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Warm welcome home



SLt Rudee Hastie, Contributor
CPO2 Don Ried, Coxswain of HMCS Whitehorse, is welcomed back home by his daughter. Whitehorse and sister ship Nanaimo returned to Esquimalt last Monday after an eight-week deployment. Read more about it on pages 3 and 7.

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Women the focus of new recruiting campaign

Shawn O'Hara
Staff Writer

A national initiative has begun to increase the representation of women in the Canadian Armed Forces (CAF).

Through a Director, Marketing and Advertising (DMA) recruitment strategy, the CAF is being showcased as an employer of choice for women.

More than 50 military members have been featured in the women's campaign so far, with over 30 providing personal testimonials to help the cause.

"Looking at the numbers of women in the CAF it has become a priority to reach out and let women know the military is a real and viable option for them," says Peggy Thériault, Senior Marketing Advisor with the DMA. "We went out into the CAF community and found great role models to show women they too can thrive in the military."

One marketing avenue is the website www.realwomen-reallife.ca. It is a partnership between DMA and HGTV and showcases how nine CAF women manage work and life goals.

Local member, PO1 Shanna

We went out into the CAF community and found great role models to show women they too can thrive in the military.

-Peggy Thériault
Senior Marketing Advisor

Wilson, Planning Chief at HMCS Malahat, offered her story to the recruiting initiative.

"The first ship I was on hadn't had any women before," says PO1 Wilson in her entry at Real Women, Real Life. "It was just like having a bunch of brothers. As long as you give as good as you get you'll be fine. There aren't a lot of firsts for women left."

As a member of the Defence Women's Advisory Group, PO1 Wilson has always had a passion for supporting the role of women in the Forces.

"There's definitely a thought in place in a lot of people that the military is primarily for men," she says. "That just isn't the case anymore."

The Real Women, Real Life website has proven to be a smart plan, with tens of thousands of unique users coming to the site. This has led to page views on www.forces.ca "Women in the Forces" to experience a jump from 13,000 visits at the end of last year to 135,000 since the beginning of the campaign, an increase of nearly 900 per cent.

"We're very happy with how the campaign has been going," says Thériault. "As we continue to gather data and numbers we'll decide how to proceed, but so far we believe we're making a positive impact."

DMA has also partnered with Roger's Chatelaine, Bell's The Loop, Olive's Au féminin, and Quebecor's Canoe, Lifestyle / Art de Vivre to showcase women in the military.

The work being done by DMA is one component of the overall strategy aimed at increasing the number of women who join the CAF. There is also a lot of work being done by recruiters, such as influencer events and media engagements that also directly impact women recruiting.

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WELCOME BACK Nanaimo & Whitehorse



LS Zachariah Stopa, MARPAC Imaging Services

Above: HMC Ships Nanaimo and Whitehorse approach Duntze Head April 7 after an eight-week deployment on Operation Caribbe. Operation Caribbe is Canada's part in the multinational campaign against illicit drug trafficking by transnational organized crime.

Left: LS Madison Crawford, a MESO onboard HMCS Nanaimo, enjoys some doggie love on the jetty.

Bottom left: A young family member prepares to welcome her favourite sailor back home.

Below: LS Miriam Searle, a Boatswain in HMCS Nanaimo, is happy to be home.

Photos by SLt Rudee Hastie



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THE ITINERANT CHEF

Put some spring in your step with Alfredo

Spring is finally in fully bloom and so too are my recollections of favorite meals from my time at a popular Italian bistro in Ottawa.

The all-time winner on the list from this period was a simple Fettuccini Alfredo with asparagus tips. This entrée was ordered so many times as the weather warmed, I can make it in my sleep! This is made with fresh pasta. I have included how to make it, but feel free to cheat and buy a pack of noodles at the market.

Always a hit with kids and adults alike, I am confident this will increase your spring repertoire of delights!

Pasta

- 3 1/2 cups sifted flour
- 4 large eggs

Sift the flour and make it into the shape of a well then set it aside in a bowl.

In a large bowl crack the eggs and beat them with a fork. Start incorporating the eggs into the flour by adding them to the center of the well. Introduce the eggs to the side of the well with the fork. It will look like a mess until about half the flour is incorporated.

When the pasta looks like it can be handled, start kneading it together with your hands adding more flour if necessary if it looks too sticky. (You can also use a mixer to make pasta with the dough hook

attachment using the same techniques). When the pasta is smooth roll it out until it is thin (about 2-3 mm) then either cut the fettuccini noodles out with a knife or a pasta press. Set the pasta aside while you boil a generous amount of well salted water.

Alfredo Sauce

- 1-2 garlic cloves (finely crushed)
- 1 tbs. butter
- 1/3 to 1/2 cup Pinot Grigio
- Fresh chopped parsley and tarragon
- The tips from 1 bunch of asparagus
- Salt and pepper to taste
- A handful of fresh Parmigiano-Reggiano

What I like about this sauce is it's all about timing with the pasta. It takes about eight minutes to boil the pasta and the same amount of time to make the sauce, so get all your ingredients prepared in advance and it will go smoothly. I keep a mix of garlic butter in my fridge but if you don't, put the butter in a large skillet and allow it to melt then add the garlic and quickly heat it through.

Drop your pasta into a well-salted pot of boiling water. Before the garlic becomes brown add the heavy cream, the tips, the herbs, and the wine and allow the sauce to boil and "tighten". This means it will thicken on high heat. Toss in your Parmigiano-Reggiano when the sauce looks "tight",

then check the seasoning and add salt and pepper to taste.

By now your pasta will be al-dente. Quickly strain your pasta; introduce it to the sauce and toss. Check your seasoning again and add more herbs, salt and pepper should you wish.

If you feel like adding a classic topping to this already divine and satisfying dish, fry some chicken or prawns, shrimp, clams, mussels and scallops in garlic butter and the same herbs, and top off your bowl.

I know you will adore this spring-time-pick-me-up as much as I do. Just don't get too addicted, after all bikini season is right around the corner!

*Your Itinerant Chef,
A/SLt Melissa Kia*

About Melissa: 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 high end 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.

SPORTS trivia

by PO1 Bill Sheridan Contributor

1. Normie Smith and Lore Chabot; both goalies were involved in what?
2. Pitcher John Neuer won his first and last start in the majors by doing what?
3. Who was nicknamed the Golden Brett?
4. What Celtic great quit during a rough spell and drove a cab?
5. Inside Track is a book about which athlete?
6. Who were the Oorang Indians?
7. The verse 'Rounding third and heading for home' is from what song?
8. What was significant about the Joe Louis-Billy Conn fight?
9. What hockey player switched jersey numbers in order to get a lower birth on a train?
10. What sport did the Philadelphia Freedom play?
11. What group of people vote for the Hart trophy?
12. George Orton was the first Canadian to do what?
13. Who is the only Leafs coach to win the Jack Adams award?
14. What ECHL team shared a rink from 1994-2001 with both Florida State Seminoles basketball teams?
15. Diane Leather was the first woman to break what time in the mile run?
16. From the inception of what golf machine was originally only to be used by the disabled?
17. In the movie Spies Like Us, who came into a tent and hit a golf ball?
18. Who is Natalie Achonwa?
19. What is a basketball triple double?
20. What four SuperBowl winning quarterbacks also had a president as alumni from his college?

ANSWERS

1. They were playing opposite each other in the longest game ever
2. Pitching a shutout
3. Brett Hull
4. Dave Cowens
5. Carl Lewis
6. Travelling NFL team who played for a couple years in the 1920s
7. Centerfield by John Fogarty
8. First televised heavyweight fight
9. Gordie Howe
10. Professional team tennis
11. Professional Hockey Writers Association
12. Win an Olympic medal
13. Pat Burns
14. Tallahassee Tiger Sharks
15. Five minute at 4:59.6
16. Golf Carts
17. Bob Hope
18. Basketball player at Notre Dame from Guelph, who also played on the 2012 Olympic team
19. A 'Triple-Double' is recorded when a player records 10 or more in three of the following categories: points, assists, rebounds, steals, and blocked shots
20. Rothlisberger with the Steelers (Harrison) at Miami of Ohio, Staubach with Cowboys(Carter) at US Naval Academy, Brady with Patriots (Ford) at Michigan, and Elway with Broncos(Hoover) at Stanford

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Kara Tibbel, Lookout

LCdr Todd Bacon (centre) with his wife Jody and children Gabrielle, Evan and Genevieve geo-tag their way around the beach. The family recently won an all-expenses-paid vacation courtesy of CF Morale and Welfare Service.

Local officer wins family vacation

CFMWS

In 2013, the June is Recreation Month contest invited Canadian Armed Forces members and their families to enter for a chance to win a recreation-filled family getaway in Alberta's Kananaskis region.

The lucky grand prize winner was Lieutenant Commander Todd Bacon of CFB Esquimalt, who enjoyed an adventure in the mountains with his family this past March.

The Bacon family had a chance to ski, ice climb and enjoy the beauty of the region. He says that

participating in recreation activities as a family is important as it helps him balance work and home life.

"Participating is good for one's overall health and wellness, physically and mentally," says LCdr Bacon. "Family activities help to reduce stresses of

work, and leave me more mentally prepared to successfully conduct my job."

Plans for the 2014 June is Recreation month campaign have started. If you would like to be the chance to win, like us on facebook to stay in the know: www.facebook.com/CF.REC.FC.

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
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Canada

A look back at Operation Caribe

LS Damian Prusko
Contributor

Back in February, *HMCS Whitehorse* and *HMCS Nanaimo* left Esquimalt harbour to participate in Operation Caribe off the coast of Central America.

Op Caribe is Canada's contribution to Operation Martillo, a U.S. Joint Interagency Task Force South (JIATF-S)-led multinational effort among Western Hemisphere and European nations, designed to improve regional security and deter criminal activity.

Canada has been providing warships and CP-140 long-range patrol aircraft to the mission since 2006.

The success of this operation is derived from disrupting the flow of illegal narcotics, arms and associated crime to North American shores.

Continuing Canada's participation in Op Caribe, *Whitehorse* and *Nanaimo*, along with two other Royal Canadian Navy ships (*HMC Ships Glace Bay* and *Kingston* on the East Coast) and an Air Force CP-140 Aurora aircraft

were simultaneously on patrol in March.

Following their transit south to San Diego, *Whitehorse* embarked its United States Coast Guard Law Enforcement Detachment (USCG LEDET), comprised of eight specialists in boarding and searching suspect vessels at sea.

Before embarking on their mission, the crew practiced how to launch a RHIB safely at night with very limited lighting. With careful use of chemical light sticks, night vision goggles and improved communication, the team gained

To watch two extremely capable and professional teams come together to effect a common aim is singularly impressive.

-LCdr Mike Sorsdahl
Commanding Officer, *HMCS Whitehorse*

speed and stealth during boarding exercises.

Once this foundation was established, the American LEDET trained in more advanced boarding tactics, including close-quarters combat training, which involves moving tactically throughout a ship in order to gain control of it.

Some *Whitehorse* crewmembers experienced firsthand the force the LEDET uses to neutralize threats when they role played the crew of a suspect vessel during an exercise. The cohesion between the Coast

Guard team and the ship's company was palpable throughout the operation.

"To watch two extremely capable and professional teams come together to effect a common aim, while simultaneously engendering friendships and camaraderie to last a lifetime, is singularly impressive," said LCdr Mike Sorsdahl, Commanding Officer for *Whitehorse*.

After eight weeks at sea, both ships returned to Esquimalt Harbour April 7.



Photos by Leading Seaman Ben Murray



Off the coast of Central America, members of the United States Coast Guard boarding party conducted training on board *HMCS Whitehorse* during Operation Caribe.



LS Ben Murray

CPO2 Don Reid completes his part of the rowing challenge while AB Alisha Reid (no relation) cheers him on.

Whitehorse rowing challenge

SLt Stephanie Maxim
HMCS Whitehorse

narcotics operation under JIATF-S.

The crew of *HMCS Whitehorse* took on a six-hour rowing challenge on March 22, while sailing off the coast of Central America during Operation Caribe, an anti-

Together, with members of the USCG Law Enforcement Detachment embarked for the deployment, *Whitehorse* rowed a total of 84.7 kilometres during six consecutive hours of rowing.



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Naval reservists train at sea

Lt(N) Peggy Kulmala
HMCS Malahat

Why were an aspiring farmer, a mixed martial arts student, a dietician, and a journeyman machinist sailing in the Orca class PCT Renard on Friday April 4?

To further their skills and knowledge in their respective navy occupations, of course.

As naval reservists, they voluntarily serve part-time, over and above their civilian careers and studies. For many, taking advantage of sea-going opportunities as they arise is often easier said than done – not all employers and educational institutions have military leave policies, and individual availability may significantly differ from person to person.

So how does the navy work around a busy part-time sailor's schedule?

Start with the Orca-class minimum crew requirements, devise a challeng-

ing and interesting sailing program, and incorporate a means for part-time sailors to join the ship at their convenience, whether that be one day, three, or all week.

At the start of April for a week, 33 reservists in total went to sea in Renard, with the daily tally anywhere from nine to 27.

"This week allowed us to maintain core competencies and build team skills," said Cdr Jim Sprang, PCT Renard officer in charge for the week, as well as HMCS Malahat's Commanding Officer. "At the same time, we were able to add to MARPAC's at-sea capacity through our support to HMCS Calgary's work-ups."

In addition to providing the part-time sailors sea time to build on their naval skills and knowledge, and on top of adding to MARPAC's at-sea capacity, the flexible program offered another opportunity. Six sea cadets and two Cadet Instructor Cadre

(CIC) officers embarked on Renard with the naval reservists, thereby supporting the Cadet Program's aim to expose the youth to the sea, land, and air activities of the Canadian Armed Forces.

"While at sea, the cadets adopted roles within the Watch On Deck as helmsmen and lookouts, acted as Engineering Roundsmen, and participated in upper deck evolutions," said Lt(N) Kay van Akker, Executive officer for the seven day program and Malahat's Operations Officer. "Three of the cadets and a CIC officer were lucky to join 18 naval reservists for the week's finale – the transit into Desolation Sound, Bute Inlet and Jervis Inlet. While some Sea Cadets may have seen these places as a part of their own summer training, Malahat's program included night-steaming and maintaining a 24-hour watch rotation, an aspect of sea life that cadets don't often experience."



Above: Sea cadets practice hose handling with a charged hose.

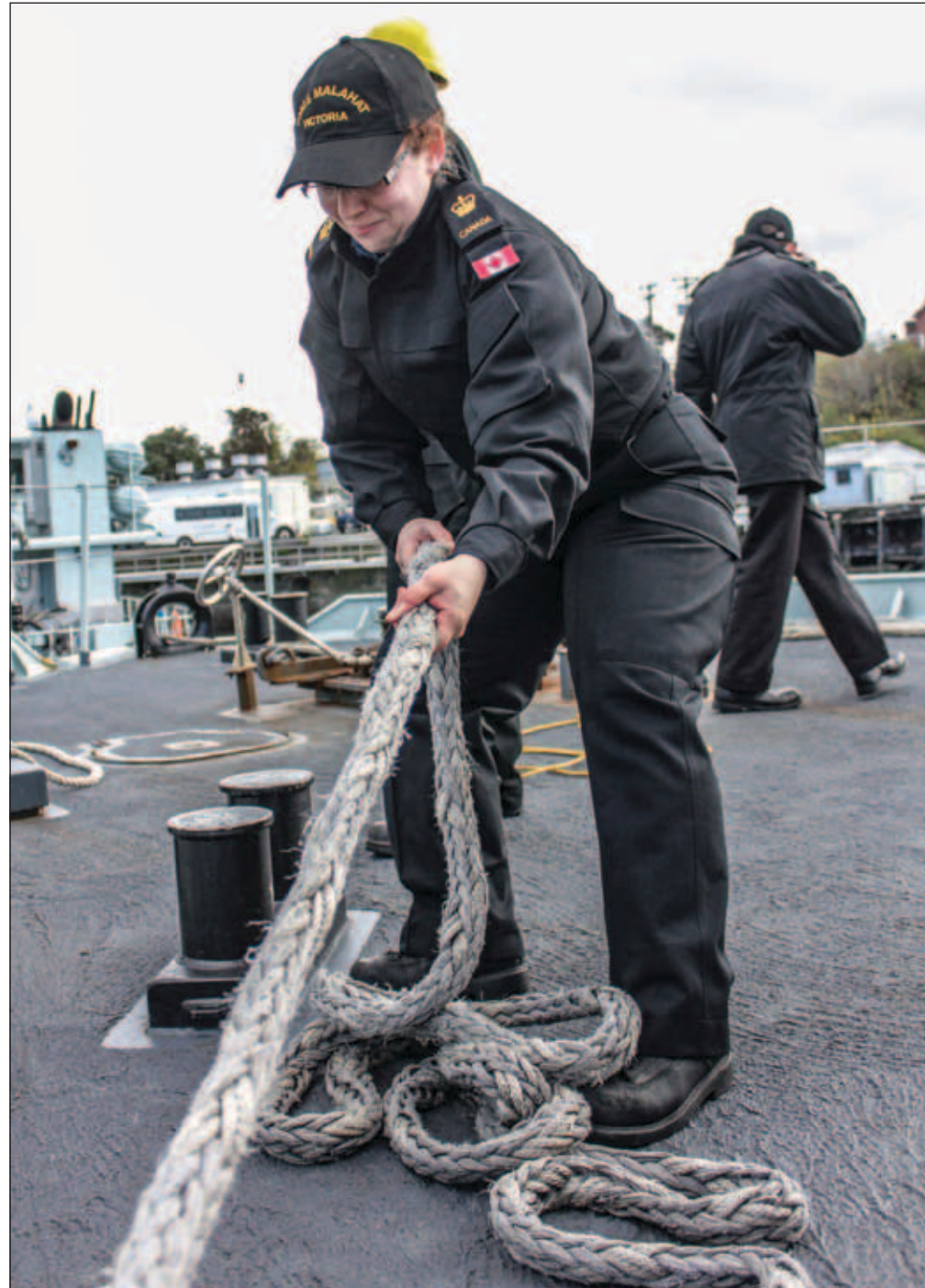
Left: PO1 Nicole Phippard hauls in lines as her ship comes alongside in Esquimalt Harbour.

Below: A Hurricane recovers a ship kibble ring following a man overboard exercise.

Top far right: LS Tom Law, the ship's Orca qualified engineer on loan from HMCS Tecumseh in Calgary, shows a sea cadet how to operate a fire hose before attacking a simulated fire below deck.

Right: Sea cadets check out the vessel's engine room.

Photos by Kara Tibbel, Lookout



Somewhere off Somalia's coast, Regina gets topped up

Lt(N) Mark Fifield
Op Artemis Roto 4 PAO

HMCS *Regina* conducted a replenishment at sea (RAS) with United States Naval Ship (USNS) *Joshua Humphreys* off the coast of Somalia during Operation Artemis counter-terrorism and maritime security operations on April 2.

This was *Regina's* first RAS with one of its Combined Task Force 150 (CTF 150) coalition partners during this deployment. Although there were some differences with respect to how each navy performs this challenging evolution, this was offset by the high level of interoperability and familiarity between the United States Navy (USN) and Royal Canadian Navy (RCN).

"The capabilities and professionalism displayed by USNS *Joshua Humphreys* were very impressive and the RAS went off without a hitch," said Lieutenant-Commander Gordon Roy, Executive Officer of *Regina*. "All of the CTF 150 coalition partners and participating nations benefit from sharing each other's knowledge and expertise of the unique operational and logistical challenges posed by the Op Artemis Joint Operations Area."

Our ability to sustain these kinds of operations at sea over a prolonged period requires significant logistical support from ashore or from a RAS-capable warship at sea.

-Cdr Dan Charlebois
Commanding Officer, HMCS *Regina*

The RCN participates in numerous joint operations and naval training exercises with the USN and other allied navies on a frequent basis and this pays dividends during high profile overseas deployments such as Op Artemis. The long standing relationships established during these operations and exercises enhances mutual trust and confidence in each other's capabilities and platforms.



Cpl Michael Bastien, MARPAC Imaging Services
Above: CPO2 Chris Macdonald supervises deck personnel during a replenishment at sea between HMCS *Regina* and USS *Joshua Humphreys* on April 2 off the coast of Africa during Operation Artemis.

Right: USS *Joshua Humphreys* pulls away from *Regina* after the fuel up.



"Our ability to sustain these kinds of operations at sea over a prolonged period requires significant logistical support from ashore or from a RAS-capable warship at sea like USNS *Joshua Humphreys*," said Commander Dan Charlebois, Commanding Officer of *Regina*. "Being able to RAS with one of our CTF 150 coalition partners keeps us in the fight so we don't have to leave our designated area of operations to obtain fuel ashore in a foreign port."

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Retired nursing officer leaves for humanitarian mission

Shawn O'Hara
Staff Writer

For Capt (Ret'd) Peggy Sherwood, an end to her military career has not meant an end to her humanitarian work.

The 64-year-old nurse has signed on for a two-week trip to Pointe Noir, Republic of Congo, aboard the rail-ferry-turned-hospital Mercy Africa.

"I've been doing this for almost my entire life. I wasn't going to stop just because I'm retired from the military," she says. "I'm still working as a civilian nurse, and this was just another opportunity to help people."

Sherwood has had a long career as a medical professional, both military and civilian. She went to school for nursing, obtaining post-secondary training through a London, Ontario, hospital before joining the army in 1971.

She spent time in the army, navy, and air force, both reserve and regular forces, before retiring in 2009.

"I'm very proud of my time in the military," she says. "I spent a lot of time putting a lot of broken bodies back

A lot of these people are in desperate need of surgery, procedures that will improve and even save their lives.

-Capt (Ret'd) Peggy Sherwood

together, and doing whatever I could to help those in need. I will never forget my time there."

Her military career included a deployment to Afghanistan in 2008, where she served in the operating theatre at NATO Role 3 Multinational Medical Unit at Kandahar Air Force Base. While working with surgical doctors treating wounded military members and civilians, Sherwood got a firsthand look at the after effects of war.

"Treating kids was always the hardest, because there was no way they had any idea what was going on," she says. "We always did the best work we could, but there are some things you don't forget,

things that remind you why you're doing the work you're doing."

After 36 years it was time for Sherwood to hang up her uniform and move to the next phase of her life. She signed on with Mercy Ships, an organization that brings ships retrofitted as floating hospitals to areas with less consistent access to quality medical care.

"It was an organization I'd been interested in before, and they do work in the same kind of area as Operation Smile, another group I've volunteered for in the past," she says. "I applied and they accepted me. It'll be a great opportunity to do work in a place where it's needed."

Beginning April 16 Sherwood will travel to Morocco for a week-long mission with Operation Smile, before heading over to Pointe Noir to work aboard Mercy Africa.

"A lot of these people are in desperate need of surgery, procedures that will improve and even save their lives. Being a part of something like that is a huge point of pride for me, but it's also the right thing to do."

Esquimalt housing online survey needs your input

The Township of Esquimalt is considering an application for a new housing development in the township, and is interested in learning about the needs of those who work in Esquimalt. Whether you live in Esquimalt or elsewhere, they are interested in your opinions.

The survey will take about five minutes

to complete. All responses are anonymous and confidential and being tabulated and analyzed by an independent market research company (Mustel Group).

If you are interested in participating please complete the survey at <http://surveys.givingopinions.ca/s/b555> by April 20.

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With his wife Christine by his side, CPO2 Guy Tardif (centre), Maritime Forces Pacific Imaging Services Officer, is presented with a Canadian Armed Forces Certificate of Service from LCdr Barry Whelan, Regional Joint Operation Centre Officer in Charge. The presentation took place on the occasion of CPO2 Tardif's retirement from the Canadian Armed Forces after 33 years of dedicated service.

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On April 9, at Vimy Ridge, France, Minister of Veterans Affairs Julian Fantino; Randall Garrison, Member of Parliament for Esquimalt-Juan de Fuca; Canadian veterans representatives, and the Canadian delegation posed for a group photo at the commemorative ceremony marking 97th anniversary of the Battle of Vimy Ridge.

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J. Conor McKee
Formation Review

DND is serious about renewal, and in August 2012 established the Defence Renewal Team. The DRT's three-year mandate is to drive spending reductions and reform the way we do business.

Likewise, RAdm Bill Truelove and Formation leadership are equally invested in getting the best bang for our buck. They're determined to change our culture by reducing overhead, streamlining operations and business processes, and optimally supporting and sustaining an

integrated defence team.

Formation Review – the local business process renewal team – has been tasked to identify and analyze local initiatives. More than a dozen reports have been produced, several initiatives to increase our collective efficiencies are already underway, and more reviews are either in progress or pending.

It's a great start, but there's lots left to do. This is where DND employees come in: Formation Review needs your ideas.

Whether it's operations and training, maintenance and materiel, information management and technol-

ogy, infrastructure, personnel and management systems, or some other area where "things just aren't working like they should", Formation Review wants to hear about it. They've set up a dedicated positional mailbox to make it easy.

If you've got that great idea, if you're passionate about helping to create a flexible, lean, innovative MARPAC, then simply email: +ESQ BPR Ideas@Marpac@Esquimalt with your contribution.

For more information please go to <http://esquimalt.mil.ca/marpac/fr/bpr/ideas.htm>

Share your Afghanistan experience

In the week leading up to the National Day of Honour on May 9, Canadians will come together to commemorate Canada's military mission in Afghanistan and recognize those who have served this country in support of international efforts to combat terrorism and bring stability to Afghanistan.

The participation of currently serving CAF members who have deployed to Afghanistan will help us mark this important day.

We would love for you to participate by engaging Canadians who will come

together to recognize those who have fought, remember those who have fallen, salute all who contributed to protecting freedom, and to thank the military families for their dedication.

If you are interested in participating during the week of the National Day of Honour, from May 5-9, send an e-mail to +DECPR@ADM(PA)@Ottawa-Hull.

To assist in preparing presentations, resources will be available to presenters.

If you have any questions, please contact Emilie Rancourt at 819-994-9182 or Emilie.rancourt@forces.gc.ca.



HMCS Calgary crew members compete in the "Damage Control Olympics," a competition designed to improve the skills required to combat fires and floods.

Calgary works up crew

The team in *HMCS Calgary* has been at sea progressing a busy and challenging work-up program. The highlight so far has been the success achieved during gunnery exercises in which *Calgary* engaged air and surface targets, scoring skin-on-skin hits and destroying no fewer than four.

Calgary also conducted layered engagements, engaging targets with multiple weapons systems and firing hundreds of rounds with the 57mm Bofors gun, and Close-In-Weapons-System, as well as the ship's .50 cal machine guns.

The schedule so far has been packed

with serials aimed at exercising *Calgary's* ability to deal with a wide range of operational scenarios including multi-threat warfare, casualty clearing, boarding, HAZMAT and fuel spills, search and rescue and other emergencies at sea.

Currently, *Calgary* and crew are engaged in the latter half of its work-up, and the crew is excited to be continuing, in parallel with sister ships *Halifax*, *Fredericton* and *Winnipeg*, the important progress being made across the HCM/FELEX Project in re-capitalizing the fleet and generating high readiness ships for future employment by the end of 2014.

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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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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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