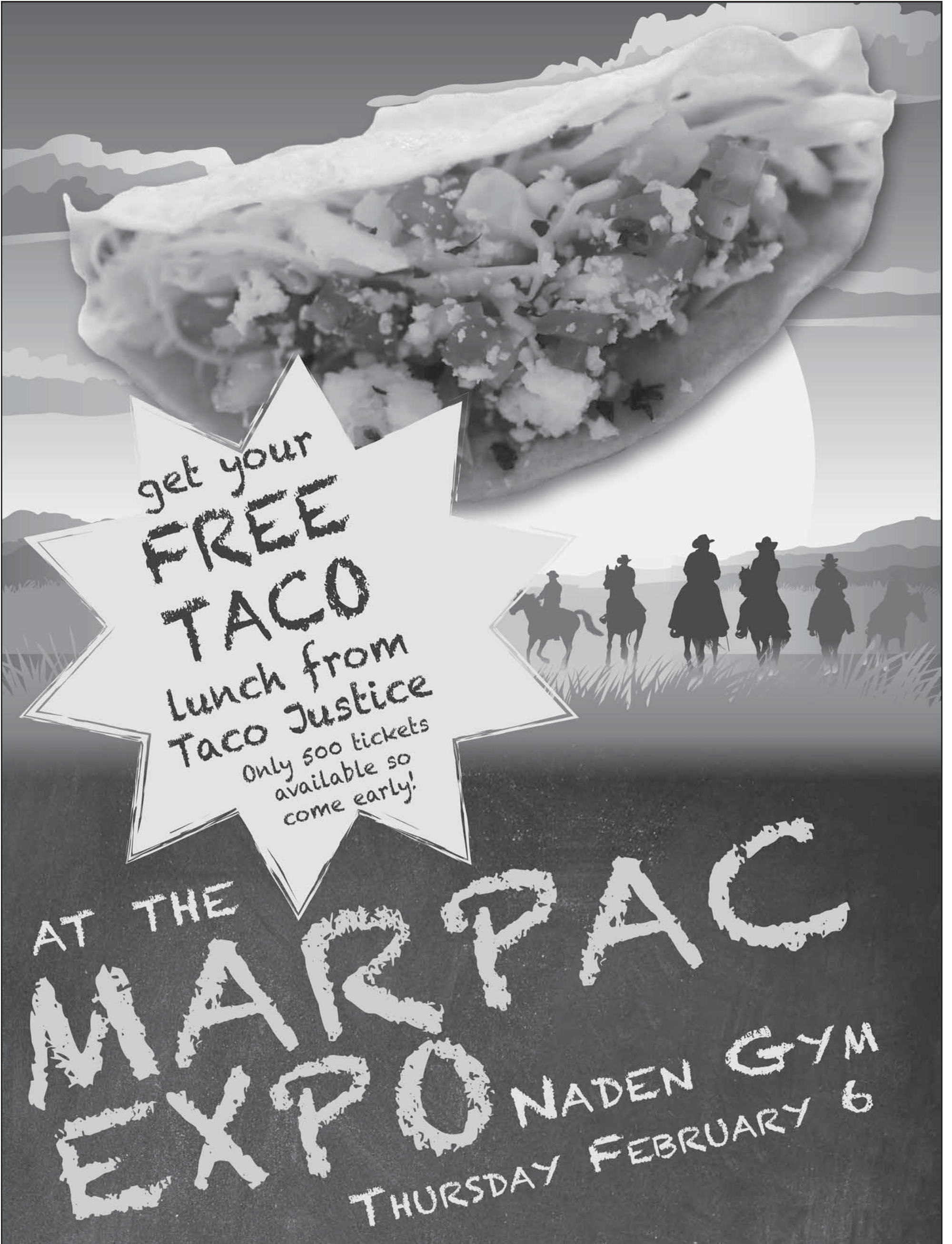
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SHARE YOUR RECREATIONAL INTERESTS this fall by supporting a person with a disability to become more active! By donating only 1-2 hrs a week you have the opportunity to change someone's life while having a great time doing it. To get involved or for 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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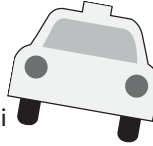
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Cock of the Walk tournament schedule

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.

Registration Deadlines:

- Curling
Jan 31
- Volleyball
Feb 14
- Basketball
Mar 7

Proposed Dates:

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

• 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!

During the 5k Fleet Run on Jan. 30 HMCS Vancouver received their Cock of the Walk Trophy. Cmdr Auchterlonie presented the award to HMCS Vancouver for last year's amazing demonstrations of skill and teamwork!



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Dance

West Shore Lions Club



Saturday March 15, 2014

*Fleet Club-Junior Ranks Mess
Doors open 7:00*

*Featuring non-stop-continuous dance by
Sutcliff's and Younger Than Yesterday
Performing alternating music sets from 8:00 to 1:00am*

*Tickets \$15 (in advance) or \$20 at the door
Tickets available online at the West Shore Lions website
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