

Volume 60 Number 4 | January 26, 2015

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Image by LS Ogle Henry, MARPAC Imaging Services
 Kevin McLennon from Base Logistics mans the helm under guidance from LS Trevor White on board Patrol Craft Training Vessel Wolf during a day sail on Jan. 14. Canadian Coastal Division hosted members of Base Logistics and Public Works and Government Services Canada on a day sail around Victoria Harbour. See more on page 7.

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October event bonds strangers in tragedy

DND

What started off as a normal morning for six strangers in Ottawa on Oct. 22, 2014, ended up being anything but ordinary.

What happened that morning impacted their lives and created a bond between them that will last forever.

The six strangers, Cpl Kyle Button, Cpl Anthony Wiseman, Col Conrad Mialkowski, Martin Magnan, Margaret Lerhe, former nurse and director of Bruyère Continuing Care, and Barbara Winters, lawyer for Canada Revenue Agency, were the first responders on the scene when reservist Cpl Nathan Cirillo, a Ceremonial Honour Guard at Canada's National War Memorial, was shot and killed.

A month-and-a-half later, the group gathered to talk about that morning and how they are coping now. With emotions from that day intense and still raw, this group has bonded over the tragedy and continues to comfort one another.

Accounts from the morning

Cpl Button was part of the Ceremonial Guard of Honour on duty at the memorial that morning, as he had been the previous days leading up to the shooting. He was also the first person to Cpl Cirillo's side, but not before he had taken cover from the shooter

himself.

"I was confused as to why he (the shooter) was walking so close to Nathan, so I started walking in that direction to tell him to beat it.

Then I saw the rifle and I remember thinking it was a toy, it just didn't seem real at the time. The first shot went off and Nathan reacted, then I realized this was real, the second shot Nathan stumbled - the two shots were very close together."

After the fourth shot, Cpl Button dropped to the ground and performed first aid on Cpl Cirillo.

Second on the scene was Martin Magnan, a communication advisor, ADM (Infrastructure and Environment), who was heading to a meeting when he ran in the direction of the shots. With a direct line of sight to the shooter, he knew something serious had just taken place and immediately provided assistance to Cpl Button.

It was then that Margaret Lerhe was passing by the memorial on her way to a meeting when she heard shots.

"I thought it was a mock exercise after hearing about the attack on Warrant Officer Vincent," she said. "I saw the shooter with the gun and the way he was dressed - it all looked very theatrical. Then I see Kyle (Cpl Button) with someone on the ground and yelling 'call 911'. I thought, that's the perfect mock in health care, but I noticed no one was observing or reacting, this must be the real thing."

Once Ms. Lerhe was at

Nathan's side she put her skills to work, while Mr. Magnan held up Cpl Cirillo's legs.

Next at the scene was Col Mialkowski, who was driving by the Memorial and heard the distinctive shots and immediately hauled his car up onto the sidewalk.

He was soon joined by Cpl Wiseman, driver for the Chief of the Defence Staff, who arrived next at the memorial.

Barbara Winters, who was heading to a nearby meeting, was the last to arrive.

"It was such a beautiful morning. I had stopped and taken pictures because the guards looked so striking in their kilts," recalled Ms. Winters who was aware of the previous attack on WO Vincent. "I knew they were shots, so I turned around and saw people looking and ducking and I thought, Oh my God! I started running back, I knew if I saw them standing they were okay. I didn't see them, so I just kept running (towards Cpl Cirillo). Everyone was already there ... he was being very well looked after."

Mr. Magnan held Nathan's hand as Ms. Winters talked to him, letting him know he wasn't alone. Having previously been in a coma and able to hear when people spoke to her, Ms. Winters was certain Cpl Cirillo knew they were there with him. "I had tunnel vision," said Ms. Winters. "For me I really don't remember the big picture. The only thing that mattered was that soldier. Nothing else in the world mattered but that man."

Training in action

As the team worked feverishly on Cpl Cirillo, their training and experience was unwavering as they reassured one another.

"You don't rise to the occasion. You sink to the level of your training in a crisis situation," said Col Mialkowski. "Certainly, the three of us in uniform have been exposed to training situations like this. I fully believe that the combination of training and experience is what all six of us were able to rely on when we went to Nathan's side. We brought all of our different aspects of training and experience and I think that's why we integrated so well."

As the crowds around the War Memorial grew, the team worked to keep things under control.

Lasting Impacts

As all of Canada watched the events unfold that day, for many it had an immense impact - but none more than this team of first

responders.

Cpl Button, Cpl Wiseman and Col Mialkowski, who have been deployed to Afghanistan, were all too familiar with events having a lasting impact. But it was the first such incident they have had to deal with on their native soil.

"It certainly had an impact on me. I've been exposed to events that were terrible to me and this one rates with those - I would say that I get strength from the other five people who were there that day," said Col Mialkowski. "I also drew strength from meeting Nathan's mom, seeing her and being able to understand the degree of human kindness that is within her, and seeing the dignity she's been able to uphold for herself, her family and for Nathan's spirit."

For the other responders, the day has affected them in different ways. For Ms. Lerhe the experience has helped her focus on future plans. Retiring in January, and after the events of Oct. 22, has sparked a need to do more in the volunteer sector.

"I'm looking forward to putting some priority on helping the soldiers however I can," she said. For Mr. Magnan, he remembers all the small details of that morning - and how leaving the police station later that afternoon everything seemed so surreal.

"It was weird," said Mr. Magnan. "I was at the beginning of this ordeal and now other people still hadn't finished their experience. As I stood alone downtown, I called friends and they were in lockdown—I felt very alone."

In the days that followed, Mr. Magnan said life seemed the same, but different, as routine tasks didn't seem so routine and he'd lose track of time. What has helped the group with the healing process is their new friendship, how this tragedy has brought a nation together, and most importantly spending time with Cpl Cirillo's family.

"We have each other to talk to which is a great help," said Cpl Wiseman. "The outpouring of affection from everyone from across the country every day at the tomb has been overwhelming. Hundreds of people came, many hugging the sentries," said Cpl Button with a smile. "There were streams of people showing their respect ... pee-wee hockey teams, veterans, Canadian Muslim communities—it made me feel proud to be a Canadian."



Photo: Cpl Philippe Archambault
Margaret Lerhe (front left), Martin Magnan, Barbara Winters, Cpl Kyle Button (back left), Col Conrad Mialkowski, and Cpl Anthony Wiseman have bonded since the tragedy and continue to support one another.

Frozen frigate



MS Peter Reed, Formation Imaging Services, Halifax

Crew members of HMCS Toronto clear off ice as they return to Halifax, Nova Scotia, after a six month deployment on Operation Reassurance on Jan. 18, 2015.

Charges laid against six civilian employees

DND

Charges related to theft and conspiracy were laid Jan. 19 against six civilian employees after the results of a Canadian Forces National Investigation Service (CFNIS) investigation.

Ghislain Grenier, Claude-Éric Loyer, Normand Lortie, Wayne Lavigne and Pascal Audy of 2nd Canadian Division Support Group in Montreal, Quebec, have been charged with:

- one count of theft under \$5,000, in accordance with Section 334 of the *Criminal Code of Canada*;
- one count of conspiracy, in accordance with Section 465 (1) (c) of the *Criminal Code of Canada*;
- one count of possession of property obtained by crime, in accordance with Section 355(2) of the *Criminal Code of Canada*; and
- one count of breach of trust, in accordance with Section 122 of the *Criminal Code of Canada*.

On Jan. 19, Roman Kazimira of 2nd Canadian Division Support Group in

Montreal, Quebec, was also charged with the following:

- one count of theft over \$5,000, in accordance with Section 334 of the *Criminal Code of Canada*;
- one count of conspiracy, in accordance with Section 465 (1) (c) of the *Criminal Code of Canada*;
- one count of possession of property obtained by crime, in accordance with Section 355(2) of the *Criminal Code of Canada*; and
- one count of breach of Trust, in accordance with Section 122 of the *Criminal Code of Canada*.

The alleged offences occurred in relation to over \$60,000 in copper materials missing from the Montreal Garrison. The public servants were employed at Engineering Services at the time of the alleged offences.

This investigation began after the Military Police unit in Saint-Jean-sur-Richelieu, Quebec, received a complaint that DND copper materials had been misappropriated from Montreal Garrison. The CFNIS investigation

revealed sufficient evidence to support charges under the Criminal Code of Canada.

The six public servants were served a summons to appear in provincial court in Montreal, Quebec, on Feb. 17, 2015.

“Fraudulent activity and misappropriation of DND assets are illegal acts and are taken seriously by the Military Police,” says LCol Brian Frei, Commanding Officer of CFNIS. “Anyone breaking the law can expect to be caught and held accountable according to the Criminal Code of Canada.”

Anyone with information regarding this investigation is encouraged to contact the Canadian Forces National Investigation Service at 1-877-763-3272.

The CFNIS is a unit within the independent Canadian Forces Military Police Group whose mandate is to investigate serious and sensitive matters in relation to Department of National Defence property, Department of National Defence employees and Canadian Armed Forces personnel serving in Canada and around the world.

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- JANUARY**
- 14, 21, 28 – Games Night **G**
 - 15, 22 – Karaoke **K**
 - 15 – Poker **P**
 - 16 – Full Moon Party with TKDJ & SEEBASS **●**
– See Facebook page for more details
 - 25 – Kid's Movie – *Mr. Peabody & Sherman*
 - 29 – Movie Night – *Guardians of the Galaxy*
 - 30 – TGIF & the start of Ultimate Sports Weekend
 - 31 – UFC 183 **UFC** – *Silva vs. Diaz*
- FEBRUARY**
- 1 – Superbowl **★**
 - 4, 11, 18, 25 – Games Night **G**
 - 5, 12, 19, 26 – Karaoke **K**
 - 5, 19 – Poker **P**
 - 14 – Valentine's Day Party **♥**
– See Facebook page for more details
 - 22 – Kid's Movie - TBD
 - 26 – Movie Night - *22 Jump Street*
 - 28 – UFC 184 **UFC** – *Weidman vs Belfort*

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Chief and Petty Officers'
Rainbow room



G C W C C C

matters of OPINION

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Published each Monday, under the authority of Capt(N) Steve Waddell, Base Commander.

Le LOOKOUT est publié tous les lundis, sous l'égide du Capt(N) Steve Waddell, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in PSP Policy Manual. Views and opinions expressed are not necessarily those of the Department of National Defence.

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Circulation - 4,000
plus 1,000 pdf downloads per week
One year subscription - \$66.⁹⁴
Six month subscription - \$33.⁴⁷
Prices include tax.

A Division of Personnel Support Programs
CFB Esquimalt, PO Box 17000 Stn. Forces,
Victoria, BC V9A 7N2

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Canadian Mail Product Sales Agreement 40063331



WHAT SAY YOU

Message to leadership donors

On behalf of all those in the community who benefit from your donations, thank you for your support to the GCWCC. Your leadership gifts from the last campaign contributed toward \$5.8 million raised in the Greater Victoria area, and helped change lives by supporting over 90 local United Way programs and services, as well as Health Partner agencies across our nation, and many other registered Canadian charities.

We appreciate that you have been a consistent and integral part of our GCWCC campaigns, and your involvement has helped

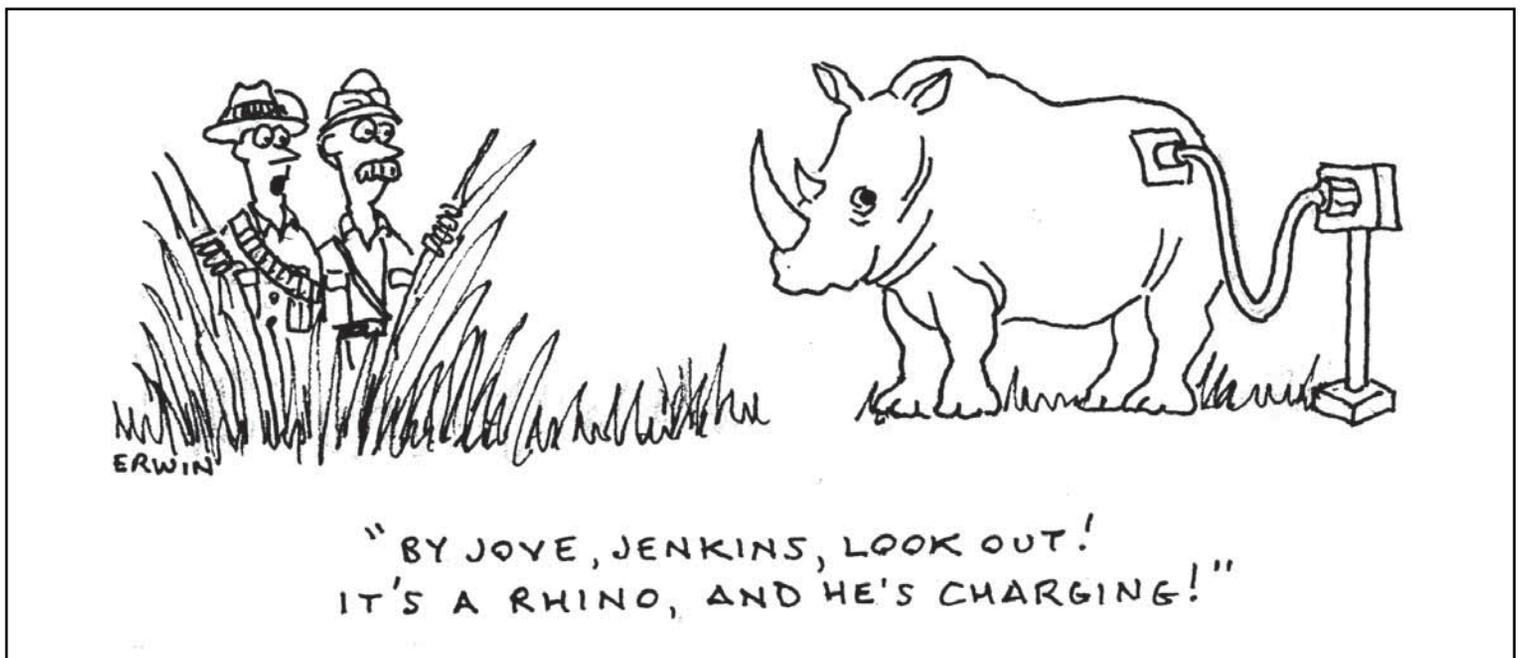
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Thank you for continuing to invest in your community. If any of you have not yet been canvassed, please take a few moments to consider filling a pledge form out for the

charity or charities of your choice – any amount makes a difference. And please, ask questions! If you would like further information or to receive a pledge form, contact Vicki Kellsey at 363-2595 or Vicki.Kellsey@forces.gc.ca

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Tasty fare steps from dockyard

Carmel Ecker
Staff writer

On a chilly winter day, when you might wish your ham and cheese sandwich lunch was a piping hot bowl of chicken gumbo, you don't have far to go to find the comfort food you crave. Just outside dockyard gates, in front of Lyall Street Service Station, a bright yellow food truck is serving up New Orleans cuisine three days a week.

The owners of A Streetcar Named New Orleans, Sarah and Billy Rieger, spent much of the summer serving unique flavours at different markets and festivals. But in early November, with a baby soon to arrive, they settled their business in Esquimalt, just a few blocks from their home and their target audience: the men and women of CFB Esquimalt.

"We just want to give the people who work at the base a different option for lunch, something new and exciting," says Billy, a seasoned chef from New Orleans.

Starting with a base of the "holy trinity" of New Orleans cooking - onions, celery and bell peppers - all their dishes are full of flavour, but not as spicy as one might expect. The belief that all New Orleans food

is spicy is a common misconception the couple have been fighting since they got their business on the road.

"We see people walk past us, certainly we saw it often at festivals, and you'd see someone say, 'No, too spicy,'" says Sarah.

Mimicking the actions of folks with jalapeno-averse stomachs, she shakes her head, pinches her face and pats her stomach.

"I wanted to climb through the window and say, 'No!' We still haven't figured out where this idea comes from, but it's not spicy food."

For those who like some heat in their food, there is a selection of hot sauces that can be added to any dish the pair serves.

Their meals are a taste of rich cultural history. Influenced by settlers from France, Italy, the Caribbean and Spain, New Orleans food is a "cultural gumbo," says Billy. "It's a mixture of all these different cultures, and over the years it's come out as what we're serving."

Their menu includes the traditional Creole dish of red beans and rice, which is more than its name would have you believe. Added to the title ingredients are ham and sausage, which are cooked slowly to make

a thick gravy. The dish is topped with rice and a sprinkling of green onions.

"That's one of my favourite things in this world," says Billy. "And every Monday in New Orleans, I'd say 99 per cent of people are cooking that. It's typically a Monday dish, but we serve it every day."

They also have Po' Boy sandwiches, which Sarah admits looks just like a regular sandwich, but of course it's got that New Orleans flare. Served on French bread, a dressed Po' Boy comes with lettuce, tomato, mayonnaise and pickles and whatever meat you want: fried shrimp, slow cooked roast beef, root beer glazed ham, hot sausage and more.

Then, of course, there's the world-famous gumbo. Much like a stew, gumbo features meat or seafood and vegetables cooked in a flavourful stock, perfect for a chilly winter day.

If you're pressed for time at lunch, no problem, says Sarah. You can call ahead at 250-213-1009 and your order will be waiting for you when you arrive. Walk-ups don't have to wait long either.

Bring cash, debit or credit card.

Their most up-to-date hours and location can be

found at streetfoodapp.com/victoria/a-street-car-named-new-orleans.

You can also find them on Facebook and Twitter, streetcarNOYYJ.



A Street Car Named New Orleans will be serving up their delectable fare at the Feb. 5 MARPAC Expo. First 250 attendees get a free meal voucher to try the food truck offerings.



Carmel Ecker, Lookout

Billy and Sarah Rieger are bringing the flavours of New Orleans to CFB Esquimalt, parking their food truck just outside Dockyard gates in front of Lyall Street Service.

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Photo by: Lt(N) Anne Gardam

CPO1 Shanna Wilson encourages the public to visit HMCS Malahat on Jan 31, and discover Victoria's naval reserve division.

Experience the Navy in James Bay come to the HMCS Malahat Open House

Lt(N) Peggy Kulmala
HMCS Malahat

For the first time in over 10 years, *HMCS Malahat*, Victoria's naval reserve division, will have an Open House, opening its doors to the public on Saturday, Jan. 31 from 11 a.m. to 3 p.m.

"Visitors will be able to tour our training establishment's facilities, including its galley and boatshed," said PO1 Nicole Phippard, event organizer. "They may have the opportunity to tour a 33-metre Orca-class patrol vessel, or go for a ride in a seven-metre rigid hulled inflatable boat, or RHIB."

Since moving to the 20 Huron Street location in James Bay in 1992, the naval reserve division, nestled between Fisherman's Wharf and the Canadian

Coast Guard base, has been hard at work preparing its part-time sailors to serve Canada when needed.

Malahat is also a historic training and recruiting establishment.

"This year marks the centennial of the birth of Canada's naval reserve in Victoria," said LCdr Michael Lawless, Commanding Officer of the approximately 130-person division. "We are proud of our history, and look forward to sharing with you our experiences in today's naval reserve."

Malahat is one of 24 naval reserve divisions, or commissioned "stone frigates", located in major Canadian cities coast to coast. Naval reservists typically serve part-time on evenings and weekends throughout the year, with opportunities to serve full-time in the

Canadian Armed Forces ashore, at sea, or abroad.

As *Malahat* is located on Department of National Defence (DND) property, visitors should expect standard DND security procedures and are asked to bring government-issued identification.

Those who wish to tour the Orca-class patrol vessel or go on a RHIB ride should wear flat, rubber-soled footwear, and be able to climb ladders, as well as embark and disembark from small boats without assistance.

Parents of children under 16 years of age who wish to participate in a RHIB ride will need to bring Personal Flotation Devices (PFDs) for their children.

For more information, please call 250-363-3883 or email jobs_Malahat@forces.gc.ca

CANEX shopping now online

CFMWS

CF Morale and Welfare Services has launched CANEX.ca, an online shopping platform available to Canadian Armed Forces (CAF) members and DND civilian employees.

CANEX offers goods and services that are competitive, convenient and relevant. As Canada's military store, the online CANEX.ca will offer a selection of military affinity products, pride of association merchandise, performance eye-wear, military gear, and brand name merchandise.

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Access CANEX.ca with your CFOne card and you will enjoy benefits exclusive to CAF members and other eligible patrons, such as special promotions, CANEX's price match guarantee, and coming soon CANEX's no-interest credit plan and accumulation and/or redemption of CANEX rewards points.

Revenues from CANEX stores and the new CANEX.ca online shopping platform allows CANEX to contribute more than \$3 million to CAF morale and welfare programs, directly benefiting base/wings and the entire CAF community.



Images by LS Ogle Henry, MARPAC Imaging Services
Members of Base Logistics and Public Works and Government Services Canada (PWGSC) were hosted by Canadian Coastal Division on a day sail on board Patrol Craft Training vessels Wolf and Moose around Victoria Harbour on Jan. 14.



Base Logistics takes to the water

2Lt M.W. Ungeitis
 Base Logistics

A typical Wednesday at Base Logistics turned into a not so typical day when a mix of 50 civilians, and Air Force and Army logistic personnel took to the sea.

They wanted to see firsthand what a typical day out on the water actually entails for navy personnel.

So on Jan. 14, with guests from Public Works Government Services Canada, two groups set sail in Patrol Craft Training vessels Wolf and Moose.

Guests were given a tour of the Orca-class ships which ended on the bridge. The Captain and staff of each ship fielded many questions. Some guests were even offered the opportunity to drive the ship, under supervision, and were given a quick course on the

ship's gauges, engine controls, and radars.

The Captain of one vessel requested that all guests onboard join him on the bridge for a demonstration and some evasive maneuvers, which included accelerating from zero to 20 knots, and making donut and S-shape maneuvers.

The day proved very insightful into a typical day's work for the average sailor.

Above: Cpl Olivier Dionne is briefed on the handling of the helm by LS Christopher Campbell.

Right: Tracey Trowsdale-Pollitt mans the helm under guidance from LS Trevor White.

Far right: LCdr Jeff Smith points out a navigational marker to Linda Lee.



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LS Ogle Henry, MARPAC Imagery Technician
The Lodge at Broadmead resident, and military veteran, Eric McFall enjoys a chat with RAdm Bill Truelove. The Admiral visited the lodge in November as part of Remembrance Day activities.

Calling all Marchers

**Nijmegen Briefing
Jan. 30 at 11 a.m.**

The Nijmegen International March will take place in the Netherlands July 21-24.

A Joint Task Force Pacific contingent of 11 military volunteers will be assembled to reflect a diversity of units, ranks, trades, environments and gender.

Teams must complete the four day 160-km (4 x 40 km) march in CADPAT carrying a minimum rucksack load of 10 kg.

Interested volunteers are encouraged to attend an information brief at 11 a.m., Jan. 30 in the Rutherford Theatre at CFFS(E), building N92. Team training will start Feb. 23.

For further information contact Lt Paul LePrieur
Tel: 250-363-1026 • Paul.LePrieur@forces.gc.ca

Sitting yourself into an early grave

Dr. Darrell Menard
Strengthening the Forces
Sports Medicine

If you asked the average Canadian to come up with a list of health risk factors, the list would likely include smoking, obesity, high blood pressure, diabetes and elevated cholesterol.

Very few of us would include "sitting" in that list, and yet there is a growing body of research showing that prolonged sitting significantly increases your risk of death. This is concerning considering how many of us spend the day working at a computer, and then may spend more time sitting in front of a TV or computer screen at home.

What is especially concerning about this research is it reveals that regular exercise does not appear to cancel out the ill effects of prolonged sitting. It seems our bodies are programmed to move, and when we stop moving, bad things can happen. Research indicates the muscle activity that occurs with standing and moving triggers important biological processes needed to break down sugars and fats in the body.

When we sit too long, these processes stall and do not resume full activity until we are moving again.

With many of us spending over 12 hours/day sitting, is it any wonder that diabetes and obesity have become such common health problems?

The only way to effectively address this issue can be summarized in four

simple words: sit less – move more. Here are some simple strategies that we can use to help us sit less and move more throughout our busy day:

Use the farthest washroom at work. Stand up and walk around while you talk on the phone.

- Find a workstation that allows you to work while standing.
- While watching TV, get up and move around during the commercials.
- Stand up during meetings.
- Don't e-mail office colleagues – walk to their desk and talk to them.
- Stand up and walk around after you have been sitting for 30 minutes.
- Stand up and move on the spot while watching TV.

The bottom line as far as your health is concerned is that it really doesn't matter what you do, as long as you spend more time on your feet, and less time in your seat. Science continues to prove that exercise really is medicine.

If you have any questions about this topic, please contact: darrell.menard@forces.gc.ca, 613-945-6600 ext 6771.



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Public Service Award nominations now open

Do you know someone in your organization who has demonstrated exceptional service and a commitment to excellence? If you do, nominate them for a 2015 Public Service Award of Excellence.

This award recognizes some of the many public service employees and military members who have shown excellence, professionalism and leadership in

serving Canadians.

Please consider nominating individuals/teams whose work has made a difference, and encourage your employees to do the same.

By celebrating the achievements of our employees and colleagues, we continue to foster a high-performing, innovative and respected public service.

Defence has been recognized in the past in the

Youth category for the Defence Youth Network's contributions, and also for the 60 years of special service award.

Please take the time to recognize a deserving individual, and show them that their extra effort is appreciated.

The closing date for nominations is Feb. 20.

For more information www.tbs-sct.gc.ca/arp/gl-ld-eng.asp

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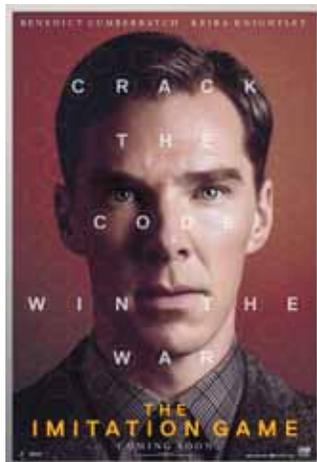
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The World Famous Harlem Globetrotters will be returning to Victoria, BC on **Tuesday, Feb. 10 at 7pm** at the **Save on Foods Memorial Centre**

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Military members and their family are eligible to receive up to \$10 off per ticket with discounted tickets starting at only \$20.25

Researchers develop system for safe Sea King landings

DND

Conducting helicopter operations from Royal Canadian Navy (RCN) ships is a complex and dangerous procedure requiring the highest degree of safety.

Defence Research and Development Canada (DRDC) has developed a specialized system that has the potential to increase the safety of complex at-sea operations, and ensure safer and smoother helicopter landings on RCN ships.

“Wind, speed, ship motion, and sea states all affect helicopter landings at sea,” says T. J. Caron, Ship Modification Lead Engineer, Project Management Office, Maritime Helicopter Project. The DRDC Flight Deck Motion System measures and predicts ship and wave motions, and present a complete picture to the operator.

“It is a valuable tool in ensuring safer operation of maritime helicopters and RCN ships, and reducing the risk to Canadian

Armed Forces members during takeoff and landing,” says Caron.

The RCN uses the estimates and wind measurements to determine ship course and speed for helicopter operations. When a helicopter takes off or lands on deck, the sensor mounted under the flight deck relays information to the real-time module of the Flight Deck Motion System. It measures and displays the current ship motions, and indicates whether the ship and helicopter are within safety limits for the takeoff or landing operation.

The Flight Deck Motion System was originally developed to assist with CH-148 Cyclone Ship Helicopter Operation Limits trials.

Most recently, the system played a role in the recertification of Canada’s CH-124 Sea King helicopters for operations on the 12 newly refitted Halifax-class patrol frigates. Part of the Frigate Life Extension program, the refit resulted in changes to the frigate superstructure, the part of the ship that is above the



main deck. Changes had the potential to impact the wind flow over the flight deck, alter the ships’ previously known air-wake, and increase the risks of flying in close proximity to the ship.

To ensure the superstructure modifications would not impact helicopter operations, the National Research Council tested the impact of the changes

on wind flow under controlled conditions at their wind tunnel testing facilities.

In addition, the Royal Canadian Air Force tasked the Aerospace Engineering Test Establishment with redefining Sea King ship-helicopter operating limits.

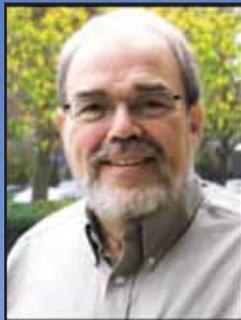
During Sea King flight tests, Aerospace Engineering Test Establishment partnered with DRDC and the

National Research Council to conduct a sea trial, in uncontrolled conditions, using the Flight Deck Motion System in *HMCS Fredericton*.

During the trial, the system fully illustrated the effect of the complex sea conditions on ship motion, displayed the constantly shifting flight deck motions relative to pre-defined limits, and enabled the iden-

tification of safe recovery course and speed in the event of an in-flight emergency.

DRDC will continue to work with the Maritime Helicopter Project Management Office to support the potential commercialization of the Flight Deck Motion System, and help ensure that it is available to install on RCN ships in the future.



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Where can you go in times of crisis?

CMP Newsletter

The Canadian Armed Forces (CAF) community includes current and former members and their families. In times of personal and family crisis, members of this community often require assistance. The CAF offers many support services for the military community.

Military Family Resource Centres: Provides military families with information, resources and services in

local CAF communities.

24/7 Family Information Line: Phone line available to military families 24 hours a day, seven days a week at 1-800-866-4546. The information line offers confidential, personal and bilingual assistance and referrals for all military families, regardless of where they live and what questions they may have.

Canadian Forces Member Assistance Program: Telephone short-term counselling service for

CAF members (including Regular and Reserve Class, and Cadets), as well as for their families, who have personal concerns that affect their well-being and/or work performance.

This confidential 24-hour, toll free bilingual telephone service is available 365 days a year at 1-800-268-7708 or 1-800-567-5803 for the hearing impaired. The Veterans Affairs Canada Assistance Service, which is a similar service for former CAF members and their fami-

lies, can be reached at the same number. The VAC Assistance Service also provides short- or medium-term face to face counselling support.

You're Not Alone:

A downloadable guide for connecting military families to mental health and social wellness programs. The 'You're not alone' website provides links to mental health resources.

The Mind's the Matter:

An interactive online video that helps youth and fam-

ily members who are living with someone who has an Operational Stress Injury (OSI). Looking at real-life scenarios, it provides facts, tips for communicating, and ways to cope.

Connecting CF Youth:

An online resource for youth addresses the unique challenges of being the child of a CAF member. Whether they are getting ready for a move, adjusting to a new location, or dealing with a parent being away on deployment, this website provides helpful information through games, videos, and links geared specifically towards youth.

Morale and Welfare Services Directory:

A simple way to access information about morale and welfare programs and services for CAF members, Veterans and their families.

Examples of the many services listed include:

HOPE Program (Helping our Peers by Providing Empathy): bereavement network connects the families of deceased CAF personnel and veterans. It provides confidential peer support by trained volunteers to military families during their time of need.

Operational Stress Injury Social Support Program:

Provides confidential peer support and social support to CAF personnel, veterans, and their families affected by an operational stress injury resulting from military service.

Canadian Armed Forces Mental Health Services:

An integral part of the CAF's health care system. It is essential that all military personnel, like all Canadians, recognize mental health issues as they develop. Appropriate care is available for all CAF members.

CAF personnel have daily access to a general duty medical officer at their base medical clinic. Personnel in crisis can also see a primary care physician, a social worker, or a mental health nurse on a 'walk-in' basis without an appointment.

Chaplaincy Services:

Provides comprehensive religious and spiritual support, advice, and care to military commanders, CAF members and their families. An interfaith team, the Royal Canadian Chaplain Service includes representation from over twenty different Christian denominations and from the Jewish and Muslim faiths.

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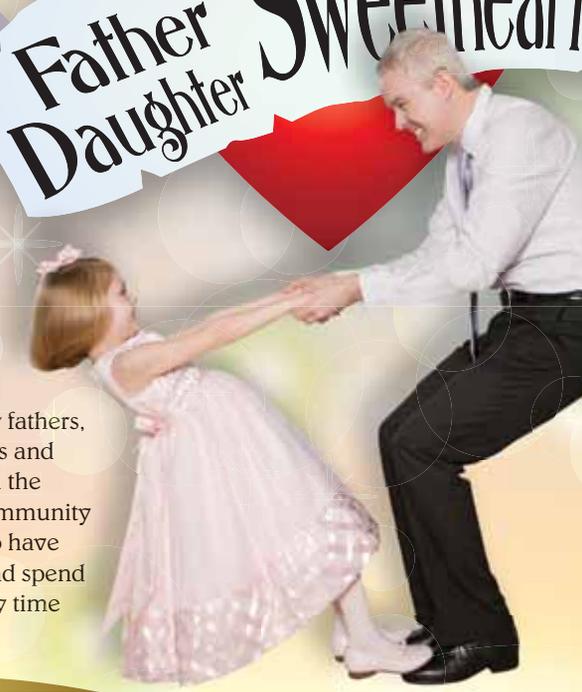
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<p>2014 FORD FOCUS TITANIUM SEDAN</p> <p>YEAR-END PRICING CLEAROUT</p>  <p>\$175 B/W* OR \$29,179</p> <p>Plus get 0% financing up to 72 months</p> <p><small>VIN: #4FC280119</small></p>	<p>2015 FORD ESCAPE SE FWD</p> <p>YEAR-END PRICING CLEAROUT</p>  <p>\$171 B/W* OR \$28,499</p> <p>Plus get 0% financing up to 60 months</p> <p><small>VIN: #1E5A10193</small></p>	<p>2014 FORD MUSTANG GT COUPE PREMIUM MSRP \$48,439</p> <p>YEAR-END PRICING CLEAROUT</p> <p>YEAR-END CLEAROUT SAVINGS \$13,022</p>  <p>\$213 B/W* OR \$35,417</p> <p><small>VIN: #4B4C13202</small></p>
<p>2015 FORD EXPLORER LIMITED 4WD</p> <p>YEAR-END PRICING CLEAROUT</p>  <p>\$323 B/W* OR \$53,699</p> <p>Plus get 2.99% financing up to 60 months</p> <p><small>VIN: #5EA79061</small></p>	<p>2014 FORD F150 SUPERCREW FX4 4X4 MSRP \$60,649</p> <p>YEAR-END PRICING CLEAROUT</p> <p>YEAR-END CLEAROUT SAVINGS \$5,000</p>  <p>\$328 B/W* OR \$54,649</p> <p>Plus get 0% financing up to 72 months</p> <p><small>VIN: #4F1C44437</small></p>	<p>2014 FORD F350 CREW CAB XLT 4X4 MSRP \$74,009</p> <p>YEAR-END PRICING CLEAROUT</p> <p>YEAR-END CLEAROUT SAVINGS \$17,324</p>  <p>\$341 B/W* OR \$56,785</p> <p>Includes Lift/levelling kit/wheels & tires</p> <p><small>VIN: #4F1A34109</small></p>

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Bravo ZULU

Portraits by Ed Dixon, MARPAC Imaging Services
LS Rebecca M. Charlesworth demonstrated excellence in performance, achievement, professionalism and contributed significantly to the unit and community. She was awarded the Canadian Fleet Pacific Sailor of the Quarter for the fourth quarter of 2014.



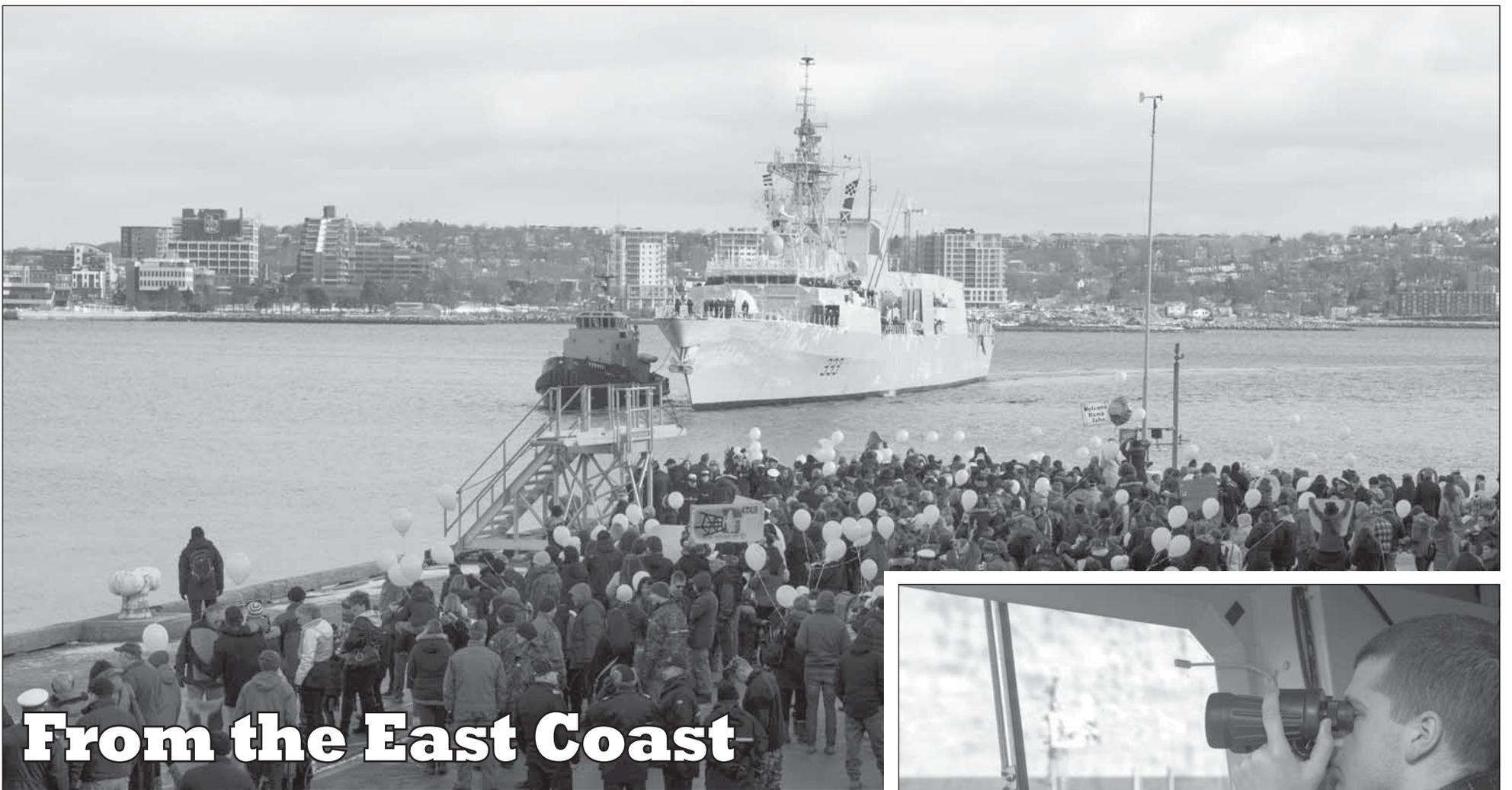
PO2 Brian Hill is promoted to his current rank by **Cdr Charlebois** and **CPO2 Paquette** while onboard **HMCS Regina** during **Operation Artemis**.



MS Kevin D. Diehl has demonstrated excellence in performance, achievement, professionalism and contributed significantly to both his unit and community. He was awarded the Canadian Fleet Pacific Sailor of the Quarter for the third quarter of 2014.



LS Madison Crawford is appointed Master Seaman by **HMCS Nanaimo's** Commanding Officer, **LCdr Jeff Hopkins**, and Chief Engineer, **PO1 Nicolai Gapotchenko**.



From the East Coast

Family members and friends of the ship's crew welcome home **HMCS Toronto** as it returns to **Halifax, Nova Scotia**, after a six month deployment on **Operation Reassurance** on **Jan. 18**.

HMCS Fredericton's starboard lookout searches for possible marine life and hazards to the ship during a replenishment at sea with **German supply ship FGS Spessart** during **Operation Reassurance**, **Jan. 18**. **Fredericton** replaced **HMCS Toronto**.



LS Dan Bard, Formation Imaging Services, Halifax

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RATES: MILITARY and DND PERSONNEL: 25 words \$9.70 • ALL OTHERS: 20 words \$11.09 • Each additional word 19¢ • Tax Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11a.m.

Call 363-3014 to book your display or word ad

ANNOUNCEMENTS

STV TUNA IS LOOKING for CF/Ex-CF/DND civilian members to join the forces offered sailing program. Any one interested in sailing or learning to sail is encouraged to join us. All skill levels are welcome. For more information about the program please contact Sgt Steve Wright 902-427-4417 or steven.wright@forces.gc.ca or check us out on facebook (STV Tuna) for more information.

3005 11 Svc Bn ARMY CADETS has a great, fun, safe, purposeful program. There is no cost and youth M/F 12-18 years of age are eligible to join. Weekend and Summer Camps, Band, First Aid, and Marksmanship are all offered. Thursday 6:30 - 9:00 pm, 724 Vanalman Ave Victoria. Call 250-363-3194 or email 3005army@cadets.net.

VIEW ROYAL READING CENTRE. Conveniently located at Admirals Walk Shopping Centre. We have books, audios, videos, & DVD's for all ages. Internet is also available. For hours of operation and other information please call 250-479-2723.

HAULING

Father & Son need work, we'll do the job the others won't. Trash hauled from \$5. Plus dump fee. No job too small.
OAP rates
• Any weather
• Demolition
Refuse Sam
250-216-5865 or 250-475-0611
SAME DAY SERVICE

Bring **ATTENTION** to your business
Lookout Classifieds
363-3014

SERVICES OFFERED

CAREGIVING FOR SOMEONE with dementia? The Alzheimer Society of B.C. has support groups for caregivers. Contact the Alzheimer Resource Centre at 250-382-2052 for info and to register.

PIANO TEACHER WITH MORE THAN 30 YEARS EXPR. Lessons are offered to all ages and levels. In home teaching is available. Celebrate your time! Or give a gift that lasts a lifetime! One month free to beginners. References are available. Phone 250-881-5549, and find me at musiciswaycool.com.

WWW.LOOKOUTNEWSPAPER.COM

MOTORCYCLES

S G Power A.T.V. CENTER
Honda, Yamaha, Kawasaki
382-8291 - 730 Hillside Ave.

VOLUNTEER

SHARE YOUR RECREATIONAL INTERESTS this fall by supporting a person with a disability to become more active! By donating only 1-2 hrs a week you have the opportunity to change someone's life while having a great time doing it. To get involved or for more info, please call Kim at 250-477-6314 ext. 15 or email volunteers@rivonline.org or visit <http://www.rivonline.org/Volunteering.htm>

HABITAT FOR HUMANITY AND THE RESTORE are seeking volunteers to help out with customer service, warehouse and driver assistants. We are also looking for ambassadors for special events. Please contact Nancy @ volunteer@habitatvictoria.com or 250-480-7688 ext. 105

RESUMES & CAREER TRANSITION PREP/COACHING with a former SCAN Coord Judy Marston. 10% Military Discount, www.resumecoach.ca or 250-888-7733

VICTORIA PREGNANCY CENTRE
Free services provided: pregnancy tests & counselling, prenatal classes and Doula referral, baby clothes & supplies, family support counselling, school & community presentations, post abortion & pregnancy loss counselling for men & women.
250-380-6883
#112 - 826 North Park Street
info@victoriapregnancy.org
www.victoriapregnancy.org

TIRES FOR SALE

GUARANTEED TIRES FROM \$10.00. WE SELL New and Used Tires. Full service auto repairs. 1 -798 Fair View at Ellery. Proud members of the Military Discount program. 778-440-8473 Open M-F 9-5 Sat 10-4 citydiscounttires.ca

www.lookoutnewspaper.com

Download this week's issue, book a classified ad, browse CFPSA job openings

We need MEN for MENToring.

Getting together is a great time for everyone and doesn't require a special occasion or expensive activities.

- Receive tickets to sporting events
- Participate in a variety of activities
- Meet twice a month for 6 months


Big Brothers Big Sisters
www.bbbsvictoria.com

REAL ESTATE • FOR RENT

New to Vic. On IR? 1 Br Fully furnished main floor, newly renoed suite close to base. Shared Indy, 1100. All included. Call 250-896-6730 or email mellor.k3@gmail.com

Avail 1 March 2015. 2 ground floor rooms w/ own bathroom & shared kitchen. \$800/month includes hydro, laundry, cable, internet. Email catscratch57@hotmail.com for more info.

Roommate Wanted to share 1100sqft shared living space w/vaulted ceiling. \$600/month incl. fully furnished bedroom, hydro, cable, wifi, shared laundry, veggio garden in summer, private entrance. Must be ok living with 2 cats. Must be a NON smoker. Email lisaj911@gmail.com for more info.

Devon PROPERTIES LTD.
www.devonprop.com
No Pets allowed in any building
Esquimalt
LARGE SUITES
855 Ellery
1 BDRM from \$700. Avail Feb 1
250-812-5234

APPLIANCES

WESTCOAST APPLIANCE CENTRE LTD.
LARGEST SELECTION GREAT PRICES
• Reconditioned MILITARY DISCOUNT OFFERED
• New • Builder
• In Home Services
Corner of Gorge Rd East & Jutland • 382-0242

2 Bedroom
\$950/mo
837 Ellery St.
Heat, hot water, no pets. **250-385-8771**

SINCE 1918
Available Feb 1!
Manager 250-217-1718

ON THE OCEAN

Princess Patricia
APARTMENTS
NEW BALCONIES • EXERCISE ROOM
14TH FLOOR LOUNGE
703 Esquimalt Road
250-382-2223
Now Renting:
Bachelor • 1 BDR Suite

AMAZING VIEWS. GREAT DND RATES
realstar.ca
Renovated 2 & 3 bedroom Apartments & 3 bdrm Townhomes!
Heat & water included
Heated Outdoor Pool & more...
Located on a unique 15 acre waterfront peninsula in View Royal
7 minutes to CFB Esquimalt
CHRISTIE POINT APARTMENTS
2951 Craigowan Rd • 778-747-3153
Ask about our **MILITARY DISCOUNT**
 **realstar** management
it's your home

PROPERTIES OWNED AND MANAGED BY **EY PROPERTIES LTD.**
250-361-3690
Toll Free 1-866-217-3612
FREE Heat & Hot Water - Card operated front load laundry/24hrs
MACAULAY EAST
948 Esquimalt Rd.
Bachelor, 1,2 & 3 bdrm.
Full size commercial gym!
Manager 250-380-4663

MACAULAY NORTH
980 Wordsley St.
1 & 2 Bedroom
Manager 250-384-8932
New building corner of Tillicum & Burnside coming Sept/13
To view these and other properties, visit www.eyproperties.com
Tenant Referral Program
Military Discount

1239 PARK TERRACE
2 Bedroom \$895
heat, hot water, parking included,
quiet adult building,
Call resident manager
250-888-1212

Make the most of life on the island.

Stay fit with the Activity Guide.
Available at all PSP and MFRC outlets

Base Library Catalogue Online
<http://library.esquimalt.mil.ca>
Unfortunately, holds cannot be processed online at this time. If an item you want to borrow is out, call 363-4095 or email irwin.sl@forces.gc.ca to place a hold.

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VEHICLES FOR SALE

2014 MITSUBISHI EVO

Only 1 in BC!
 Factory Body Kit
 Lowered
 Handling Pkg
 Brand-new



\$500 Military Appreciation Discount.
 0% Purchase Financing for 36 months OAC
 PLUS prepaid \$750 MasterCard on EVO.

MUST BE SEEN!

Victoria MITSUBISHI 3342 Oak Street
 (250) 220-8100
 www.victoriamitsubishi.com

Have some
Stuff
 to sell?

**Look to the
 Lookout
 ONLINE**

Classifieds
 are where to
 get your stuff
 found and sold.
Sell your Stuff!

REAL ESTATE • FOR SALE



**Reach a market that's
 always on the move.**

Call 250-363-3014 to advertise your home
 in the Lookout Classifieds



Nice home for the \$\$

Looks like a rancher, but is a 2 level.
 Over 1,500 sq.ft. with single garage.
 Value priced at \$379,900. Minutes
 to arteries or downtown.

Call Shelly direct 250-213-7444 to view!



CALL DIRECT 250-213-7444

Shelly Reed

For more info
 www.shellyreed.com



BASE NEWSPAPER ADVERTISING

Local or National

Canadian Armed Forces Base Newspapers
 16 Bases - One contact

250-363-8602 ext 2 • Joshua.buck@forces.gc.ca



twitter.com/Lookout_news

www.facebook.com/lookout.newspaper



SKI TRIPS TO MOUNT WASHINGTON are **BACK!**

PSP SKI TRIPS 2014-2015

FEB 5 2015
FEB 19 2015
MAR 5 2015
MAR 19 2015

REGULAR LIFT TICKETS:
 ADULT: \$58
 YOUTH (13-18YRS): \$48
 CHILD (7-12YRS): \$33

****RENTALS:**
 ADULT - SNOWBOARD/SKI RENTAL: \$37.25
 YOUTH - SNOWBOARD/SKI RENTAL: \$37.25
 CHILD - SNOWBOARD/SKI RENTAL: \$20.50

**LIFT & LESSONS
(22 JANUARY AND ON):**
 ADULT: \$84.00
 YOUTH: \$74.00
 CHILD: \$59.00

BUS FARES
 DEPARTS AT 6AM
 AND RETURNS BY 6PM
 (MINIMUM 25 PEOPLE FOR BUS TO RUN):
 \$25/PER PERSON

Questions? Want to register?
 Please call CPAC at 250-363-1009

**Please Note: When calling to book rentals we will require the following information for all members of your party who are renting gear: name, weight, height, age, shoe size, and type. For skiers: "type" refers to their level of ability - 1 being beginner and 3 being very experienced. For snowboarders: "type" refers to whether they ride with their right foot forward (goofy) or their left foot forward (regular).

TRADE UP TO A MITSUBISHI AND SAVE UP TO \$1,000+90 DAYS

WITH THE PURCHASE OF SELECT NEW VEHICLES*



Please ask us about our Military Rebate

2015 LANCER SE AWC **LIMITED EDITION**

STARTING FROM
\$190 BI-WEEKLY WITH
0% PURCHASE FINANCING FOR
60 MONTHS
\$24,798 SELLING PRICE



4886710



Available on Lancer SE AWC, Limited Edition AWC and GT AWC*



Insurance Institute for Highway Safety Excludes Lancer Evolution, Ralliart and Sportback

- ✓ POWER GLASS SUNROOF WITH SUNSHADE
- ✓ FRONT FOG LAMPS
- ✓ LEATHER-WRAPPED STEERING WHEEL AND GEAR SHIFT KNOB
- ✓ EXHAUST FINISHER
- ✓ 10-YEAR / 160,000 KM POWERTRAIN LIMITED WARRANTY**

\$2,000 IN NO-CHARGE EXTRA FEATURES!

2015 MIRAGE

STARTING FROM
\$9,998 + **\$1,450** FREIGHT AND OTHER FEES
\$11,448 SELLING PRICE

BEST VALUE ON THE MARKET*
 WITH CLASS-LEADING FUEL ECONOMY AND A 10-YEAR POWERTRAIN WARRANTY



Mirage ES model shown 5MR031598



INCLUDES **\$2,500** CONSUMER CASH DISCOUNT

- ✓ 5.9 L/100 KM COMBINED DRIVING*
- ✓ 10-YEAR / 160,000 KM POWERTRAIN LIMITED WARRANTY**
- ✓ 7-AIRBAG SAFETY SYSTEM
- ✓ POWER FRONT WINDOWS
- ✓ POWER MIRRORS
- ✓ USB AUDIO INPUT
- ✓ REAR WING SPOILER
- ✓ DRIVER SIDE VANITY MIRROR

2015 RVR

STARTING FROM
\$158 BI-WEEKLY WITH
0% PURCHASE FINANCING FOR
60 MONTHS
\$20,458 SELLING PRICE



RVR GT AWD model shown 5RV601372



Available on RVR SE AWC, Limited Edition and GT models*



Insurance Institute for Highway Safety

INCLUDES **\$1,500** OFF FOR QUALIFIED RETAIL CUSTOMERS

- ✓ HEATED AND FOLDING POWER SIDE-VIEW MIRRORS
- ✓ HEATED FRONT SEATS
- ✓ CRUISE CONTROL WITH STEERING WHEEL-MOUNTED CONTROLS
- ✓ POWER DOOR LOCKS WITH REMOTE KEYLESS ENTRY
- ✓ 10-YEAR / 160,000 KM POWERTRAIN LIMITED WARRANTY**

2014 OUTLANDER

STARTING FROM
\$206 BI-WEEKLY WITH
0% PURCHASE FINANCING FOR
60 MONTHS
\$26,798 SELLING PRICE



Outlander GT S-AWD model shown 50U601374



Available on Outlander GT*



Insurance Institute for Highway Safety Top Safety Pick. Top Safety Pick Plus applies to Outlander GT only.

INCLUDES **\$1,000** OFF FOR QUALIFIED RETAIL CUSTOMERS

- ✓ HEATED FRONT SEATS
- ✓ BLUETOOTH® 2.0 HANDS-FREE INTERFACE WITH STREAMING AUDIO
- ✓ POWER DOOR LOCKS WITH REMOTE KEYLESS ENTRY
- ✓ CRUISE CONTROL WITH STEERING WHEEL-MOUNTED CONTROLS
- ✓ 10-YEAR / 160,000 KM POWERTRAIN LIMITED WARRANTY**

2014 LANCER EVOLUTION with Handling Package

The Only 1 in B.C.!



0% O.A.C PURCHASE FINANCING FOR
36 MONTHS
 OR **\$2500** CASH BONUS

~ MANAGEMENT TEAM ~



JOHN GRIEVE



JOHN MALONE



PETER ATWAL



CHRIS YU



Victoria MITSUBISHI

MON TO THURS: 9:30 AM - 6:00 PM
 FRI & SAT 9:00 AM - 6:00 PM

3342 Oak Street
(250) 220-8100

www.victoriamitsubishi.com

*Prices / Payments exclude applicable taxes / PPSA Fees / Dealer Documentation up to \$595
 - Biweekly payments based on a 5.99% finance rate over 96 months with zero down. On approved credit.

NEW LOCATION

NOW OPEN!

MILITARY PROGRAM

For your service we have a little something. **\$500 DISCOUNT**

MITSUBISHI FIRST AUTO PROGRAM

If you are looking to buy your first car, we're looking to help with a **\$500 DISCOUNT**