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LOOKOUT

Volume 59 Number 12 | March 24, 2014

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ROCKIN' REGINA

Lt(N) Mark Fifield, HMCS Regina

Five HMCS Regina sailors rock out "Takin' Care of Business" for the Bachman Turner Overdrive tribute video contest. The winner of the contest will be featured on the Juno Awards March 30. Regina sailors are looking for more votes to pull them from second place to first. See the full story on page 3.

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Canada Post recognizes PPCLI with centennial envelope

Shawn O'Hara
Staff Writer

In a well-attended gathering in the Naval Officer Training Centre (NOTC) Venture gunroom, Canada Post honoured the history of Princess Patricia's Canadian Light Infantry (PPCLI).

To celebrate the regiment's 100th anniversary, a special edition envelope was launched. It commemorates the contributions and sacrifices made by members of the PPCLI.

The unveil date was chosen because March 17 is the birthday of Princess Patricia, after whom the infantry was named. She was Queen Victoria's granddaughter and the youngest daughter of Prince Arthur, who was Governor General of Canada.

"Canada Post is honoured to pay homage to PPCLI with this commemorative envelope on a day as significant as today," said Kevin Pearson of Canada Post, who was on hand to make the presentation. "We believe it is a fitting way to honour the regiment, marking its 100 years of service, and believe it will bring the regiment's proud and illustrious history to homes across the country."

A historic photo spans the length of the envelope, recalling the "Pats" early days with a placing of a wreath on the Regimental colour in February 1919. A row of images along the bottom capture the Regiment's participation in the First and Second World Wars, the Korean and Afghanistan conflict, and a peacekeeping mission in Cyprus. The cancel mark features the letters and coronet from Princess Patricia's royal cypher. The Princess's two first names, Victoria Patricia are visible on both the stamp and the cancel shown as "VP".

On the backside is a synopsis of the regiment's history.

"This small gesture is part of the larger gratitude felt by Canadians everywhere," said Pearson. "Anything we can do to recognize the service provided by regiments like the PPCLI, especially after a century of service, is a definite priority."

From the Second World War to conflicts in modern theatres across the globe, the Patricia's are there, working, helping, and even giving their lives in service to Canada and the principles for which it stands.

-Judith Guichon
Lieutenant Governor

Judith Guichon, Lieutenant-Governor of British Columbia, helped unveil the envelope. She spoke to those assembled on the pride Canadians feel for the regiment, and the contributions they made and continue to make today.

"For the last 100 years, the Patricia's have been present across Canada, and the world, contributing to making the planet a better place," she said. "From the Second World War to conflicts in modern theatres across the globe, the Patricia's are there, working, helping, and even giving their lives in service to Canada, and the principles for which it stands. It isn't something we forget, and hopefully we are able to show you, even in some small way."

LGen (Ret'd) Ken Foster of the PPCLI took the podium to thank Canada Post for its contribution, and the respect shown in the gesture.

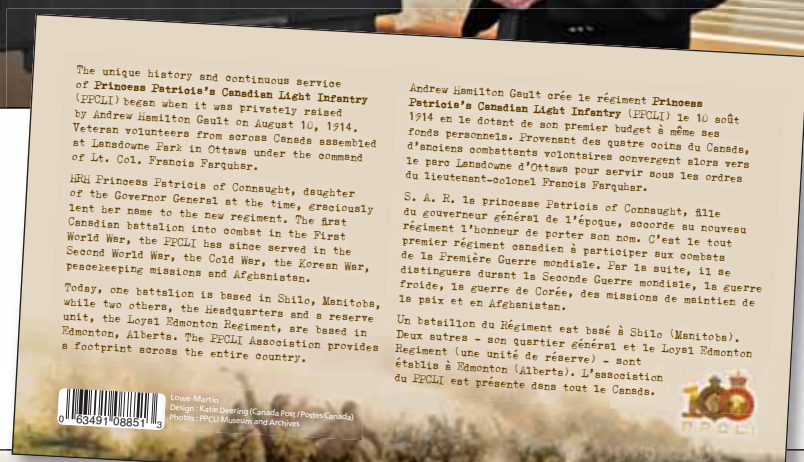
"What we do, and have done for the past 100 years, has been for Canadians," he said. "To know we have the respect and gratitude of those we have spent so long seeking to serve and protect is a great honour. As times goes on we will continue to give our all protecting the country and people we love so much."

Eight thousand commemorative envelopes have been printed, and can be purchased at Canada Post locations across Canada.



Above: Lieutenant Governor of B.C. Judith Guichon (left) and LGen (ret'd) Ken Foster (right) of the PPCLI unveil the PPCLI Centennial Commemorative Envelope from Canada Post.

Right, below: Canada Post's PPCLI commemorative envelope.



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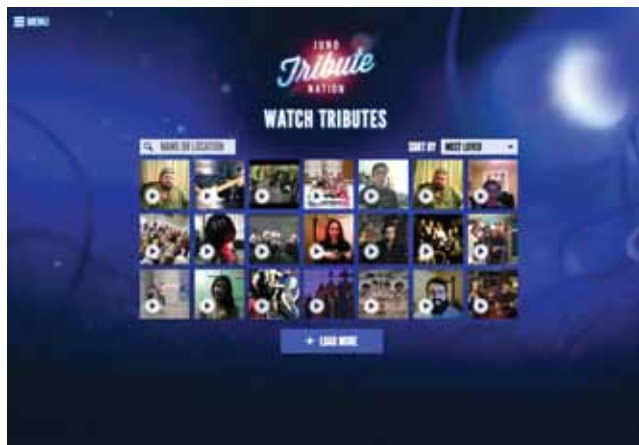
Regina tribute video needs your votes

Lt(N) Mark Fifield
Op Artemis Roto 4 PAO

Legendary Canadian classic rock band Bachman-Turner Overdrive (BTO) is being inducted into the Canadian Music Hall of Fame this year. To celebrate this historic accomplishment, the 2014 Juno Awards have organized a contest where people can submit a tribute music video of themselves "Takin' Care of Business" after BTO's famous hit song of the same name.

Contributing to the contest is HMCS Regina's rock band Pile O Bones, with a special video of the band rockin' it on the ship. Regina is currently conducting counter-terrorism and maritime security operations at sea off the coast of Africa during Operation Artemis.

Band members are PO1 Joseph Scheubel (lead singer), PO1 Keith Muffty (bass guitar), PO2 James Ward (rhythm guitar and backing vocals), Lt(N)



HMCS Regina is currently in second spot for most loved video on the Juno Tribute page.

Colin Pilkey (lead guitar and backing vocals) and LS Corey Pettipas (drums).

Production of the tribute music video was a collaborative effort of the entire ship's company, including the CH-124 Sea King Helicopter Air Detachment, who incorporated the aerial video shoot within their required training schedule.

The video was also produced in a highly com-

pressed timeline to meet the submission deadline of the Juno Awards contest.

Pile O Bones "Takin' Care of Business" tribute music video has garnered enough votes online to be in second place, but they need support to reach number one and win the contest. The winner will be announced during the 2014 Juno Awards broadcast at the MTS Centre in Winnipeg, Manitoba, March 30.

"Creating this music

video has been a great experience for the entire band and easily one of the highlights of my career in the navy," said PO1 Joseph Scheubel. "The band is grateful and humbled by the overwhelming support received from ashore in response to this video and we encourage people to keep voting for us so we can win this contest."

To vote for Pile O Bones "Takin' Care of Business" video, visit the Juno's Tribute website at www.junotribute.ca. People can vote every 24 hours.

"Takin' Care of Business" is often referred to as the Unofficial Provincial Rock Anthem of Manitoba. It was written by founding member Randy Bachman and was first recorded by BTO for their 1973 album Bachman-Turner Overdrive II. It reached #12 on the Billboard single charts and #3 on the Canadian charts that year, becoming one of the band's most enduring and well-known songs.



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WHAT SAY YOU

Canada's legacy in Afghanistan will remain

Samantha Bayard
Army Public Affairs

As the flag lowered in Kabul after a 12 year presence in Afghanistan, the last round of troops deployed on Operation Attention prepared to come home.

"I am proud to be the last Canadian commanding our troops in Afghanistan as we get ready to bring the troops home. It has been an honour and a privilege and I have been extremely proud to be leading our great Canadians," said Major General Dean Milner, the commander of the Canadian Task Force known as the Canadian Contribution to NATO's Training Mission in Afghanistan.

Canadian soldiers have been present in Afghanistan since 2001 starting with Operation Apollo and then Operation Athena. Afghanistan was Canada's largest military deployment since the Second World, with more than 40,000 Canadian Armed Forces members deploying between 2001 and 2013.

"We did see huge improvements in the development side: we've built a number of schools; we constructed a large number of roads. It's outstanding to see because those roads and schools are everlasting," added MGen Milner.



MGen Dean Milner, Commander NTM-A, presents his Commander's coin to an Afghan National Army soldier receiving literacy training for the progress he demonstrated while learning to read and write at the Darulaman Literacy Centre on Jan. 28.

Since the end of combat operations in Afghanistan in 2011, Canada has assisted in the training, mentoring and developing of the Afghan Nation Security Forces (ANSF). The goal was to prepare them to shoulder the responsibility for their own nation's security.

"I have seen outstanding improvement, night and day, in the change of Afghan Security Forces; and our Canadians have been a huge part of that. I am convinced the [ANSF] can defeat the Taliban," said MGen Milner.

MGen Milner plans to return to Afghanistan with his wife for a visit in the future. He is optimistic he will see a brighter future for the Afghan people.

"If you look at 12 years ago the country's infrastructure had been destroyed and more than 10 per cent of the population had been killed. Approximately one third of the population had fled the country. Now, eight million students are in school," said MGen Milner. "But they are absolutely going to need continued international support and good leadership because they are in a difficult part of the world. They have a chance but it will be up to them."

A presidential election will be held in Afghanistan on April 5.

LETTER FROM THE MINISTER

PM declares May 9 a National Day of Honour

The Prime Minister has officially announced that May 9, 2014, will be a "National Day of Honour" in recognition and commemoration of Canada's military mission in Afghanistan.

Last week, I was honoured to welcome home the final contingent of Canadian Armed Forces (CAF) troops who were deployed to Afghanistan. The dedication and professionalism demonstrated by all those who have served in Afghanistan has brought immense recognition, both to the more

than 40,000 forces members who served and to our great nation.

We have, both military and civilian, pulled together in support of our mission in Afghanistan and in honour of that service, we will recognize those who have fought, remember those who have fallen and salute all who contributed to protecting our own freedom and the freedom of others.

It is this collective strength that allowed us to work seamlessly together, regular and reserve men and women from the Royal

Canadian Navy, the Canadian Army, the Royal Canadian Air Force, and Special Operations Forces, as well as with our Allies and partners, and with other government departments who brought their own expertise – such as diplomacy, development, and policing – to the Afghanistan mission.

The National Day of Honour is a day for Canadians to come together and thank forces members and their families for their dedication, their sacrifice, and

for the pride you have brought Canada.

As the Minister of National Defence, I look forward to proudly standing with Canadians as we gather on the National Day of Honour to pay our respect for your service to Canada and to the international community, and to thank you and your families for your outstanding contribution to the Afghanistan mission.

Robert Nicholson,
Minister of National Defence

LETTER FROM THE COMMANDER RCN

Navy contribution to Afghanistan mission profound

As Canada's military mission in Afghanistan formally concludes, I wish to commend the men and women of the Royal Canadian Navy (RCN), both serving and retired, for their contributions, accomplishments and sacrifices in supporting this 12-year-long truly national effort, which has played such a profound role in shaping the inherently joint and integrated Canadian Armed Forces of this 21st century.

It was an operation in which the RCN figured from the start.

A Canadian task group was dispatched to the Indian Ocean in the days immediately following the attacks on North

America in September 2001, to find themselves assigned responsibility to provide vital sea combat defence and escort to the Bataan and Peleliu Amphibious Ready Group, from which U.S. marines originally deployed into Kandahar airport.

For much of the next 12 years, a Canadian task group or frigate was deployed to the theatre. They escorted American Carrier Strike Groups that provided much of the close air support so vital to ground operations in Afghanistan, or more recently the interdiction patrols that denied the sea to the adversary and disrupted the narco-trafficking sup-

ply chains, which the adversary was using, and continues to use, to fund operations.

Through 30 deployments – and counting, as HMCS Regina is forward deployed today to continue the effort – the RCN has proved itself as one of the world's finest navies.

Ashore, many of you deployed into Task Force Afghanistan – boots on the ground, inside or outside the wire – most notably from our two Fleet Diving Units, whose irreplaceable competencies played a key role in the IED forensics effort that was central to the safety of our personnel on mounted and foot patrols.

Sadly, in the year of our naval centennial, one of them, Petty Officer Second Class Craig Blake, made the ultimate sacrifice in service to our nation.

More recently, during Operation Attention, sailors have played an important role through the training of Afghan security services.

In all, some 1,337 sailors saw duty in Afghanistan, making a difference in the ordinary lives of the Afghan people and setting the conditions for the long-term peace and stability of that country.

Bravo Zulu.
VAdm Mark Norman sends

Air Force on mainland to encourage female flyers

443 MH Squadron

Members of 443 (MH) Squadron showcased their knowledge at a static display of a Sea King helicopter during the "Girls Fly Too" air show on March 8 and 9 on the mainland.

"Girls Fly Too" celebrated Women of Aviation and International Women's Day.

The goal was to generate interest in aviation by offering free flights to female first time flyers. Flights were paid for by local sponsors.

Girls and women were able to choose between helicopter or fixed-wing rides. Plus they could tour a Sea King and CC-115 Buffalo.

Of the six personnel who volunteered from 443 (MH) Squadron, four were women. The aircrew consisted of AESOP Warrant Officer Mark Douglas, and pilots Major Don Leblanc and Captain Carly Cake. Lieutenant Zhindra Gillis, an AERE Officer new to the trade, and two tech-



Event organizer Kirsten Brazier speaks at the opening ceremonies.

nicians: Master Corporal Dawn Meier and Corporal Joyce Sheffield.

Personnel from 442 Squadron in Comox were also in attendance with one female technician and one female pilot.

"It's important for young girls to see that women can fly aircraft, which is wonderful," said Kirsten Brazier, event organizer. "But showing they can also fix them is great too. I rarely ever see techni-

cians who are female, and to have several here is amazing."

The Sea King helicopter tour and CC-115 Buffalo tour were very popular among the over 5,000 visitors to the air show. The entire event was organized with the help of several volunteers from various aviation backgrounds including technicians, stewards, support services, pilots and the local Air Cadet Squadrons.



Capt Joyce Sheffield with the "world's smallest pilot" in the doorway of a Sea King helicopter.

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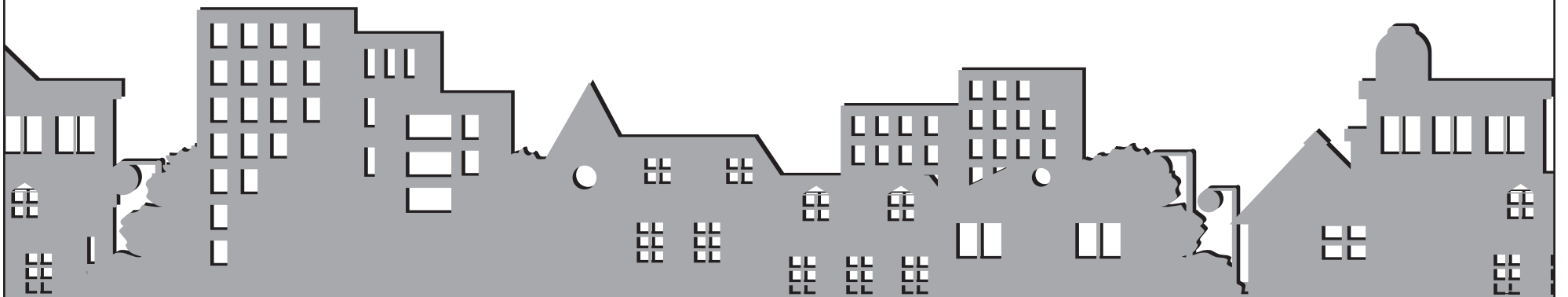


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IDs will be checked at all base entry control points

Military Police Unit

On any given weekday, about 1,800 people pass through the main gate of HMC Dockyard.

These people are a mix of military members, civilian employees, contractors, visitors and delivery personnel.

However, everyone who wants entry to HMC Dockyard, whether on foot or in a vehicle, must be cleared through an Entry Control Checkpoint.

Checkpoints are usually manned by Commissioners. They require that personnel seeking entry into the Dockyard, or any other Controlled Access Zone, provide to them a valid photo ID.

Recently, there has been a slight change to the way ID is checked.

Commissionaires now require all personnel to show their ID in a way that enables them to confirm

the expiry date on the document, and visually inspect the photo to confirm the identity of the holder.

The practice of flashing ID while slowly driving past the gate is no longer acceptable. Those unable to produce valid identification will be denied access. Although this may slow the flow of traffic, the result is a safer workplace. People are asked to have their ID at the ready prior to arriving at a checkpoint.

Force Protection teams such as Military Police and/or members of the Formation Auxiliary Security Force may conduct random security measures such as vehicle and baggage searches. These random searches of personnel and baggage are authorized under Defence Controlled Access Area Regulations (DCAAR's), which states:

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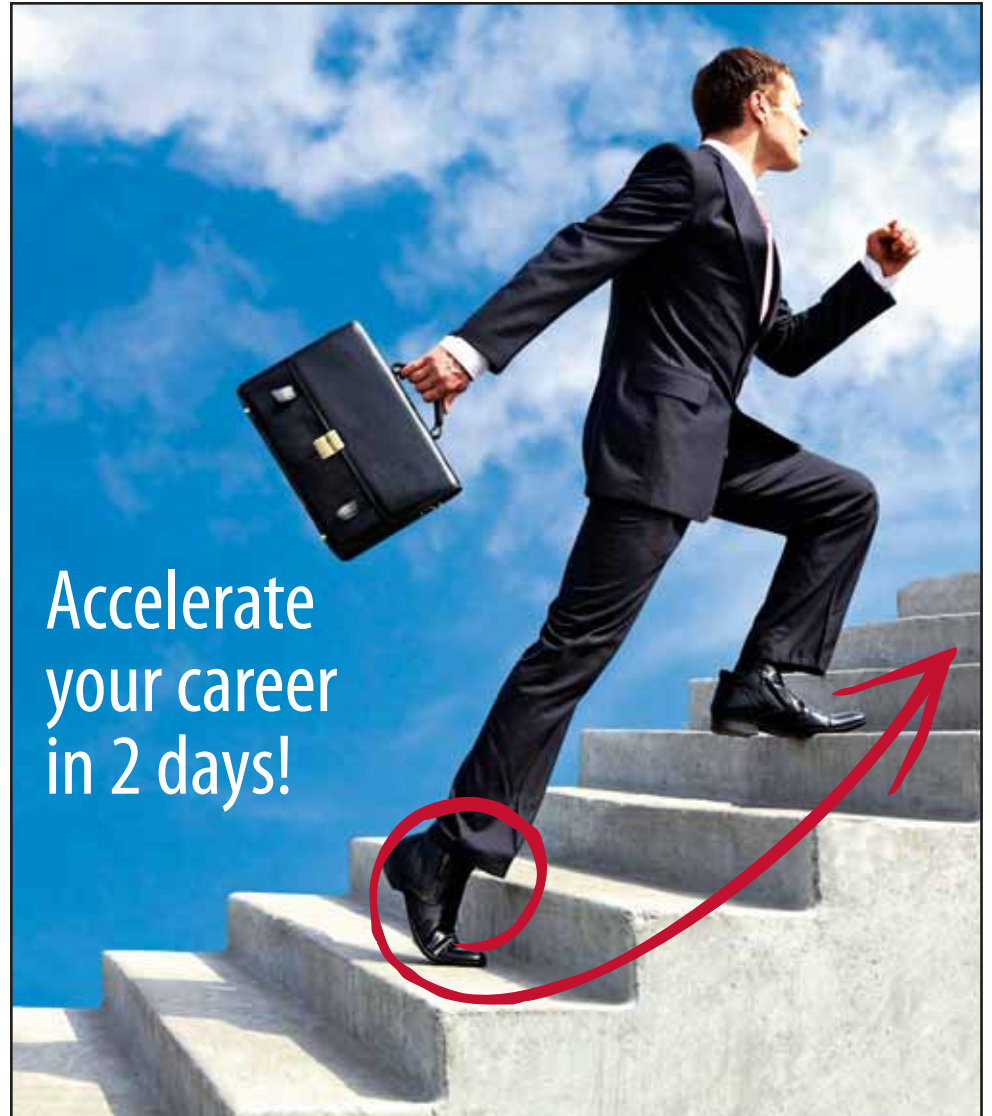
(a) if the person is seeking entry, be denied access; or

(b) if the person is exiting, have his person and his personal property searched by a security guard who shall use only such force as is necessary for that purpose.

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A commissionaire checks the identification of a contractor working in dockyard.



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Master Chef Canada contestants serve Trenton Air Force Base

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MasterChef Canada paid tribute to the Canadian Armed Forces when they prepared hearty meals for the men and women of 8 Wing / Canadian Forces Base (CFB) Trenton, Ontario.

On an episode of MasterChef Canada, the top 10 home cooks faced their biggest team challenge to date at the hub of Canada's air mobility forces.

Using military field kitchens set-up at the air park of the National Air Force Museum of Canada and assisted by 8 Wing military cooks to safely operate the field kitchens, the teams had to make a delicious dinner for 151 troops. Battling unfamiliar equipment, inclement weather and each other, the home cooks fought to avoid the dreaded pressure test.

From delivering supplies to the high Arctic to airlifting troops, equipment and humanitarian loads worldwide, 8 Wing / CFB Trenton is the hub of air mobility operations in Canada. Most personnel and equipment deployed to any destination within Canada or around the world pass through Trenton at some point. 8 Wing assets provided 10 years of continuous service in Afghanistan through its Task Force Canuck and supported the NATO missions over Libya, as well as the recent humanitarian assistance mission in the Philippines.



Photos courtesy of CTV

Home cook contestant Dale Cuda (left) serves a hearty meal to 8 Wing members.



Left: 8 Wing members enjoy the dinner served by MasterChef Canada cooks.

Right: MasterChef judge Michael Bonacini presents the top ten participating home cooks to 8 Wing personnel.



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HMCS REGINA HARD AT WORK



Photos by Cpl Michael Bastien, Combat Camera

Above: PO2 Timothy Rose dons firefighting gear to respond to a fire training exercise.

Right: LS Michael Limoges welds equipment in the hull technician workshop.

Below: The ship's company move garbage ashore at the port of Dar es Salaam, Tanzania.

Left: MS Jose Clarke performs maintenance on a diesel generator in the after auxiliary machinery room.



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The Wounded Warrior Run B.C. team presents LCol (ret'd) Chris Linford, National Ambassador for Wounded Warriors Canada, with a cheque for \$25,000.

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Wounded Warriors make huge donation

Shawn O'Hara
 Staff Writer

Fundraising goals became a fundraising reality March 17 when the Wounded Warrior Run BC team presented a cheque for \$25,000 they raised running across the Island.

The team, with the exception of brothers Steven and PO2 Allan Kobayashi, presented the cheque to LCol (Ret'd) Chris Linford, National Ambassador for Wounded Warriors Canada, with Saunders Subaru as the backdrop.

"This donation is a reflection of the community," said Sgt Dan Bodden, who ran 100 kilometres of the trek. "We never ceased to be amazed by the incredible support shown. In every town we stopped in there was an outpouring of support, as well as an out turning of pockets. We're proud to

This donation is a reflection of the community. We never ceased to be amazed by the incredible support shown.

-Sgt Dan Bodden
 Wounded Warrior Run participant

be able to pass on their generosity to Wounded Warriors Canada, and give help to those who need it."

Wounded Warriors Canada is a national organization that aids military members suffering from work stress related injuries, focusing on Post-Traumatic Stress Disorder (PTSD).

The Wounded Warrior Run BC, a relay-style event, took the six-person team 600 kilometres from Port Hardy to Colwood.

The generosity was felt by LCol Linford, who has been fighting his own battle with PTSD for 20 years. In January LCol Linford joined Wounded Warriors Canada as their National Ambassador, representing the organization cross the country.

"We are honoured to have people like this team working day in and day in the community. Without you, and without the support of our amazing community, we wouldn't be what we are today," says LCol Linford. "PTSD affects many more people than we know in many more ways than we understand. As time goes on, and with the support of your team and teams just like it, we'll be able to give people the help they need and deserve."

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Ship Repair Zone security tightens

Shawn O'Hara
Staff Writer

On April 1, defence employees will notice more security at Fleet Maintenance Facility (FMF) Cape Breton.

As the completion of the ship repair zone progresses, security procedures are also progressing.

Building exterior doors that have been left unlocked during the work day will now be locked.

"People use the building as a shortcut, often walking through in their regular street clothes," says CPO1 Douglas Bell, FMF Unit Chief. "But it's an industrial zone. It's dangerous to have people walking in areas with heavy machinery and industrial work being done without the proper protective gear. Changes needed to be made to protect people."

Most exterior doors have been left unlocked to allow easy access for FMF workers, but this has left the building vulnerable to anyone walking around CFB Esquimalt to access these entryways.

"Not knowing who is coming in, where they're going, and what they're doing isn't just unsafe, it's a risk from

People use the building as a shortcut, often walking through in their regular street clothes. But it's an industrial zone. It's dangerous.

-CPO1 Douglas Bell,
FMF Unit Chief

a security perspective," says CPO1 Bell. "There is a lot of material, tools and items that are regulated that we use to maintain the fleet in here. It makes no sense to put the fleet's maintenance at risk for the sake of a few people shaving a minute of time by taking a shortcut through the FMF shops."

The main entrance on the B-Jetty side of the D250 will be the single point of access for visitors to FMF. They must check in with the Commissionaire at the front desk where they will be issued a visitor tag that must be visible at all times.

"Controlling a single point of entry is the only way of keeping

track of everyone and ensuring anyone going into the industrial areas has the correct personal protective equipment," says CPO1 Bell. FMF employees will continue to follow their normal protocol.

In the future, additional Commissionaire checkpoints will be added in key spots around dockyard, covering many of the paths to D250 and other FMF facilities.

Along with the fencing off of certain routes and the re-zoning of certain sites, FMF stands to become a much more secure and regulated facility.

"What it really comes down to is keeping people out of places they aren't supposed to be," says CPO1 Bell.

CPO1 Bell acknowledges the changes will come quickly and may be confusing to everyday personnel. He encourages anyone with questions to talk to their supervisors or contact him specifically.

"It's going to be a process and we want to keep people informed," he says. "If everyone is on the same page during the process it will go a lot more smoothly, and we want everyone to work together. It's for the benefit of everyone."

Naden main gate safety is improved

Military Police Unit
Esquimalt

Military Police Unit Esquimalt has noticed an upward trend in the number of incidents involving vehicles or personnel failing to stop at the Naden Main Gate (Naden Way) during silent hours. Silent hours run from 4:30 p.m. to 5:30 a.m. (1630 to 0530 hrs), Monday to Friday and all day Saturday/Sunday

and statutory holidays.

To gain access to Naden during silent hours, personnel must have a valid reason for entry and produce identification that is physically examined by the security guard. In order to prevent accidents, injuries, and public or private damage, vehicles are required to come to a complete stop prior to presenting their identification.

MPU Esquimalt, in cooperation with POESB and BCE, are implementing several safety measures to improve compliance with ID checks and vehicle stops during silent hours at the Naden gate.

Further, Military Police are being proactive in stopping inattentive or errant vehicles. Vehicles that fail to stop for gate personnel will be identified and stopped by MP personnel, resulting in a possible violation ticket and/or removal from the base. The aim is ensure proper identification of personnel prior to entry while also increasing the safety of pedestrians, Commissionaires, and Base Duty Watch members.

CFB Esquimalt personnel will also notice improvements to the Naden Main Gate, including a red/green traffic light to be erected shortly.

This will aid personnel in noting the time in which they are required to stop. Simply put, if the light is green, proceed through at a careful speed, and when the light is red, vehicle traffic must stop and only proceed when directed by base security officials and/or Military Police.

Other initiatives include repairs to the arm barrier, and a renewed focus on security checks. There is no "right" to enter CFB Esquimalt; it is a privilege and one that can be revoked if abused in accordance one of the following two policies within their individual application:

- QR&O Vol IV Part III Appendix 3.2 - Defence Controlled Access Area Regulations (DCAARs).
- QR&O Vol IV Part III Appendix 3.3 - Inspection and Search Defence Regulations (ISDRs).

Retention survey requires attention

2014 CAF Retention Survey: We want your input

The retention of trained and experienced CAF personnel is fundamental to operational capability, military professionalism, and efficient personnel management.

As part of the CAF Retention Strategy, Director General Military Personnel Research and Analysis administers a biennial CAF Retention Survey.

The purpose of the survey is to obtain your opinions about your work and the CAF, and to use this information to develop effective retention-related programs and policies. A number of CAF Regular Force members—randomly selected across all occupations—were recently informed they will receive

an invitation to respond to the 2014 CAF Retention Survey, which is endorsed by the Chief of Military Personnel.

As such, supervisors are encouraged to support the completion of the survey during work hours, where feasible.

This voluntary survey is web-based and administered through the Defence Wide Area Network.

Completing the survey should take approximately 40 to 50 minutes. Your frank answers to this questionnaire will help senior leaders to identify issues of importance to CAF personnel and focus their efforts to improve these areas and consequently, to increase personnel satisfaction and retention.

Nominations wanted

The City of Victoria is now accepting public nominations for its Honorary Citizens Awards. An Award nominee must meet the following criteria:

- Awards are given in recognition of an individual's service to the community or achievements;
- Honorary Citizens Awards nominees must be living residents or former residents of the region whose exceptional contribution to the community or personal achievement has benefited the City of Victoria (Capital Region); and
- Those currently holding elected office, or those considering running for elected office in the 2014 local general election, will be excluded from nomination.

If you know of a worthy recipient, please return the completed nomination form, which can be found at www.victoria.ca, by Monday, March 31, 2014.



CF Health Services Unit awards

LCol Joane Simard presents awards and medals to her team.



Bruce Musseau receives the Commanding Officer's Coin for his hard work, patient care and dedication to the unit Diagnostic Imaging section.



Cpl Leslie Keith-Murray receives the Commanding Officer's Commendation for her dedication and excellence as an RMS Clerk.



Grace Thornhill receives the Star of the Month award for her essential role during the recent move of the Physiotherapy section.



MS Robert Taje receives the first clasp to his Canadian Decoration for 22 years of service.



MWO Richard Asselin receives the Commanding Officer's Commendation for his exceptional contribution to the unit as the Acting Adjutant from December 2012 to August 2013.



Sgt Richard Paul receives his Canadian Decoration for 12 years of service.



Honorary Captain Tung Chan learns how to steer an Orca training vessel from NCdt Quong. HCapt(N) Chan – who works to link Canada's immigrant communities and the Royal Canadian Navy – joined PCT Moose for a day sail into Howe Sound on Feb. 28. During the day sail, he watched Fleet Navigating Officer students conduct Navigation Training, MARS IV students conduct a mock boarding, Officer-of-the-Watch manoeuvres, and ship handling demonstrations.



OS Damien Wan (centre) is promoted to Able Seaman by Cdr Wes Golden (left), BAdm Branch Commanding Officer, and CPO2 Stewart Jeffery (right).

**Make your team's Bravo Zulu extra special!
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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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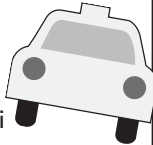
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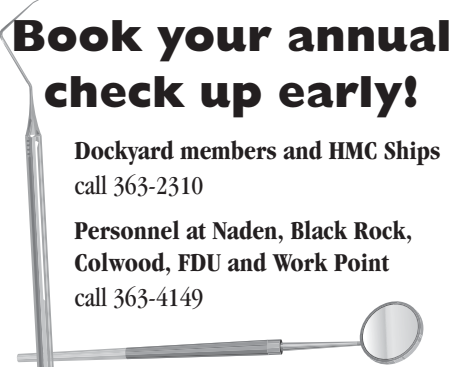
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Kara Tibbel, Lookout
 Susan Michalko (centre), Pacific Fleet Club event coordinator, was awarded the CEO Merit of Excellence Award for her dedication, outstanding customer service skills and for being a true advocate and supporter of diversity and employment equity in the Canadian Force Morale and Welfare Services (CFMWS) organization. Cmdre Mark Watson (left), Director General CFMWS, and Peter Atkinson, Personnel Support Programs Director, presented the award.

Attention women: Only a few seats left for conference

Jon Chabun
 MFRC

Only four days remain to register for this year's Pacific Women's Day.

The event takes place Saturday March 29 at Royal Roads University, and this year's event marks the 25th anniversary of the MFRC's first women's conference.

Registration will be open until this Thursday at noon and the process can be done online at MFRC's website.

"The event is all about bringing people together and giving women in the

military community a day to themselves," says Linda Scott, program manager at the MFRC.

As a part of Pacific Women's Day, each participant attends three workshops, hears a keynote speaker and receives a buffet lunch.

Popular workshops returning this year include the "Relax and Refresh" massage and wine tasting. New workshops include cardio kickboxing, gardening, genealogy, and knitting.

Other highlights of the day include a Bollywood

dancing kickoff and keynote by Life Coach Julia James. The main door prize will include a two-night package from Harbour Towers Hotel and Suites.

Staff will also unveil the winner of the 2014 Phenomenal Woman Award.

Pacific Women's Day is presented by Royal Roads University and the MFRC.

For ticket information or to learn more about Pacific Women's Day, call 250-363-2640 (toll free: 1-800-353-3329) or visit www.esquimaltmfrc.com.

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