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Gratitude for sacrifice

Old and young came together at God's Acre Veterans Cemetery for the Candlelight Tribute on May 29. The annual tribute honours those who served and are serving in the Canadian Armed Forces. See more images on page 11.

LS Henry Ogle, MARPAC Imaging Services

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Stampede royalty visit warship

Shawn O'Hara
Staff Writer

They might occasionally wear chaps and stirrups, but their crowns signify them as Calgary royalty.

Calgary Stampede Queen Danica Heath, along with Stampede Princesses Shannon Black and Stephanie Patterson, made good on their royal duties by visiting *HMCS Calgary* May 23 for "Cowboy Up", the ship's annual celebration.

Before the evening's shindig, the visiting royals toured *Calgary* with Executive Officer LCdr Josh Yanchus, getting a peak at the bridge, crew quarters, and naval life in general.

"It's great going on these kinds of visits because we get to experience so many new things," said Heath. "I'd never been on a ship like this until today, and it's very interesting getting a first-hand look at how sailors live day-to-day."

They also took the time to present

Calgary Commanding Officer, *Cdr* John Wilson with a new white Stetson hat, a traditional symbol of Calgary's western hospitality.

"We have a special place in our hearts for the people of Calgary," said *Cdr* Wilson. "Even just the little affectations, like the Stetsons we wear, the Coxswain's sheriff badge, and the Calgary Stampede paraphernalia all over the ship helps us strengthen that connection. We love having visitors from the city know that we take our bond seriously."

The Queen and Princesses of the *Calgary Stampede* are positions dating back to the 1940s. Selected through a competition that includes interviews, presentations, and shows of riding skill, Heath, Black, and Patterson began their terms in September 2013, touring the world and singing the praises of Calgary and its Stampede.

"To represent our city and meet people in our hometown and as far

away as Germany has been amazing," says Black, who has dreamt of playing that part since childhood. "It's a once in a lifetime opportunity and I wouldn't trade it for anything."

The visit was more than just an opportunity to shake hands and share a square dance. Each vessel in the Royal Canadian Navy has a special relationship with its namesake city; a relationship especially strong between *Calgary* and the Albertan metropolis for which it is named. While having the Stampede Queen and Princesses visit is a nice treat, it also goes to demonstrate that relationship and how important it is to crew and city alike.

"We like to renew and recognize that relationship as often as possible," says *Cdr* Wilson. "To have the Stampede Queen and Princesses present as we welcome a brand new slate of officers is a real honour, and we're proud to show them how much we care about our ship, and its city."



Shawn O'Hara, Lookout

Left to right: Princess Shannon Black, LCdr Josh Yanchus, Queen Danica Heath, CPO1 Lesperance, Princess Stephanie Patterson and Cdr John Wilson. Calgary Stampede royalty say "hello" to Calgary's Commanding Officer Cdr John Wilson, and Executive Officer LCdr Josh Yanchus during a visit to *HMCS Calgary*.

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Museum exhibit connects many people through art



Kara Tibbel, Lookout
Above Back row: Capt(N) Luc Cassivi, Bill Stewart, Lisa Pender, PO2 Deborah Chamberlin, and Kim Cameron. **Front row:** PO2 Marielle Audet and Janet Valko at the unveiling of the newest exhibit at CFB Esquimalt's Naval and Military Museum.

The exhibit, "Connecting Many Peoples Through Art", opened May 28. It features traditional and contemporary art forms, and showcases the diversity of Indigenous peoples, connecting communities east to west and north to south. It honours past ancestors of Aboriginals and their ceremonies, traditions and cultural practices. Artifacts and art on display are from the museum archives and cherished contributions on loan from Defence Aboriginal Advisory Group members' family collections. The exhibit will be on display until June 30.

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Aquarius Dive Club sees life beneath the surface



A group of 13 military members with a passion for diving head out for another adventure on the 20 foot dive boat, "Aquarius Too".

The Aquarius Dive Club is a recreational SCUBA diving club based at CFB Esquimalt made up of military members, their dependants and civilian members of the defence community.

Along with weekly shore dives are regular dive trips scheduled in their 20' Dive Boat "Aquarius Too".

They offer numerous levels of PADI courses in both official languages.

During the May long weekend, club members joined six other dive clubs to share their passion for diving in Telegraph Cove; located at the northern end of Vancouver Island. A total of 13 club members and friends participated in four boat dives, unlimited shore dives, and camaraderie with divers from B.C. and Alberta.

Warbonnets, Puget Sound

king crabs, basket stars, sculpins, jelly fish, and a plethora of other fish species that inhabit the dive sites, covered by a variety of nudibranchs, sponges and anemones. Out of the water they were regularly visited by Humpback whales, dolphins and bald eagles.

If you are already a certified diver or are interested in becoming one and would like to find out more, contact:

Tony Brooks:
tony.brooks@forces.gc.ca
or tjbr100@yahoo.ca;

Leigh Walls:
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Visit:
www.aquariusdiveclub.com

Membership rates start at \$40 per year. Single boat dives are \$30. Two tank boat dives are \$40.

Victoria Harbour Cats to face off against base team

Shawn O'Hara
Staff Writer

There won't be any "belly itchers" on the Colville field, but when a team of CFB Esquimalt's best and brightest baseball players take the field against the Victoria HarbourCats there will be a lot of good times.

The friendly exhibition-style game takes place June 9 at noon at the Colville diamond and features this year's line-up for the HarbourCats, now in their second year as an official team in the West Coast Baseball League.

"The team has really been falling into step this past year," says Jim Swanson, General Manager and Vice-President for the HarbourCats. "They've grown as a team and as individuals, and this game is a nice change to engage the community and show them what we can do."

Since the Cats are heading to CFB Esquimalt the day before the HarbourCats' first game of

their regular season, Swanson says it's a great chance to get in some last minute practice before the real work begins.

"We've been hard at work getting ready for the season, so it's nice to be able to relax and have some fun," he says. "We have a great deal of respect for the people at CFB Esquimalt. It's an honour to spend the day with them."

When it comes to working and playing with military personnel, Swanson says it's only natural to pay homage to Victoria's military community, engrained as it is in the fabric of the town.

"This is a military town. It always has been, and it's very important to Victoria's identity and history," he says. "As a Victorian team it only makes sense for us to honour that connection, and hope one day we may be as close to this city as these men and women."

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IMAX film tells story of D-Day

Shawn O'Hara
Staff Writer

IMAX's "D-Day: Normandy 1944" tells the story of the legendary D-Day invasion, when allied forces conducted a simultaneous amphibious assault on the beaches of Normandy, France, to gain a foothold in Nazi-controlled Europe.

Utilizing a combination of live-action re-enactments, computer generated reconstructions, historical material, animation, and animated cartography, "D-Day: Normandy 1944" show that fateful day on a scale never before attempted.

"It's like no other film to date," says director Pascal Vuong. "The 3D aspect enhances viewers' sense of being directly in the Normandy region of both the 1940s and today. Audiences the world over will discover exactly why and how, from the end of 1943 through August 1944, history was defined in this region of France, and why 70 years later we in the western world should all be

grateful to those who gave everything, including their lives, for our liberty."

Vuong has in many ways been working on "D-Day" for most of his life, becoming intensely interested in the Second World War as a child.

"When I first saw the film 'The Longest Day' on television as a child I was blown away by the incredible story of the event that was D-Day," he says. "Since then, my interest in World War Two and in particular the Battle of Normandy has never stopped growing."

Vuong wanted to get as close a look at the history as possible, taking a trip to Normandy to discuss his idea with the locals. He says once he engaged the local population he learned two things very quickly.

"I realized despite what I thought, I knew nothing about D-Day, and even less about the Battle of Normandy," he says. "I also learned that Normandy is a living encyclopaedia that has been preserved and enriched by the Normans themselves since 1944."

Working closely with local Normans, veterans, and Second World War experts from across North America, England and France, Vuong constructed the most complete picture of D-Day and the Battle of Normandy as possible.

"It's not only a film devoted to a historic event that changed the world, it is a part of our duty of memory, our duty of gratitude," he says. "If there's one thing making this film taught me it's that peace and liberty are never a given. We must be very careful to preserve them, every day and everywhere."

On June 6, the 70th anniversary of D-Day, IMAX Victoria in the Royal BC Museum is offering free admission to currently serving military personnel who attend in uniform, and all veterans who attend displaying medals.

Extra screenings have been added for that day; it will play at 10 a.m., 1 p.m., 3 p.m., 5 p.m. and 7 p.m. A short recognition service will be conducted prior to the 10am screening.



A production still image from the epic IMAX Victoria film about D-Day. On June 6, the 70th anniversary of D-Day, IMAX Victoria in the Royal BC Museum is offering free admission to veterans and currently serving military personnel who attend in uniform.

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MS Daniel Robinson
HMCS Nanaimo

HMCS Nanaimo has always had a strong presence throughout many communities along the coast of Vancouver Island. This May provided opportunities to further strengthen those ties in Nanaimo and Victoria. Every year the City of Nanaimo celebrates Empire Days on the Victoria Day long weekend, a tradition that goes back 147 years, and includes the crowning of a May Queen to usher in the return of summer.

Nanaimo and crew joined the festivities again this year attending the crowning of the May Queen, marching in the Empire Days parade, and hosting tours of the ship to the citizens of her namesake city.

The end of the festival was marked by an on board reception with the ship's company hosting the Empire Days Society, local politicians and the "Friends of Nanaimo". Friends of Nanaimo are a group of loyal Nanaimo citizens that engage their namesake ship to ensure she is welcomed each time she visits while facilitating her participation in local activities.



Above: The ship's company of HMCS Nanaimo salutes their Commanding Officer who was acting as the Reviewing Officer for the Empire Days parade. **Top:** HMCS Nanaimo announces the start of the 70th anniversary Swiftsure Sailing Race with a shot of the canon.

DND photo by Master Seaman Kalos Leung.

Nanaimo also partook in the 71st annual Swiftsure Sailing Race in the Strait of Juan de Fuca May 24 and 25, providing a platform for members of the race committee and guests at the start line. Nanaimo signalled the start of each race using its saluting cannon while forming the seaward mark of the start line at Clover Point. Four members of the Race Committee remained embarked once all five race classes had commenced, while

the remainder of the guests were disembarked at Ogden Point. The ship then proceeded to Swiftsure Bank to act as a rounding mark race while also providing standby search and rescue support.

Both of these events were successful from the standpoint of community engagement providing great opportunities for Nanaimo's sailors to interact with the public and building community relations.

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Canadian Forces Morale and Welfare Services has announced that military families will no longer be affected by gaps in health insurance coverage because of provincial/territorial differences in healthcare.

Effective immediately, all 10 provinces and the territories, with the exception of Nunavut, have eliminated the 90-day wait period for provincial health insurance coverage for military families

moving from one province/territory to another.

Military Family Services personnel continue to work with Nunavut so that families in that territory can benefit from the same coverage that is offered elsewhere in Canada.

Military families are encouraged to apply for health insurance coverage in their province/territory of residence as soon as possible when they relocate, and they should receive health insurance coverage on the day they apply for it.

For more information about how to apply for provincial health insurance, contact the provincial or territorial ministry of health office closest to you. Contact information can be found at

www.hc-sc.gc.ca/hcs-sss/delivery-prestation/ptrole/index-eng.

For information on family health care options, contact your local Military Family Resource Centre, www.familyforce.ca, or call the Family Information Line at 1-800-866-4546.

Spring ahead to fire safety

Mike McLean

CFB Esquimalt Fire Rescue

We love this time of year; everything is fresh and beautiful and it's time for spring cleaning. Why not include some fire safety in that cleaning?

You may not realize it, but you're disposing of more than built-up storage and garbage; you're getting rid of many potential fire hazards.

Here are a few tips from the CFB Esquimalt Fire Rescue on what to look for when spring cleaning your basement, garage, yards and sheds.

- Most of the debris that accumulates over the winter months -- boxes, stacks of paper, old clothes and other clutter -- offer an excellent place for a fire to start.
- Reduce or eliminate hazardous chemicals in your home. Cleaners, old paints and paint thinners can fuel a fire. Keep on hand only the amounts you need, and be sure to use, store and dispose of materials in a safe manner. Never mix chemicals when disposing of them.

- Never store gas-powered equipment such as lawn mowers, outboard motors or propane cylinders used on barbecues inside your home.

- Maintain a metre of distance of combustibles and storage around the furnace, water heater or any heat source. Be careful what you store underneath stairs, especially combustible products.

- Check your dryer vent, not just the one in the dryer, but the one that vents outside. This can build up over time and cause problems.


- Look around your yard for any dead shrubs, trees or deadfall.

- Keep your lawn mowed and water it regularly. Don't let it dry out and become an issue.

Your local municipalities have some terrific programs to help you with any disposal needs. CRD also has an easy-to-use website with all kinds of useful information about hazardous materials, specific disposal or recycling needs.

You can also use these tips for your workplace.

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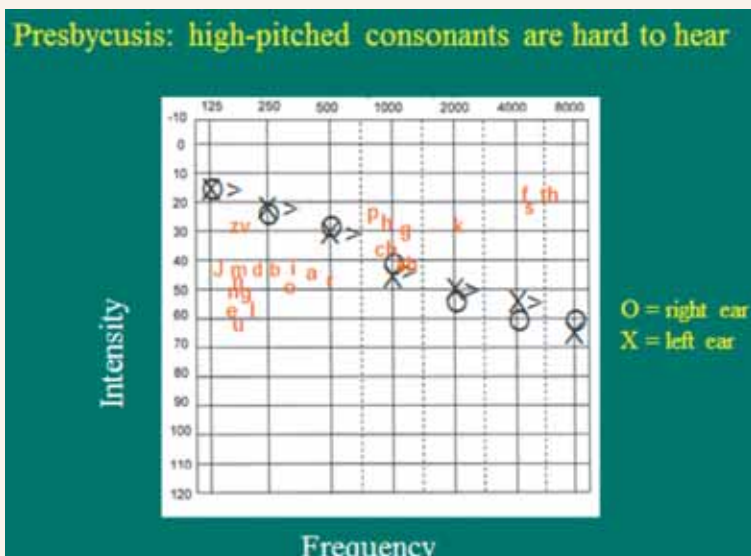
- the trouble with treble

The diagram below shows a hearing test (audiogram) commonly found with Presbycusis, and explains why treble hearing loss causes difficulty distinguishing words that sound alike. The numbers along the top indicate pitch. Bass on the left and treble is on the right. In music, 125 is low C, 250 is middle C, 500 is high C. As you look toward the right, the numbers continue to double. Each time they do, the pitch goes up one octave. Within the range of human hearing, music is relatively low in pitch. Going down the side of the audiogram are decibels of loudness. 0 means very soft, 50-60 is about the loudness of normal conversational speech, and 120 is very loud.

Hearing testing is done under headphones. This way, the left and right ears are tested separately. The X's represent the softest decibel level it took for the left ear to just barely hear all of the octave tones; the O's represent the same thing for the right ear. With normal hearing, these would lie along the top, because with very few decibels, all the pitches from low to high would be heard. Presbycusis usually shows fairly good hearing for bass sounds, with a moderate degree of hearing loss for the treble sounds.

Now look at the letters of speech across the audiogram. These are laid out as they would be with normal conversational loudness. Note that the speech sounds on the left (all the vowels and some consonants) are louder, and also lower in pitch, than those on the right. For someone with Presbycusis, these are quite easy to hear. On the other hand, consonants like S, TH, F, K, T, CH, SH are not only higher in pitch, but also quite soft. Someone with Presbycusis will have difficulty hearing these sounds.

So what? Well, every word has at least one vowel. In English, we have only 5-6 vowels (A, E, I, O, U, and sometimes Y). There are thousands of words but they all have to share some 5-6 different vowels. If speech were currency, vowels would be cheap;



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they'd be the nickels. Vowels tell only that speech is spoken. Think about this list of words: Sat, Fat, Cat, Hat, Chat; all of them share the vowel A; but those soft, high-pitched treble consonants determine what these words are. People with Presbycusis have difficulty hearing high-pitched treble speech sounds and so they have trouble hearing which one of those words was said. They'll rely on their eyes and on the context surrounding the words in question, to help along in conversation. This can be rather tiring. Is it any wonder that they feel out of it, and want to simply be left

alone? This is not living the quality of life that they deserve. We should do something about it. The good thing here is that with good, treble-emphasis hearing aids, we can.



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Left: HMCS Oriole with full sails making good speed in the Strait of Juan de Fuca.

Image by R.J. Smith

Middle: A Cormorant search and rescue helicopter with a Canadian Coast Guard lifeboat conduct a helicopter hoist demonstration.

Lower: HMCS Nanaimo at the start line mark.

Oriole and warship return to Swiftsure

SLt Rudee Hastie
MARPAC PA Office

The Royal Canadian Navy and Royal Canadian Air Force were prominent features in the 71st annual Swiftsure International Yacht Race on Saturday, May 24.

HMCS Nanaimo was at anchor as the seaward mark boat, and HMCS Oriole returned to Swiftsure to compete with some of the fastest boats in her class. The race start drew hundreds of spectators out on the sunny and thankfully windy Saturday morning.

This year marked the 57th time Oriole has participated in Swiftsure. Its unique silhouette stood out among the competitors at the race line. The veteran vessel started the race from Clover Point at the front of the pack with full sails

and a speedy clip. The 40 kilometre an hour wind pushed the 93-year-old sailing ketch upwards of 10 knots.

"We had an awesome start and crossed the start line with the fastest boats," said LCdr Jeff Kibble, Commanding Officer of Oriole, and a Swiftsure veteran. "Saturday saw good winds and Oriole made great progress despite battling to windward. The winds slowly died throughout the evening and by late Saturday night Oriole was becalmed. We withdrew at 11 a.m. Sunday with no chance of rounding the mark boat within the time limit."

LCdr Kibble has competed in Swiftsure 13 times, this being his fourth race as Oriole's Captain. Only three of the 23 competitors in her class would finish the race, all of them struggling under light winds.

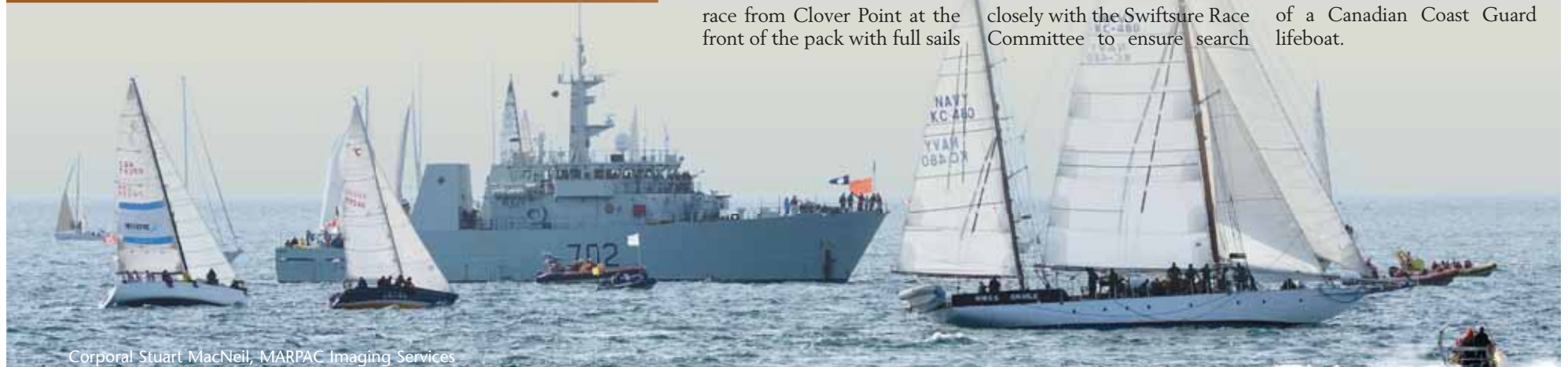
The Victoria Joint Rescue Coordination Centre worked closely with the Swiftsure Race Committee to ensure search

and rescue assets were ready to execute a fast response should need be, as well as implementing other safety measures for the race.

Gathered crowds viewed an exciting search and rescue demonstration, which was a chance to see the working relationship between the Air Force, the Canadian Coast Guard and the Royal Canadian Marine Search and Rescue Organization (RCM-SAR). A spectacular display was executed by the Air Force and partner organization showcasing the expertise and abilities of search and rescue teams in action. The RCM-SAR members formed a protective box around a Canadian Coast Guard member in the water simulating a casualty. RCAF 442 Squadron Cormorant arrived on scene and performed a perfectly executed hoist with the assistance of a Canadian Coast Guard lifeboat.



Corporal Stuart MacNeil, MARPAC Imaging Services



Corporal Stuart MacNeil, MARPAC Imaging Services

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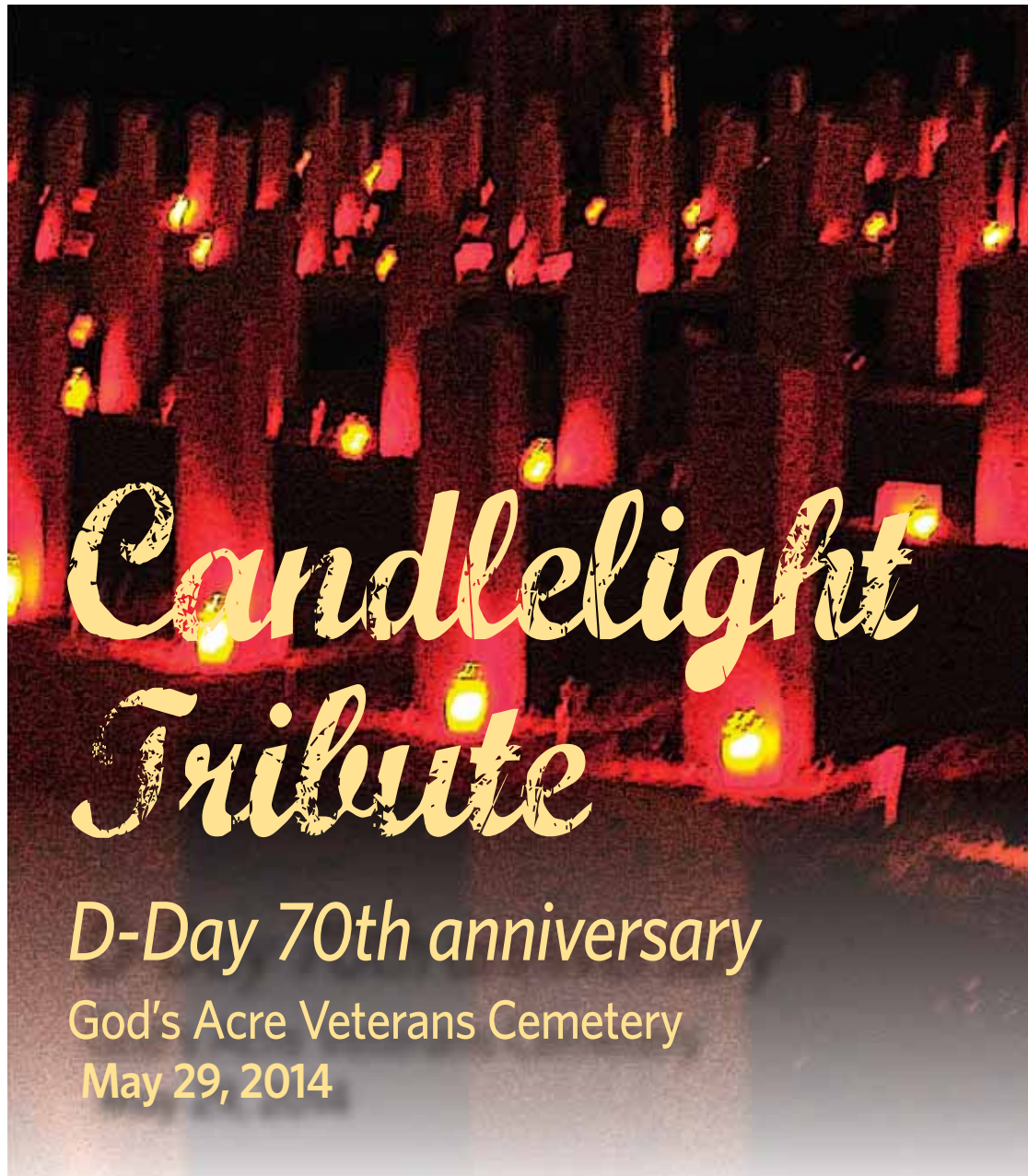


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Above inset: Base Commander Capt(N) Luc Cassivi accompanies Madeleine Earl, member of the Girl Guides of Canada as she places a candle on a grave.

Left: Members of the Colour Party march in single line as they enter the cemetery.

Right: Soloist Sébastien Leroy from the Victoria Children's Choir sings a moving rendition of "The White Cliffs of Dover".

Photos by LS Ogle Henry, MARPAC Imaging Services



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NEWS Nuggets

Senior promotions

General Tom Lawson, Chief of the Defence Staff, has announced additions to this year's list of Canadian Armed Forces (CAF) senior appointments and promotions. These officers lead the CAF in the defence of Canada's values and interests, at home and abroad.

- Captain (Navy) L. Cassivi will be promoted Commodore and appointed Director General Naval Strategic Readiness, at NDHQ, in Ottawa.
- Commodore E.M. Steele will be promoted Rear-Admiral and appointed Chief of Staff Assistant Deputy Minister (Finance and Corporate Services) / J8, at NDHQ, in Ottawa.
- Brigadier-General J.C.G. Juneau will be promoted Major-General and appointed Deputy Commander Canadian Army, at NDHQ, in Ottawa.
- Brigadier-General J.M. Lanthier will be promoted Major-General and appointed Commander Canadian Army Doctrine and Training Centre, in Kingston, Ontario.

Notification of trial

A general court martial (GCM) has been ordered to try LS Benson, of HMCS Calgary. The GCM will take place at 9:30 a.m. on June 4 in Building Naden 30.

LS Benson has been charged with the following

offences under the National Defence Act (NDA):

- A. Charge 1: s. 85 NDA - behaved with contempt toward a superior Officer
 - B. Charge 2: s. 95 NDA - struck a person who by reason of rank was subordinate to him
 - C. Charge 3: s. 130 NDA - an offence punishable under section 130 of the National Defence Act, that is to say, assault, contrary to Section 266 of the criminal code of Canada.
 - D. Charge 4: s. 90 NDA - absented himself without leave
- Spectators are encouraged to attend. Military spectators are to wear the dress of the day and are to be seated by 9:20 a.m.

Military Police lay charges against CAF Reserve member for a child porn-related offence

The Canadian Forces National Investigation Service (CFNIS), a unit within the Canadian Forces Military Police, charged a Canadian Armed Forces Primary Reserve member with an offence related to child pornography on May 27.

Cpl Lawrence Arthur Jordan, a 26-year-old primary reservist of the Cape Breton Highlanders in Sydney, Nova Scotia, has been charged in Kentville Provincial Court with:

- one count of Possession of Child Pornography, in accordance with sec-

tion 163.1(4) of the Criminal Code of Canada.

The investigation was initiated following an incident that took place on June 18, 2013, at Camp Aldershot in Nova Scotia.

"The possession of child pornography is illegal and unacceptable," said LCol Brian Frei, Commanding Officer of the CFNIS. "The Military Police consider this incident to be a serious matter and will thoroughly investigate any allegations of child pornography related to Canadian Armed Forces members, Department of National Defence employees or defence establishments."

Spring registration for Juan de Fuca scouts

Beavers (5-7), Cubs (8-10), Scouts (11-13), Venturers (14-17), Rovers (18-26) and volunteers (14+)

- Sunday, June 15, 2014
- 10 a.m. to 2 p.m. at the Belmont Park Fire Hall

Registration costs \$155 per youth for a year of activities and scouting programs for youth of all ages. Early registration bonus. Fee moves to \$175 after June 30.

*Note: Registration fees apply only to the first two children/family.

For more information contact: Mike Tennesco, 391-1355, scoutermike@7thjuandefuca.ca or any of the leaders of 7th Juan de Fuca. Visit our website: www.7thjuandefuca.ca.

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Are you concerned with the quality of life and the feeling of safety within your neighbourhood?

If you want to make a difference in your community and make it a safer place to live, then join the Block Watch program in your CF Residential Housing Area (Belmont Park, Work Point, Royal Roads, Colwood, Rocky Point, Signal Hill, Naden)

The time commitment is minimal for satisfying rewards. You can save up to 15% on your home insurance offered by several local insurance companies, ask yours! As well, you may receive further discounts off home security products from local merchants.

What Block Watch is:

Block Watch is an extension of what you may already be doing on a daily basis. For example, many of us have watched our neighbours' homes for them when they are away, at work, or as a favour.

Under Block Watch, that watchfulness is broadened and becomes more systematic. All residents on a block get to know each other

through participation, communication, and keeping an eye out for each other.

Block Watch involves being alert as part of your everyday life. For example, when you go to a window to close the drapes, take the time to look around the neighbourhood. Ensure everything is as it should be. Talk to your neighbours to keep them aware of current crime prevention strategies and news of local crime trends.

The program involves two commitments: The first is to be concerned about your neighbours' properties as you would about your own. The second is to report suspicious or criminal activity to the Military Police and to your neighbours.

Apply as a Volunteer

The Block Watch Program appreciates your support in our efforts to reduce the number of property offences and overall crime in your community. We are currently looking for volunteers to become Block Captains for their community.

To become a Block Watch volunteer or for more information concerning Block Watch in your area, contact the:

Military Police Unit Esquimalt, Community Relations Coordinator at (250) 363-4384.

http://esquimalt.mil.ca/mpue/block_watch.htm



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June is recreation month

Have you played today?

CFMWS

To celebrate the sixth annual "June is Recreation Month" campaign, Canadian Forces Morale and Welfare Services is asking, why does recreation matter to you?

For the Canadian Armed Forces leadership, recreation is a key enabler for promoting physical, mental and community well-being.

"Physical activity, recreation, and play are essential for promoting optimal mental health and well-being throughout our lives," says Major-General David Millar, Chief of Military Personnel. "Providing opportunities to participate in recreational activities is an important part of our commitment to families and to quality of life in the Canadian Armed Forces. I encourage everyone to celebrate 'June is Recreation Month' and experience the benefits."

For Lieutenant-Commander Todd Bacon, Commanding Officer of the Fleet Diving Unit (Pacific), activities like biking to work, geocaching, swimming and skiing have helped build resilience to handle challenges at home and at work.

"Participating in family activities helps to reduce the stresses of work, and leave me more mentally prepared to successfully conduct my job," says LCdr Bacon.

Juggling frequent postings and deployments has also made family time all the more important for Lieutenant-Commander Bacon and his wife Jody. "As a military family, we've never lived in an area close to family, and maintaining close personal friendships is limited as we often move," notes Jody. "Relying on others is not always possible, so we have learned to be self-reliant and very family-focused. We make a conscious effort to do activities as a family, and to encourage family time when possible."

As the winners of last year's June is Recreation Month Contest, the Bacon family also enjoyed a recreation-filled trip to Alberta's Kananaskis region this March. In 2014, the June is Recreation Contest shifts to Florida, the sunshine state! Visit www.cfmws.com/JRM for your chance to win a week of sun-filled family activities, and to learn more about recreation's many benefits.

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Reservist Goes the Distance

Shawn O'Hara
Staff Writer

Following a plane ride back from Boston, Massachusetts, in April, LS Tracy Voorthuyzen returned to Victoria with a pair of bruised and battered feet, a nice solid medal, and a life goal completed.

LS Voorthuyzen recently competed in the 2014 Boston Marathon, finishing with a time of 3:45:44 and placing 14,117th out of 35,671 runners.

"The sheer amount of runners was incredible," she says. "It was an absolute sea of people coming from all over the world. Being a part of the energy felt really amazing."

Marathons are just a way of life now for the 54-year-old full-time civilian with Base Logistics and part-time Supply Technician at HMCS Malahat, who has been competing since 2009.

"I started running while working at a gym in 2006, and working out for free after work," she says. "After 12 weeks I could run for 20 minutes without stopping, so I just kept adding time on and never gave it up."

LS Voorthuyzen competed in her first marathon, the Good Life Fitness Victoria Marathon, in 2009. She decided to enter the half marathon but soon discovered it was full.

"My son convinced me since I was already halfway there I should just go for the full," she says. "It might not have been the greatest way to start marathon running, but there's something to be said for throwing yourself in the deep end. You have to sink or swim."

Although she qualified for the now infamous 2013 Boston Marathon during 2012's Victoria Marathon, LS Voorthuyzen decided not to attend and instead train and save for the 2014 event.

The whole way I kept hearing 'Go Canada! Go Canada!' It kept me going when I thought I couldn't go anymore. I couldn't make Canada look bad, I had to get across that line.

- LS Tracy Voorthuyzen

"Registration hadn't filled up for 2013 and everyone was saying I should go as soon as possible, but I needed more time," she says. "When April rolled around and the bombs went off everyone in the office was gobsmacked. They kept asking me what I was going to do about next year, but I decided now I had to go."

After a year of saving for airfare, registration fees, and accommodations, aided by donations from civilian and military members at Base Logistics, LS Voorthuyzen made the trip to Boston.

"I was so excited. All the work, and saving, and preparation and I finally made it," she says. "I almost couldn't believe it."

With the historic city of Boston and its surrounding communities as the backdrop, LS Voorthuyzen's excitement was palpable. On top of the beautiful scenery she says what floored her most were the people of Boston.

"The marathon is a full on city-wide event. Everyone comes out to watch and support the runners," she says. "All along the route there are people cheering you on, handing out orange slices and water, there are bands playing, it's really amazing. That city loves their marathon."

Trudging along block after block, mile after mile, LS Voorthuyzen kept her head down and fell into the rhythm she became accustomed to after five years of marathons. Adorned in Canadian flags and proudly sporting the Maple Leaf she says she felt like she was representing her country.

"The whole way I kept hearing 'Go Canada! Go Canada!'," she says. "It kept me going when I thought I couldn't go anymore. I couldn't make Canada look bad, I had to get across that line."

However in the last 8 kilometres, after cresting Heartbreak Hill, LS Voorthuyzen felt something she didn't expect: reluctance.

"I'd worked so hard to get here, and it was almost over," she says. "I almost didn't want to finish, I wanted to soak it all in for as long as possible, but I had to cross the line."

Crossing after three and half hours, LS Voorthuyzen says she was filled with elation as well as crippling exhaustion. All said it was just another day for a marathon runner.

"It really was an unforgettable experience," she says. "I hope to come back some day, but until then I'm just going to keep running."



Shawn O'Hara, Lookout

LS Travey Voorthuyzen of Base Logistics, and a reservist with HMCS Malahat, shows off her 2014 Boston Marathon jersey and medal. The 54-year-old completed her first Boston Marathon in April.

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CPO1 Robert Miller receives the Canadian Forces Decoration second clasp from Cdr McAllister.



LS Matthew Pettifer receives the Canadian Forces Decoration second clasp from Cdr McAllister.



Sgt Brian Boake receives the South West Asia medal from Cdr McAllister.



Cdr Lori McAllister, Maritime Forces Pacific Commanding Officer, presented medals and promotions on May 16.

Photos by Cpl Stuart MacNeil, MARAPC Imaging Services



Lt(N) Zad Bouchededid receives the Canadian Forces Decoration from Cdr McAllister.



MS Jonas Beck receives the NATO Non-Article 5 medal from Cdr McAllister.



Lt(N) Jared Wagar receives the Canadian Forces Decoration from Cdr McAllister.



SLt Yoon An receives his new rank from Cdr McAllister.



LCdr Michael Erwin receives the Canadian Forces Decoration second clasp from Cdr McAllister.



CPO2 Allen Dixon receives the Canadian Forces Decoration second clasp from Cdr McAllister.



CPO2 Thomas Watson receives the Canadian Forces Decoration second clasp from Cdr McAllister.



Accompanied by his wife Beth Camp and daughter Katy, Sgt Steve Leblanc was promoted to Sergeant by Cdr Andy Muir, Commanding Officer of Regional Cadet Support Unit.

Cmdre Bob Auchterlonie, Commander of Canadian Fleet Pacific, presented awards to several deserving members during a ceremony at building D85.

Photos by LS Ogle Henry, MARPAC Imaging Services



MS Warren Danforth is awarded the South West Asia Service Medal with the Afghanistan Bar.



PO2 Class Erin Bonnar receives the Canadian Forces Decoration first clasp.



MS Carlos Cea receives his promotion.



AB Mario Guindon is presented the Operational Service Medal.



MS Warren Danforth receives the Canadian Forces Decoration.



MS Elizabeth Zaragoza receives the Canadian Forces Decoration.



AB John Whelan is presented the Operational Service Medal.



MS Nicholas Fenton receives the Canadian Forces Decoration.



LCdr Kevin Cyr receives the Canadian Forces Decoration second clasp.

19 Wing Comox



Cpl Jennifer Chiasson, 19 Wing Comox
Outgoing Wing Chief Warrant Officer, CWO David Bolster (left) presents an "Appointment Sword" a traditional symbol representing the duty and responsibilities of his position, to his successor CWO Jean-Claude Parent (right) during a Change of Appointment Ceremony. CWO Bolster is retiring and moving to the Annapolis Valley in Nova Scotia.



LS Zachariah Stopa, MARPAC Imaging Services
CPO1 Doug Parsons receives a Maritime Forces Pacific (MARPAC) Bravo Zulu for his initiative in spearheading the renewal of the MARPAC Honours and Recognition program.



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

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