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MARPAC NEWS CFB Esquimalt, Victoria, B.C.

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SUNRISE CEREMONY

Bill Stewart performs the Aboriginal Sunrise Drumming Ceremony for guests at Duntze Head last Thursday where he was recognized for his contributions to employment equity. Read more on page 2.
LS Zachariah Stopa, MARPAC Imaging Services

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**First Nations drummer honoured****Shawn O'Hara**
Staff Writer

"Eagles tend to appear when I perform the Travelling Song," says Bill Stewart, Technical Data Specialist at Fleet Maintenance Facility Cape Breton and member of the Ahousaht First Nation at a May 15 Sunrise Drumming event.

"They embody the spirits of our ancestors, the "Old Ones", who are keeping an eye on their people and watching over us," he says. "I take it as a good sign."

During his early morning ceremony last Thursday, six eagles flew overhead, two coming within a few metres of the attendees.

"They are always watching, showing us they care and are protecting us," says Stewart, who was awarded the Minister of National Defence/Chief of Defence Staff 2014 Management of Human Resources Employment Equity Award.

The award recognizes significant achievements by people who represent under-recognized groups in the Department of National Defence (DND) such as women, people with disabilities, Aboriginal people, and visible minorities. Stewart received the award due to his work as co-chair of the Defence Aboriginal Advisory Group (DAAG) and his efforts to promote

cooperation and friendship between the First Nations and Defence communities.

With a 90 per cent hearing impairment, Stewart has also worked with the Persons with Disabilities Advisory Group.

"I was shocked when I found out I'd won the award. I don't think it's really even sunk in yet," says Stewart. "I'm proud of the work I've done, and think we are all closer to understanding the values of one another. The work will continue for future generations."

Stewart's advocacy work include a "Travelling Song" written and first performed by Stewart in 2008 in the traditional Nuu-Chah-Nulth style on a drum made by Stewart's own hands.

Dedicated to DND, the song is performed to ensure safe travels to DND personnel deploying across the globe.

"Before I performed the song I was having vivid dreams of being visited by family, friends, ancestors, and warriors. Many of the warriors were Aboriginal people in uniform, but many were also of non-Aboriginal heritage. I took this to mean the song would be for all people who serve in uniform and dedicated it to DND," says Stewart. "We are all as one people. I believe this song brings a message of hope for the future."



Shawn O'Hara, Lookout

Bill Stewart shakes hands with RAdm Bill Truelove, Commander Maritime Forces Pacific, after receiving the Minister of National Defence/Chief of Defence Staff 2014 Management of Human Resources Employment Equity Award.

Stewart was first introduced to drumming at age seven, while growing up near Hot Springs Cove on the west coast of Vancouver Island. Although his parents discouraged their children from learning their culture, Stewart still went for secret cultural instruction from the Elders of Hesquiat First Nation.

"It was a time of much discrimination for First Nations people, so it was tricky and dangerous to do it secretly," says Stewart. "Still, I was very interested in my culture so I couldn't help it. After my parents split I was taken away from it, but in my later years I continued the struggle

to carry on the culture of my people."

With Aboriginal Awareness Week (AAW), Stewart says it's the perfect time to remember his upbringing and teachings, and to encourage others to do the same.

"The purpose of AAW is to give the population information on the Aboriginal ways of life, a message that we are diverse in culture and have various traditional practices" says Stewart. "We're doing what we can, but the work will continue, bringing our cultures and traditions to the people, ensuring they're carried on for future generations."

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HMCS Regina enroute



Cpl Michael Bastien, MARPAC Imaging Services
Above: AB Craig Gagnon uses the Long Range Acoustic Device on the starboard bridge wing of HMCS Regina during a small boat attack response training exercise.

Right: Commanding Officer, Cdr Dan Charlebois, oversees a small boat attack response training exercise.

Below: LCdr Gordon Roy, Executive Officer, welcomes Capt(N) Stuart Moors, Canadian Defence Attaché in Egypt, while the ship transits through the Suez Canal.



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Aboriginal Peoples unite with one voice

The annual week-long celebration of Aboriginal culture offers an opportunity to remind Canadians of the Aboriginal Peoples' service to Canada. First Nations, Inuit, and Métis people have served proudly since the very first battles for Canada. Their traditions and values have contributed greatly to Canada's history, cultural diversity, and military ethos.

I am honoured in my role as the Department of National Defence and Canadian Armed Forces

Champion for Aboriginal Peoples to extend my gratitude and salute the more than 2,100 Aboriginal people who today serve with pride and distinction in the Canadian Armed Forces Regular and Reserve Force and civilian personnel within the Department of National Defence.

Today, Aboriginal members serve in the Canadian Army, Royal Canadian Navy, Royal Canadian Air Force and the Canadian Rangers in a wide variety of ranks and responsibilities. The Department

of National Defence and the Canadian Armed Forces have consistently partnered with Canada's Aboriginal people through youth development and recruiting programs, which combine Aboriginal teachings with military training to shape the military of tomorrow.

Regardless of rank and age, they exemplify the proud warrior spirit of those who served before them. Though they are many peoples, from Inuit to Iroquois, Mi'kmaw to Haida, they speak with

one voice in our ranks, truly emphasizing this year's national event theme: "Many Peoples, One Voice."

I invite all Canadians, during this year's Aboriginal Awareness Week, to fully embrace the celebration of Canada's Aboriginal Peoples and to appreciate their valuable contributions to a prosperous, inclusive, and secure Canada.

LGen Marquis Hainse
 Commander
 Canadian Army

People Talk

Lookout asked this question:

What does the Nijmegen March represent for you?



The opportunity to turn this body into a supermodel's body just in time for the summer.

Lt(N) Denise Dickson



To me, it's the Olympics of walking, a truly international event.

Lt Tyler Beaton



To me, Nijmegen is about commitment and pushing yourself to the limit. LIMIT!

Lt(N) Dani Héroux

Photo credit correction



Last week, Lookout incorrectly attributed this Battle of Atlantic parade photo on page 3. It was, in fact, taken by PO2 Al van Akker of HMCS Malahat.



For me the Nijmegen Marches has come to represent hard work, sore feet, early mornings, rainy days, hot days, power yoga and great people.

OS Jason Price



It represents an opportunity for me as well as for other members of the CAF to be an emissary for our country and uniform. It's a world renowned event that defines the determination, fortitude and camaraderie of everyone involved.

LS Devin Snashall

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Cycling to work keeps you fit and frugal

Jamie Cook
MARPAC Public Affairs

Gear up and get rolling next week. May 26 to June 1 is Bike to Work Week and there's still time to register your unit team.

In addition to being an economical and environmentally-friendly way to get to work, bicycle commuting helps all DND employees maintain better health.

"Biking to work is not only a great way to help the environment, but a great way to incorporate fitness into your daily routine," says Gillian Larsen, Recreation Director of Personnel Support Programs (PSP) Esquimalt.

Studies have consistently shown cycling can reduce the risk of cardiovascular disease. According to the British Medical Association, a study of 10,000 civil servants showed that cycling as little as 32 kilometres per week by bike can cut the risk of heart disease by up to 50 per cent.

There is perhaps no better Canadian city for cycling than Victoria, which offers a temperate climate ideal for commuting via bicycle almost year-round. With wide roads and plenty of bicycle lanes leading to CFB Esquimalt, cycling to and from the base is safe and enjoyable, often enhanced by panoramic views of the coastal waterfront along the way.

With almost five times more bicycle commuters than the average Canadian city, and twice as many as Kelowna, its nearest metropolitan competitor, Victoria is the undisputed cycling capital of Canada.

Cycling is also a cheaper alternative to commuting via automobile, which is becoming increasingly expensive as gas prices rise. According to Bike to Work Week, cyclists save an average of \$10 daily on a round-trip commute of 16



kilometres, not including money spent on parking.

CAA has a driving costs calculator, at http://caa.ca/car_costs, which takes into account province and vehicle type to demonstrate how much the average person spends on fuel.

With the ability to sail past rush hour traffic in bicycle lanes or on the Galloping Goose, cycling can also be as fast or faster than driving a car.

With Bike to Work Week entering its 20th anniversary this year, thousands are expected join in events and festivities across the region, including here at CFB Esquimalt.

Join fellow cyclists from 6:15 to 8 a.m. on May 26 in the CANEX parking lot at Naden for free snacks, coffee and tea to officially kick off Bike to Work Week on base. The event will also include complimentary inspections and mechanical adjustments to attendees' bicycles, courtesy of Vélofix's Mobile Bike ProShop.

To register for Bike to Work Week, visit biketoworkbc.ca/Victoria and click "Register" in the top right hand corner. CFB Esquimalt has several units registered. If yours isn't listed, create a new branch and start recruiting people in your office.

Ride safely - Obey rules of the road



A military police officer issues a provincial ticket to a cyclist for a traffic violation.

MP Unit Esquimalt

Now that warmer weather has arrived in Victoria, more personnel will be commuting to and from the base via bicycle.

With the increase in bike traffic and the chance that some "fair weather cyclists" may be a bit unsure of traffic regulations, here is a quick refresher on cyclists' responsibilities when sharing the road.

When cycling, obey the same rules that apply to motorists. Failure to do so can be dangerous and costly. Adult cyclists are subject to the B.C. Motor Vehicle Act (BCMVA), and Military Police can issue tickets under the BCMVA on DND property.

Here are some do's and don'ts to avoid injury to yourself and your wallet:

DO:

- Always come to a full stop at stop signs and red lights. Failure to stop is illegal under BCMVA. The fine is \$167.
- Cycle in traffic safely and predictably. Signal before turning, and learn the skills needed to control your bike. Unsafe opera-

tion of a bicycle is subject to parts of Section 144 of the BCMVA, with fines ranging from \$196 to \$368.

- Yield to pedestrians crossing the street and to buses when they are leaving a stop. Failure to yield results in a minimum fine of \$168.
- Take care when passing parked cars to leave enough space for drivers and passengers to open car doors.
- Always maintain high situational awareness and remember to shoulder check in traffic.
- Helmets must be worn at all times when cycling. Failure to wear your helmet can result in a \$29 fine. Safety vests or reflective clothing are also highly recommended.
- Lock your bike up on base. MPs and Commissionaires are required to remove any unsecured bikes found on DND property and secure them at the MP Unit until claimed by their owners. Bicycles not claimed within 30 days will be disposed of.
- Have a warning bell and

use front and rear lights on your bicycle after dark, as required by Section 183 of the BCMVA.

- Maintain your bike in good working order.

DON'T:

- Ride on sidewalks or crosswalks unless posted signs allow you to. Walk your bicycle on a sidewalk or a crosswalk. Being caught riding on a sidewalk can cost you \$81.
- Never assume that another cyclist, driver, or pedestrian sees you. Make eye contact with other road users.
- Cycle while impaired. While not a specific violation of the BCMVA, impaired cycling can still net you a careless driving ticket (\$196), as well as a Drunkenness and/or Conduct Unbecoming charge.
- Lock your bike to railings, fences, gates, etc. Use only the designated bike racks provided throughout the base.
- Use headphones – including ear-buds – as it can hinder your ability to hear what's going on around you. They are not recommended when cycling and are not permitted in any area of dockyard. Above all else, ride defensively. Remember that even if you have the legal right of way, in a battle between a bike and a two-tonne vehicle, the bike always loses. For safety tips, resources, and more information on your rights and responsibilities as a cyclist in B.C., visit www.bikesense.bc.ca

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Military members are also invited to watch the tournament for free from June 5 to 8. Just show your DND ID or CFOne card. Note that this is not TD. Participants are not entitled to claim any part of this outing and are therefore responsible for all expenses incurred.

For more information, visit www.cfappreciation.ca/en/discounts/pages/pga-tour-canada.aspx.



What it takes

Search and Rescue Technicians

Erin Abercrombie
DND

On any given day, a fishing vessel and crew could capsizе off the Atlantic coast, a hiker could fall into a crevasse in the Arctic or an airplane could get lost in the Rocky Mountains.

When this happens, it is the job of Search and Rescue Technicians to get there and save lives.

The Canadian Forces Search and Rescue Technicians, often referred to as SAR Techs, are part of an elite group of primary care paramedics that provide on-scene medical aid and evacuation all over Canada. They are the rescuers of last resort, getting called out in some of the worst weather to some of the most remote parts of Canada.

There are approximately 130 SAR Techs across Canada at five major SAR squadrons in Winnipeg, Trenton, Greenwood, Comox and Gander, as well as three Combat Support squadrons.

"First of all we are not adrenaline junkies... people that go into it with that kind of mentality are dangerous," says MWO Greg Smit, a Search and Rescue Technician.

He explains that while SAR Techs are always taking risks, they have to make sure they never take uncalculated or unnecessary risks. SAR Technicians always work in teams of two for this reason. If one of the members doesn't think

the risk will yield a favorable outcome for everyone involved, it simply won't be done.

While they won't always be going out with the same partner, MWO Smit says the bond, or "the way we function as one in a team of two" is always the same.

The screening process for Search and Rescue applicants is intense – it has to find the right person for the job.

The SAR Technician occupation is a re-muster trade, meaning that only Canadian Armed Forces regular and reserve members can apply. These applicants must also have a minimum of five years working for the Canadian Armed Forces and be of a Corporal rank.

The second application necessity is being able to pass the Search and Rescue Technician Physical Test, which involves a 675 metre continuous swim in 20 minutes or less in addition to a 1.5 mile run (10 minutes or less), 31 consecutive push-ups, 33 consecutive sit-ups, eight consecutive chin-ups and a 450 metre shuttle run.

"In other words we're getting people that are above average in terms of fitness and are cardiovascularly fit with good upper body strength," says MWO Smit.

He pointed out that some people believe the physical test eliminates female applicants, but argues that this is not at all the case. "It's not so much that we do the test to eliminate people, we do the test

because that's what you need to be able to do to do the job."

Currently, there are three female applicants on the training course.

After the physical test, an applicant must pass the Search and Rescue Technician Preliminary Assessment Phase held at Canadian Forces School of Search and Rescue Detachment in Jarvis Lake, Alberta. From the 30 candidates that show up at Jarvis Lake, only 10-15 will go on to the SAR Technician course.

The Search and Rescue Technician Preliminary Assessment Phase puts the applicants in a similar situation to a typical SAR mission. They wake up in the middle of the night, get sent out not knowing where they are going, in winter, in Northern Alberta; all checks on the SAR Tech job description. The point is to test the applicants' ability to see through a stressful situation, make a plan and execute it.

Search and rescue operations may require parachuting, mountaineering, hiking, swimming and diving to reach the people in trouble. Once they graduate from the 11 month search and rescue course in Comox, B.C., SAR Technicians need to be experts in each category, in addition to completing the necessary medical training.

"We train like we fight. We train every single day, and the training that we do puts us in the best



Pte Darryl Hepner, 17 Wing Winnipeg

Search and Rescue technicians work alongside members of Search and Rescue Manitoba to administer first aid to a simulated casualty during the 2013 National Search and Rescue Exercise held in Gimli, Manitoba.

position for success, and also we put ourselves in a position that we don't end up as casualties ourselves."

Since 1997, SAR Technicians have been accredited as primary care paramedics; however they also maintain advanced skills that paramedics across Canada do not practice.

For example, a person who has been lost for 24-36 hours with a horrific injury needs antibiotics to deal with the infection, and they need them quick. SAR Techs are able to administer antibiotics before reaching the hospital.

SAR Technicians also work closely with other search and rescue groups and organizations, including the Canadian Coast Guard, the Canadian Coast Guard Auxiliary, the Civil Air Search and Rescue Association and various volunteer ground search and rescue organizations across Canada.

"There is a tight bond, a family in and of itself... quite often we augment each other by utilizing the unique skills that we both have," says MWO Smit.

Oftentimes, SAR Technicians will work with volunteer groups to help update their first aid or other skills they may need while practicing search and rescue on land.

In September, 50 ground search and rescue volunteers got to learn about the Cormorant helicopter, and how to work near the primary SAR helicopter for the Victoria region, during a training session at the Joint Rescue Coordination Centre Victoria.

Giving back to the search and rescue community is one thing, but for many SAR Techs, job satisfaction comes from returning people to their loved ones.

MWO Smit remembers a rescue that took six hours (the maximum time before the SAR crew needs to be replaced) 300 nautical miles off the coast of Nova Scotia. The pilot told them that they had literally no time left. As they flew away completely exhausted, the captain of the ship and last person out of the water, mouthed the words, "thank-you." The thank-you, in his words is, "the greatest reward we can get."



Pte Darryl Hepner, 17 Wing Winnipeg

Left: MCpl Donovan Ball (left), Sgt Glen Hood (middle) and MCpl Curtis Schmidt administer first aid to a simulated casualty during the 2013 National Search and Rescue Exercise held in Gimli, Manitoba.

Seasoned Nijmegen marcher ready to lead

Shawn O'Hara
Staff Writer

Lacing up his well-worn combat boots and hoisting his rucksack on his back, PO1 Josh Barnes is ready to take the 2014 Nijmegen March by its tulip-adorned horns.

Having participated in the four-day 160 kilometre march three years in a row, PO1 Barnes is more than prepared to take on the role as this year's Maritime Force Pacific (MARFAC) team leader.

"It's been an interesting experience seeing the team from this side of things," says PO1 Barnes, who has acted as a marcher as well as 2IC for the team in the past. "I'm much more focused on the administration of the team - where we are in terms of training and seeing who among our candidates is ready for the march. Whereas the 2IC is focused on making sure everyone is happy, the team leader is making sure everyone is ready and being pushed to their limits."

PO1 Barnes takes over from CPO1 Chris Koblun, who participated in the Nijmegen March eight years in a row.

"Last year, as 2IC, Chris acted as my mentor. I spent a lot of time talking to him about what it takes to lead a team," says PO1 Barnes. "I'm so thankful for his experience. I picked up a lot of tricks and advice that has already proved invaluable."

Right now, PO1 Barnes is focused on narrowing down the potential candidates from the current pool of 26 hopefuls. With only nine positions available on the team everyone has their work cut out for them.

"We started with 52 people, but once we got into marching 40 kilometres in our boots with a 35 pound pack people started dropping out fairly quickly," says PO1 Barnes. "Marching for hours on end in combat boots with a full pack isn't for everyone. Part of the training process is to work hard and weed out the people who just aren't right for it. We've got a good group left."

As the team leader, PO1 Barnes has given great thought to what it means to be a



PO1 Josh Barnes, Team Leader of the 2014 MARFAC Nijmegen team, raises funds during the team Boot Drive at the Dockyard Gate.

Nijmegen marcher, and has been scouting for the candidates who exemplify those traits.

"Whoever goes over there is representing the Canadian Armed Forces, representing MARFAC, and representing Canada. If you're going to be waving the flag over there you'd better be in the right state of mind," he says. "Everyone already has such a positive attitude so I'm very confident. We've already got a few stand-out candidates who love to lead the marching songs, and everyone is getting well together."

Now the hard part approaches - paring the training group down to just nine who will head to Nijmegen.

"Once June comes around and we're choosing a team it'll get a lot more difficult because everyone left is a completely valid candidate," PO1 Barnes. "We've got a lot left to go, and it's going to be hard, but I think everyone is really excited at the chance to represent their country. That's what matters most."

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Above: LS Miguelito Valdes played extensively at Club Tropicana, a world-renowned cabaret in Havana, with the house band.



Left: LS Valdes plays his brass outside the Naden Band Headquarters.

Trumpeter brings rich history to Naden Band

Shawn O'Hara
Staff Writer

Three decades ago, 10-year-old Miguelito Valdes held his first musical instrument, a used trumpet supplied by his school. When he held it to his lips and pushed forth a burst of air, the noise was anything but musical. But his lack of skill would not deter him.

This was the instrument he would master.

Now, 29 years later, the Cuban-born trumpeter is a Leading Seaman in the Royal Canadian Navy, and a pillar in the Naden Band of the Royal Canadian Navy. Behind the crisp black uniform and military style haircut, is a man with a rich musical history.

"You start very young in Cuba," he says, sitting amongst piled songbooks and sheet music, and surrounded by instruments in a small back room at the Naden Band headquarters. "It's not like here where kids start lessons at 12 or 13 and play a few hours a week. In Cuba you play every day. It's a part of your school day. If you were going into the arts it became a part of your life very quickly."

Formal training began at age 11 when he enrolled at the Paulita Conception Elementary School of Music, and ended at age 19 when he graduated from the Amadeo Roldan Provincial School of Music.

"The arts are a way of life in Cuba," he says. "I learned math, social studies, and all of the usual things you learn in

school, but I was playing trumpet right alongside all of it."

Outside of school, he formed the group "Jelengue", and at age 19 they recorded an album and toured for a number of years.

He also played extensively at Club Tropicana, a world-renowned cabaret in Havana, with the house band.

"It was a huge place, upward of 300 people working at the same time and always very busy," he says. "We would have people who could sub in for us if we needed time off, but I played there most nights for four years and toured all over, even the Royal Albert Hall in London. It was pretty intense."

It was during his time at Tropicana that LS Valdes met Omara Portuondo, Diva of the Buena Vista Social Club. After performing with her a few times, he was signed on as a member of her touring band. This started a seven year tour with the legendary songstress.

"Omara is great. She is incredibly talented and kind, and did a lot for my career," says LS Valdes. "I still hear from her once in a while. It's nice to have that kind of connection with a legend like her."

The Naden Band trumpeter also played with the Afro-Cuba All-Stars, and shared the stage with jazz legend Herbie Hancock in the 2001 at the Tokyo Jazz Festival.

"It was a very strange experience," he says. "I'm not primarily a jazz player, so I thought maybe there were other

people out there who deserved it more, you know? It was so surreal playing with a legend like that, and I was in awe. I'll always remember that."

LS Valdes' wife Cynthia Rodriguez, a piano player, first came to Canada to play with an all-female band in Toronto. She was offered the chance to stay in Vancouver for a three to six month tour. Strict Cuban travel laws forced them to consider staying in Canada.

"If you leave Cuba and don't return within one year you lose your residency," says LS Valdes. "Even if you do come back, leaving again involves a lot of paper work and government approval. We talked about it for a while and decided we would take the chance and stay in Canada."

His wife applied for Landed Immigrant status, but LS Valdes returned to Cuba and continued touring for three years. In 2006, he decided to make Canada home.

"It was tough, being apart for that long," he says. "We would see each other sometimes, but for the most part I was on the road."

Two years ago, wanting stability for his family, he joined the navy and the West Coast's prestigious naval band.

"It's a great job. For a musician it's a dream. We get to play for so many people, support the navy and the community, and practice an art we love," he says. "I have friends in the music community who see what I do and they want to join. It's really great."

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Chelsea Falconer
NPAO

Thousands of kilometres of breathtaking coastline make British Columbia a beautiful place to call home. However, these coastal waters can become treacherous in bad weather - hurricane force winds hit the North Coast with regularity. Every year the Joint Rescue Co-ordination Centre (JRCC) Victoria, based at CFB Esquimalt, receives tens of thousands of radio and telephone calls that result in an average of 3,000 search and rescue (SAR) cases annually.

The Canadian Armed Forces and the Canadian Coast Guard are responsible for air and marine SAR and in partnership with other federal, as well as provincial, municipal and volunteer organizations, they ensure efficient SAR service along British Columbia's vast coastline.

The Canadian Lifeboat Institution (CLI) is one such volunteer organization that supports SAR in monitoring some of the 687,000 square kilometers of the Pacific Ocean under JRCC Victoria's control.

Endeavouring to keep Canadians safe - whether they are working, thrill seeking, competing or relaxing - the JRCC positions air and marine resources to best respond to activity-based risks. These activities include large sailing races and commercial fisheries - like the annual Pacific Roe Herring fishery. Roe herring are fished specifically for their eggs. The harvested roe are shipped to Japan where it is considered a delicacy.

Augmenting the numbers of existing SAR resources, the Canadian Lifeboat Institution (CLI) dedicates hundreds of volunteer hours to provide a safer Roe Herring Fishery in the Strait of Georgia during the cold months of February and March.

"Roe Herring is an inherently dangerous

fishery and we position our lifeboats in the Strait of Georgia to monitor distress calls and offer assistance when needed," said John Horton, Commander of the CLI's Steveston Lifeboat.

Brian Cook, Commander of the CLI's Fraser Lifeboat, recalled a few serious incidents that spurred them to be on the water during the fishery.

"The sea can be a dangerous place and people can find themselves in trouble quickly. We are always monitoring the radio for a mayday or pan message. We've often been in the right place at the right time to help boats in difficulty."

The dangers of the fishery include boats loaded to maximum capacity due to the short season and large catches trapped in fishing nets. If all the fish in a net dive at the same moment, or the loading exceeds the buoyancy, the boat can capsize.

During this year's Roe Herring fishery there were a few anxious occasions where fishing vessels made distress calls. SAR resources responded and were at the ready to provide assistance. Due to the positioning of SAR assets and the efforts of all SAR partners, there was no loss of life over the month-long fishery that spans the length of the B.C. coast.

The Canadian Lifeboat Institution is a volunteer rescue organization, founded in 1981, dedicated to saving lives at sea. Some members, such as John Horton and Brian Cook, are both retired Royal Canadian Naval Officers with decades of sea time.

JRCC Victoria is responsible for planning, coordinating, controlling and conducting aeronautical and maritime search and rescue operations within British Columbia, the Yukon Territory and 600 miles offshore.

To report an air or marine emergency, call 1-800-567-5111.



Above: Heavily loaded seiners work together to recover nets and transfer their catch near Comox, B.C during the Roe Herring fishery.

Top left: The Stevenson Lifeboat monitors the aquamarine waters during the Roe Herring fishery this year and stands ready to assist any fishing boat that could require help.



Canadian Lifeboat Institute volunteers gather during a day of patrolling the Pacific Roe Herring fishery. Back row from left to right: John Horton, Ted Morgan, Bill Parsons, Roz Bell, Brian Cook, Sylvie Savineau and James Nelson. Front row from left to right: Bjorn Andersson, Bruce Docherty.

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Officer puts history on display

Shawn O'Hara
Staff Writer

CFB Esquimalt's military police (MP) headquarters building has gotten a touch of nostalgia.

With photos and articles dug out from the archives, MWO Daniel Menard, the Sergeant Major, has created a wall display that details the history of building N2 in Naden.

"As the Unit Sergeant Major my job is to instil a sense of history into our personnel," says MWO Menard, who has been with the military police for 29 years. "That doesn't just mean the unit itself, but our culture, and even the building we work out of. It's important to be knowledgeable about the past, even if it's something as simple as a structure."

Hanging on the wall near the unit's upstairs entrance, the history wall compiles everything known of N2, starting with its beginnings as the first brick building constructed at Naden in 1929, its life as a torpedo testing facility, a classroom for Canadian Forces Fleet School Esquimalt, and even Base Headquarters, up until becoming the MP headquarters in the early 1980s.

"CFB Esquimalt has a lot of history of which many people are unaware," says MWO Menard. "Things in the Canadian

Armed Forces have a tendency to change quickly and often. It's important to remember where we came from and what came before us. Now I hope personnel and visitors get a chance to absorb a little bit of base history and are enriched by it."

MWO Menard compiled his collection of photos and tidbits of history with some online sleuthing and the help of the CFB Esquimalt Naval and Military Museum.

"The museum was hugely supportive in helping me find the materials I wanted," says MWO Menard. "What I couldn't track down via the internet, they could find in their archives. They provided me with digital copies of most of my photos, and helped direct me to places that could round out my research."

With the wall complete and hanging for everyone to see, MWO Menard has ideas to expand his exhibit. With the 75th anniversary of the unit approaching in 2015 he hopes to focus more on the building's current resident.

"I'd love to make a wall about the history of military police in general," he says. "The concept of the military police officer can in some way be traced back almost 3,000 years. I would love to do what I can to educate people on a subject so interesting to me."

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MWO Dan Menard, Unit Sergeant Major with the CFB Esquimalt Military Police, stands with the History Wall he constructed, which details the history of the MP Headquarters at Naden.

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Trial menu for local galleys

Lt(N) Bryce Binder
Base Foods Officer

Menu choices at CFB Esquimalt's galleys are about to get more diverse.

As part a national initiative to have a standardized menu across all Canadian bases, Base Food Services is launching a 10-week trial of a National Standardized Cycle Menu (NSCM) starting on May 20.

The three-week menu cycle is part of the navy's fighting fit campaign and was designed to offer a better framework in which to support optimal nutrition, food safety, financial accountability, and religious/spiritual accommodation in support of the Canadian Armed Forces missions.

One of the major changes in the new three week cycle menu will be more healthy and vegetarian options, which will include items

some diners may not be familiar with such as quinoa and okra. Menu prices will change slightly to reflect the new choices.

The campaign for a standardized menu was developed by Director Naval Logistics Food Services and Material J4/Director Food Services in cooperation with Base Food Services in Halifax and Esquimalt.

The Wardroom and the Pacific Galley in Nelles Block will fully participate in the trial. Other cafeterias, such as the Venture Galley, will partially accommodate the new menu.

The new menus and pricing will be posted at the entrances to the cafeterias and be advertised on the Food Services intranet home page at <http://esquimalt.mil.ca/badm/bfoods/index.htm>.

Customer feedback is strongly encouraged and feedback forms are available at each of the participating cafeterias.

Base Foods summer employment

Kara Tibbel
Staff Writer

Base Food Services is recruiting high school, college and university students who want valuable work experience in the food industry.

Twenty-three part-time and summer positions are available from June to August through the Federal Student Work Experience Program (FSWEP).

Base Foods has been part of FSWEP for more than 10 years offering students the chance to expand their knowledge of food preparation, food delivery, kitchen cleanliness and other tasks throughout the base's galleys.

"I definitely think the experience program is a great opportunity for students to obtain a good knowledge of a professional workforce environment and

teaches a lot of valuable life skills along the way," said PO1 Dean Easton, Food Services Resource Manager.

He says the program has proven to be successful in the past and he looks forward to interacting with a variety of new faces this summer.

Students can get more information or apply online through the FSWEP program at jobs-emplois.gc.ca/fswep-pfete/index-eng.php?p=4.

Last chance for Navy Ball Tickets

Jon Chabun
MFRC

The day that tickets went on sale, Pamela Kelly was among the first people to buy one for the 2014 Navy Ball. She wasn't going to pass on an opportunity to get dressed up, dance the night away, and socialize with familiar faces in a relaxed environment.

"We went to last year's ball and had such a great time," says Kelly. "It is nice to have something to look forward to. It will be a romantic evening out with my husband."

She says that her husband, SLt Alex Grinton, also had a good time last year.

"Because I was so happy, it made him happy," says Kelly of her Cinderella-like experience. "It is very thrilling to be all dolled up. Forget any cares and just enjoy. How often do you even get the chance to go to a ball nowadays?"

This year's event returns to Government House, the official residence of British Columbia's Lieutenant Governor.

"It's beautiful, inside and outside, with wonderful gardens and an elegant ballroom," Kelly says of the location.

The Naden Band of the Royal Canadian Navy will be performing again this year, in addition to the dancing, appetizers, and plenty of opportunities for socializing. The event is open to the general public so military members are encouraged to bring their spouses/partners and non-military friends to the event.

The 2014 Navy Ball takes place on Saturday, June 7, at Government House (1401 Rockland Avenue). Doors are at 7pm.

Anyone interested in attending can purchase tickets online by going to the MFRC website at www.esquimaltmfrc.com/navy-ball.php. For more information, contact the MFRC at 250-363-2640 or toll-free 1-800-353-3329.

Army divisions hold "patching" ceremonies

Divisions across the Canadian Army are holding a series of "patching" and flag raising ceremonies, which began in late April and will run until mid-summer, to mark their stand-ups and officially issue their respective divisional patches.

Quick Facts

• In 2013, the Government of Canada announced it was rein-

stating several historical aspects of the Canadian Army including the re-introduction of divisional nomenclature and division patches in place of the former Land Force Areas.

• With commemorations of the First World War centennial starting in 2014, the timing is fitting for the Canadian Army to restore symbols that link it to its proud heritage. Division

patches were originally used during the First World War to distinguish soldiers.

• Historically, in particular during the First and Second World Wars, the Canadian Army was structured by division – rather than by Land Force Area – and throughout these conflicts, soldiers were able to identify each other by their uniquely coloured divisional patches.



Financial support to MP Fund for Blind Children

Cdr Wes Golden (centre), Wardroom President of the Mess Committee, presents a cheque for \$500 to the Military Police Fund for Blind Children volunteers. The money will support children with vision impairment to help with their education, recreation and overall quality of life.

Left to right: Major Michael Lemire, Military Police Unit Esquimalt

Commanding Officer; Cpl David Jaen, Cdr Wes Golden, Cpl Jesse Zillman, Military Police Fund for Blind Children Rep; and MWO Daniel Menard, MPU Esquimalt Unit Sergeant Major. For more info about the Military Police Fund for Blind Children please contact Cpl Jesse Zillman at jesse.zillman@forces.gc.ca or Cpl Ashley Pye at ashley.pye@forces.gc.ca.

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Mental illness - Help is available

Twenty per cent of Canadians will experience a mental illness in their lifetimes. However, two in three suffer in silence for fear of being judged or rejected because of the continuing stigma.

DND

The Canadian Armed Forces are working to reduce stigma and to encourage all personnel to recognize the signs of mental illness and to seek care either for themselves or their loved ones.

Often, peers and family members are the first to notice behavioural changes such as increased anxiety, anger, sadness, negativity, avoidance and substance-use that could be a sign of mental health difficulties. When we notice these changes, we have the responsibility to act and to aid them in seeking help.

If you or someone you know requires emergency mental health assistance, we urge you to contact or go to the nearest CAF health clinic or civilian emergency health care centre.

Please also consult the services available below.

MENTAL HEALTH RESOURCES

• CAF Health Services Clinics

Your local health services clinic or one of 26 mental health clinics, located at bases and wings throughout Canada, can provide the required assistance or a referral to the most appropriate resource.

• CAF Member Assistance Program

The CAF Member Assistance Program is a confidential 24/7 toll-free telephone advisory and referral service for all CAF personnel and their families. It can also provide short-term, confidential, external counselling for those in need.

1-800-268-7708
1-800-567-5803 (for the hearing impaired)

• Employee Assistance Program

The Employee Assistance Program is a voluntary, confidential and short-term solution-focused service available to civilian employees and their eligible family members who are experiencing personal or professional issues that may have an impact on their personal well-being and/or their work performance. Employee Assistance Program services are available through two points of contact:

- Dept. of National Defence (DND) Referral Agents
- Professional mental health counsellors through Health Canada's Employee Assistance Services.

A list of DND Referral Agents is available by region on the HR-Civ Portal. For immediate assistance, Employee Assistance Services can be accessed 24/7 at: 1-800-268-7708 or 1-800-567-5803 (for the hearing impaired)

• The Family Information Line

The Family Information Line is a toll-free bilingual telephone service for families of Canadian military personnel, intended to provide timely and accurate information as well as reassurance, support and referrals to other resources as needed.

Family Information Line counsellors are available to handle calls and emails in confidence seven days a week, 24 hours a day.

1-800-866-4546 (Toll-free in North America)
1-613-995-5234 (Collect calls accepted)

• Military Family Resource Centres

Military Family Resource Centres provide information on subjects of interest to military families, including mental health. They can also provide psychological support through counselling and referral services to complementary programs in the larger, local community.

• Operational Stress Injury Social Support

Operational Stress Injury Social Support is a peer-based support program for CAF members, veterans and their families who are coping with an operational stress injury. The Operational Stress Injury Social Support vision is "to be an exemplary model of standardized peer support to CAF personnel, veterans and their families."

• Operational Trauma and Stress Support Centres

Operational Trauma and Stress Support Centres provide assessment and individual and group treatment for personnel experiencing difficulties that result from operational duties.

Centres are located in Edmonton, Esquimalt, Gagetown, Halifax, Ottawa, Petawawa and Valcartier.

• The Road to Mental Readiness

The Road to Mental Readiness web portal is designed to provide more information about the types of Road to Mental Readiness training provided to CAF personnel throughout their career, during deployment, and to CAF families.

• Strengthening the Forces

Strengthening the Forces is the CAF's health promotion program and includes awareness and prevention initiatives in areas such as suicide, anger and stress management, healthy relationships, family violence, and addictions.

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Guide to the divisional system kickoff



CP01 M. Vigneault
Fleet Chief Pacific

On May 8, the Commander of the Pacific Fleet, Cmdre Bob Auchterlonie, formally introduced the newest edition of the "Guide to the Divisional System".

Recently released by the Commander of the Royal Canadian Navy (RCN), this edition was updated to meet the challenges of today and the needs of the institution and its sailors.

In a NAVGEN release, VAdm Mark Norman, Commander RCN, said, "It provides guidance on effective communication strategies and options available to supervisors when addressing issues with subordinate staff."

It is an essential document for leaders at all levels for looking after people and their families and it continues to be based on two fundamental principles: leadership and human understanding.

The opportunity to give this release a proper kickoff presented itself with the simultaneous completion of the Advanced Naval Environmental Leadership Programme (ANELP), and the Intermediate Naval Environmental Leadership Programme (INELP).

These leadership programmes are mandated courses through the non-commissioned members professional development for both Chief Petty Officers Second Class and

Petty Officers Second Class. Cmdre Auchterlonie highlighted the importance for individuals at these rank levels, being the mid-level leaders, to become intimately familiar with the Guide to the Divisional System, as it is an indispensable tool for Divisional Officers, Divisional Chief Petty Officers and Divisional Petty Officers.

Cmdre Auchterlonie also expanded on the two fundamental principles, speaking first about leadership

and what it takes to be a good leader on the personal, unit, and institutional levels, and by making the link to human understanding, explaining the family aspect and element of compassion, which great leaders must always consider.

In order to capture a broader audience, junior officers from Venture, the Naval Officer Training Centre conducting MARS training and selected Master Seamen and below were also invited to take part.



Cpl Marc André LeClerc receives the Maritime Operations Group 4 Logistics Recognition Award for his outstanding work and dedication as MOG 4 LOG Supply Customer Accounts Clerk from LCdr Sam Sader MOG 4 Logistics Officer.



Lt(N) William Hawke receives the Maritime Operations Group 4 Logistics Recognition Award for outstanding support to operations as MOG 4 Deputy Logistics Officer from LCdr Sam Sader MOG 4 Logistics Officer.



Cpl Myles McDowell receives the Maritime Operations Group 4 Logistics Recognition Award for his outstanding work and dedication as MOG 4 Logistics Officer Jr Resources Management Clerk from LCdr Sam Sader MOG 4 Logistics Officer.



Cpl Brandon O'Connell, MARPAC Imaging Services
Capt(N) James Clarke presents Sgt Brian Boake with the General Campaign Star - South West Asia.



Cpl Brandon O'Connell, MARPAC Imaging Services
MS Dale Armstrong is promoted by Cdr Lori McAllister, Commanding Officer of Maritime Forces Pacific Headquarters.



Cpl Brandon O'Connell, MARPAC Imaging Services
Lt(N) Marjorie Gaulin-Riffou is promoted by Cdr Lori McAllister, Commanding Officer of Maritime Forces Pacific Headquarters, and LCdr Kellie McNab of N4-2.

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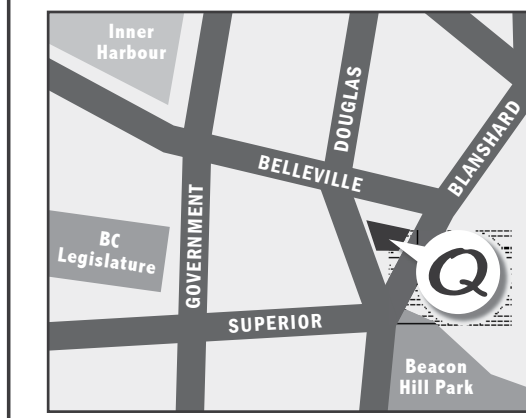


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