

LOOKOUT

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Sgt Moogly Tetrault-Hamel from 39 Service Battalion performs a smudging ceremony with Elder Robert Nye during National Aboriginal Day celebrations at Work Point on June 19. See more photos on page 10.

Cpl Stuart MacNeil, MARPAC Imaging Services

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PARKSIDE
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Cadet receives national honour

Shawn O'Hara
Staff Writer

Sometimes it's good to stand out in a crowd, especially if it's because of your accomplishments.

A few weeks ago 12-year-old Charity Cole soared far above her peers when she was named Top Navy League Cadet of Canada (NLCC), in addition to being the Navy League Cadet of the year for Vancouver Island Division.

It was at the June 1 NLCC Admiral Rayner's Annual Ceremonial Review in Work Point that she was called to the front and given the Medal of Excellence Award.

"I was shocked. I heard that I'd won Top Cadet for Vancouver Island, but didn't hear about the other one until they were presenting it to me," says CPO1 Cole. "It was a huge honour, and everyone except my Commanding Officer was very surprised."

CPO1 Cole was chosen out of more than 7,000 Navy League cadets across Canada for the honour. Because she was named Top Cadet of both her region

and country, the medal features two anchors on the bar instead of the customary single anchor.

She is not cut from the usual pre-teen cloth. While most 12 year olds' eyes are on their cellphone or computer screen, CPO1 Cole has hers set on many horizon-expanding activities.

Cadets is just one of a long list of extracurricular pursuits that includes Girl Guides, playing violin, curling, swimming, and volunteering with city organizations. She also plays the bass drum in her cadet corps.

Born into a military family - her father is a Sergeant at 443(MH) Squadron and her brother was a coxswain of his cadet corps in Halifax - naval cadets seemed like a good place for a then nine year old to develop confidence and make friends.

"I was so shy, but now thanks to cadets I've learned so many leadership skills and public speaking skills," she says. "It's really helped me be more confident when talking to people and in my everyday life."

She has one more year in the Navy League before she

ages out of the program. Her next step will be Sea Cadets.

Her parents Dana and Sgt Austin Cole characterize their daughter as "very motivated."

"She is motivated to do all these activities because she hates to be bored, she loves to learn anything new, and we always encourage her to be her best," says Dana.

Of both her children, she adds, "We want them to be respectful, compassionate and well-rounded individuals within our community."

Since 1948, the Navy League Cadet program has introduced young Canadians to naval life. The program, aimed at youth aged nine to 13, develops nautical skills teamwork, and leadership, all aspects CPO1 Cole has mastered.

"She is an outstanding leader and a great role model for young people," says Dana. "Austin and I beam with pride. We are only doing our job as parents to teach her that with confidence, hard work and determination she can achieve anything in life."



David Yates, National Vice-President of the Navy League Cadets, presents CPO1 Charity Cole with the Medal of Excellence Award at the June 1 Annual Ceremonial Review.

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Supercarrier USS Nimitz visits Esquimalt

Jamie Cook
MARPAC Public Affairs

The hulking silhouette of USS Nimitz, a United States Navy (USN) aircraft carrier and lead ship of the Nimitz-class, was an impressive sight on the water during its stay in Esquimalt from June 13-16.

"We pass by here every time we get underway thinking 'Wow, it would be great to pull into Victoria.' So we're pleased to be here," said Captain Jeffery Ruth, Nimitz's Commanding Officer.

Arriving from its home port of Naval Station Everett in Washington state, "Old Salt", the carrier's official nickname, laid at anchor off Royal Roads near CFB Esquimalt.

Here for a brief port visit before proceeding to Canadian Forces Maritime Experimental Test Range Nanoose Bay, Nimitz arrived in Esquimalt with over 2,800 sailors and family members on board. With the addition of the carrier's air component, Carrier Air Wing Eleven, the ship's personnel would number well over 5,000; however the Wing remained in California.

Despite the absence of the carrier's Air Wing, media were given an informational tour of air operations on Nimitz's massive flight deck by Captain J.J. "Yank" Cummings, Nimitz's

Executive Officer and a former naval aviator.

Capt Cummings described the force behind the carrier's catapult aircraft launching system as a "40-tonne double-barrel shotgun below deck."

The launching procedure is an intricate process that involves a number of personnel on the flight deck working in close conjunction with one another amongst explosives, jet blasts and steam-driven launching catapults.

"It's one of the most dangerous places on earth," stressed Capt Cummings.

When the aircraft and catapult are primed for launch, the press of a button releases a massive amount of force, literally flinging the aircraft off the flight deck. "When you salute and that button is pushed, there is nothing on God's green Earth that will stop you from going off the front end," said Capt Cummings. "It's the ride of a life-time."

Landings on the flight-deck, or "trappings" as they are called, are a more precarious business. With such a short space for aircraft to come to a halt, aircraft carriers use an arrested recovery system in which an aircraft's tailhook catches onto a steel wire rope laid across the flight deck in order to come to a stop.

Unlike conventional landings, pilots executing a car-

rier landing will push their engines to full power so the aircraft can quickly take-off again in the event it misses the cables, what's known as a "bolter".

Capt Cummings described the intense physical and mental strain on pilots performing carrier landings.

"Imagine: no moon, lousy weather and the deck pitching 20 feet... a thousand miles from land and low on gas. I've done it so many times where you get out and say, 'Oh my God, I'm glad I stopped.'"

With over 750 trappings under his belt, Capt Cummings recalled the intense rush of adrenaline from carrier landings that often left him with "sewing machine legs."

While in port, Nimitz crew members also took the opportunity to participate in community service and volunteer work. Sailors from the carrier competed against Royal Canadian Navy (RCN) members in basketball and baseball games, served lunch at Our Place Society homeless shelter, participated in a beach clean-up at Clover Point, and visited the Broadmead Care Society.

Nimitz's command team were busy engaging with the community as well. Rear Admiral Dee Mewbourne, Commander of United States Navy (USN) Carrier Strike Group 11, and Capt

Ruth were on hand to speak with local media about the carrier and the USN's partnership with Canada.

"She has a long and distinguished history. The number of sailors that have been aboard makes it very special," said RAdm Mewbourne about the 39-year-old carrier. "When people think 'aircraft carrier', Nimitz comes to mind."

Asked about the interoperability between warships of the RCN and the Carrier Strike Groups of the USN, RAdm Mewbourne noted that, "There has been no stronger partner across the board than Canada."

Capt Ruth was also present to recite astonishing facts and figures about Nimitz's day-to-day operations.

"Fully embarked, with our Air Wing aboard, we have a crew of over 5,000. We produce about 400,000 gallons of water per day and there are seven different places to have a meal on board."

USS Nimitz is a United States Navy supercarrier and the lead ship of its class. Displacing over 90,000 tonnes and able to carry approximately 65 fixed-wing and helicopter aircraft, Nimitz is an integral part of the USN's force projection capabilities. The last time a United States Navy aircraft carrier visited Victoria was in 2010, while Nimitz last visited in 2002.



Capt J. J. 'Yank' Cummings, Nimitz's Executive Officer and a former naval aviator, gives an informational tour of flight operations on the carrier's flight deck.

Jamie Cook, MARPAC Public Affairs

Fun Fact The former name of HMCS Victoria was HMS Unseen.

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PO1 Goodwin's House of Pain

Every other day the flight deck of HMCS Regina is transformed from a work station to the workout station, aptly dubbed PO1 Matthew Goodwin's "House of Pain."

PO1 Goodwin takes a group of Regina sailors through a series of tough workouts to relieve stress, encourage fitness, and have some fun. Upon hearing about this unique fitness centre, Lookout asked the sailor a few questions:

Q: What is the House of Pain?

A: The name "House of Pain" came into existence by one of the Operations Room Officers during a morning pipe. "House of Pain" is a term now used throughout the ship when they talk about my fitness classes that are conducted on the flight deck of Regina. The exercises within the class change every other day to ensure personnel who attend remain challenged. Essentially it is a fitness class for all levels.

Q: How did it begin?

A: About eight years ago I was lucky enough to be placed on a Basic Fitness Training Assistant Course. The course allowed me to run fitness classes under the supervision of Personnel Support program (PSP) staff. During longer deployments I noticed the need for members of the ship's company to be able to relieve some stress, build

teamwork and push each other to meet their own fitness goals within a class atmosphere. So, I sent in my fitness class proposals to the PSP staff in Esquimalt for approval and here we are today.

Q: What is the purpose?

A: The purpose is to provide a support group for all fitness levels, help Regina's sailors achieve their fitness goals, and maintain the CAF mandate on physical fitness. It is also a lot of fun.

Q: What sort of exercises do you do? What sort of equipment is used?

A: Exercises vary depending on who shows up for each session. If I feel the group is overly challenged I will adapt and make

the exercises easier. If members are not challenged enough I have alternate exercises that make the class more challenging. The equipment varies from no equipment at all, to kettle bells, dumbbells, mats, medicine balls, sand bags and ship's equipment. Anything can be used.

Q: How does the crew of Regina like it?

A: The crew curses me when they are participating in the class, but they keep on coming back.

Q: What part do you enjoy the most?

A: I enjoy seeing the smiling faces at the end of the class. The transformations that I have

seen onboard Regina are tremendous. They stem from the Commanding Officer all the way down to the Ordinary Seaman.

Q: Is it important for you to encourage others to take part in a healthy lifestyle?

A: I myself am very strict with my training routine and eating methods, so I try pass on my habits to other members of the ship. Regina has a great support group for anyone onboard that would like to lose weight, be healthier and learn about nutrition. The Physician Assistant onboard runs a biggest loser contest and presents nutrition lectures, and the cooks onboard are as accommodating as they can be.



PO2 Matthew Goodwin demonstrates proper lifting technique during a fitness class on the flight deck of HMCS Regina.

Cpl Michael Bastien, MARPAC Imaging Services

A Minute with Captain Obvious



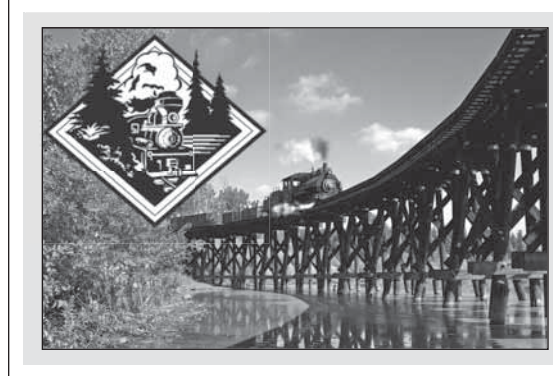
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Military bands set to play at this year's Pacific Tattoo

Pacific Tattoo 2014 features performers from across North America in recognition of the anniversaries of World Wars One and Two.

The 3rd Annual Pacific Tattoo, held July 12 and 13 at the Save-on-Foods Memorial Centre, features military and civilian performers from across Canada and the U.S.A, in a theatrical production that honours veterans and recognizes the centenary of the First World War, and the 70th anniversary of D-Day.

"We have the familiar tattoo ingredients: military bands, precision marching, pageantry, uniforms, historical recognition, nostalgic music and of course pipes and drums and highland dancers," says Roger McGuire, producer of the Pacific Tattoo. "Each year the Tattoo incorporates a central theme. This year we recognize anniversaries associated with both World Wars, and we'll honour veterans who

will be in attendance."

New to this year's event are the New Guard America, Princess Patricia's Light Infantry Drum Corps, and the Band of the 15th Field Artillery Regiment.

New Guard America, holder of 13 Guinness World Records and 11 world championship competition titles, is the world's only internationally touring professional civilian fixed bayonet rifle exhibition drill team. Widely regarded as the best in the world, New Guard America features six rifle sequences of such extreme risk and difficulty; they are the only drill team in the world to perform them. The non-firing weapons used during their performances are the M1903-03 rifle. These weapons were used by U.S. military during both World Wars.

Returning performers include The Naden Band of the Royal Canadian Navy; the Tattoo Pipes and Drums including members

of the Canadian Scottish Regiment and Seaforth Highlanders of Canada; and the "E" Division RCMP Ceremonial Troop.

Pacific Tattoo organizers are scheduling free day-time performances around Victoria July 9 through 11. Watch for impromptu "10-minute Tattoo teases" in the Inner Harbour and in Centennial Square.

Tickets for the Pacific Tattoo start at \$35 and are on sale now at www.selectyourtickets.com, by phone at 250-220-7777, or in person at Save-On-Foods Memorial Centre, 1925 Blanshard St. in Victoria.

A Family Pack of four tickets (two adults and two youth) is available, in limited supply, for \$99. All tickets are subject to tax and service charges which will be added at point of sale.

For more information, visit www.pacifictattoo.ca, follow @pacifictattoo on Twitter, or "like" Pacific Tattoo on Facebook.

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The base is accepting nominations for full-time Loaned Representative positions with the 2014 charitable campaign. The term runs from Aug. 25 to Dec. 19 with the option to work part-time during January 2015 to close out the campaign.

This is an excellent professional development opportunity to enhance leadership, interpersonal, and organizational skills. Preference will be given to applicants with prior campaign experience. Outstanding communication skills, strong time management, and the ability to work effectively in

a team environment are essential, as well as a working knowledge of Microsoft Office.

Willingness to speak in public, learn new skills, have fun and showcase a positive attitude are all required. The position may require flexible working hours, and a valid drivers licence and vehicle are required.

Commanding Officers or their civilian counterparts are to submit names of nominees to vicki.laidlaw@forces.gc.ca no later than July 21 in order to schedule interviews.

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Health and Wellness Challenge earns employees prizes and life changes

Kara Tibbel
Staff writer

After a month of diligently tracking their healthy life choices, six members of the Defence Team have won prizes as part of the CAF National Health and Wellness Challenge.

National prizes, sponsored by CANEX and SISIP, were won by Cpl Kristoffer Trent, WO Marla Buchanan and AB Sylvain Fortier, and local prizes provided by the PSP Sponsorship Program, were given to Nicolle Gicas, Cdr Montgomery and Christine Gatherum.

The Challenge took place during

the month of May, and had those enrolled checking off their healthy behaviours on a daily basis. The goal is to encourage small behaviour changes in the four health priority areas of Health Promotion: addictions free living, injury reduction and active living, healthy nutrition and weight, and social wellness.

The checklist covered more than just fitness activities such as hiking or going to the gym, it also covered sharing a good laugh or taking time to relax and unwind, which are all components to an individual's overall health.

"This is my second year completing

the challenge," said WO Buchanan. "But this year I felt much more focused. I am still getting up every morning and going to the gym at 6 a.m. even though the challenge is now finished."

For AB Sylvain Fortier, who completed the national challenge for the first time, the month was full of positive results.

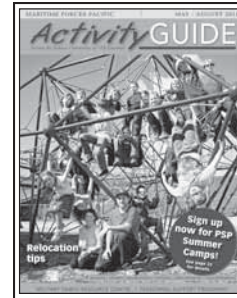
"I challenged myself to do more activity than I normally would have in the past. I feel more aware and alert at work, the challenge has really helped my level of concentration and I am much more aware of my food intake than I was previously."



Above: From left: Wade Walters, AB Sylvain Fortier, WO Marla Buchanan, Sara Johnson, Maryse Neilson all pose following the awarding of CANEX and SISIP prizes.

Left: Maryse Neilson presents Nicolle Gicas a prize.

Photos by Kara Tibbel, Lookout



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On June 18, CFB Esquimalt held its annual Formation barbecue and ball hockey tournament. Hundreds gathered to watch hockey, listen to the Naden Band and enjoy a freshly barbecued hamburger or hotdog and a cold pop, all part of Public Service Appreciation Week. **Right:** RAdm Bill Truelove, Commander Maritime Forces Pacific, gets help cutting the Formation Barbecue cake.

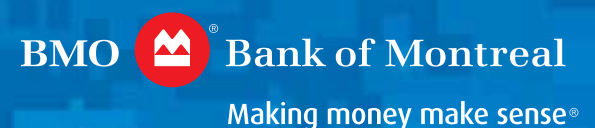


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RMS clerk pens three novels

Valerie Froud & Jamie Cook
MARPAC Public Affairs

By day, Master Corporal Shawnda Currie is a Resource Management Support Clerk at CFB Trenton; by night she is a busy mother, a wife and an author.

She has recently published her third and final novel of her Evolved Trilogy, Choices – Complications of the Evolved.

Written primarily for a teenage audience, the trilogy deals with “evolved” humans with psychic and supernatural abilities such as time-travel.

The novels centre around Lacey Bennett, a troubled youth who learns through a series of seemingly random events that she is one of these evolved humans. Throughout the three novels, Lacey undergoes a series of revelations and challenges that take her

through an epic journey involving everything from high-level conspiracies to the power of love.

MCpl Currie began serving in the Canadian Armed Forces in 1997 and was employed for one year before releasing to marry her husband and raise two children. She re-enrolled in the regular force in 2006.

“My husband is also in the military and when we were posted to Winnipeg I began to write my first book,” she says.

She wrote her second book while posted to her current position within CFB Trenton’s Deployment Readiness Training Standardization and Evaluation Team.

During her career, MCpl Currie has been posted to Alberta, Manitoba, Nova Scotia and Ontario. She emphasized that finding free time to work on her novels while serving full-time in the Canadian

Armed Forces was her biggest challenge as an author.

“I carried around a notepad and often jotted down ideas as they came to me,” she explained.

Recalling that English was always her favourite subject in school, MCpl Currie said she had always planned on writing a book one day.

“I’m not getting any younger, so finally a few years ago I came up with a storyline and started putting pen to paper.”

Through publishing her novels, MCpl Currie hopes to introduce young adults to the joys of reading while also showcasing that CAF members have hobbies and interests outside of the military.

MCpl Currie’s novels can be purchased on Amazon.com and more information on the Evolution Trilogy and her upcoming works can be found on her blog at www.shawndacurrie.com.



Photo courtesy of the Contact Newspaper

MCpl Shawnda Currie poses with the first book of her trilogy, “Altered – Revelations of the Evolved.”



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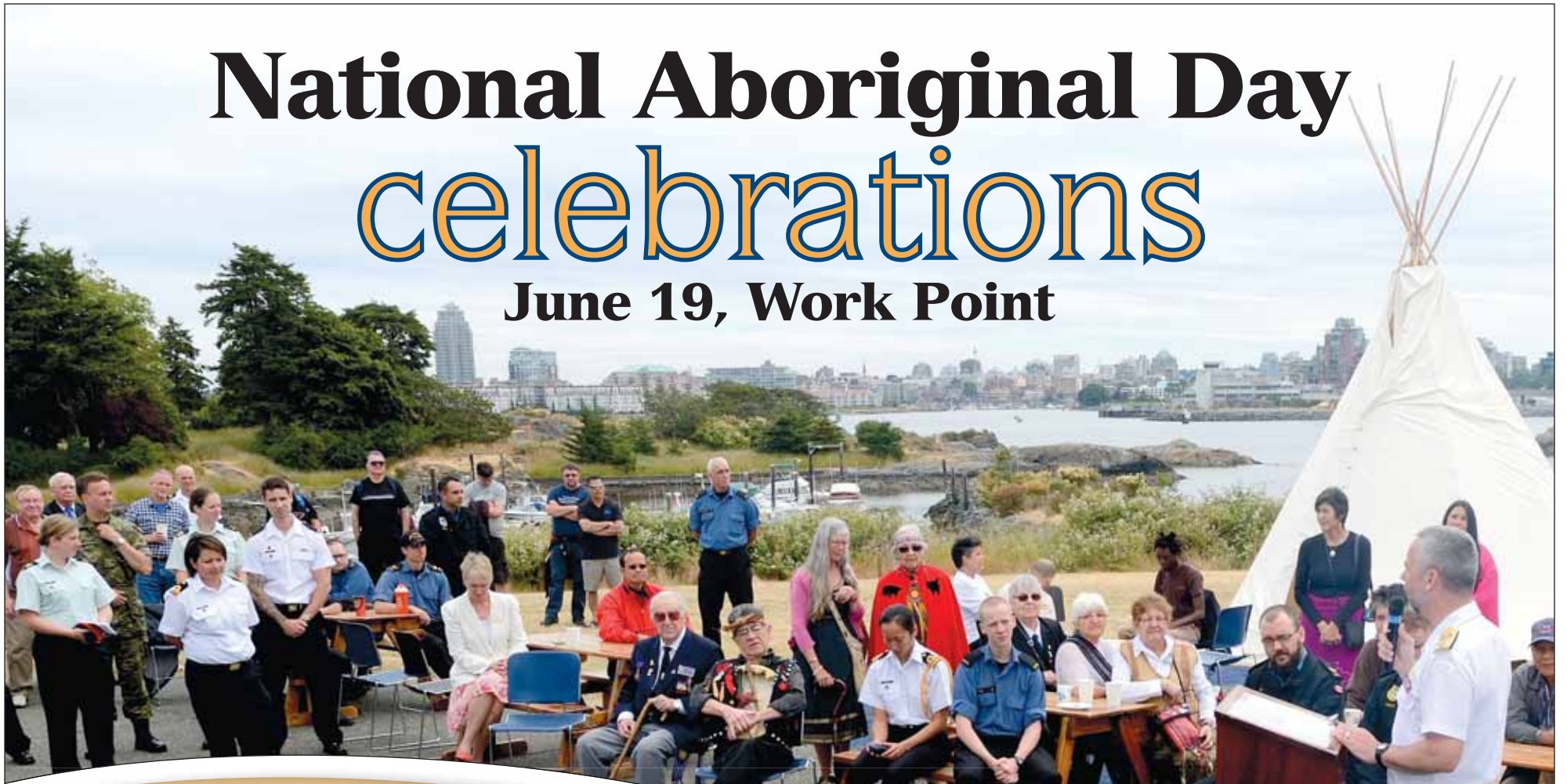
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National Aboriginal Day celebrations

June 19, Work Point



RAdm Bill Truelove, Commander MARPAC and Champion for the Employment Equity Defence Advisory Groups, hosted a celebration in commemoration of National Aboriginal Day on June 19. Guests for the event included representatives from local First Nations, Her Worship Barbara Desjardins, Mayor of Esquimalt, Defence Team leadership, as well as artisans showcasing traditional skills.

Above: RAdm Bill Truelove delivers his opening speech during National Aboriginal Day celebrations at Work Point. **Lower right images:** Standing Nation Drum performs while a circle dance forms around them. **Lower left:** PO2 Marielle Audet introduces Joan Morris, an elder, who performs a blessing.

Cpl Stuart MacNeil, MARPAC Imaging Services



Kara Tibbel, Lookout



Cpl Stuart MacNeil, MARPAC Imaging Services



Cpl Stuart MacNeil, MARPAC Imaging Services



Kara Tibbel, Lookout



Military Police run for special Olympic athletes

A dozen members of the Military Police Unit Esquimalt and 1 Military Police Regiment laced up their runners for the annual Law Enforcement Torch Run for the Special Olympics June 8.

The run is the largest grass-roots fundraiser and public awareness vehicle for Special Olympics, and helps special-needs athletes achieve their dreams

of participating in the Special Olympics.

A total of 75 participants and 12 Special Olympic athletes took turns carrying the Olympic torch through the five kilometre run along the Galloping Goose trail; close to \$2,000 was raised.

The Victoria run concluded with a well-earned pancake breakfast for all.

Since its inception in

1981, the run has grown worldwide with over 97,000 volunteers spanning 46 countries, and raising more than US\$461 million for the Special Olympics movement.

By summer's end, more than 650 law enforcement members and Special Olympics athletes will have participated in the 2014 Law Enforcement Torch Run in B.C.

This year, the Torch Run will have an additional exciting element: the 2014 Law Enforcement Torch Run Final Leg, which runs from July 5 to 8.

The Final Leg team will be made up of 25 law enforcement members from across Canada and B.C., as well as Special Olympics athletes who will run in communities throughout the Lower Mainland before running the Flame of Hope into the Opening Ceremonies for the Special Olympics Canada 2014 Summer Games being held at the University of British Columbia in Vancouver.



Top: Sgt F. Dominix kicks off the Victoria run by being the first to carry the torch.

Above: The Military Police Unit Esquimalt running team poses for a photo after completing the five kilometre run.

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Spirit of Military Families Coin presented by Prince Charles

Two women had the opportunity to meet His Royal Highness, Prince Charles during his recent visit to Nova Scotia, as he presented them with a coin for their hard work and dedication to helping Canadian Armed Forces families.

The Spirit of Military Families Coin is a one-of-a-kind coin, handcrafted and designed in Canada in 2012 by Beth Corey, executive director of the Gagetown MFRC to recognize the "Spirit of Military Families" and the extraordinary strength, pride, resilience and support they give to the CAF.

Shelley Hopkins, a long-time staff member with the Halifax and Region Military Family Resource Centre (H&R MFRC) was awarded the coin for her tireless efforts, passion and

commitment to improve the quality of fulltime childcare and special needs care for military families in Nova Scotia.

"It is nice to be recognized for work that you love to do, but to be formally recognized by their Royal Highnesses made it incredibly special," she said. "It was a once-in-a-lifetime experience to meet Prince Charles and Camilla, a very special moment for me," said Hopkins.

Heather Armstrong, a retired navy commander was also presented a coin for her dedication, leadership, compassion and outstanding contributions in laying the foundation for the creation of the Shearwater Military Family Resource Centre, and her tireless efforts throughout her career on

behalf of CAF families.

"It was a tremendous honour to both receive and be presented with this coin by His Royal Highness, Prince Charles. I feel extremely privileged to have been selected for this award, it is immensely satisfying to have witnessed the enormous growth and huge importance the role MFRCs play in the military community from our humble beginnings in the early 1990s," said Cdr (Ret) Armstrong.

The H&R MFRC was thrilled to be included in the royal tour and have the opportunity to recognize two incredible individuals and showcase the vast array of programs and services available for today's military families.

For more information on the H&R MFRC visit www.halifaxmfr.ca.



Shelley Hopkins receives the Spirit of Military Families coin from Prince Charles as the Duchess of Cornwall looks on.

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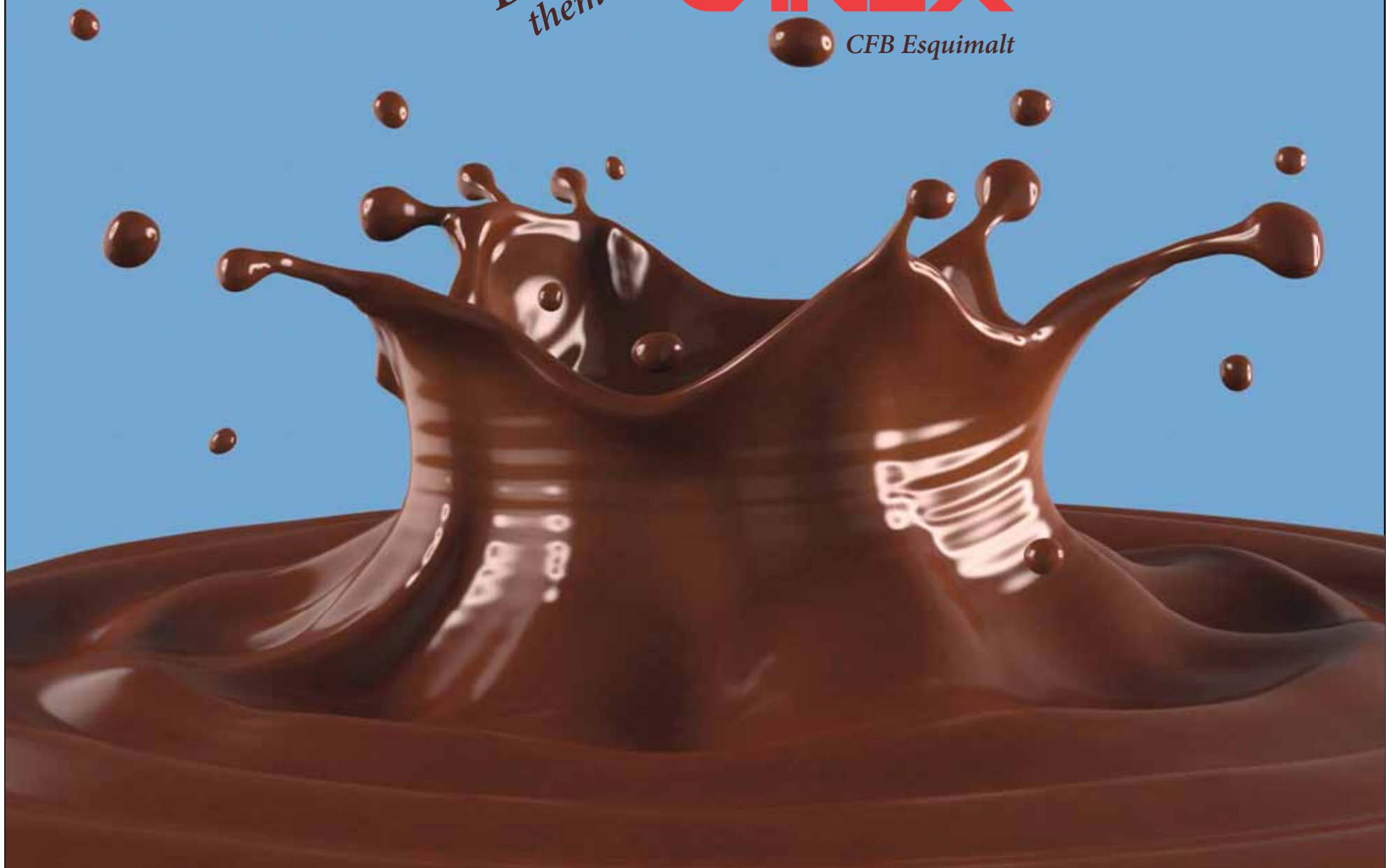
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MARPAC Awards

Images by LS Zachariah Stopa, MARPAC Imaging Services

Health and wellness pilot project awards



Lt(N) Esther Nightingale receives her Canadian Forces Decoration from Capt(N) James Clarke.



CPO2 Stephen Nowakowski receives his Canadian Forces Decoration Second Clasp from Capt(N) James Clarke.



Lt(N) Sylvain Leblond receives his Canadian Forces Decoration First Clasp from Capt(N) Brian Costello.



CPO1 Timothy Blonde receives his Canadian Forces Decoration First Clasp from Capt(N) James Clarke.



MS Luis Barneond accepts his promotion to Petty Officer Second Class by Commander Maritime Forces Pacific, RAdm William Truelove and PO2 Barneond's wife, Kim Arens.

MARPAC Health and Wellness Strategy's Active Living Working Group and Cdr Wes Golden, Base Administration Branch Commanding Officer, were pleased to congratulate three participants of the BADM Active Living Pilot Project for achieving at least 30 minutes of active living every day for three months (February to April 2014). The purpose of the pilot project was to test several strategies, including a daily reminder to be active, in order to see if active living rates increased. The final report is expected in September 2014.



Linda Scott



Suzann Boulet



OS Janice Duncan

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Base Administration Promotions



Left: CPO1 Tim P. Gallinger was promoted to his new rank by Capt(N) Luc Cassivi, Base Commander, and CWO Cate Gaudet, Base Administration Branch Chief Warrant Officer.



Right: Pte Colleen Duffy was promoted to the rank of Corporal by Cdr Wes Golden, Base Administration Branch Commanding Officer.

Canadian Fleet Pacific awards and promotions



PO2 Mike Horobin was promoted to Petty Officer First Class by Cdr Alex Kooiman, Commanding Officer of HMCS Victoria, and CPO2 Graham McLeod, CERA.



MS Joel Tilson was promoted to Petty Officer Second Class by Cdr Alex Kooiman, Commanding Officer HMCS Victoria, and Lt(N) Jimmy Lau, MESO.



CPO2 Alex LaForge, CERA HMCS Victoria, was presented his retirement certificate by Cdr Alex Kooiman, HMCS Victoria Commanding Officer.



MS Lewis (front, centre) was promoted to Petty Officer Second Class by Judith Guichon (left), Lieutenant Governor of British Columbia, RAdm Truelove (right), Commander Maritime Forces Pacific and Cdr Alex Kooiman.

MARPAC Headquarters recognition



LS Courtney Edwards was promoted to Master Seaman by Cdr Alistair Harrigan and LCdr Simon Brown.



LS Karoline Rajotte was promoted to Master Seaman by Cdr Alistair Harrigan and LCdr Simon Brown.

Sea Training Pacific promotes sailors



LCdr Graham Roberts, outgoing Executive Officer at Sea Training Pacific, is promoted to Commander by Cmdre Bob Auchterlonie, Commander Canadian Fleet Pacific, with assistance from LCdr Robert's wife, Cdr Patricia Roberts, Commanding Officer at Base Logistics.



CPO2 Stan Ryan, C WENG NE at Sea Training Pacific, is promoted to Chief Petty Officer First Class by Cmdre Bob Auchterlonie, CPO1 Mike Vigneault, Canadian Fleet Pacific Chief Petty Officer, and Cdr David Mazur, Commander Sea Training Pacific.

CF Fleet School Esquimalt promotion



PO1 Blaine Immel is promoted to Chief Petty Officer Second Class by Cdr Martin Drews, Commandant Canadian Forces Fleet School Esquimalt.



Bravo ZULU

Health Services

Canadian Forces Health Services Centre (Pacific) Commanding Officer, LCol Joane Simard made several presentations to her unit's military staff.



WO Doyon receives the Operational Service Medal from LCol Simard.



Cpl Lalonde receives the Star of the Month award.



CPO1 Richard receives the 2nd clasp on his Canadian Forces Decoration.



Maj Tuka receives her Canadian Forces Decoration.



Sgt Lajeunesse receives his Canadian Forces Decoration.



Lt(N) Carter receives the Commanding Officer's Commendation.



Maj McDonald receives his promotion.



Sgt Bellamy receives his promotion.



Sgt Williams receives her promotion.



MCpl Tickenheinrich receives her promotion.



PO2 Jodoin receives his promotion.



WO Connelly receives her promotion.



CPO2 Robert receives the Rotation Bar for his General Campaign Star.

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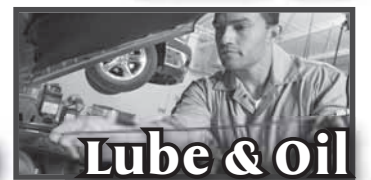
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†In order to achieve \$0 down payment, dealer will cover the cost of the battery tax, air conditioning tax (where applicable), environmental fees and levies on the 2014 CR-V LX, Accord LX, Civic DX and Fit DX only on behalf of the customer. †Limited time weekly lease offer based on a new 2014 CR-V LX 2WD model RM3HSEES, ¥1.99% lease APR on a 60 month term with 260 weekly payments O.A.C. Weekly payment, including freight and PDI, is \$66.91 based on applying \$1,370.00 lease dollars (which is deducted from the negotiated selling price before taxes). Down payment of \$0.00, first weekly payment and \$0 security deposit due at lease inception. Total lease obligation is \$17,396.86. Taxes, license, insurance and registration are extra. 120,000 kilometre allowance; charge of \$0.12/km for excess kilometers. *Limited time weekly lease offer based on a new 2014 Civic DX model FB2ZEEX, ¥0.99% lease APR on a 60 month term with 260 weekly payments O.A.C. Weekly payment, including freight and PDI, is \$36.92 based on applying \$525.00 lease dollars (which is deducted from the negotiated selling price before taxes). Down payment of \$0.00, first weekly payment and \$0 security deposit due at lease inception. Total lease obligation is \$10,119.20. Taxes, license, insurance and registration are extra. 120,000 kilometre allowance; charge of \$0.12/km for excess kilometers. †Limited time weekly lease offer based on a new 2014 Fit DX model GE8GZEEX, ¥0.99% lease APR on a 60 month term with 260 weekly payments O.A.C. Weekly payment, including freight and PDI, is \$33.83 based on applying \$1,150.00 lease dollars (which is deducted from the negotiated selling price before taxes) and \$1,000.00 consumer incentive dollars (which is deducted from the negotiated selling price after taxes). Down payment of \$0.00, first weekly payment and \$0 security deposit due at lease inception. Total lease obligation is \$8,795.80. Taxes, license, insurance and registration are extra. 120,000 kilometre allowance; charge of \$0.12/km for excess kilometers. **MSRP is \$16,130 / \$17,185 / \$27,885 including freight and PDI of \$1,495 / \$1,495 / \$1,995 based on a new 2014 Fit DX model GE8GZEEX / new 2014 Civic DX model FB2ZEEX / 2014 CR-V LX 2WD model RM3HSEES. License, insurance, registration and taxes are extra and may be required at the time of purchase. *MSRP. Prices and/or payments shown do not include a PPSA less registration fee of \$30.31 and less registering agent's fee of \$5.25, which are both due at time of delivery and covered by the dealer on behalf of the customer on the 2014 CR-V LX, Accord LX, Civic DX and Fit DX only. †MSRP/MSRP/MSRP. Offers valid from June 2nd through June 30th, 2014 at participating Honda retailers. Dealer may sell/lease for less. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.