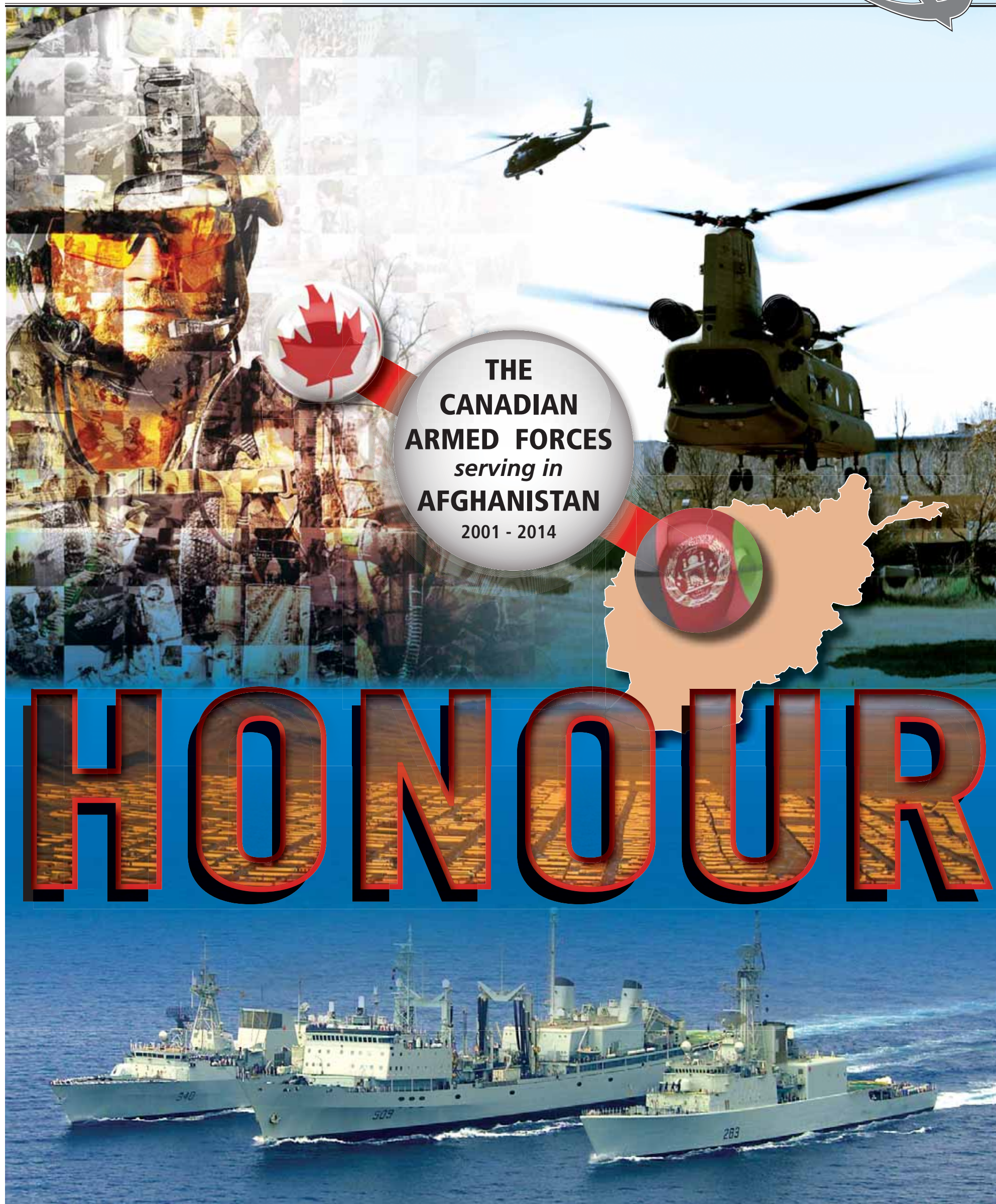


**SPECIAL EDITION**  
**National Day** May 9, 2014  
**of HONOUR**  
AFGHANISTAN

Volume 59 Number 18 | May 5, 2014

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# Royal Proclamation for Day of Honour

*The Prime Minister of Canada declares May 9, 2014, the National Day of Honour to recognize the important work done by our Forces' members.*

Whereas Canadians, both at home and abroad, have honourably, courageously and loyally served Canada by participating in the Afghanistan mission from 2001 to 2014;

Whereas March 31, 2014, marks the end of the Canadian military mission in Afghanistan;

Whereas the strength and courage demonstrated by our men and women in uniform serving on the battlefield and supported by personnel from other government departments have advanced the national interests of Canada in the fight against terrorism;

Whereas the families of our men and women of Her Majesty's Canadian Armed Forces and Canadian communities from coast to coast to coast have admirably and consistently supported the sacrifices being made by those serving in Afghanistan;

Whereas it is desirable to build and strengthen an appreciation in Canadians for their contribution to

the Afghanistan campaign and to promote the special role our families and communities play when our sons and daughters are in foreign lands; And whereas it is desirable to recognize our appreciation for the sacrifice of all those who serve our great nation and all those who have paid the ultimate price for freedom;

Therefore, His Excellency the Governor General in Council, on the recommendation of the Prime Minister, orders that a proclamation do issue declaring May 9, 2014 as a "National Day of Honour".

*Attendu que des Canadiens, tant au pays qu'à l'étranger, ont servi le Canada avec honneur, courage et loyauté en participant à la mission en Afghanistan de 2001 à 2014;*

Attendu que le 31 mars 2014 marque la fin de la mission militaire canadienne en Afghanistan;

Attendu que la force et le courage dont ont fait preuve nos militaires, hommes et femmes, sur les champs de bataille, soutenus par des employés d'autres ministères, ont permis de défendre les intérêts nationaux du

Canada dans la lutte contre le terrorisme;

Attendu que les familles de nos hommes et femmes servant au sein des Forces armées canadiennes de Sa Majesté et les collectivités de tout le Canada ont toujours appuyé admirablement les sacrifices faits par ceux déployés en Afghanistan;

Attendu qu'il est souhaitable de renforcer le sentiment de reconnaissance des Canadiens à l'égard de la contribution de ceux-ci à la campagne en Afghanistan et de faire connaître le rôle spécial que jouent les familles et les collectivités canadiennes lorsque leurs membres sont à l'étranger;

Attendu qu'il est souhaitable de témoigner notre reconnaissance pour les sacrifices faits par tous ceux et celles au service de notre grande nation et par tous ceux et celles qui ont fait l'ultime sacrifice pour la liberté,

À ces causes, sur recommandation du premier ministre, Son Excellence le Gouverneur général en conseil ordonne que soit prise une proclamation désignant le 9 mai 2014 « Journée d'honneur nationale ».

## ADMIRAL'S Message

**Rear Admiral William Truelove,**  
Commander Maritime Forces Pacific, Joint Task Force Pacific

The National Day of Honour on May 9 recognizes the service of Canadians in Afghanistan over the past 12 years. Across the nation, ceremonies will be held to recognize this day. CFB Esquimalt will hold a ceremony at the Wall of Valour, commencing at 10 a.m. and culminating in two minutes of silence at 10:30 a.m.

In total, 40,026 Canadian Armed Forces members, alongside personnel from the RCMP, CIDA, DFAIT and Correctional Services Canada, as well PSP staff, served in Afghanistan. Many of these service men and women deployed from MARPAC/JTFP, and I am immensely proud and thankful for your contributions and sacrifices. You exhibited exceptional professionalism, bravery, valour and dedication in the face of danger.

I also extend my thanks and appreciation to your families for their incredible commitment and sacrifice throughout the Afghanistan mission. Their steadfast support and love to you helped you complete your mission with excellence.

My thoughts and prayers also go out to the families of our fallen; you have given much and we are forever thankful to you and



**RAdm Bill Truelove**

we will continue to support you. We will always remember our fallen shipmates who gave their lives to help bring increased stability, peace and prosperity to Afghanistan; their sacrifices will not be forgotten.

And while we honour those that served in Afghanistan, we will also remember the 250 sailors, soldiers, airmen and women now deployed aboard HMCS Regina. Their work, as part of the multinational maritime task force combating terrorism across the Red Sea, Gulf of Aden, Indian Ocean and the Gulf of Oman, is important and appreciated. They too serve our nation with great pride and distinction.

La Journée d'honneur nationale, le 9 mai, reconnaît le service des Canadiens en Afghanistan durant les 12 dernières années. Des cérémonies auront lieu partout au Canada à l'occasion de cette journée spéciale. La BFC Esquimalt organise une cérémonie qui débutera à 10 h au Mur de la vaillance et qui se terminera par deux minutes de silence à 10 h 30.

40 026 membres des Forces armées canadiennes, du personnel de la GRC, de l'ACDI, du MAECI, du Service correctionnel du Canada et des PSP ont servi en Afghanistan. Plusieurs hommes et femmes ont été déployés des FMAR(P)/de la FOIP. Je suis immense-

ment fier et reconnaissant de votre contribution et de vos sacrifices. Vous avez démontré un professionnalisme exceptionnel, de la bravoure, de la vaillance et un dévouement remarquable face au danger. Je remercie également vos familles pour leur détermination et leurs sacrifices pendant la mission en Afghanistan. Leur amour et leur soutien inébranlable vous ont aidé à remplir votre mission avec brio.

Mes pensées et mes prières sont aussi avec les familles de ceux qui ont perdu la vie. Vous avez beaucoup donné et nous vous en serons toujours reconnaissants, nous continuons de vous soutenir. Nous nous rappellerons toujours de nos camarades de bord qui ont donné leur vie pour la paix, la stabilité et la prospérité en Afghanistan. Leurs sacrifices ne seront jamais oubliés.

Nous honorons ceux qui ont servi en Afghanistan, mais sans oublier les 250 marins, soldats et aviateurs présentement en déploiement à bord du NCSM Regina. Leur travail au sein de la force opérationnelle maritime multinationale qui combat le terrorisme dans la mer Rouge, le golfe d'Aden, l'océan Indien et le golfe d'Oman est très important et apprécié. Eux aussi servent notre pays avec beaucoup de fierté et de distinction.



# Base ceremony honours Afghanistan mission

The local National Day of Honour Ceremony will be held at CFB Esquimalt on Friday May 9 to recognize those who fought and those who died, and to salute those who contributed to Canada's mission in Afghanistan.

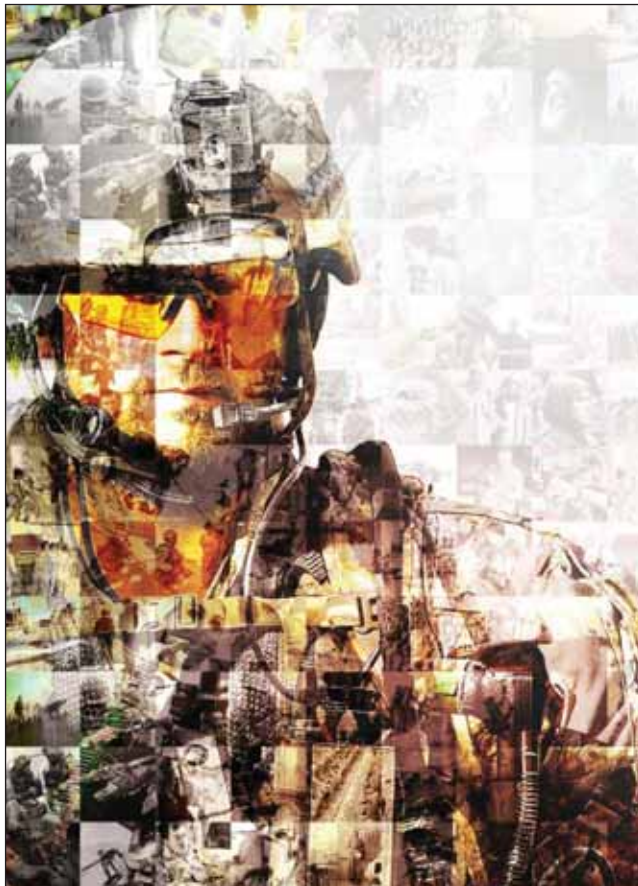
The event takes place at 9:45 a.m. in front of the Wall of Valour located below the Wardroom.

The Lieutenant-Governor of British Columbia, Judith Guichon, will be the Reviewing Officer, and two minutes of silence will be observed at 10:30 a.m. to salute the valour of all those who contributed to Canada's

mission in Afghanistan.

The parade is a tribute to honour the more than 40,000 Canadian Armed Forces members who served their country in during this extensive mission.

Canada's mission in Afghanistan came at a significant cost. Over the 12-year campaign, the Canadian Armed Forces deployed the largest number of service men and women overseas since the Second World War. The end of Canada's engagement in Afghanistan represents the closure of a significant chapter of Canada's military history.



## Parking during the ceremony

Public parking will be available behind the Archie Browning Sports Centre at 1151 Esquimalt Road and shuttles will be provided on Lyall Street between the arena and the base from 9 to 9:45 a.m. before the ceremony, and until 11:45 a.m. after the ceremony.



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**National Day of Honour**  
**May 9, 2014**



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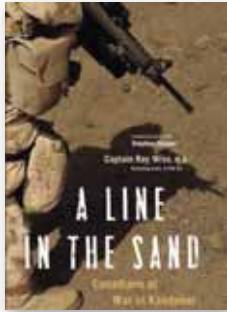


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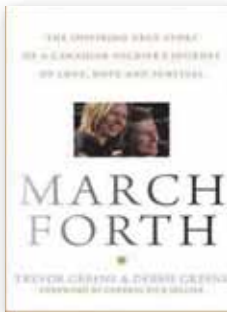


# Books & Videos

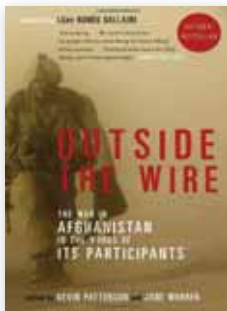
An impassioned insider's view of the Canadian soldier's war in Afghanistan and why it matters. "A Line in the Sand" is based upon journal entries written by Captain Ray Wiss. The entries share the efforts and achievements made by the many Canadian's who served.



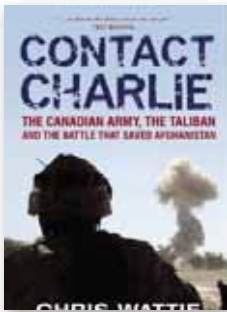
Trevor Greene, a reservist in the Canadian Forces, was deployed to Afghanistan, leaving behind his fiancée, Debbie, and his young daughter, Grace. On March 4, 2006, after arriving in Kandahar Province, Trevor removed his helmet confident that a centuries old pact would protect him from harm. Without warning, a teenage boy under the influence of the Taliban walked up to him and landed a rusty axe in his skull, nearly splitting his brain in two. "March Forth" is a remarkable story of love told in two voices: first in Trevor's, up until the attack; then in Debbie's, as she works tirelessly to rehabilitate her fiancé.



A remarkable collection of first-hand accounts written by soldiers, doctors and aid workers on the front lines of Canada's war in Afghanistan. Visceral, intimate and captivating in ways no other telling could be. Features nearly two dozen stories by Canadians on the front lines in Afghanistan, including the previously unpublished letters home of Captain Nichola Goddard, the first female NATO soldier killed in combat.



Canadian Army patrol Charlie Company stumbled into a massive group of Taliban forces. The Canadians found themselves up against opponents who were suicidally brave, cunning at planting mines and roadside bombs, and experienced at disappearing into scenery. "Contact Charlie" documents the series of battles between Taliban and Canadian Forces.



## People Talk

Lookout asked this question:

*What does the National Day of Honour mean to you?*



Having a day like that is good for the morale of military personnel, letting them know their efforts do not go unrecognized.

CPO2 (Ret'd)  
Richard Barrete



It's a fantastic chance to commemorate the sacrifice of Canadians in Afghanistan. I have friends who have served over there and it's important to recognize people like that.

Lt(N) Les Gunderson



I think it's a great way to honour the people who served in Afghanistan. Having it aside from other commemorative days highlights their service and work in our modern age.

LS Benjamin Jarrett



I think it's very timely as people of the current generation now know veterans, or are veterans. Acknowledging these people for their work is an important part of service, and I welcome it.

Sgt Dan Bodden



A lot of Canadians went through some pretty terrible things in Afghanistan, looking to help people and make a difference. They deserve to be recognized.

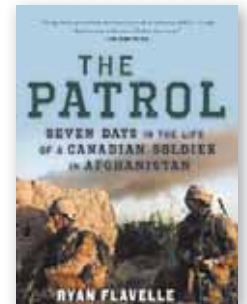
Lt(N) Sarah Chenier

# Books & Videos

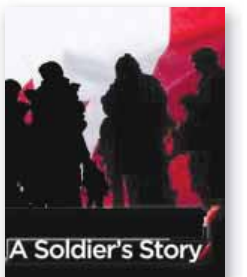
Canadian soldiers, sailors, and air men and women are ordinary people doing an extraordinary job for Canada. The movie can be found at [www.afghanistancanadianstory.ca](http://www.afghanistancanadianstory.ca), which aims to create a commemorative album that will allow those who served Canada in Afghanistan an opportunity to share their raw experiences with the Canadian public.



In 2008, Ryan Flavelle, a reservist in the Canadian Army and a student at the University of Calgary, volunteered to serve in Afghanistan. For seven months, 24-year-old Flavelle, a signaller attached to the Princess Patricia's Canadian Light Infantry, endured the extreme heat, long hours and occasional absurdity of life as a Canadian soldier in this new war so far from home.



In the days leading up to the official end of the Afghanistan mission, Global News brought viewers a special series called "A Soldier's Story." This four part series tells the heartwrenching stories of various Canadian soldiers and what their life was like while serving in Afghanistan both in combat and at home. [globalnews.ca/news/1204739/a-soldiers-story-marking-the-end-of-canadas-mission-in-afghanistan/](http://globalnews.ca/news/1204739/a-soldiers-story-marking-the-end-of-canadas-mission-in-afghanistan/)



Remembering Afghanistan is a CBC special marking Canada's first national day of reflection since the end of the combat mission in Afghanistan. It signals the symbolic end to the 12-year mission, the largest deployment of the Canadian Armed forces. [cbc.ca/thenational/indepthanalysis/rememberingafghanistan/](http://cbc.ca/thenational/indepthanalysis/rememberingafghanistan/)



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# Mental Health Awareness Week

5-9 May 2014

Since 1951, the Canadian Mental Health Association has commemorated Mental Health Week during the first week of May. The week is an annual event where organizations across the country bring the mental health message to the forefront. It is designed as a celebration of mentally healthy lifestyles and positive attitudes, as well as a source of information and support. The theme this year is “Tell us how you really feel”.

For Mental Health Week 2014, a number of events will be held within MARPAC, starting with the kick-off celebration on Monday May 5. From 0630-0800, the Admiral and his Chief of Staff, along with members from various organizations (EAP, MFRC, PSP), will be meeting people at the front gates of both Dockyard and Naden with coffee and green ribbons. The green ribbons are the international symbol for challenging the stigma of mental health issues and encouraging open dialogue. Keep an eye on the Noticeboard for additional events throughout the week.


Below is the Mental Health Continuum Model that helps some to visualize the various states of mental wellness/illness. Ultimately the goal is to have everyone reside “in the green” at all times, but this simply isn’t realistic. Mental illness is only one of many reasons why people migrate towards yellow/orange/red. Things such as grief, stress and trauma can all impact an individual’s mental well-being. Regardless of the rea-

son, the earlier someone receives help, the sooner they will move out of orange/red end of the continuum model and back towards a healthier state of mind.

If you or someone you know is struggling, please reach out to one of the many resources available to DND members and their dependants. If you aren’t comfortable speaking to someone in your organization, members from EAP, MFRC, PSP and the Chaplains are always available. Additionally, there is 24 hour a day (365 days a year) support available for both civilian and military members at 1-800-268-7708. This is a completely confidential service that will help members determine what assistance is required.


Most importantly, as the Bell Let’s Talk Day highlights...Let’s Start Talking!





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Canada

MENTAL HEALTH CONTINUUM MODEL

HEALTHY	REACTING	INJURED	ILL
Chain of Command	Chain of Command	Chain of Command	Chain of Command
Health Services	Health Services	Health Services	Health Services
Calm & Steady Normal mood fluctuations Fit, fed, rested In control physically, mentally, emotionally Performing well Behaving ethically & morally Sense of humour Relaxing & recreating Socially active Confident in self & other	Nervousness, anxiety Irritability, anger Impatience Trouble sleeping Low energy/fatigue Muscle tension/headaches Forgetfulness/procrastination Decreased productivity Often late for work Poor concentration Negative attitude Increased swearing	Excessive anxiety/panic Angry outbursts Noticeable fatigue Forgetting important things Impaired decision making Taking risks Inappropriate aggression Insubordination Absenteeism Presenteeism Increased accidental injuries	Excessive anxiety Regular panic attacks Angry outbursts Noticeable fatigue Severe memory lapses Cannot concentrate Cannot perform duties Significant change in behaviour Loss of control Suicidal thoughts, intentions Legal charges Avoiding or withdrawing

jsb-bcc@forces.gc.ca

WHAT CAN YOU DO?

HEALTHY	REACTING	INJURED	ILL
Get to know troops Foster healthy work environment Set example Watch for behaviour changes Advocate	Minimize stressors Provide opportunity to rest Identify unhealthy situations Support Intervene Consult Identify resources Refer	Involve resources Respect medical limitations Maintain contact Ensure support Manage unacceptable behaviour Minimize rumors	Maintain contact Ensure adequate resources/support Respect medical limitations Include member in unit activities

AIR: Ad hoc Incident Review

1. Acknowledge (that something bad has happened) & listen  
2. Intervene: Check in & apply Mental Health Continuum Model  
3. Respond: Observe & Follow Up

Fostering growth in mental health



# The harrowing work of bomb disposal

**Shawn O'Hara**  
Staff Writer

It's been seven years since the white Afghanistan dust coated his uniform, but MS Keith Bruce continues to remember his eight months service as an Explosive Ordnance Disposal (EOD) technician in the war torn country.

Many of those days were spent "outside the wire", combing the landscape for booby traps, and when necessary, skilfully disarming bombs to put an end to their destructive role.

From August 2006 to February 2007 he called the Kandahar Air Field (KAF) home, and members of the 2 Combat Engineer Regiment his family.

While his regiment maintained a headquarters at KAF, he spent most of his time living in the surrounding territory.

"I'd be on base for a day or two and spend a few weeks in the field," he says. "The barracks were nice, but for most of the deployment we were sleeping on or in our vehicles, or on a cot beside. It was a rough go, but we had a job to do."

The job of EOD/IED technicians was a multi-faceted one. Besides the gruelling and dangerous work of disarming a bomb, they also conducted Post-Blast Forensics. This work had them investigating the

scene of a detonation to try and glean as much intelligence about the device. This job took up much of MS Bruce's time during Operation Medusa, the largest Canadian-led offensive in Afghanistan.

"If a vehicle was damaged or destroyed, or someone was killed in a blast, we would investigate the area afterwards to try and find information," he says. "Anything that could be used at the HQ to identify the bomb maker, or figured out the materials used would be catalogued by us and sent back."

Sometime MS Bruce and his team would have to remove casualties from vehicles to be transported back to base. At these moments he considered his own mortality.

"Before I left I thought about the possibility of me not coming back," he says. "There was always the possibility that I'd have to kill, but I could also be killed. It's just the way it was."

Improvised Explosive Devices were a common tactic of the Taliban, and many Canadian and Allied military personnel succumbed to them. The sailor recalls one horrific day when his team was tasked to investigate a dump truck that had been stolen the day before only to turn up in the centre of a small village, south west of Kandahar.

Deploying with his EOD team, as well as two tanks for protection, they found the

truck burnt out and sitting in the street.

"We could see heads popping in and out of windows, but the tanks must have changed some minds," he recalls. "A team went out on foot to check the truck, and unfortunately they hit an IED buried near it. It took out four people including their medic, so we had to get a medevac. It was a hairy situation."

During operations, if a Taliban bunker or similar structure was found, MS Bruce, the smallest and most experienced on the team, would enter to look for explosives.

"You don't get used to that. Squeezing into those tiny spaces, not knowing what you're going to find," he says. "I thought about my family, and what we were doing there, and that's all I could do."

As National Day of Honour nears, MS Bruce's thoughts wander to Canada's mission in Afghanistan.

"A lot of people gave up a lot of things over there, some of them their lives. We did it because we thought we could maybe change things, help people, give them a chance to live the way they wanted," he says. "A lot of people take for granted the lives they get to live in Canada. People in other parts of the world live under a gun, never sure what's going to happen. I hope we made a difference, even if just for a few people."



**Above:** MS Keith Bruce sits next to a stack of ordnance recovered from an Improvised Explosive Device during Op Medusa.



**Right:** MS Keith Bruce poses with a cache of 82mm recoilless rounds he unburied with hand and bayonet at Ma'sum Ghar.

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# INTERVIEW

**Kara Tibbel**  
Staff Writer

In 2008, Sergeant Sean Wickett deployed to Afghanistan, as crew commander with the The Grey and Simcoe Foresters, a Primary Reserve infantry regiment of the Canadian Forces. Within the Canadian Army, it is part of the 4th Canadian Division's

(formerly known as Land Force Central Area) 31 Canadian Brigade Group. His crew's job was to escort unarmed logistic vehicles travelling throughout Afghanistan. As National Day of Honour approaches, he took a moment to reflect on his 11 years of military service, and his seven month deployment to the war torn nation.

**Q:** What drove you to join the military?

**A:** I joined the military for many reasons; one being the education I would receive, family tradition and I wanted a job that would give me the ability to travel.

**Q:** When was your first tour of Afghanistan and how long were you there?

**A:** My first tour to Afghanistan was in 2008 and I was deployed there for seven months.

**Q:** How long were you in the military before being deployed?

**A:** I was in the military for six years before my first deployment overseas.

**Q:** What is your role in the military and how did that articulate once in Afghanistan?

**A:** At the time of my deployment I was a Master Corporal in the infantry with the Grey and Simcoe Foresters where I was employed as a section commander. Once arriving in Afghanistan I was employed as a crew commander for force protection. The position of Crew Commander gave me the opportunity to learn new systems and overcome challenges.

**Q:** How many men and woman in your division served a long side with you?

**A:** There were 35 men and one woman in my Platoon.

**Q:** Do you feel you personally served a purpose in Afghanistan?

**A:** I feel, as a group, we served a huge purpose and made changes by trying to work with the locals whenever possible.

**Q:** How did you work past the common fear of dying while trying to do your job in Afghanistan?

**A:** We all just did our jobs and what was expected of us to complete the task at hand. Sometimes there was more danger than other times, but we just focused on the job and did what needed to be done.

**Q:** Do you have any good memories of Afghanistan?

**A:** There are a lot of good memories from my tour in Afghanistan. I worked with a good group of guys, we worked hard and looked after one another.

**Q:** How has your definition of honour changed after serving in Afghanistan?

**A:** My outlook at and how people honour themselves and others was not really changed by my tour, but instead I was shown how people can overcome the hardest of circumstances even under the stresses of everything that tour can drag you through.

**Q:** What is your greatest memory of coming home for the first time since deploying?

**A:** I would say that coming home to many friends and family would have been the best part of leaving Afghanistan.

**Q:** May 9, 2014 is National Day of Honour; a day to remember all Canadian's who served in Afghanistan over the past 12 years. What does this day mean to you and what will you be thinking?

**A:** I will be thinking of those I was deployed with, and of course of those that did not come home with us. We were lucky everyone in my platoon came home. We only had one incident where someone was hurt, a vehicle roll over. That being said, our military is a small family and many of us knew of those that paid the ultimate sacrifice.

**Q:** Have strangers stopped you and thanked you for your service? If yes, what does that mean to you?

**A:** There has been many times before and after my tour where I was pulled aside and thanked by an average person walking down the street. We Canadians seem to do things in our own little ways; for some it is offering to buy a coffee or a simple "thank you." I believe we have the support of the country and they have always shown it when it matters.

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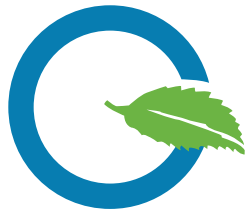


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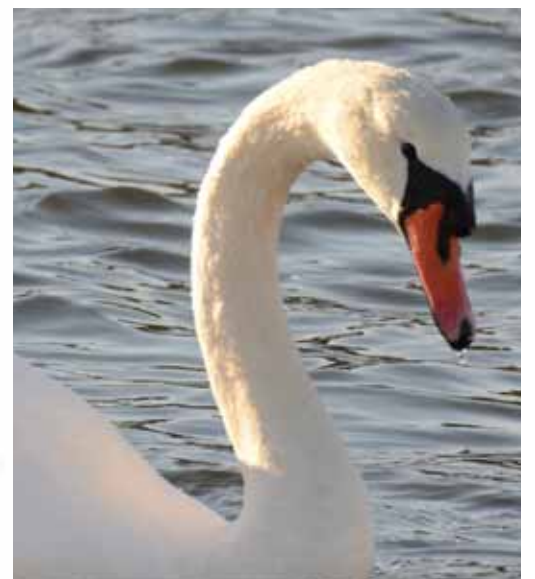
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# Vet pens his pain in poetry

**Shawn O'Hara**  
Staff Writer

Local poet and Canadian Armed Forces (CAF) veteran Cpl (Ret'd) Ed Brown has hung up his uniform and taken up the pen.

The 19-year veteran of the CAF recently self-published "A Soldier's Fortune and Other Poems: Moving Past PTSD and Creating a Fun-Loving Life".

The book is a collection of Brown's musings on his struggles with Post-Traumatic Stress Disorder (PTSD), life in the military, and the personal effects of war.

"I wanted to put my work out there as a way of showing others who suffer from PTSD that there's help for them," says Brown. "I came from a very old school of thought, that if you were hurting and needed help you just sucked it up and did your job. That isn't healthy, and it isn't right. If you need help you have to talk

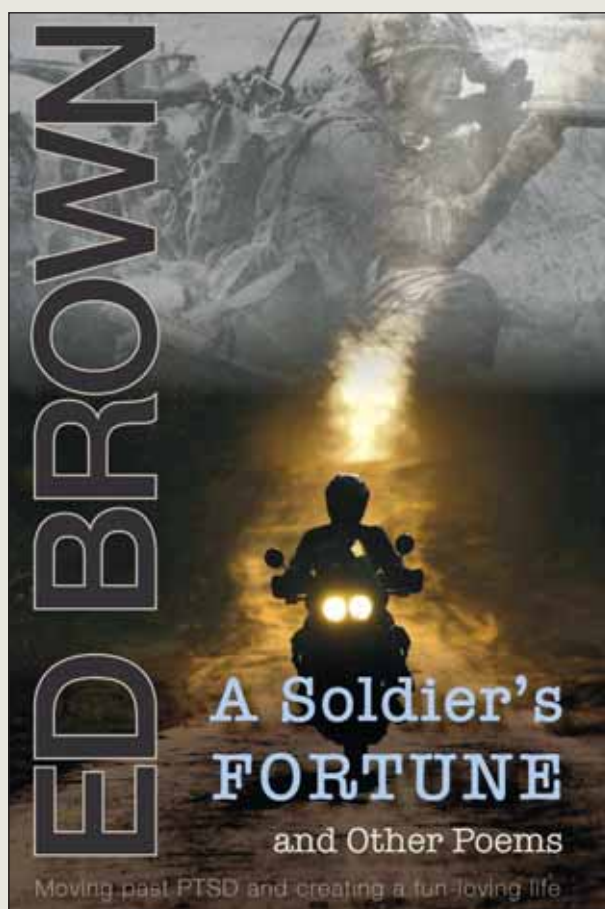
about it."

During his long and varied career, Brown served in all three branches of the military, seeing three tours of duty including the former Yugoslavia in 1994, Israel and Syria in 2004, and a support mission in Istanbul serving forces in Afghanistan in 2007.

"I came back from Istanbul and I was angry. I was really angry," he says. "After each deployment I came back with a head full of things I'd rather forget. Losing friends, having your life in mortal danger, the stress, the tension, the fear, it all just became too much."

Returning home that third and final time Brown took to drugs and drink to keep his demons at bay. His marriage and family life were in shambles, and he was a man on the verge of breaking.

"I dealt with my feelings poorly. It was a really bad time in my life, and I'm not proud of what I did,



**A 19-year veteran of the military, Ed Brown recently self-published "A Soldier's Fortune and Other Poems: Moving Past PTSD and Creating a Fun-Loving Life".**

but I can't deny it happened," he says. "I started seeing a psychiatrist, and they suggested I find an outlet for my feelings. I wasn't sure where to go with it, but eventually I started writing."

Taking to the written word as a way of dealing with his volatile emotions, Brown began writing poems. Starting with personal pieces, he developed a style and compiled a significant body of work.

"A lot of it is very angry, especially the earlier stuff," he says. "It was coming from a dark, angry place, so a lot of my feelings about that time and the work I did and what I saw bled into it pretty heavily."

After a few years of writing Brown had the idea of publishing his work.

Working with a local self-publisher he released "A Soldier's Fortune", which is now available in print and digital copies through Amazon.

"It's been a really amazing experience, putting myself out there through my writing," he says. "If people can read my work and realize there are others out there going through the same thing they are, that's amazing. For civilians, I want people to understand the things service men and women go through, and how it changes them. It's important and it needs to be said."

"A Soldier's Fortune and Other Poems: Moving Past PTSD and Creating a Fun-Loving Life" can be found at [www.amazon.com](http://www.amazon.com)

Besides writing, Ed Brown has also taken up carving to honour his First Nations heritage. He stands proudly holding one of his own designs.



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Cpl Stuart MacNeil, MARPAC Imaging Services

## Repatriation ceremony for LS Brandon South

During the repatriation ceremony for LS Brandon South pallbearers carry the casket from the plane to the waiting hearse. The ceremony took place at Victoria International Airport on April 30, 2014. As the hearse travelled down Pat Bay highway, hundreds of people lined the road and overpasses to honour his return home.





# Nurse reflects on saving lives

**Sara Keddy**  
Aurora Managing  
Editor

Captain Sandy Robinson is counting down the days to retirement, about 1,200 are left. Retirement is driven by her desire to now put her family first after 26 years of military service.

"After I came back from Afghanistan, I knew the most important thing was family. I've since looked after my 85-year-old parents, and had a baby – I put all that on hold throughout my career, and I can't wait to retire, get back to Esquimalt and be together."

She is currently posted at 14 Wing Greenwood as the 2IC of clinical services.

Capt Robinson was posted from Esquimalt to the Kandahar multinational medical clinic from July 2006 through February

2007. Her rotation experienced the heaviest load of mass casualty events to date in Afghanistan.

She says the medical team handled those casualties in a plywood hospital with attached trailers with extending walls, and nothing painted.

"It was gross," she says. "Plywood is porous; it was about 55 degrees outside, with the air conditioner inside bringing it down to about 40 degrees, and there were flies."

But, she adds, "It was the most professionally fulfilling thing I've ever done."

She credits her medical peers, who all worked at the highest calibre, for the camaraderie and the satisfaction of being able to meet the challenge of handling multiple traumas that arrived through bay doors. Together, they pro-

vided reassurance and care to injured soldiers, and contacted family at home on their behalf to share information.

"It's like being on a baseball team, and practicing – and finally, there's a game. But, you don't know if you can do it. Afghanistan was the epitome of 20 years of training. I don't feel like I ever have to prove anything to anyone – I've done it."

When the pagers went off, 14 medical staff went from quarters to the hospital, and then waited.

"You sing and do silly things waiting in the trauma bays for whatever is coming in. When a padre comes by in the middle of what turns out to be a 36-hour shift with no food, and offers you a frozen Mars bar ice cream treat, you say, 'God bless the padres,'" she says. "I can't even imagine being

a soldier out front. We were comfortable."

She and her team also attended to injured Afghans and allied soldiers. She recalls convincing an injured Afghan that surgery would save his life, explaining that Canadian medical staff wasn't going to kill him while he was under. She watched another Afghan man stay with his daughter for days as she recovered. She held a hardcore American infantryman's hand and called his mother, who turned out to be a nurse.

"You're talking with her about all his assessments and that he's going to be Okay, but it's also about her 21-year-old baby," she says of that situation.

When asked what was Canadians' lasting legacy in Afghanistan?

"We saved lives," she says.



Capt Sandy Robinson works with the medical team on a patient in Afghanistan.

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# AFGHANISTAN

2001  
TO  
2014

2001

## September 11, 2001

Suicide attacks by Al-Qaeda take place in the United States.

## October 7, 2001

On the same day that the United States begins operations against Al-Qaeda and the Taliban regime in Afghanistan, Canada announces that it is prepared to contribute sea, land and air forces to America's Operation Enduring Freedom under the October 7, 2001, Canadian operation named Op Apollo.

## October 9 2001

The first Canadian asset, HMCS Halifax, already at sea with the NATO Standing Force Atlantic, is directed to detach from this force and proceed to the Arabian Sea. Halifax begins counter-terrorism operations as part of Operation Apollo on Nov 2. Halifax is joined by two more frigates, a destroyer and a replenishment ship, bringing the Canadian Task Group to full strength. HMCS Vancouver is also in theatre as part of an American Aircraft Carrier Battle Group.

## Late-2001

First Canadian Special Forces members arrive in Afghanistan.

2002

## February 2002

First elements of the Canadian Battalion Group based from 3 PPCLI arrives in Afghanistan and becomes an integral part of the 187th Brigade Combat Team of the US 101st Airborne Division.

2003

## August 2003

Canada contributes combat forces to the ISAF mission in Kabul as part of Op Athena.

2004

## February 2004

Lieutenant-General Rick Hillier assumes command of NATO's International Security Assistance Force (ISAF).

2005

## August 2005

CAF operating under Op Athena in Kabul begin transitioning to Kandahar Province.

## August 2005

Canada assumes leadership of the Kandahar Provincial Reconstruction Team. Approximately 350 military, police, foreign affairs, correctional services and development personnel assist Afghans with the provision of governance, security and development.

2006

## January 2006

CAF members begin conducting combat operations in Kandahar as part of Op Athena. At its height, nearly 3,000 CAF members were deployed at any one time in Kandahar. For more than five years, CAF members operated as part of a multinational force. CAF members begin conducting combat operations in Kandahar as part of Op Athena.

## February 2006

Canadian medical personnel assume command of the Role 3 Multinational Medical Unit at Kandahar Airfield. Canadians would remain in command until 2008 and medical personnel continued to serve until December 2011.

## February 2006

Brigadier-General David Fraser assumes command of the Multi-National Brigade (Regional Command South), based in Kandahar as part of International Security Assistance Force (ISAF).

## August 2006

The first Canadian Operational Mentor and Liaison Team (OMLT) deploys to Kandahar. OMLTs worked with Afghan soldiers and police to deliver individual and group training, to mentor leaders at every rank level, and to provide liaison with ISAF forces in partnered operations.

2008

## January 28, 2008

The Independent Panel on Canada's Future Role in Afghanistan (commonly known as "The Manley Report") is published.

## February 2008

Major-General Marc Lessard assumes command of Regional Command (RC) South in Kandahar as part of the International Security Assistance Force (ISAF).

## June 2008

Canada establishes six strategic priorities and three signature projects that will guide its whole-of-government Afghanistan engagement until 2011.

## December 2008

The Joint Task Force Afghanistan Air Wing deploys to Afghanistan to provide air mobility support to coalition troops, as well as airlift, surveillance and reconnaissance capabilities. It stood down in August 2011.

2010

## November 16, 2010

Government of Canada announces Canada's role in Afghanistan until 2014 based on four priorities: education and health; security; regional diplomacy; and humanitarian assistance.

2011

## May 2011

Operation Attention begins – Canada contributes the second-largest contingent to the NATO Training Mission-Afghanistan that delivers training and professional development support to the national security forces of Afghanistan.

## July 2011

Canada ceases combat operations in Kandahar. The Mission Transition Task Force arrives in Afghanistan to prepare, repair, pack and ship vehicles, equipment and material elsewhere in Afghanistan or back to Canada.

## December 2011

Op Athena ends – MTTF completes mission closeout activities in Kandahar.

2013

## June 18, 2013

The fifth and final tranche of transition is announced. Afghan national security forces assume security across the whole country with coalition forces providing support.

## June 2013

The final rotation of CAF members to Afghanistan begins deploying, including the mission closure team to pack-up and recover equipment to be returned to Canada.

2014

## March 12, 2014

Canada marks the conclusion of its military training mission in Afghanistan during a flag lowering ceremony in Kabul. The ceremony also recognizes the conclusion of Canada's current civilian policing mission.

## March 18, 2014

Prime Minister Harper welcomes home the last contingent of Canada's brave men and women of the Canadian Armed Forces when their flight from Afghanistan arrives in Ottawa.



# REMEMEMBERING THE FALLEN



Sergeant Lance Wade, MTF HQ

On Nov. 11, 2011, the Director of Staff, Strategic Joint Staff, MGen Jonathan placed poppies on every plaque on the Memorial of the Fallen at Kandahar Airfield.

## Afghanistan Memorial Vigil tour

One of the ways the DND/CAF are commemorating the service of Canadian personnel is through an Afghanistan Memorial Vigil.

The Memorial Vigil contains 190 plaques representing 201 fallen: 158 CAF members, one Canadian diplomat, one Canadian civilian contractor, one Canadian journalist and 40 United States Armed Forces members who were under Canadian command.

The plaques were formerly part of the Kandahar Air Field cenotaph. The cenotaph was a memorial structure for Canadian soldiers to commemorate their fallen comrades while deployed in Afghanistan. The rest of the cenotaph is housed in a warehouse in Ottawa awaiting decision for a permanent home.

The Vigil commemorates the hard work, dedication and sacrifice of CAF members during Canada's mission in Afghanistan, and recognizes the support of military families, friends, and all Canadians.

The Afghanistan Memorial Vigil will travel across Canada and the United States between May 3 and Oct. 26, 2014. Locally, it will be in Victoria between July 21 and 26 at the B.C. Legislature, and in Vancouver July 29 to Aug. 2 at the Vancouver Convention Centre.



Master Corporal Lester Budden

The 2006 Ramp Ceremony held at Kandahar Airfield, Afghanistan, for Cpl Christopher Jonathan Reid, Cpl Bryce Jeffrey Keller, Pte Kevin Dallaire, and Sgt Vaughan Ingram.



# THE CANADIAN LEGACY IN AFGHANISTAN

DND

The Canadian Armed Forces (CAF) conducted operations in Afghanistan for more than 12 years in a number of different roles involving air, land and sea assets. Activities included combat, security, development, support and training operations in varying capacities and regions in Afghanistan.

Since the beginning of the mission, more than 40,000 Canadian military members have deployed to Afghanistan, many more than once, making the military engagement the largest deployment of CAF personnel since the Second World War.

## THE INTERNATIONAL MISSION IN AFGHANISTAN

Canada was part of a larger NATO-led and United Nations-sanctioned mission that included several NATO and other like-minded nations. The international community is focused on helping the Government of Afghanistan assume responsibility for security, governance and development, and to help the Afghan people rebuild their nation as a stable, democratic, self-sufficient society.

The first step in this transition process (known as Inteqal) focuses on transferring the responsibility for security from the International Security Assistance Force (ISAF) to the Afghan national security forces (ANSF) by Dec. 31, 2014.

Successful transition requires that the ANSF be fully capable of tackling security challenges on a sustainable and irreversible basis. Non-existent in 2001, the Afghan National Army and the Afghan National Police have grown in size and strength. Today, there are nearly 350,000 uniformed Afghan soldiers and police that are planning, leading and conducting across the entire country. The transition process is on track to be completed by the end of 2014.

Canada's ultimate goal in Afghanistan is to help Afghans rebuild Afghanistan into a viable country that is better governed, more stable and secure, and never again a safe haven for terrorists. To this end, Canadians have assisted in improving security, diplomacy, human rights and development. CAF activities aimed to establish the security required to promote development and an environment conducive to the improvement of Afghan life.

CAF members:

- conducted combat operations to root out and drive out insurgent groups such as the Taliban to create a secure environment for development and reconstruction to take place;
- maintained security in various areas to allow Afghans to rebuild;
- facilitated the delivery of programs and projects that support national economic recovery and rehabilitation; and
- trained members of the ANSF and senior officials in the Ministry of Interior and the Ministry of

Defence to provide them with the tools necessary to sustain their own security.

Afghanistan's challenges cannot be overcome by military means alone. As well as military personnel, the Canadian effort in Afghanistan included diplomats, development workers, police officers, and experts in human rights, good governance, the rule of law, and the institutions of a healthy democracy. This wide range of expertise was assembled to bring a whole-of-government approach to the complex task of nation-building.

The CAF were one component of this effort that also included other Canadian government departments, such as:

- the Department of Foreign Affairs, Trade and Development Canada;
- the Royal Canadian Mounted Police;
- Canadian civilian police departments;
- Public Safety;
- Correctional Services Canada; and
- Canada Border Services Agency, among others.

## CANADIAN ARMED FORCES OPERATIONS IN AFGHANISTAN

Following the terrorist attacks on the United States on Sept. 11, 2001, the United Nations Security Council adopted Resolution 1368 condemning the attacks and supporting international efforts to root out terrorism in Afghanistan.

On Oct. 7, 2001, the United States and the United Kingdom launch Operation Enduring Freedom to dismantle the Al-Qaeda terrorist network in Afghanistan and to remove the Taliban regime from power. On the same day, Canadian Prime Minister Jean Chrétien announced that Canada would contribute air, land and sea forces to the international campaign against terrorism. Operation Apollo, the CAF contribution to the campaign, officially began, marking Canada's entry in the international mission.

## OPERATION APOLLO

Operation Apollo was Canada's military contribution to the international campaign against terrorism from October 2001 to October 2003.

At sea, Canada was the first coalition nation after the United States to send warships to the Southwest Asia operational theatre. It was Canada's largest naval commitment since the Second World War. Royal Canadian Navy (RCN) ships were sent to the Arabian Sea and the Persian Gulf with the principal task of maintaining control of the maritime area of operations.

In total, 15 different ships deployed to region to:

- support military operations in Afghanistan;
- participate in the defence of United States Navy ships transporting US ground and air forces; and



- support multinational counter-terrorism activities in the region at sea.

The Royal Canadian Air Force (RCAF) deployed a Strategic Airlift Detachment (SAL Det) in November 2001, followed by a Long-Range Patrol Detachment (LRP Det) and a Tactical Airlift Detachment (TAL Det) in January 2002.

A maritime helicopter detachment also accompanied RCN ships to support Canadian and coalition operations at sea.

The detachments were essential in assisting with medical evacuations, resupply for troops on the ground, rapid deliveries, and the movement of personnel. The SAL Det was used to transport troops, equipment and cargo from Canada to the region. The TAL Det was responsible for transporting personnel and equipment into the theatre of operations in Afghanistan. The LRP Det assisted with intelligence, surveillance and reconnaissance to maintain coalition situational awareness of the theatre of operations.

In late 2001, the first Canadian Special Forces members arrived in Afghanistan to support multinational counter-terrorism operations.

In February 2002, the first elements of the Canadian Battalion Group based on 3 Princess Patricia's Canadian Light Infantry arrived in Afghanistan and became an integral part of the 187th Brigade Combat Team of the United States 101st Airborne Division.

Working alongside their American counterparts, Canadians fought the insurgency to repel them from their strongholds.

The naval task group reached its peak in January 2002 with six warships and 1,500 personnel deployed. Starting in February 2002, Canada led a multinational task group of coalition ships in the Gulf of Oman which included, at various times, 16 ships and several aircraft from eight different countries.

From 2001 to 2003, RCAF deployments carried more than 3.4 million kilograms of cargo, transported 2,300 passengers and logged over 4,300 flying hours.

In December 2003, the naval commitment to Op Apollo ended after four rotations. Between January 2004 and October 2008, Canadian ships continued to deploy to the region to support the international campaign against terrorism as part of Operation Altair.

## OPERATION ACCIUS (NOVEMBER 2002 – JUNE 2005)

Operation Accius was Canada's contribution of two senior Canadian Forces officers to the Military Advisory Unit of the United Nations Assistance Mission in Afghanistan (UNAMA).

The UNAMA Military Advisory Unit (MAU) consisted of officers from several nations who served as military liaison officers (MLO) at UNAMA regional offices across Afghanistan. Its primary objective was to support UNAMA aims in the field of security sector reform, security capacity building, and security confidence building.

MLOs supported these initiatives and developed confidence and cooperation between

Afghan and coalition security forces as well as other organizations and agencies. They promoted mutual understanding, trust and synchronization.

## UNAMA AND ITS MANDATE

UNAMA was established on March 28, 2002, by U.N. Security Council Resolution 1401 with a mandate to support the reconstruction and national reconciliation processes set out in the Bonn Agreement of December 2001.

UNAMA's mandate has since been renewed several times, most recently on March 17, 2014 as part of UN Resolution 2145 (2014).

UNAMA has several functions, including:

- lead and coordinate international efforts in assisting Afghanistan with its transition while reinforcing Afghan sovereignty, leadership and ownership;
- support the organization of elections and the sustainability, integrity and inclusiveness of the electoral process;
- support peace and reconciliation efforts;
- assist in increasing greater coherence, coordination and efficiency among UN agencies, funds and programs in Afghanistan; and
- coordinate and facilitate the delivery of humanitarian assistance.





### OPERATION ATHENA (AUGUST 2003 – DECEMBER 2011)

In August 2003, phase 1 of Operation Athena began – Canada's contribution of peace-support and combat forces to ISAF.

For the next two years, Canada provided an infantry battle group and the command element of a multinational brigade (from February to July 2004) to help establish and enhance security in and around the capital, Kabul. CAF troops conducted foot patrols, surveillance missions, armed raids on illegal weapons caches and provided security to facilitate elections.

Phase 1 of Op Athena ended in August 2005 and the Canadian task force began transitioning to Kandahar until January 2006.

The second phase of Op Athena saw CAF members conducting combat operations in Kandahar province (specifically in the Dand, Arghandab, Panjwayi, and Zhari districts) until July 2011. The CAF remained committed to enabling and contributing to whole-of-government outcomes; building and enabling ANSF capacity; and establishing and maintaining security.

Canada assumed responsibility for the Kandahar Provincial Reconstruction Team from the United States in August 2005. Approximately 350 military, police, foreign affairs, correctional services and development personnel came together to form a whole-of-government team committed to improving the quality of life of residents of Kandahar province by assisting with the provision of governance, security and development.

For more than five years, CAF members fought the insurgency in what was considered one of the most volatile provinces in Afghanistan – Kandahar. At its peak, the Canadian battle group included nearly 3,000 personnel and was augmented by an air wing from December 2008 to August 2011.

The Joint Task Force Afghanistan Air Wing was established as a result

of recommendations made in the final report of the Independent Panel on Canada's Future Role in Afghanistan. The additional in-theatre air capacity provided tactical airlift support to Canadian and ISAF forces as well as intelligence, surveillance and reconnaissance capabilities.

It included a robust command and control structure and a variety of aircraft such as:

- the Canadian Helicopter Force Afghanistan, which operated the CH-147 Chinook, CH-146 Griffon and chartered Mi-8 helicopters;
- the Canadian Heron Unmanned Aerial Vehicle (UAV) Detachment, which operated the CU-170 Heron UAV;
- the Tactical Airlift Unit operating the CC-130 Hercules; and
- Camp Mirage, the Theatre Support Element in Dubai, United Arab Emirates.

With the introduction of CC-177 Globemaster III aircraft in 2007, the RCAF expanded its role by providing the critical air bridge between Canada and Afghanistan with regular sustainment flights in support of operations. In total, 746 missions were flown totaling close to 17,000 hours of flight contributing to the successful delivery of 32,000 troops and 65 million pounds of freight to Kabul, Kandahar and Bagram airfields in direct support of coalition forces.

The Air Wing helped save Canadian, allied and Afghan lives by reducing exposure to ambushes, landmines and improvised explosive devices as was a consequence of previous ground movements. In total, the Air Wing transported more than 200,000 passengers and moved 37 million pounds of cargo.

Throughout Op Athena, senior Canadian officers commanded coalition battle groups, while CAF members integrated and operated alongside international troops at all levels. Canadians took part in and commanded several large-scale multinational operations aimed at protecting Afghans where they live and sleep, reducing the influence of the insurgency, eliminating insurgent strongholds and creating a secure environment for development work to take place, and

supported developmental work thereafter.

Canada deployed a robust Special Operations Task Force to Kandahar province that targeted insurgent leaders, contributed to force protection by conducting operations against improvised explosive device facilitators and trained and mentored Afghan Special Forces.

The CAF also fielded Operational Mentor and Liaison Teams (OMLT) to work alongside and within Afghan National Army (ANA) and Afghan National Police (ANP) units. OMLTs worked with ANA and ANP units to deliver

## CANADIANS HAVE BEEN INSTRUMENTAL IN ASSISTING IN THE DEVELOPMENT OF THE CAPACITY AND CAPABILITY OF THE AFGHAN NATIONAL SECURITY FORCES.

individual and group training, to mentor leaders at every rank level, and to provide liaison with ISAF forces in partnered operations.

Combat operations officially ended in July 2011. As the last of 12 rotations under phase 2 of Op Athena, the Mission Transition Task Force (MTTF) was deployed to conclude all aspects of the Canadian military mission in Kandahar Province by Dec. 31, 2011. The MTTF was responsible for preparing, repairing, packing and shipping vehicles, equipment and material to the new CAF operation in Kabul or back to Canada.

### OPERATION ARGUS (SEPTEMBER 2005 – AUGUST 2008)

Operation Argus was the deployment of the Strategic Advisory Team Afghanistan (SAT-A) – a team of strategic military planners. The SAT-A assisted the Government of the Islamic Republic of Afghanistan develop key national strategies, and mechanisms for the effective implemen-

tation of those strategies.

With about 15 military and civilian members at its height, the SAT-A included:

- a small command and support element;
- two teams of strategic planners;
- a defence analyst;
- a strategic communications advisor; and
- a development expert.

The SAT-A cooperated closely with the Canadian Embassy and representatives of the Afghan government to provide direct planning support to government ministries and groups responsible

– Afghanistan (CSTC-A). The CSTC-A was a U.S.-led multinational organization that provided mentors and trainers to help Afghanistan's Ministry of Defence and Ministry of Interior organize, train, equip, employ and support the Afghan National Army and the Afghan National Police.

The military nature and coalition structure of Operation Enduring Freedom made it adaptable to a wide range of multinational projects, such as the CSTC-A, designed to help the Afghan authorities build the components of a new security infrastructure: operational forces and their sustaining institutions, and the general staff and ministries to direct these organizations. These projects were part of the long-term international effort to rebuild Afghanistan's infrastructure, government and national institutions, including the army and police, that began with the fall of the Taliban in December 2001.

### OPERATION ATTENTION (MAY 2011 – MARCH 2014)

While this monumental task was occurring, Op Attention was ramping up. Op Attention was Canada's participation in the NTM-A, which delivers training and professional development support to the national security forces of Afghanistan: the Afghan National Army, the Afghan Air Force, and the Afghan National Police.

Canada's troop contribution was the second largest within NTM-A which also included providing the organization's deputy commanding general. Canadians were involved in establishing basic individual recruit training institutions and also played a key role in training more than 160 Afghan Kandaks (battalion sized units). In addition, CAF members provided specialized training in fields such as medicine, logistics, signals and air operations.

Canadians have been instrumental in assisting in the development of the capacity and capability of the Afghan national security forces to enable them to take responsibility of their own security by Dec. 31, 2014.



for development and governance. The SAT-A worked extensively with the Afghan government's Ministry of Rural Rehabilitation and Development, and with working groups on national development strategy, public administration reform, and gender equity policy in the Afghan Civil Service.

The members of SAT-A planning teams brought a wide range of training, education, experience and strategic planning skills (both civilian and military) to bear on complex civil problems. They embedded with Afghan government ministries and agencies and worked under Afghan direction to help Afghan government officials integrate the substantive ideas of international experts and their own national leadership into cohesive strategic plans.

### OPERATION ARCHER (FEBRUARY – JULY 2006)

The primary activity under Operation Archer was the deployment of about 12 senior CAF members in Kabul with the Combined Security Transition Command



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# Health Services update

CF H Svcs C(P) Updates Its Approach and Processes to Sick Parade Management.

As Canadian Forces Health Services Centre Pacific (CF H Svcs C (P)) comes in line with the same challenges that many units have recently faced, a review of the clinic's approach and processes has been initiated.

This review is currently underway. The review outcomes will guide how CF H Svcs C(P) aligns its staff and services to continue to provide timely access to high quality health care while supporting operations, as well as the overall health of CAF members.

This review will lead to the implementation of gradual changes in processes in order to improve our service delivery.

The clinic would like to remind members that CF H Svcs C(P) does not pro-

vide emergency services. All emergencies (such as life or limb threatening conditions) shall be addressed by calling 911 or attending the nearest Emergency Room.

Sick parade for new, urgent or changing medical conditions occurs 0730-0930 hrs Monday to Friday. During this time, CF H Svcs C(P) has focused its effort to maximize its efficiency in addressing sick parade presentations.

From 0930-1200 hrs and 1300-1600 hrs Monday to Friday CF H Svcs C(P) completes booked appointments and medical reviews. These types of appointments are arranged through CDU reception: CDU 1 – local 4120; CDU 2 – local 5641; and CDU 3 – local 5646.

Initiatives to facilitate improved access and lower

wait times are underway.

Every member who presents to CF H Svcs C(P) is entitled to an assessment of their condition priority even outside of sick parade hours. Members assessed as urgent will be seen. Meanwhile, non-urgent presentations outside of sick parade hours may be redirected to a more appropriate time to have their needs properly addressed.

CF H Svcs C(P) thanks you for your understanding that these structured changes allow us to balance and manage the competing demands for finite medical resources. Constructive feedback about our initiatives and your experiences at CF H Svcs C(P) are appreciated and considered in our adaptation to new staffing and resource levels.

## Prime Minister announces new mission for HMCS Regina

Prime Minister Stephen Harper has issued the following statement announcing an additional measure that Canada is taking to promote security and stability in Central and Eastern Europe:

"Canada remains committed to working with our NATO partners to promote the sovereignty and territorial integrity of Ukraine.



"To further enhance the readiness of the Alliance, today, our Government is announcing that we will be committing the HMCS Regina to NATO Standing Maritime Forces.

"Our Government will continue taking steps to demonstrate our collective allied strength and to enhance security and stability in Central and Eastern Europe."

See page 5 for details!

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# Make safety a habit

## In recognition of North American Occupational Safety and Health (NAOSH) week

It's 6 a.m. and the alarm clock is buzzing. You fumble for the off switch and swing your legs over the side of the bed, stretching as your toes search for your slippers. You take a deep breath and contemplate your day. What follows next is a series of events you've perfected through years' worth of mornings.

- Coffee, hot: two cream, one sugar.
- Shower, comb your hair, put on your clothes, and brush your teeth.
- Feed the pets.
- Lock the door, start the car, put on your seat belt, put the car in drive and off you go. Another day has begun.

You've done all of these things every day without conscious thought. Habits, routines, rituals, second nature; call them what you will.

Generally, they are things you do without question and are almost involuntary. Would you consider not brushing your teeth, skipping

getting dressed, or not wearing your seatbelt? The consequences of not doing any of these could be inconvenient at best to catastrophic at worst. The same goes for safety habits: if proper procedures aren't followed, the results could also range from inconvenient to catastrophic.

### What are some of your safety habits?

Being knowledgeable of the hazards and risks associated with the activities you do on a daily basis, both at work and at home, is the key to preventing injuries.

Do you wear personal protective equipment (the last line of defence) when required? Do you do a quick scan of the workspace and tools for hazards before starting your work?

In safety circles this is called a hazard analysis, but in plain speaking it's just a good habit called "taking five seconds for safety."

Many safety habits are legislated such as wearing a seat belt when driving or wearing a bike helmet;

however, others are not and are grouped into the common sense category. If we take a couple of seconds to think of what can go wrong before doing a task, we will likely find a way to prevent an accident from occurring.

At the same time, be cautious of bad habits. These 'human factors' can lead to accidents if not curtailed in one way or another; indifference can be as bad as impatience or impulsiveness.

If we are always in a hurry, there is a greater likelihood that something important will be overlooked with undesired results. Even if we are experienced and have done this a 1,000 times before, it is good to review procedures from time to time to re-enforce the rules to battle any indifference that might be creeping in.

### First Week of May

The first week of May each year is dedicated to continent-wide recognition and promotion of health and safety in the workplace.

This year's theme for North American Occupational Safety and Health (NAOSH) week is "Make Safety a Habit." It offers an opportunity to challenge ourselves either individually or as a group to form better safety habits.

It could be removing bad habits, such as accelerating through amber lights when driving, or starting better habits like taking five seconds for safety. The challenge is to make these requirements almost involuntary. Pick a habit that works towards preventing injuries or illness and commit to it throughout the year to "Make Safety a Habit."

This year, a number of MARPAC units have deliberately staged photos to demonstrate what the absence of good safety habits might look like in a variety of scenarios. Personnel are challenged to examine the photos and identify the dangerous work habits. It is a contest open to all MARPAC personnel and is designed to raise awareness, chal-

lenge your safety knowledge, and to have a little fun.

There will be a different photo displayed every day during NAOSH week. Simply view the picture and note what's wrong. Forward your submission via email to:

+ESQ FSE Safety@FSE@Esquimalt or to FSafeO, Bldg D9 Dkyd.

The Base Chief of Staff will conduct one draw per photo from all the correct entries received. Answers will be displayed on the MARPAC Notice Board after the contest closes. You can increase your chances of winning one of the following prizes by submitting an entry for each photo.

There are some great prizes to be won:

- Two first aid kits
- Rona Gift card - \$100
- Country grocer gift card - \$100
- One night Tigh-Na-Mara \$220



## What is wrong in these photos?

NAOSH week was formed from a Canadian initiative that was created in Newfoundland and Labrador in the late 1970s. This idea grew to become Canadian Occupational Safety and Health Week. Then during the North American Free Trade Agreement (NAFTA) of 1996, the United States and Mexico adopted it, and NAOSH week was officially launched as an agreement between the three countries to host a week in the workplace dedicated to expand knowledge of safety for employees. The NAOSH logo: three hands forming an equilateral triangle portrays the three participating nations – Canada, the United States and Mexico – and symbolizes joint venture, cooperation and the commitment to the common goals shared by all occupational health and safety partners. The three sides stand for partnership of the three countries in this joint occupational health and safety venture, as well as all tripartite partnerships between business, labour and governments. The connected hands illustrate assistance and cooperation on many levels – from interpersonal relationships in the workplace to international exchange.)



# MS Sulyma earns Sailor of the Year

**CP01 Michel Vigneault**  
Fleet Chief Petty Officer

The Canadian Fleet Pacific Sailor of the year for 2013, MS Josee Sulyma, Chief RMS Clerk at Sea Training Pacific, was selected from a group of 11 peers based on her tremendous work ethic, outstanding performance, consummate professionalism, numerous achievements and unwavering volunteer service within the community.

MS Josee Sulyma was born and raised in Quebec City. Prior to joining the CAF she studied Opera at Universite Laval in Quebec and went on to attend La Schola Cantorum in Paris, France, where she trained in Oratorio and French Baroque.

Upon completion of formal training, MS Sulyma worked as an Opera singer until joining the CAF in May 2006. Since enrollment, her postings have included CFB Halifax BOR, *HMCS Ville de Quebec*, CFB Esquimalt BOR, JRCC Victoria, *HMCS Protecteur* and Sea Training Pacific.

She has continued with her singing, organizing a Recital for the United Way fund raising campaign while on her RMS Clerk QL3 course, and has performed in numerous high level events as a soloist with both the Stadacona and Naden Bands.

Highly involved in her community, she is an active member of St Andrews Cathedral Choir, and also fundraises in a knitting group for their "Respect for Life" program that supports single mothers.

MS Sulyma is a dedicated triathlete, train-

ing and competing with the Victoria Tristar Triathlon Club. She is also a member of the CFB Esquimalt Tritons women's hockey team. She is happily married to a retired sailor and when not on the road training, enjoys relaxing in their home in Esquimalt, with her two cats Diva and Buddy and their Hamster Cuddles.

Geraldine (Geri) Hinton, presented MS Sulyma the Capt(N) Hinton Memorial Sword. She recently donated her late husband's Naval Sword to be awarded to the Canadian Fleet Pacific Sailor of the Year. The Sword is kept on display at the CFP Headquarters, and will be awarded to all future Fleet Sailors of the Year.

#### About Capt(N) Peter Hinton

The late Capt(N) Peter Hinton had a long and distinguished career in the Royal Canadian Navy from 1941 to 1976. He served in the Second World War where he was in Command of a landing craft landing troops in France on D-Day June 6, 1944.

His subsequent Command appointments included the minesweeper *Fortune* (1955-1957), Leadership School in Cornwallis (1958), *HMCS Athabaskan* (1963-1964), and *HMCS Columbia* (1964-1965). Capt(N) Hinton assumed Command of *HMCS Protecteur* when she commissioned in 1969, and was Base Commander of both naval bases in Halifax and Esquimalt in the 1970s.

One of his many notable achievements occurred in March 1964 when he was in

Command of *HMCS Athabaskan*, and rescued 34 crew members of the tanker *Amphialos*, which had broken in two during an Atlantic storm. The rescue, carried out in heavy seas, was a feat of seamanship that won world-wide acclaim.

The Fleet Commander, Commodore Bob Auchterlonie, congratulates MS Sulyma on her selection as Fleet Sailor of the Year, and thanks Mrs. Hinton for her generous donation and for being part of the inaugural presentation.



**From Left to Right:** Geraldine Hinton presents Sailor of the Year, MS Josee Sulyma with her husband's Memorial Sword, with Cmdre Bob Auchterlonie presiding over the event.



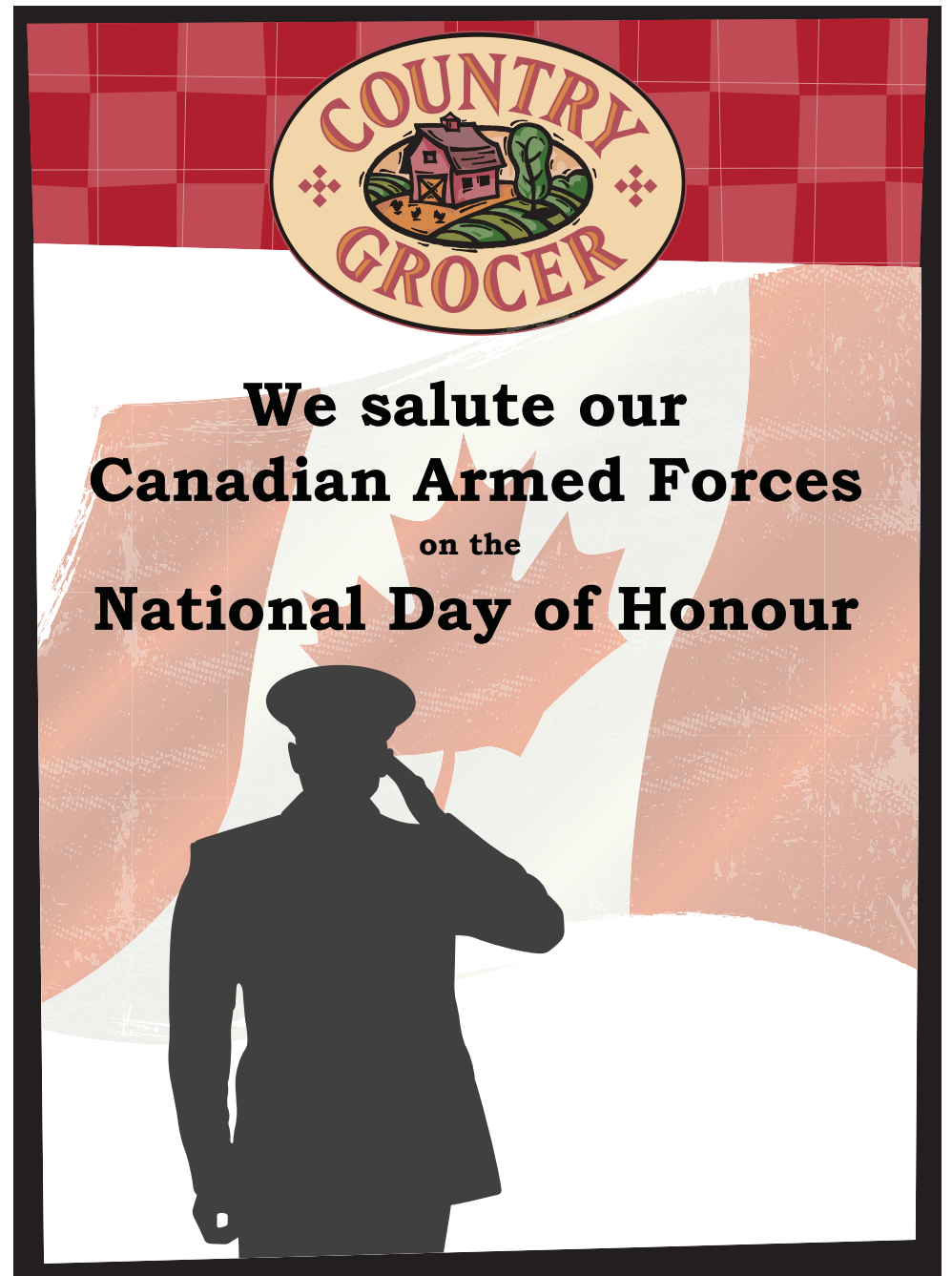
## National Day of Honour

On May 9<sup>th</sup> Hansens' joins all Canadians to salute Canada's Armed Forces in marking the end of our country's mission in Afghanistan.

We salute your strength and sacrifices and offer a special thank you to the fallen and the wounded.



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Leaders in the GCWCC campaign gathered at the Wardroom April 24 for recognition by the Base Commander for their steadfast commitment to raising funds for the campaign.

A small coffee celebration was held for a group of very dedicated people at the Wardroom on April 24.

Leaders in the Government of Canada Workplace Charitable Campaign (GCWCC) were formally recognized by Base Commander, Capt(N) Luc Cassivi for their fundraising efforts. The group milled about chatting and enjoying the treats and coffee arranged for the occasion. Afterwards the assembly was formally addressed by the

Base Commander in a short speech congratulating them for their outstanding efforts. Their steadfast commitment allowed the GCWCC to reach their fundraising goal of \$595,000.

Members were presented with plaques and certificates commemorating their participation, and were encouraged to continue their hard work on behalf of the GCWCC and CFB Esquimalt.

### Support Team Synergy and their 400km bike ride in Northern France

Matt Barlee, Paul Keen, Jamie Grimes, and Stephan Moreau will join other Canadians in France for the week-long Battlefield Ride in support of Wounded Warriors Canada, a national charity that provides life-saving support programs for veterans suffering from physical and mental injuries.

As part of their fundraising effort, Team Synergy will host the Wounded Warriors Community Ride. Taking place Saturday, May 10 the event consists of a 30km family ride along Victoria's waterfront, followed by a community BBQ and silent auction.

#### Wounded Warriors Community Ride

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# Army lawyer lays down the law during Operation Artemis

**Lt(N) Mark Fifield**  
Op ARTEMIS Roto 4 PAO

What is an army legal officer from the Office of the Judge Advocate General doing on a Canadian warship at sea during an overseas deployment in the Indian Ocean?

That was the question on many sailors' minds when they found that Major Adam van der Linde was going to be on board *HMCS Regina* for a six to eight month period during Operation Artemis.

The operation demonstrates the Canadian Armed Forces' commitment to peace and stability in the Indian Ocean/Arabian Sea by maintaining a credible and enduring presence as directed by the Government of Canada. *Regina* is doing its part to support its allies and security partners in the region by operating within a responsive international force known as Combined Task Force 150 (CTF 150).

In accordance with CTF 150 mandate and international law, *Regina* has the legal authority to approach, board

*I love the fact that I am an Army Officer practicing law on board a Canadian warship during an operational deployment.*

-Maj Adam van der Linde

and search vessels of interest to deter and deny the use of the maritime environment for terrorism or the facilitation of terrorist activities.

However, there are many considerations that must be satisfied before this can be done.

"We need to establish the legal basis to board and search vessels in the Operation Artemis joint operations area, and having legal advice on the ship is key to making that happen in a timely fashion," explains Cdr Dan Charlebois, *Regina's* Commanding Officer. "This allows *Regina* to search

these vessels for illicit narcotics or other contraband used to fund terrorism as part of our maritime security and counter-terrorism mission."

Maj van der Linde's responsibilities include advising the chain of command on all legal issues, such as applying the laws of armed conflict during real time operations at sea, determining sovereign territorial waters from international waters and the application of internal discipline.

A major part of his job during this deployment is to interpret and apply laws such as the United Nations Convention on the Laws of the Sea (UNCLOS).

"This deployment has been one of the most memorable in my career so far as well as a great life experience as I've never been to sea with the Royal Canadian Navy before," said Maj van der Linde. "I love the fact that I am an Army Officer practicing law on board a Canadian warship during an operational deployment as I never know what new challenges and novel legal situations each day will bring."



Major Adam van der Linde, a legal officer, advises Commander Dan Charlebois, Commanding Officer of *HMCS Regina*, on the ship's bridge.

Cpl Michael Bastien, MARPAC Imaging Services

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Cpl Michael Bastien, MARPAC Imaging Services

The Unmanned Aerial Vehicle (UAV) detachment prepares the Scan Eagle UAV on the flight deck of HMCS Regina during an Operation Artemis flight mission off the coast of Africa.

## HMCS Protecteur sailors stay fit in Hawaii

Last month, personnel from HMCS *Protecteur* took the opportunity to keep active by running in the 17th Annual Ford Island Bridge Run in Oahu, Hawaii.

By doing so many earned top honours.

"It was a beautiful race," says Lt(N) Jackie Geiger, Deck Officer for *Protecteur*, who took home first place in the Military Female category. "We've been spending a lot of time in Hawaii, so it was nice to have something like this to blow off a little steam."

*Protecteur* has been alongside for over a month since

a Feb. 27 fire disabled the ship. The crew have been flying back in Victoria in small groups, currently leaving about 135 personnel left on board.

"We're all getting out of here slowly," says Lt(N) Geiger. "There's still a lot of work to be done on the ship, but once it's done we'll be going home."

In the mean time, in-between shifts, the crew has been hard pressed to find ways to pass the time. Once the 17th Annual Ford Island Bridge Run rolled around, Deployment Programs Manager David MacDiarmid arranged for

some of *Protecteur's* crew to take part. "He set everything up, got anyone who was interested to put their name in and worked everything out for us," says Lt(N) Geiger. "It was really great and put everyone in great spirits."

The Ford Island Bridge Race is an annual 10K that takes place in Oahu and has runners begin at the Admiral Bernard "Chick" Clarey Bridge and cross to historic Ford Island.

The run itself is very well populated, with 2,514 people registering across civilian and military categories; 19 *Protecteur* personnel took part.

"It was crazy running with that many people. It was just bodies everywhere you looked," says Lt(N) Geiger. "It made the run more exciting, not to mention all the beautiful scenery. It was a really great experience."

Lt(N) Geiger had a time of 46:41, while *Protecteur's* MS Kristen Arensen took home third overall female with a time of 42:02. Also representing for *Protecteur* was LS Max Honeyman, who placed second in the 20-24 age group with 41:03, and LS Kyle Weatherby who placed third in the 25-29 age group at 41:26.

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## Canada leads a verification team in Ukraine

DND

Three members of the Canadian Armed Forces from the Directorate of Arms Control Verification (DACV), as part of a nine person team, are leading a Vienna Document 2011 (VD11) mission in Ukraine from April 26 to May 11.

In light of current events, Ukraine has requested that participating States from the Organization for Security and Cooperation in Europe (OSCE) conduct a coordinated series of VD 2011 missions within Ukraine (except Crimea). This mission is being conducted in order to dispel concerns regarding unusual military activities in Ukraine, and to ensure a continuous international military presence on the ground.

"Canadian Armed Forces personnel participation in VD11 visits as lead inspectors constitutes a concrete contribution to mitigating the crisis using existing arms control mechanisms. They possess the necessary training and experience to undertake missions of this nature," says Major-General Michael Hood, Director of Staff, Strategic Joint Staff.

The Canadian Armed Forces members taking part on this mission are joined by representatives from France, the Republic of Moldova, Ukraine and the United States. The mission marks the first time a VD11 visit has been

led by Canada to Ukraine during the current crisis.

Canada provided two observers as part of the initial multinational military observer mission to Ukraine, at the outset of the Ukraine crisis in March 2014.

Canada is working in close cooperation with the Ukrainian authorities to determine the exact locations that will be subject to the inspections.

These inspections are at the invitation of Ukraine over concerns of unusual military activity in the region.

Canada is also prepared to contribute inspectors for similar missions in Ukraine led by other participating States from the OSCE.

Canada routinely and regularly participates in OSCE missions in Eastern Europe.

The OSCE, the world's largest regional security organization – comprised of 57 participating States, including all NATO Allies – has been employing a range of arms control and confidence- and security-building measures to respond to the crisis in Ukraine.

The VD11, a politically binding agreement amongst participating States of the OSCE, is one of the arms control mechanisms that has been used so far in Ukraine. Under the VD11, participating States can conduct inspections and observation visits to increase openness and transparency concerning military activities.

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PO2 K. Hall (above) and MS R. Loy (below) receive a Commendation from VAdm Mark Norman, Commander of the Royal Canadian Navy.



## Sailboat rescue earns sailors top navy commendation

**Capt Jeff Manney**  
Contributor

The navy honoured two Canadian Armed Forces sailors two weeks ago for their quick work and steady hands following a dramatic rescue of a foundering vessel and its crew off Nanaimo in 2012.

PO2 Kevin Hall, MS Richard Loy and PO2 Anthony Goodwin comprised the Ranger 1 patrol crew that rescued the 11-metre U.S. registered sailing vessel Fugitive and its crew of three Aug. 1, 2012.

PO2 Hall and MS Loy, who serve at the Canadian Forces Maritime Experimental and Test Ranges (CFMETR) in Nanoose Bay, were on hand to receive the Commander, Royal Canadian Navy Commendation. PO2 Goodwin, since posted to HMCS *Protecteur*, will be honoured at a later date.

Summer typically marks the busiest time in Area Whiskey Golf, the 200-square-kilometre torpedo test range CFMETR operates in the Strait of Georgia. So it was on a summer day when Ranger 1, conducting a sweep of the range's southern border in a rigid hull inflatable boat (RHIB), copied a Mayday call from the Fugitive.

The vessel reported tak-

ing on water after striking a rock near Ballenas Island, two miles from the nearest anchorage. Range staff immediately dispatched CFMETR's contracted Bell 206 helicopter and Ranger 1 to the scene. When PO2 Hall and his crew arrived, it was clear that Fugitive's skipper had already given up the fight for his vessel.

"When we got there they were abandoning the boat and jumping into their dinghy," recalls Hall. "The skipper was clearly very agitated. Once we got on board we noticed a lot of water inside the boat, but I told him not to panic, it's not underwater yet."

Hall quickly took charge of the scene, embarking the skipper's two adult sons and directing Loy and Goodwin to begin pumping operations. The sailboat's own bilge pump couldn't keep up with the water flowing in through the cracked keel, but with weather on his side and some determined bailing Hall assessed they could tow the vessel, if not into port, then at least somewhere it wouldn't become a navigational hazard.

Quickly rigging the vessel for towing, a task ill-suited to a RHIB, Hall and his team headed for nearby Schooner Cove. Watching

the waterline slowly rising on the sailboat, it took all of Hall's experience, judgement and trust in his crew to continue the operation.

"We weren't going to put anyone in danger but we were barely keeping up with the flooding. If the Coast Guard hadn't shown up we would probably have had to abandon it before making port," he said.

Fortunately the French Creek Coast Guard station responded with their own RHIB and a powerful Wajax pump. The extra horsepower helped Fugitive make Schooner Cove, where divers were standing by to keep it afloat.

"They were really happy, shaking our hands and thanking us" said Loy, Ranger 1's engineer, of the Fugitive's crew once they had safely docked. For the 25-year veteran, the incident, its happy aftermath and the resulting commendation had him feeling a little philosophical.

"Your whole career you do a lot of amazing things that don't get a lot of attention, things that are maybe bigger than this one, but then you get recognized for something like this and it kind of makes up for it. I'm really happy to have been a part of this."



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## Retired Petty Officer Wilks sentenced for sexual assault

A military judge has sentenced a former Canadian Armed Forces medical technician, Retired Petty Officer Second Class James Wilks, to 30 months imprisonment following a second court martial that found him guilty of 10 sexual assault and 15 breach of trust charges.

LCol Louis-Vincent d'Auteuil also issued an order requiring the offender to submit bodily substances and register to the Sex Offender Information Registration Act for life. These two provisions are

mandatory when found guilty of sexual assault.

Wilks submitted an application for release from imprisonment pending appeal. The Military Judge ruled that Wilks be released from imprisonment pending appeal. The details regarding when the appeal will take place have yet to be determined.

The incidents for which Wilks was found guilty occurred between 2003 and 2009, while he was performing medical examinations in Thunder Bay and London, Ontario. He used

the medical exams to see and in some cases touch the women's breasts, stating it was part of the standard physical, which it was not.

Wilks was previously found guilty of one count of sexual assault and four counts of breach of trust by a public officer, and sentenced to nine months in prison in December 2011.

After military police made a public appeal for victims to come forward in September 2010, the Canadian Forces National Investigation Service charged Wilks with additional offences.

## DID YOU KNOW?

The Canadian Forces Morale and Welfare Services (CFMWS) deployed over 1,000 civilians to Afghanistan from 2003 to December 2013 in support of the Canadian Armed Forces. CFMWS was responsible for the morale and welfare services provided to CAF

members while they were deployed to Afghanistan. Morale and welfare services included: Home Leave Travel Assistance, fitness, sports, recreation, special events, amenities, and retail stores (including the Tim Hortons at Kandahar Airfield).



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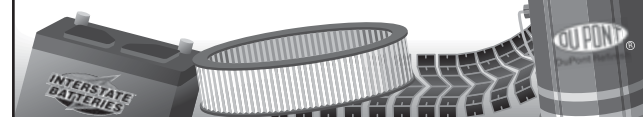
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## Operational Service Medal Awards



Members of the crew from HMCS Ottawa receive the Operational Service Medal for their participation in Op Caribbe from Commodore Bob Auchterlonie, Commander CANFLTPAC, on board the ship at C Jetty on April 25.



Photo of the Operational Service Medal tray shortly before members of HMCS Ottawa receive them.

Operation Caribbe is the Canadian Armed Forces recurring participation in the multinational campaign against illicit drug trafficking by transnational organized crime in the Caribbean basin and the eastern Pacific Ocean.

Photos by Cpl Blaine Sewell, MARPAC Imaging Services.



CPO2 Gordon Klemm receives the Operational Service Medal from Cmdre Bob Auchterlonie.



Cmdre Bob Auchterlonie presents PO1 Chris Calhoun with the Operational Service Medal.



**Above:** Sub-Lieutenant M.A. Aubrey receives a Commander's Commendation from Cmdre Bob Auchterlonie.

**Left:** LS Cathy Quinton, sonar operator on board HMCS Ottawa receives the Operational Service Medal from Cmdre Bob Auchterlonie.



**Left:** A/SLt Rekeszki (centre) was promoted to Sub Lieutenant by Cdr Wes Golden (left), BAdm Branch Commanding Officer, and LCdr Judith Harlock (right).

**Right:** A/SLt Jensen was also promoted to Sub Lieutenant.





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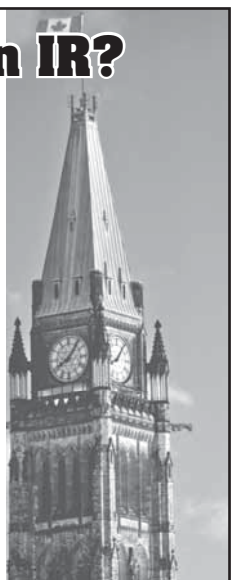
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The last Canadians involved in the NATO training mission in Afghanistan board an American Chinook helicopter on March 12, 2014, as they leave the International Security Assistance Force (ISAF) headquarters in Kabul, Afghanistan.

Photo by Cpl Patrick Blanchard, Canadian Forces Combat Camera



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