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HMCS Regina en route

Top: The crew of HMCS Regina assemble on the flight deck to cheer on Canadian Olympians. The ship is in the coastal waters of the Philippines while en route for Operation Artemis.

Bottom: Regina's naval boarding party conducts a boarding exercise in the Pacific Ocean.

Cpl Michael Bastien, MARPAC Imaging Services



NEWS 3

Search and rescue centre gets a new leader

CADETS 9

Army cadet returns from international expedition

FEATURE 10-11

Legion Foundation sets sail with PCT Wolf

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FUELLING A FRIEND

Photo by Mass Communication Specialist 3rd Class Johans Chavarro
Sailors aboard guided-missile destroyer USS Halsey participate in a replenishment at sea operation with HMCS Protecteur while off the coast of Hawaii. The two ships are participating in Exercise Koa Kai 14-1, a semi-annual exercise that improves cooperation, readiness and the capability of forces to respond quickly to various crises.

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Search and rescue centre gets a new leader

Chelsea Falconer
Navy Public Affairs
Office

Friends, family and colleagues gathered at the Wardroom Jan. 30 to bid farewell to Maj Paul Hodge and welcome Maj Jennifer Weissenborn as the incoming Officer in Charge for the Joint Rescue Co-ordination Centre (JRCC) Victoria.

JRCC Victoria is staffed 24 hours a day - year round - by the RCAF and Canadian Coast Guard personnel. They respond to tens of thousands of radio and telephone calls that result in an average of 3,000 search and rescue (SAR) cases every year.

During his final address, Maj Hodge expressed his heartfelt gratitude to the staff at JRCC Victoria for their dedication and support to SAR throughout his one-and-a-half year term.

"In SAR, people always say, 'Yes, how much help do you need and how long can I help you for?'" Maj Hodge said. "That whole attitude is right through the system and that's been the most enjoyable aspect, dealing with people who want to help people."

Maj Hodge asked JRCC Victoria members to personally pass on his gratitude to their spouses as he recognizes that this type of work often results in long and unpredictable hours.

Following his speech, Maj Hodge joined Maj Weissenborn and Cmdre Bob Auchterlonie, Commander Canadian Fleet Pacific, in the customary document signing. Cmdre Auchterlonie took the podium and thanked Maj Hodge for his dedicated service and recognized the emphasis Maj Hodge placed on team building during his term.

Maj Hodge was presented with a retirement certificate in honour of his 22 years of service. The certificate was signed by Prime Minister Stephen Harper and expressed thanks for Maj Hodge's service as a member of the Canadian Armed Forces.

Maj Hodge will have a few days to enjoy his retirement before joining WestJet as a pilot.

Having close to 7,000 flight hours accumulated throughout her career as a pilot in the Royal Canadian Air Force (RCAF), and extensive experience in Search and Rescue (SAR), Maj Weissenborn is a natural fit as Officer in Charge for JRCC Victoria.

"JRCC Victoria is very fortunate to have enthusiastic SAR partners," Maj Weissenborn said. "I look forward to combining organizational strengths to affect a co-ordinated response to persons in distress."

The crowd burst into spontaneous laughter as Maj Hodge concluded the ceremony by conducting a "Ceremonial Exchange of the Blackberry" during which he gave Maj Weissenborn his work cell phone as a symbol of her new appointment.

Both Maj Weissenborn and Maj Hodge emphasized how important it is that people make safety precautions a priority, particularly as these precautions can extend survival rates during a SAR mission.

"Be prepared. Have fun, but take precautions - file a flight plan, file a float plan, tell someone where you are going, take an emergency beacon. Don't only rely on cell phones" said Maj Weissenborn. "That way, if something goes awry, the coordination centre can quickly send folks to find you."



Photos by Cpl Malcolm Byers, MARPAC Imaging Services
Outgoing Commanding Officer, Maj Paul Hodge (left) signs command of the Joint Rescue Coordination Centre Victoria over to Maj Jenn Weissenborn (right). Cmdre Bob Auchterlonie, Commander Canadian Fleet Pacific, presides over the ceremony, which was held at the Wardroom.



Maj Hodge (right) receives a retirement certificate for his 22 years of service, signed by Prime Minister Stephen Harper, from Cmdre Auchterlonie.



Maj Hodge (left) hands over control of the command Blackberry, representing responsibility of the Joint Rescue Coordination Centre, to Maj Jenn Weissenborn.



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People Talk

Lookout asked this question at the MARPAC Expo:

What did you best like about the MARPAC Expo?



I really liked the opportunity to talk to people and get them interested in the Kayak Club. I love kayaking and I was happy to encourage people to try it out.

MCpl Bradley McKibbin



I liked talking to the SAR Techs and Clearance Divers. It's not often that you get the chance to talk to them one on one.

OS Liam Chambers



I was interested in all the booths from the schools that came out to tell us about educational opportunities. My favorite booth was from Athabasca University. I was really interested in their Electrical Engineering program.

LS Jason Firby



For me it was the Pacific Fleet Club booth. I was working there today, and we have some great parties at Valentine's and St. Patrick's Day coming up.

MS Brandon Ensom



I enjoyed the contingents from the colleges and universities. I also liked visiting the booths of the sailing and motorcycle clubs.

LS Kelley Rooney

ITINERANT CHEF

Beat the winter blues with comfort food

Oh the rain and cold. That's the common cry heard across British Columbia's coastal regions this time of year. When the winter blues descend on us with their endless days of grey drizzle and freezing temperatures, it makes me long for comforting and hearty meals that warm both my humor and tummy.

One of my favorite cold weather meals comes from my days in downtown Montreal. It's Moroccan tagine with jewels of fruit on a bed of warm couscous. It's always sure to be a delight to the senses.

Moroccan Tagine

3 tbsp olive oil
1 lb of any meat you like cubed (I like beef tips)

2 tbsp sweet paprika
1 tsp salt
½ tsp ground cumin
Fresh ground pepper
½ tsp ground ginger
1 tsp turmeric
1 tsp parsley flakes
1/2 tsp Cayenne pepper or harissa paste
3-4 potatoes (peeled and cut in half)
2-3 of carrots (peeled and cut in half)
1 sweet potato (peeled and cubed)
1 green zucchini (cubed)
1 onion (cubed)

One can of diced tomatoes and their juice
One can of drained chick peas
A handful of dried raisins and dried apricots

Cover the meat in the spices and olive oil

and leave it for about a half an hour. After mix the meat with the tomatoes and their juices, then add the raw veggies and dried fruit, and mix the whole thing up.

I like to roast the lot in a large terracotta tagine. If you don't have one of these, a corning wear pot will do fine. I put the tagine in the oven at 425 F for about an hour, or until everything is lovely and roasted.

After I check the seasoning and usually add a bit more harissa and salt, but feel free to follow your own tastes.

For the couscous, my favorite brand is called "Zinda." I love the non-flavored, small grain type, but you can pick the grain size that you like best. There's no measuring needed here.

In a large bowl I place a large amount of dried couscous with a generous measure of salt and olive oil. I then mix these all together so that the uncooked grains are slicked with the oil.

After, cover the couscous mix with cold water and wait for 15 minutes for the grains to absorb it. I then break apart the grains with a fork and transfer them to a steamer pot with a lid that I place over another pot with boiling water. I wait until the couscous is fluffy and sweltering, then I return it to a bowl and break it apart again.

With my Moroccan friends, the tagine is spooned over an enormous plate of couscous, with everyone eating communally, touching only the portion in front of them. Commonly it is also served with olives and flat bread as

accompaniments to help mop up the sauce. Feel free to give it a try in the traditional way, or break the dish into small individual portions. I know you and your family will love it.

To make your own harissa paste:

In a food processor grind to a paste around 250g (about a cup and a half) of hot red chili flakes, ½ tsp salt, 1 tsp ground cumin, and 10-15 garlic cloves with about a half cup of extra virgin olive oil (or more depending on the thickness of the paste). Transfer the paste to a mason jar and sterilize the paste in a microwave (bring it to a sear uncovered). Be careful the paste will expand and the jar will be extremely hot after. While the paste is still boiling seal it with the lid and place it in the fridge to cool for a day. This will create a seal. This paste lasts for months in the fridge.

Your Itinerant Chef, A/SLt Melissa Kia

About me: I grew up in a family with a large multicultural background. My Chinese grandfather owned his own restaurants in Halifax, and my French Grandmother was a Cordon Bleu graduate like me. I started cooking at the age of five under their tutelage, and continued on to my formal studies at Le Cordon Bleu after graduating from Université Laval with a B.Sc. in Kinesiology. Afterwards, I worked in many highend bistros and restaurants before opening my own business in 2010. I ran a French pastry (Pâtisserie la Petite France) for two years before I joined the Forces.

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HPV campaign marks month of love

Shawn O'Hara
Staff Writer

February marks the Month of Love, and Canadian Forces Health Service Centre (Pacific) (CF H Svc C (P)) is urging members to be aware of their sexual health.

The Canadian Armed Forces offers many types of medical services to its member, one of which is the Gardasil vaccine that protects against the Human Papillomavirus (HPV).

"We want members to be aware the vaccine is available all year round," says Lt(N) Jody Young, a physician at the CF H Svc C (P). "They can come in any time during our operating hours and get the vaccine free of charge."

HPV is a primarily sexually transmitted virus that affects men and women of all ages. The vaccine is available to women aged 14-45 and men between the ages of 14-26. While the majority of HPV strains cause no symptoms in most people, some strains can cause warts and in other cases cancers of the cervix,

Women who contract HPV and don't get it treated right away can be at a much higher risk of developing cancer.

-Lt(N) Jody Young
CF Health Services Centre Physician

vulva, vagina, penis, and anus, as well as some types of oral cancer.

Gardasil protects against the four most common strains of HPV, two of which are known to cause warts, and two that can cause cancer.

"It's only takes one infected partner to become infected yourself," says Lt(N) Young. "While most of the strains are relatively harmless, this vaccine is the best bet for preventing the potential cancers that can develop from infection."

Lt(N) Young says while men typically show fewer symptoms, they can

still pass the virus onto a woman. Up to 75 per cent of Canadians will come into contact with HPV sometime in their lives.

"Often men don't show any symptoms, except for maybe a wart, or they may develop cancer later in life," says Lt(N) Young. "Women who contract HPV and don't get it treated right away can be at a much higher risk of developing cancer."

The vaccine is administered through three intramuscular injections into the arm at zero, two, and six months after the initial injection.

To receive the vaccine all military members need to do is to drop into the Immunizations office within the Base Clinic, bring their military ID, as well as the vaccination booklet provided to them.

For more information, and to make an appointment, drop in at the Immunization Department at the Base Clinic at 1200 Colville Rd. More information on the Gardasil vaccine can be found at www.gardasil.com

Calgary's naval boarding party trains with RCMP maritime emergency response team

SLt Seb Harper
HMCS Calgary

In a training exercise held in January between the navy and RCMP, the lead RCMP instructor could be heard over the radio directing the powerful RCMP Rigid Hull Inflatable Boats (RHIB) to break formation at high speed and intercept Orca 55, suspected of drug smuggling just off of Albert Head.

The RHIBs, each bristling with armed RCMP officers who had just finished their gruelling three week Emergency Response team (ERT) marine course, were easily able to overtake Orca, who was attempting to evade its pursuers.

Through the howling January wind and rain of the West Coast, the teams made short work of

sticking, rigging and scaling their ladders, quickly assaulting the bridge, arresting the two armed "suspects" and securing the stash of contraband.

In this training scenario four military members took part in the assault. Members of HMCS Calgary's Naval Boarding Party were invited to train with the teams over the last week of their course.

Being on board Calgary and navigating its passage ways, bridge and engine spaces, the ERT Constables were able to familiarize themselves with moving and fighting through a ship. While coordinating the training objectives, the course's lead instructor Cpl Eric Montpetit determined that due to the similarities in skill sets, Calgary's NBP team could be easily embedded with

the trainees during this phase of their course.

"It was an excellent opportunity for our team to hone their skills, pick up some new tips, and show off our familiarity in operating in a maritime environment," remarked SLt Christian Walsh, who took part in the training.

During the session, members of Calgary's NBP were able to increase their operational effectiveness, and both teams came away with a greater understanding of each other's tactics

and purpose, and a commitment to explore future opportunities to integrate for interagency operations and training.

As the RCMP RHIBs pulled away for the last time with their "drug runners" in tow, the two teams that had grown so close over the last week waved goodbye to each other. Calgary's NBP members, though soaked from head to toe in sweat and salt water, beamed from a job well done and an ally well earned.

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FRONT RUNNERS



RMC Cadet wins Whistler trip

Ryan Cane
CFMWS

This past December, Officer-Cadet Stéphanie Paquette from the Royal Military College found herself experiencing a Whistler vacation, all because she took part in the CAF Photography contest.

As a national recreation program, the CAF Photography contest celebrates the key principle of participation that supports positive self-expression, physical activity, and interaction with others.

To encourage participation in the 2012 contest, CFMWS entered all participants into a grand prize draw for a photographer's dream vacation to Whistler, B.C.

OCdt Paquette was the winner.

After a smooth WestJet flight to Vancouver, and short drive made possible by Avis Rental Car, OCdt Paquette and her guest arrived at Canada's premier, year-round destination. For five nights she stayed at Lodging Ovations Evolution Hotel, and during the day she skied Whistler/Blackcomb, relaxed at the Scandinave Spa and had a first class meal at Araxi. Her favourite though, was a visit to the Olympic Park.

"I watched the Vancouver 2010 Olympics on TV, and to shoot at the same biathlon range where I saw other international athletes compete was truly a memorable moment," she says.



OCdt Stéphanie Paquette won a Whistler getaway after entering the CAF Photography contest.

"Most of all it was great to simply enjoy the beautiful landscape of the region and relaxing outside the normal workplace."

Tourism Whistler was pleased to sponsor this activity and coordinate the experience through their partners, who were happy to support the initiative.

"There was no shortage of support from our members," said Chantal Limoges, Tourism Whistler's Specialist of Partnerships and Events. "And of course we encourage everyone to visit Whistler. Whistler has

so much to offer, from the majestic mountains, the vibrant village, epic skiing and snowboarding, the world-class mountain bike park, four championship golf courses and unlimited hiking trails, not to mention the unbeatable shopping, dining and nightlife and accommodation to suit every budget."

OCdt Paquette encourages everyone to make the trip. "Ever since I went to British Columbia a few years ago, I've always wanted to go back" she says. "Go! You won't regret it!"

Family Violence Crisis Team information session Tuesday

Tuesday, Feb. 11
10 a.m.

Naden 67, Theatre

This will be an opportunity to learn more about the CFB Esquimalt Family Violence Crisis Team and the responsibility we all play

in dealing with the issue of family violence in our communities.

There will be a special guest speaker who will be talking about his specific challenges with the issue of family violence and how he

is now taking an active role in helping others understand the issue.

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Website helps Canadians

Making it easier for Canadians to find and access government information online got a helping hand Dec. 17 when a new website Canada.ca was launched. It marks the beginning of a transformation to modernize the websites to improve Canadians' online experience.

Canada.ca has been designed to ensure that:

- the most frequently visited information is easiest

to find

- information is easy to access on smartphones, tablets and desktop computers

- mobile applications and social media channels are easy to find and use

- content is organized by key themes making the site user friendly

- all the information you need to start looking for a government program or service can be found in one place

Canada.ca features 15 user-centric themes based on information and tasks that visitors are looking for. It is expected that by December 2016 all active content on Government of Canada websites will be consolidated and fully migrated to Canada.ca. The desired outcome is a modern, user-centric tool that supports an "open and all of government" approach to doing business.

Three months to a fitter FORCE

Jen Seipp
CFMWS

If the new FORCE Evaluation and Common Military Task Fitness Evaluation (CMTFE) have the nerve-racking feel of an annual exam, consider DFit.ca as your textbook crammed full of great information.

That's the takeaway message from a recent study by the Personnel Support Programs (PSP) Directorate of Fitness, which measured how effectively training with DFit.ca helped Canadian Armed Forces (CAF) personnel improve their operational fitness, and achieve better results on both fitness evaluations.

Over the course of three months, 18 CAF members experienced all three elements of the FORCE Program, the new approach to CAF fitness training and testing. They worked out with fitness programs generated by DFit.ca, and had their fitness tested regu-

I am so impressed with these individuals. They didn't stay in the study for research; they stayed for themselves, because health and fitness were so important to them.

-Jacqueline Laframboise
Human Performance Project Manager

larly with the CMTFE and FORCE Evaluation.

Participants transitioned from little to no training, to training five days per week, as required by the Chief of the Defence Staff's Guidance to Commanding Officers.

Throughout the study, Jacqueline Laframboise, Human Performance Project Manager, communicated with the group online through weekly emails and by monitoring their DFit.ca training logs.

"I am so impressed with these individuals," said Laframboise. "They didn't stay in the study for research; they stayed for

themselves, because health and fitness were so important to them. I truly enjoyed watching their camaraderie and support for each other grow as they all worked towards a common goal."

PSP received valuable feedback about DFit.ca, which will contribute to ongoing improvements to the website, and participants made significant fitness improvements, resulting in almost all of them excelling at the FORCE Evaluation and CMTFE.

To learn more, talk to your local PSP staff, and visit www.cfmws.com/FORCEProgram and www.DFit.ca.

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Army cadet returns from international expedition

Richard Asselin
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One Victoria youth has taken the trip of a lifetime.

C/MWO Jayden Worth of the 2483 Princess Patricia's Royal Canadian Light Infantry (PPCLI) Army Cadet Corps in Victoria was one of 18 Army Cadets chosen for the International Army Cadet Expedition.

The Expedition took place in Patagonia, Argentina, from Jan. 11 to 27 and consisted of sea kayaking, day treks, and hut-based mountaineering in the rugged countryside of Southern Andes.

"Exploring, climbing mountains, canoeing, camping; all these things seemed like more fun than hitting a drum over and over," says C/MWO officer, a drummer for the PPCLI Army Cadet Corps Band. "The adventure is really what pulled me in though, going someplace you have never gone before and doing something you never thought you could do. It's a feeling not many people get to have and I absolutely fell in love with that feeling."

With only 18 spots available Canada-wide, participants had to show exceptional skill, dedication, and fortitude to be chosen for the trip.

The enthusiastic cadet was informed of his selection while on parade, and says his excitement levels spiked to delirious.

"Out of B.C. only two cadets got to go and I was one of them. It didn't really set in until I was heading home from parade," he says. "I was proud to represent B.C. and felt really good about my choices in cadets. I have some of the best officers in Canada and I was so grateful they had been so amazing to me throughout my cadet career."

While he maintains a high level of fitness as part of his every day life, C/MWO Worth still had to make some changes in preparation for the South American undertaking.

"I had to really get a whole new look on packing and organizing kit," he says, laughing. "There was so much I needed to take and so much I needed to get done that it was a little overwhelming. I did a lot of hiking beforehand, to break in my new boots and get pumped excited for the trek ahead."

For the first four days the cadets travelled via sea kayak and hiking trails from Lake Gutierrez to Lake Mascardi in the province of Rio Negro. From there they took to the slopes of Mt. Tronador for five days of hut-based mountaineering.

Trekking along every inch of countryside, C/MWO Worth says the strength of the team is what got them through.

"Understanding the true meaning of success and how a team works were also challenges," he says. "It's almost always mind of matter. You've just got to say 'I think I can' because half the time that's all you need to do. Your body says no, but your mind just has to say yes. Having your team at your back gives you the extra push you need."

Now back in Victoria after a whirlwind trip to the Southern Hemisphere, C/MWO Worth says the experience he will carry with him for the rest of his life.

"The food, the guides, the officers, all the cadet friends I made, everything was just so amazing," he says. "I met 17 people I had never met before in Toronto and less than a week later I was standing on the top of a mountain with them. I left that expedition with a life time full of experiences and 17 new best friends."

Besides excelling in the Army Cadet Expedition program, Cadet Worth's overall accomplishments with the 2483 PPCLI Army Cadets was recognized last year with The Lord Strathcona Medal. This recognition is the highest award that can be bestowed



Above: Cadet Jayden Worth is all smiles after learning of his selection for the trip to Argentina.

Below: The cadet group trek up a mountain.

on a Royal Canadian Army Cadet in recognition of exemplary performance in physical and military training. Lord Strathcona's objectives in establishing his endowment were to:

- encourage the improvement of the physical and intellectual capabilities of cadets;
- foster patriotism in cadets through the acquisition of a good knowledge of military matters.

To be eligible for consideration, an Army Cadet must:

- possess a wide variety of training and experience as a cadet over a period of not less than three years;
- be qualified to a superior level of physical fitness;
- have attended at least one summer training course of six weeks duration



- have qualified with distinction to a training level not below silver star;

- have met all requirements of their unit's mandatory LHQ training program and attended at least 75% of the scheduled training parades in the year of nomination;

- have met all requirements of their unit's optional/support LHQ training program and participated in at least 50% of

the scheduled activities in the year of nomination; and

- be regarded by peers and supervisors as exemplifying the model cadet.

The 2483 PPCLI RCACC's Commanding Officer, Capt Madeleine Dahl, her staff, the Corps Sponsoring Committee along with all the Corps' cadets are tremendously thrilled of having C/MWO Jayden Worth as a vital part of the Corps.

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photos by Shawn O'Hara, Lookout
Owen Sparshu, 10, and Sebastian Preston, 10, try the full-sized fire-fighting gear.

Legion Foundation sets sail with Wolf

Shawn O'Hara
Staff Writer

In the deep, cold waters off the coast of Victoria a handful of lucky community members got a chance to hit the high seas in Orca-class Patrol Craft Training (PCT) vessel Wolf (PCT 59).

The 16 passengers were on a short voyage as part of a Legion Foundation auction, having bid on and won tickets to sail during the organization's Christmas fundraising dinner.

"I thought it was such an interesting and educational opportunity I couldn't resist," says Bridget Preston, who won her ticket along with passage for three others with a bid of \$400. "I've never had the opportunity to sail on a naval vessel, and I've lived in Victoria for so long I had to see it from this side."

"Day sailors" were treated to a sunny and relaxing ride on the waters near Dallas Road, Clover Point, and Discovery Island.

They were also shown the speed and manoeuvrability of Wolf during some exercises.

"I was surprised as how quick they are," says Preston. "You wouldn't think a vessel so large could go so fast and turn so quickly. It was a real joy to witness."

Preston was accompanied by her son Sebastian, 10, and his friend Owen

I've never done anything like this before. We got out of school, which is cool, and we got to see so much cool stuff on the ship. Now we want to join the cadets.

-Sebastian Preston
PCT Wolf guest

Sparshu, 10. The two got out of school to get a peak at naval life.

"It was super fun, I've never done anything like this before," says Sebastian. "We got out of school, which is cool, and we got to see so much cool stuff on the ship. Now we want to join the cadets."

Lt(N) Les Gunderson, Officer in Charge of Wolf for the day sail, says such events are a great opportunity to show the community the other side of the navy.

"It's important we show people what it is we do," he says. "They hear about the navy in the news, or see them sailing in the Strait, but not many actually see what it's like. We love having the chance to give them a taste."



Above: LS Etienne Gionet explains Wolf's functionality to passengers.
Below: Mike McKay and Bridget Preston look over the water.



Sebastian Preston, 10, (left) and Owen Sparshu, 10, hold on tight during Wolf's high speed manoeuvres.



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Crow's Nest celebrates 72 years

Lt(N) Tim Woodworth
HMCS Cabot PAO

On a cold January night in 1942, the Crow's Nest Seagoing Officer's Club opened its bar to war-weary men on the top floor of a warehouse on Water Street in St. John's, Newfoundland and Labrador.

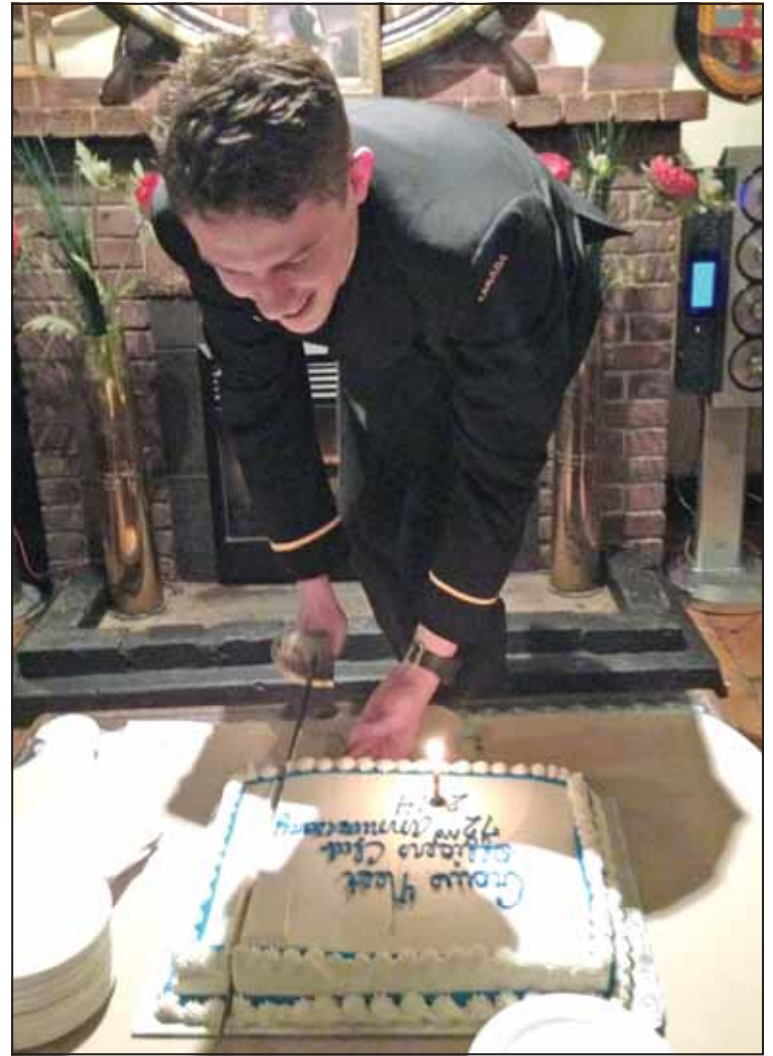
Starting off humbly as a safe haven for ship's officers to have a drink over a couple planks laid across old wooden barrels, the Crow's Nest is still going strong nearly three quarters of a century later.

Officers from *HMCS Cabot* joined Nest members old and new at a traditional naval mess dinner to mark the 72nd birthday of the Club. As per naval tradition, the youngest officer gave the toast of the day during the meal. NCdt Kevin Barbour was up to the task and spoke about the warmth and fellowship that he observed at the Nest.

"This being my first time at a Crow's Nest mess dinner I did not know what to expect. I expected this to be more of a club atmosphere, but what I've seen here tonight is more like a family, which is the toast of the day for Saturday. To Family!"

Following dinner, the procession moved to the top deck where nearly every nook and cranny has some historic tidbit to grab a person's attention.

Margaret Morris, former Commanding Officer of *HMCS Cabot* and now Treasurer of the Crow's Nest, spoke of the importance of having new Royal Canadian Navy members joining the club. "It's wonderful to maintain that naval connection," she said. "We would like to see more activities with the Royal Canadian Navy and keep the naval traditions alive."



NCdt Kevin Barbour cuts the cake at the Crow's Nest birthday celebration.





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Base gears up for its annual anti-bullying campaign

Shawn O'Hara
Staff Writer

Employees of CFB Esquimalt will see a sea of pink come Feb. 26 in support of Anti-Bullying Day.

This marks the second year CFB Esquimalt personnel have lent their support to the National Anti-Bullying initiative. The CFB Esquimalt efforts, headed by Nora Johnson, Manager of the Employee Assistance Program (EAP), and MCpl Kyle Mitchell, one of the MARPAC Safety Representatives, are encouraging personnel to don pink shirts in solidarity with the victims of bullying.

"Things went really well last year and I was pleased by the volume of participants, with nearly 500 participants," says MCpl Mitchell. "This year we saw an opportunity to work more directly

Some people believe bullying can't happen to adults. In reality, bullying can occur in the workplace.

-MCpl Kyle Mitchell

within our community by partnering with School District 62, specifically Belmont Senior Secondary School.

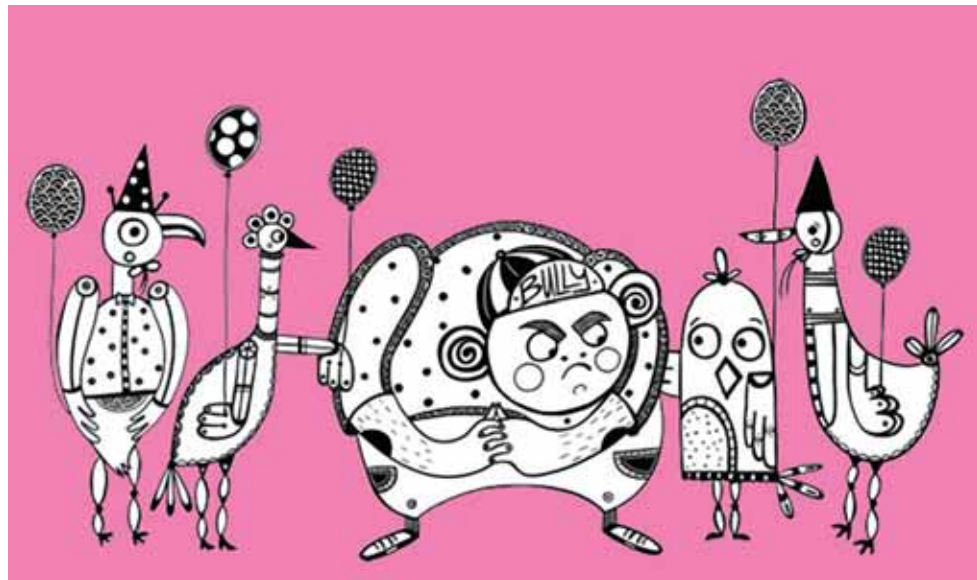
"They were really responsive to the opportunity to work with. Bullying is a huge issue in schools, especially during high school, so this is a cause close to their hearts."

Belmont's t-shirt campaign has gotten off the ground thanks to a dona-

tion from the Pacific Fleet Club. MCpl Mitchell and EAP approached the school about making their shirts available for sale around the base, further supporting the school's anti-bullying fund raising efforts. The shirts were designed by Belmont students and will be available for purchase through EAP or MCpl Mitchell.

Bullying isn't unique to schools, as anti-bullying awareness applies to the workplace as well.

"It's not talked about as often because for some reason some people believe bullying can't happen to adults," says MCpl Mitchell. "In reality, bullying can occur in the workplace. We want to make sure anyone who feels like they're being intimidated or taken advantage of has the resources available so they can feel comfortable coming forward for help."



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HMCS Regina now at high readiness for Operation Artemis deployment

Lt(N) Mark Fifield
Op Artemis PAO

HMCS *Regina* completed its last set of mission specific workups and achieved high readiness in the Pacific Ocean waters east of Guam while en route to its deployment on Operation Artemis.

This achievement was the culmination of months of pre-deployment training. High readiness means a ship is capable of conducting the full-spectrum of combat operations.

"Our deployment demonstrates the Canadian Armed Forces' capability to support our allies and gives Canada an opportunity to operate within a responsive international force," said Cdr Dan Charlebois, *Regina's* Commanding Officer. "It also increases the RCN's capacity to execute any number of missions, including humanitarian assistance and disaster relief, counter-terrorism, regional military engagement, and international diplomacy."

HMC Ships undergo a period of sea training to either achieve standard readiness or high readiness. Standard readiness means a ship is capable of con-



Cpl Michael Bastien, MARPAC Imaging Services

The dive team of HMCS Regina conducts operations from the ship's Sea King helicopter in the South China Sea.

ducting core naval training and executing assigned Canadian Armed Forces continental and expeditionary missions that do not entail the possibility of high intensity, full spectrum combat.

Regina's mission workups were tailored to the

specific operational scenarios and potential threats that the ship may encounter during Operation Artemis. Mission work-ups included enhanced navy boarding party training with greater emphasis on flag verification boardings and contraband search and

seizure techniques, as well as Chemical, Biological, Radiological and Nuclear training at sea. The ship's company also underwent cultural sensitivity training to improve their ability to interact with the many diverse countries, cultures and people they will encounter.

"*Regina* achieved mission high-readiness due to the outstanding dedication, hard work and positive attitude of the ship's company," said CPO1 Janet Graham-Smith, *Regina's* Coxswain. "They took each challenge in stride and did whatever it took to get the job done."

Op Artemis is Canada's contribution to Combined Task Force 150, a multinational maritime task force combating terrorism across the Red Sea, Gulf of Aden, Indian Ocean and the Gulf of Oman. As part of this multinational force, *Regina* will work alongside coalition partners to promote security, stability and prosperity, in an area that spans over two million square miles and encompasses some of the world's most important shipping routes connecting the Far East to Africa, Europe and North America.


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Above: PSP fitness instructors Brittany Schnieder and Kyle Weiman at their booth.

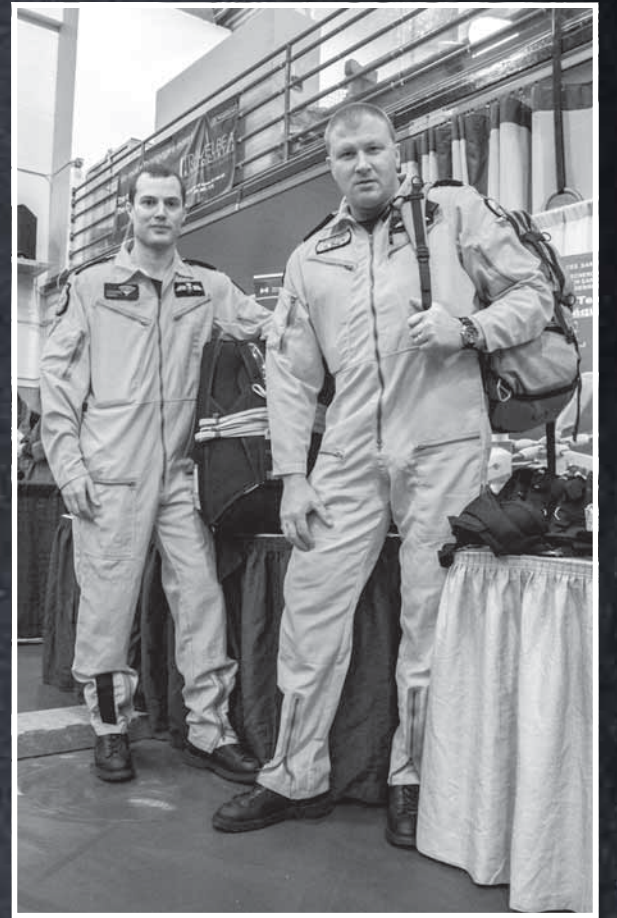
Below: Mandi Whitman of the Military Family Resource Centre hands out stress balls to military members.



Above left: Tracey Jones (left) and Stacey Kaminski (right) of The Housse home stagers and stylists showed off their work by setting up a modern living room.

Above right: MCpl Alex Demers (left) and Sgt Daryl Lecompte (right) of 442 Squadron shared their experiences as Search and Rescue Technicians with expo visitors.

Below: A look at all the vendors packed into the lower gym.



Photos by Kara Tibbel, Lookout



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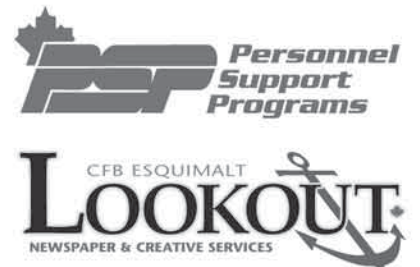


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Heidi Schulz, an apprentice at Fleet Maintenance Facility Cape Breton (FMF CB), puts the finishing touches on a plaque using a router in the wood shop.

Apprenticeship program takes the spotlight

Chelsea Falconer
Navy Public Affairs Office

The men and women that make up Fleet Maintenance Facility Cape Breton (FMF CB) Apprenticeship Program opened their doors Friday Jan. 24 to Shaw TV for a video profile on the training program.

Apprentices Kelsey Kohl and Heidi Schulz were eager to participate in the video interview along with John Smith, FMF CB Apprenticeship Program manager, who was also a graduate of the program 27 years ago.

Kohl is training as a painter and decorator and through this program has learned how to apply paint and protective coatings to ships' bottoms, sides, decks and interiors. Kohl has also been taught how to apply decorative finishes to wood, metal, plastic and fabric as well as how to develop and produce signs and billboards manually or with a computer.

Kohl listed designing the FMF CB apprenticeship council logo as one of the highlights of his four year apprenticeship. He also values the group of people he has worked with and learned from at FMF CB.

"I get to work with experienced people who have been in the trades for over 20 years," Kohl says. "We spend eight hours a day together and have become like family."

Schulz also values learning from experienced journey people.

"Not only are the safety practices here excellent, but there is so much knowledge – a broad pool of knowledge here at FMF," she says.

Schulz is apprenticing as a joiner and has learned how to install deck coverings and hull insulation on ships and how to manufacture or repair wooden furniture such as tables, cabinets, and ladders.

Kohl and Schulz have enjoyed their experience in the program so much that both hope to continue working at FMF CB once their training is finished.

Both Schulz and Kohl were quick to explain that other apprenticeships outside FMF CB are often limited to a

specific type of work. However, since all the shops at FMF CB work together to build products designed for navy ships, the apprentices get to see their projects move from shop to shop until they are completed and installed on board a vessel. Through this collaboration between shops, apprentices have

a chance to understand processes outside their designated trade.

After successful completion of the program Kohl and Schulz will both receive the FMF CB Certificate of Apprenticeship, the Provincial Journeyman's Certificate and Inter-Provincial Certification.

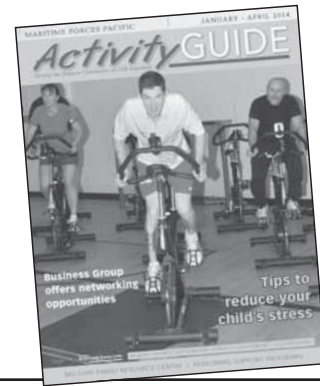


Above: During an interview for Shaw TV, Kelsey Kohl explains the importance of the FMF CB apprenticeship program and how it has benefitted him and his future career as a painter and decorator.

Below: Kelsey Kohl demonstrates the powder coating process he learned as part of his apprenticeship.



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