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Volume 60 Number 9 | March 2, 2015

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The United States Navy awards HMCS Toronto the Meritorious Unit Commendation for their efforts resulting in seizures of significant caches of illicit narcotics. The Meritorious Unit Commendation is awarded to units for exceptional meritorious conduct in the performance of outstanding services for at least 6 continuous months. This ceremony was held at HMCS Scotian on Friday, Feb. 20. Read the full story on page 3.

<p>BRAVO ZULU 2</p>  <p><i>Sailor of the year for 2014</i></p>	<p>FEATURE 10</p>  <p><i>Utility Corridor completed</i></p>	<p>NEWS 11</p>  <p><i>Sailor's journey ends with \$10,000 raised</i></p>
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Pacific Fleet's top sailor for 2014 - LS Adam Flegel

CP01 Michel Vigneault
Fleet Chief Petty Officer

The Canadian Fleet Pacific Sailor of the Year for 2014, LS Adam Flegel, a Boatswain aboard *HMCS Protecteur*, was selected from a group of 10 peers based on his tremendous work ethic, outstanding performance, consummate professionalism, numerous achievements, and unwavering volunteer service within the community.

About LS Adam Flegel

LS Flegel was born in Saskatoon, SK, and grew up in Calgary, AB, before joining the Royal Canadian Navy in June 2008. Aside from his outstanding contribution to *Protecteur* and the fleet, LS Flegel spends his personal time volunteering at the Rain Coast Dog Rescue Service on the weekends, where he assists with screening and assigning foster homes for abused and neglected dogs.

As a certified and accomplished sailor, LS Flegel volunteers to take children with disabilities sailing at the Canadian Forces Sailing Association.

During *Protecteur's* major engine room fire off of the coast of Hawaii, LS Flegel's performance was proof of his extraordinary leadership and selflessness.

During the 11 hours the ship was on fire, he stood as a boundary five times.

During his rest periods, he helped organize the manning pool



MCpl Chris Ward, MARPAC Imaging Services
Geri Hinton (left), on behalf of HMCS Protecteur's commissioning Captain Capt(N) Peter Hinton, and Cmdre Bob Auchterlonie (right), Commander Canadian Fleet Pacific, congratulate LS Adam Flegel, a Boatswain in HMCS Protecteur, on being named the 2014 Sailor of the Year.

into attack teams and assisted with finding and rigging generators. Trustworthy and competent, he was also used as a communicator for HQ1 during this difficult and stressful time.

LS Flegel is a natural leader whose professionalism, dedication, knowledge and overall performance have gained him the respect of his superiors, subordinates and peers. His profes-

sional demeanour has reflected positively on the Canadian Armed Forces and *Protecteur* and has set an excellent example for those around him to follow. His outstanding attitude consistently boosts morale and productivity in *Protecteur*, as well as around the Formation.

LS Flegel is very deserving of the Sailor of the Year award and his conduct is in keeping with the

highest standards of excellence in the Canadian Armed Forces.

Presenting him with the Capt(N) Hinton memorial Sword was Geraldine (Geri) Hinton, who donated her late husband's Naval Sword last year to be awarded to the Canadian Fleet Pacific Sailor of the Year.

The Sword is kept on display at the Canadian Fleet Pacific Headquarters, and will be awarded

to all future Fleet Sailors of the Year.

About Capt(N) Peter Hinton

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

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

One of his many notable achievements occurred in March 1964 when he was in Command of *HMCS Athabaskan*, and rescued 34 crew members of the tanker *Amphialos*, which had broken in two during an Atlantic storm. The rescue, carried out in heavy seas, was a feat of seamanship that won world-wide acclaim.

Fleet Commander Cmdre Bob Auchterlonie congratulated LS Flegel on his selection as Fleet Sailor of the Year, and thanked Hinton for her continued participation, and for being part of the second presentation.

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The United States Navy awards HMCS Toronto the Meritorious Unit Commendation for their efforts resulting in seizures of significant caches of illicit narcotics. The Meritorious Unit Commendation is awarded to units for exceptional meritorious conduct in the performance of outstanding services for at least six continuous months.

HMCS Toronto receives U.S. Navy Award

Louise Matheson
MARLANT PA

Crewmembers from HMCS Toronto stood on parade Feb. 20 at HMCS Scotian to receive a rare commendation from the

U.S. Chief of Naval Operations Admiral Jonathan Greenert presented the commendation and praised the personnel of Toronto for meritorious service and continued support of Combined Task Force 150 (CTF-150) from February 2013 to 2014.

"In the history of the commendation, we've given it to five units, which includes only two ships, this is the second. This event is very special in that it marks the fifth occurrence of such a deco-

An honour such as this continues to demonstrate the world-class capabilities of the Royal Canadian Navy's ships and their crews.

-Vice Admiral Mark Norman
Commander of the Royal Canadian Navy

ration in the last 45 years," said Admiral Greenert.

While deployed, The Halifax-class frigate significantly disrupted the flow of drugs, criminal and terrorist activities in the U.S. Central Command area of responsibility.

Toronto's responsibilities included tracking, boarding and searching maritime contacts of interest to CTF-150 resulting in an impressive string of

narcotics seizures, including more than 1,300 kilograms of heroin and over 6,000 kilograms of hashish.

By disrupting the flow of narcotics to such a significant extent, Toronto severely impacted the funding of terrorist and criminal activities.

"An honour such as this continues to demonstrate the world-class capabilities of the Royal

Canadian Navy's ships and their crews," said Vice Admiral Mark Norman, Commander of the Royal Canadian Navy. "I would like to thank Admiral Greenert for bestowing this honour on HMCS Toronto and her crew, and I congratulate the officers and sailors receiving this commendation today for modelling what duty and dedication entails, and for upholding the Royal Canadian Navy's tremendous reputation for excellence at sea."

Among the attendees at HMCS Scotian were the U.S. Ambassador to Canada, Bruce Heyman, and several members of the U.S. and Canadian government and navy leadership.

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People Talk

Lookout asked this question:

What is your job on the base, and what are the top three skills do you think a person needs to do it well?



Imagery Technician. To do this job, you need good communication skills, people skills, and technical skills!

LS Zack Stopa



I'm an Imagery Technician, and I think you should have a good eye for composition, and you definitely need to have patience.

Cpl Brandon O'Connell



As the Photography Team Leader dedication, creativity, and a passion for taking great photos is needed. You should also be able to pay attention to detail – that's really important.

MCpl Michael Bastien



I'm a Commissionaire. To do this job you need to be very friendly and diplomatic.

Steven Sawatsky



I'm a Fitness and Sports Instructor. One, you have to know how the body works. Two, you have to be physically fit, and three, you have to be able to count to 30!

Peter Gibson



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SPORTS trivia

by PO1 Bill Sheridan
Contributor

- Jordin Tootoo is the first NHL player of which ethnic background?
- The Yankees wore black armbands in 2010 for who?
- Who was nicknamed the entertainer?
- What NBA star recorded the most assists in one game?
- 'Wherever I wind up' is an autobiography about which blue jays pitcher?
- What holds the CFL record for most yards rushing?
- What song has Phil Rizzuto doing play by play of a scoring play?
- When was the first time that World Cup games were played indoors?
- What positional player wins the 'Lou Groza Award' in US college football?
- What is a chukkar?
- What is the Senator Joseph Sullivan Trophy awarded for?

- ANSWERS
- Inuit
 - Ralph Houk
 - Eddie Shack
 - Scott Skiles at 30
 - RA Dickey
 - Mike Pringle
 - Paradise by the Dashboard Light
 - Silverdome
 - Placekicker
 - Period of play in Polo
 - Canadian University Male hockey player of the year.

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Formation supports Anti-Bullying Day

At the CFB Esquimalt Administration Branch, 23 personnel showed their support for anti-bullying by donning pink attire.



Canadian Forces Maritime Experimental and Test Ranges (CFMETR) in Nanoose Bay brought out plenty of pink last Wednesday. **From left:** Deanne Gillespie, Kelly Maude, Terry Berkley, Cdr Darren Rich, Ian Ferguson, Frank Martin, Ralph Burgess, Bob Griffiths, Susan Johnson, MCpl Perrin Brennan, Satinder Singh, Bob Ryen, Tom Francis, and Sgt Noah Eckenswiller.

Register for PSP Recreation March Break Camps

See page 20 for details



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HMCS Protecteur changes leadership one last time

SLt Aaron Hawkins
HMCS Protecteur

HMCS *Protecteur* celebrated the customary turnover Feb. 20 between incoming and outgoing Commanding Officers, as the Auxiliary Oil Replenishment vessel remains alongside in Esquimalt eager for the next chapter in its long and proud history as the supply ship for Canada's Pacific Naval Fleet.

Cdr Julian Elbourne relinquished command of *Protecteur* to LCdr Blair Brown in a stoic change of command ceremony; the ship's rich history and tradition, coupled with the myriad stories of sailors past and present, made this event a special one, if not a chance for reminiscence and a reminder to all present of the ship's contributions to our country.

The ceremony got underway just before 11 a.m. on the NOTC Venture Drill Deck, with Cmdre Bob Auchterlonie, Commander Canadian Fleet Pacific, presiding, and the Naden Band performing the customary musical accompaniment with aplomb.

A reception followed in the Venture Gunroom, with outgoing Cdr Elbourne receiving tributes from his Junior Ranks, Chiefs and Petty Officers, and Officers in honour of the leadership and character he demonstrated while in *Protecteur*.

LCdr Brown, incoming Commanding Officer, will now take the helm in *Protecteur*, having served as the ship's

Executive Officer since 2014; no stranger to his current position, he assumed command of HMCS *Edmonton* in 2013 and brings a wealth of experience into this new role.

Commissioned Aug. 30, 1969, *Protecteur* served the fleet on both coasts, participating in numerous operations based out of Halifax from the 1970s until 1993, including Standing Naval Force Atlantic (SNFL) in 1973 with HMCS *Margaree*, and Operation Friction, the multinational contribution to United Nations' response to the Iraqi invasion of Kuwait in 1990-91.

The ship's mandate shifted to west coast climes in 1993, and it sailed from Esquimalt after a major refit to replace sister ship HMCS *Preserver* in the Arabian Sea on Operation Apollo in 2002.

The catastrophic engine room fire that crippled *Protecteur* in late February of last year occurred at the tail end of an otherwise successful MIDPAC Oiler deployment that saw the ship carry out replenishment duties for the United States Navy's Pacific Fleet off Hawaii. Prior to the fire, *Protecteur* proved its capabilities both during Exercise Koa Kai in the waters surrounding the Hawaiian Islands, and at several multi-point replenishments that demonstrated the skill, speed and safety of the RAS teams.

Now, as always, the ship and crew embody their motto "Soutiens Avec Courage".



Cpl Brandon O'Connell,
MARPAAC Imaging Services

Above: Outgoing Commanding Officer, Cdr Julian Elborne, Cmdre Bob Auchterlonie, Commander Canadian Fleet Pacific, and incoming Commanding Officer, LCdr Blair Brown sign the Change of Command certificates.

Inset: PO2 Nicolas Major presents Cdr Elborne with the ship's pennant.



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Notification System trials in March

Mass Notification System Trials to take place 8 a.m. to 4 p.m. Wednesday, March 6.

While the system tests conducted Feb. 2 to 6 were successful, further adjustments are required in order to ensure that the sound levels are audible to base personnel working in a variety of locations and minimize the impact on nearby residents.

For more information please refer to the Base

Operations web page or the Maritime Forces Pacific website - www.navy-marine.forces.gc.ca/en/about/structure-marpac-units.page - click on the MNS tab.

Des essais du système de notification de masse auront lieu le mercredi 6 mars de 8 h à 16 h.

Les essais menés du 2 au 6 février ont été concluants mais le volume des sirènes

doit être ajusté afin qu'il soit audible au personnel de la base et qu'il ait un impact minimal pour les quartiers avoisinants.

Pour de plus amples renseignements consultez la page Web des opérations de la base ou le site Web des Forces maritimes du Pacifique au www.navy-marine.forces.gc.ca/fr/aperçu/organigramme-fmar-p-unites.page et cliquez sur l'onglet du système (SNM).

5 km walk for Women's Day

MARPAC

To celebrate International Women's Day, Maritime Forces Pacific (MARPAC) and the Defence Women's Advisory Organization (DWA0) will be hosting a five-kilometre walk on Thursday, March 5, from noon to 1 p.m.

The event will begin in the upper lounge of the Pacific Fleet Club at 11 a.m. with an open house from the DWA0 answering questions and presenting cases for discussion. At noon there will be a walk from the Pacific Fleet Club to Saxe Point and back.

International Women's Day is celebrated every year on March 8. Established in

1998 by the United Nations, this special day recognizes the contributions and the great achievements of women around the world.

Here at MARPAC, it is a time to celebrate the progress made in advancing equality for women in our workplace, while also considering how to address the challenges that still remain.

This year, the Department of National Defence and Canadian Armed Forces will commemorate International Women's Day under the theme of "Be the Change."

For more information regarding the event please contact Cindy Leblanc at 250-363-7855.

War Amps newsreel of the week features CFB Esquimalt

On Monday, March 2, The War Amps YouTube channel will feature 1940's footage of servicemen and women relaxing and having fun at the base in Esquimalt. It showcases the 75-foot pool that was used to train navy personnel in lifesaving, but also served as a place to let loose after operational duty.

This one minute clip is just one segment of a total of 106 Second World War newsreels filmed by the Canadian Army Film Unit that document the infantry in training, the front lines and the war efforts back at home.

War Amps is releasing a newsreel every week on its YouTube channel at YouTube.com/warampsofcanada, a two-year project that will make the complete set of Canadian Army Newsreels available to the public for the first time online. Thanks to Library and Archives Canada, these videos are now in HD.



Sgt G.D. Petty takes Cine pictures during the Second World War.

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Female space traveller lands in Abbotsford this month

More than 10,000 girls, women and their families from around B.C. are excited to discover why the sky really is no limit, and meet with Astronaut Wendy Lawrence, veteran of four missions to space.

When the Apollo 11 crew landed on the moon on July 20, 1969, a 10-year-old Lawrence watched on a black and white T.V. from 393,309 kilometres away. That's when she decided to become an astronaut.

From that day, Lawrence applied herself heart and soul towards her goal. After graduation from the U.S. Naval Academy in 1981, she flew helicopters off ships, and was tasked with helicopter combat support and anti-submarine squadrons. Later, Lawrence became the first graduate of the U.S. Naval Academy to fly into space, and has flown four space missions including a visit to MIR, the Russian Space Station.

The Sky's No Limit – Girls Fly Too!

On March 7-8, females of all ages and their families will gather at the Abbotsford International Airport for The Sky's No

Limit – Girls Fly Too! a fun, unique, hands-on outreach event held annually in celebration of International Women's Day and Women of Aviation Worldwide Week.

Event participants will be able to meet Lawrence, ask questions about her experiences and find out what it takes to become an astronaut, pilot or engineer.

Participants can try their hand at many activities such as riveting a real aircraft, remove/install parts from engines, simulate bombing forest fires with a firefighting aircraft, simulate air traffic control, learn about piloting an aircraft and more. The H.R. MacMillan Space Centre is bringing Starlab (portable mini Imax) to provide an immersive space experience.

The RCAF, RCMP, Canadian Coast Guard, Air Cadets, and Civil Air Search and Rescue will be on hand. Civilian and non-civilian aircraft will be available for visitors to explore.

The entire event is free, thanks to community-minded partners such as the University of the

Fraser Valley, Carson Air Group, Teck Construction, Vancouver International Airport (YVR), Bert's Electric, Province of B.C. - Ministry of Jobs, Tourism and Skills Training along with other community and industry partners. Families are welcome and no registration is required to attend.

Free introductory flights are offered for female first-time fliers (any age welcome). Moms are encouraged to fly with their daughters. Advance registration at www.girlsfly2.ca is required for female fliers.

The Sky's No Limit – Girls Fly Too!, annual events are part of an outreach initiative founded by B.C. pilot Kirsten Brazier in 2012. Events organized by The Sky's No Limit – Girls Fly Too! have won several international awards and set two world precedents.

Out of 24,505 professional pilots in Canada, only 1,356 of them are women. Out of 19,601 aircraft engineers, only 560 of them are women. Less than three per cent of the technical positions in the Royal Canadian Air Force, such as pilot or maintenance technician, are held by women.

"It would be easy to conclude that women are unwelcome in these fields. Instead, studies have shown that a common perception persists that aviation and aerospace careers are reserved for men," Brazier says. "Since society observes mostly men employed in these fields, this perception is reinforced."

The Sky's No Limit – Girls Fly Too! free outreach events aim to change this perception by welcoming women to the airport and giving them a hands-on introduction to aviation, aerospace and space.

"The first flight experience is so incredibly amazing that we just have to share it," said Brazier. "It's often the catalyst to inspire interest in aviation, aerospace and space. The free flights, along with our unique hands-on approach grabs participants' attention and we hope our events will inspire many future leaders from shop floor to top floor in these fields."

The event is about education as much as it is about inspiring girls and women. Therefore everyone - male and female alike - is encouraged to participate or volun-



Astronaut and U.S. Navy Helicopter Pilot (Ret'd) Wendy Lawrence.

teer at the event.

Brazier is a professional pilot from the Lower Mainland, B.C. and she holds Airline Transport Ratings for both aeroplanes and helicopters. With over 20 years of flying experience, Brazier has enjoyed a diverse career flying across Canada on wheels,

floats, skis and skids as well as two-crew operations in both aeroplanes and helicopters.

For more information, visit www.girlsfly2.ca or follow us: www.facebook.com/SkysNoLimitGirlsFlyToo and www.twitter.com/GirlsFly_Too.

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The Natasha's Wood Foundation is looking for Canadian children and youth to submit illustrations to four children's books. These picture books are written by Fay Maddison, founder of the Natasha's Wood Foundation, especially with early readers and military families in mind. These inventive stories feature a magical forest, fairies, unicorns and dragons – a whole imaginative world just waiting for children and youth to bring it to life.

"Created, designed and written for those that love bedtime stories, magical lands and the joy of discovering new friends, these picture books will bring a message of hope, love and friendship to all," says Maddison. "We are inviting youth to influence the look, feel, and sound of learning from the world of Natasha's Wood."

The Natasha's Wood Foundation will kick-off the children's art campaign on March 5 with a feature on *The Zone* on YTV. Canadian children up to the age of 18 will be invited to read the text for the children's books at www.natashaswoodfoundation.com and submit a copy of their illustrations online or by mail. Submissions will be accepted until June 28, 2015.

The Natasha's Wood Foundation will donate all proceeds from sale of the picture books to arts, sports and education programs for the children of first responders, including the Support Our Troops Funds. These funds support children in military families in a variety of ways, including recreation programs that focus on bolstering children's mental health and resiliency, and inclusive recreation programs for special needs families.

For more information, please visit www.natashaswoodfoundation.com.

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Bicycle Removal in Naden

There has been an issue with abandoned bicycles at the bicycle rack in front of Nelles Block.

Any bicycles deemed to be abandoned will be removed by Military Police on Mar. 16 and processed as Found Property.

Owners will not be compensated for damaged or broken locks.

If your bicycle is still in use or if you have any questions please contact MCpl Edwards at 250-363-4366.

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Dockyard tunnel delivers services for present and future

Carmel Ecker
Staff Writer

As construction work continues to modernize the aging facilities in CFB Esquimalt's dockyard, changing the landscape considerably, one significant change can't be seen from the surface.

Stretching almost a half kilometre in length underground is the Utilities Corridor, which is a recently completed tunnel that consolidates the utility services essential to the ongoing recapitalization of the Fleet Maintenance Facility Cape Breton (FMF CB) building, and the A and B Jetties replacement project.

The only visible indicator of this tunnel's presence in dockyard are four quarter moon shaped entrance structures, which are electronically secured stairwell entry points that dot dockyard roadways. There are also three large equipment access hatches to bring in large parts such as pipes and spare parts for maintenance and future expansion.

Within the tunnel are fire suppression, steam, water, sanitary, electrical and communications services necessary to feed buildings within HMC Dockyard.

When the Capital Project Teams were looking at the infrastructure needs for the growing FMF CB facility, and the jetty replacement project, they realized early on that most of the utility services feeding the area could efficiently be consolidated underground, explains Tim Flath, Defence Construction Canada Esquimalt (Base Construction Engineering Officer Liaison).

Not only does the tunnel neatly consolidate utility services, it also allows for accessible maintenance, troubleshooting, repairs and upgrades without digging up the road. Plus it allows for anticipated future improvements of dockyard infrastructure such as possible communications infrastructure upgrades currently being considered.

The tunnel stretches from dockyard's main gate to the top of Rainbow Drive by building 51; however, it will expand to the waterfront once the A and B jetty projects are completed in a few years. It is also being currently expanded to connect into FMF CB

"By the time they're done with the A and B jetty project and FMF CB consolidation, maintenance workers are eventually going to be

able to walk from the main gate all the way to the ends of A and B jetties completely underground, and get into the crawl space or basement of FMF CB," says Flath.

What's inside?

Within the rebar reinforced cement walls of the tunnel is a simple, well-organized arrangement of strategically placed utility services. On one side of the tunnel are the mechanical services with pipes neatly stacked on metal racks carrying fluids and gases such as steam, fresh water, sanitary and storm water. On the other side are metal racks and trays holding the electrical and communications cables.

"Liquid things and electrical things generally don't like to mix, so that's why they have a physical separation of mechanical services from anything electrical or communications-based," says Flath.

In-between these separated services there is ample space for two maintenance workers to walk side by side, and with an almost four metre high ceiling it has plenty of headroom.

There is also a sump pump that removes any water that comes into one end of the tunnel. A sensor tells it to kick in, if necessary, and a local audible and visual alarm goes off adjacent to the main gate if the sump pump becomes overwhelmed and the tunnel starts to flood.

Similar sensors and alarms exist throughout the tunnel for carbon monoxide, low oxygen, methane, and fire that are electronically tied to the fire hall.

Throughout the tunnel are large exhaust fans that cycle old air out and replaces it with fresh air a few times each day through strategically placed air inlet louvers.

There is no heating system in the tunnel because it is kept warm enough due to radiant heat from the steam pipes during the cold season. While they are covered in insulated padding to make them efficient at retaining heat and to keep them cool enough for a person to touch, they can't contain all of the steam's 200 degree heat.

Also throughout the tunnel are closed circuit TV cameras connected to a monitoring system at the Base Construction Engineering Hood building. They are essentially safety cameras that, much like black boxes on airplanes, could provide

critical information if something were to go wrong in the tunnel.

Once the tunnel extensions to A and B Jetty and FMF CB are completed, routine maintenance and the odd repair will be the only reasons for maintenance workers to ever enter the tunnel. It must be emphasized that the Utilities Corridor is only for qualified maintenance workers from BCE, Base Information Services, or Shared Services Canada, says Flath.

The future

While the tunnel was created to service projects already in the works, planners had their eye to the future when they mapped out the tunnel's features.

Many of the cable racks for electrical and communication services are empty in anticipation of future growth.

"Even after A and B jetty is completed, all these trays will not be full," says Flath, pointing at the many empty racks on one side of the tunnel. "That is for upgraded communications down the road. We know we're going to need this for infrastructure projects that are being considered for the future."

As dockyard continues to modernize, the Utilities Corridor will make maintenance and repairs as well as infrastructure upgrades faster, easier and more cost effective, which will ultimately be less disruptive to dockyard personnel in the future.



Photos by Carmel Ecker, Lookout

Above: The Utilities Corridor is nearly half a kilometre long and holds all the communications, electrical, steam, gas and water services Fleet Maintenance Facility Cape Breton and dockyard jetties require.

Below: Tim Flath stands at one of the entrances to the Utilities Corridor and one of the access panels that can accommodate pipe sections and equipment if something needs to be repaired in the tunnel.



Sailor bikes south for mental health

Rachel Lallouz
Staff Writer

While many people were lounging around their living rooms on Boxing Day, helping themselves to Christmas dinner leftovers, or heading out to the malls to shop, SLt Marianne Knai was cycling solo down a rainy highway in Seattle.

Cold and wet, she would not be deterred on the first day of her month-long cycling journey down the Pacific Coast to the Mexican border to raise funds for mental health.

"On my first day, I was cycling down the highway, I had turkey in my belly, and I was vibrating with excitement," she says.

Her mission originated as a response to the Amyotrophic Lateral Sclerosis Association's (ALS) ice bucket challenge, in which the public was invited by the ALS to film themselves being dumped over the head with buckets of ice water. The association encouraged participants to post their videos on social media afterwards. While SLt Knai saw the heart of the challenge as important, she wanted to find an alternative way to raise funds for a social justice cause, without further wasting a precious resource.

She chose to focus her fundraising on mental health, an issue key to her role as Psychosocial Team Lead at the Canadian Forces Health Services Centre (Pacific). Included among the charities she chose was the Canadian Association for Mental Health, the Kids Help Line, and local mental health organizations.

"I wanted to do the ride so that I could contribute to my community in way that got people together – both civilians and military members – with the common ground being a conversation about mental health," says SLt Knai.

After a minor setback – a flat tire 80 kilometres in, SLt Knai cut across Washington State to the Oregon coast, where she experienced difficult rid-



Photo courtesy of SLt Marianne Knai

In a moment of excitement at completing her 3,000 kilometre journey, SLt Marianne Knai, powerlifts her bike.

ing and camping weather conditions – colder than expected temperatures, and wind. To combat the weather, she often opted to sleep in hostels, except in Oregon where she camped and slept in yurts, solid-floor fabric tent structures equipped with electricity.

A former triathlete, she says her slow-and-steady type of cycling was more about conserving energy, rather than achieving speed, especially considering the weight of her gear.

Two large paniers on either side of her bike, weighing a total of 50 pounds, carried her camping gear, food, emergency supplies, and maps. To reduce the weight, she wore a single change of clothes, and used the same soap on herself, her dishes, and her laundry.

She updated her progress on her Facebook page whenever she could access wireless internet.

In each place she stopped, she canvassed people about what they did to stay mentally healthy, or inquired as to what mental health meant for them. She posted their stories on social media.

"Hearing people's answers reminded me that every person's story is valuable," she says. "We've lost sight of the importance of

the story. We deeply value people's physical health stories – we make people get check-ups and physical health assessments – but we've lost sight of the mental health aspect."

She began receiving emails thanking her for the undertaking, or from those relating their mental health experiences. Her most rewarding email came from an individual who told her that the activity on the Facebook page gave them the strength to say "I need help."

Word got out about her venture. She was invited to speak at a youth home and various youth groups – engagements that were completely unanticipated.

But also unforeseen was the challenge of emotionally supporting herself during the rough days, without others around to help.

"The most difficult part of doing something like this, solo and unsupported, is relying on you to bring yourself back up from a tough day," she says.

Other challenges were more easily anticipated such as ensuring she had enough food.

"I consumed between 5,000 and 8,000 calories a day, easily," she says.

By the time she reached the California coast, SLt Knai was ahead of sched-

ule; she slowed down after she passed through Los Angeles to take in the white, sandy beaches and cliffs reaching down into the water.

"When you're cycling, you've got time. You can see the sea life and the birds, or smell the sweetness of the strawberry and kiwi and pineapple fields."

On her second to last night, she stayed at a hostel in San Diego, where the hostel's manager, having heard her story, welcomed her with a free first night's stay, meal, and a book.

She arrived at the Mexican border almost a week early at the end of January.

"Getting to the border was the toughest thing," she says. "I just wanted to cross it and keep going."

At the border she raised her trusty bike that had carried her 3,014 km over her head, and then thought, "Okay, what's next?"

Next was a flight back to Victoria where she discovered she raised \$10,171 for her charities.

"We need to be discussing mental health in a way that doesn't negatively affect anyone. The stigma surrounding seeking help and discussing mental health issues is still very present, and it needs to be altered," she says.

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	16	17		G	K	P						Kids m	22
	23	24		G	K	M	★						1
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	23	24		G	K	M							29

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 - 5,12,19, 26 - Karaoke **K**
 - 5,19 – Poker **P**
 - 14 – **Valentine's Burlesque Show & Party** ♥
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 - 22 – **Kid's Movie - Box Trolls** Kids m
 - 26 - Movie Night - **M**
 - 27 - **Break'n in the Bass Party** ★
 - 28 – UFC 184 **UFC** – Weidman vs Belfort
- MARCH**
- 4,11,18, 25 – Games Night **G**
 - 5,12,19, 26 – Karaoke **K**
 - 5,19 – Poker **P**
 - 13 – **St. Patrick's Day Party** ♣
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A view of the Marine Security Operations Centre in Halifax. A similar centre resides at CFB Esquimalt. DND photo

Marine Security Operations Centre boosts cooperation among partners

DND

One of the most unique examples of Canadian inter-agency cooperation is now fully functional, with staff from a host of government departments working together to monitor maritime activity on each coast, 24 hours a day, seven days a week.

The idea for the Department of National Defence-led coastal Marine Security Operations Centres, or MSOCs, was first developed following the attacks of Sept. 11, 2001, when the Government of Canada recognized the need for greater coordination among federal departments.

The subsequent National Security Policy included an action plan aimed at strengthening marine security, bringing together various maritime security agencies, including the Canadian Armed Forces / Department of National Defence, Fisheries and Oceans Canada (which oversees the Canadian Coast Guard), the Royal Canadian Mounted Police, and Transport Canada. Each agency

would capitalize on its own expertise while combining forces to detect and assess security threats at sea.

"The MSOCs are an excellent success story demonstrating operational collaboration," says Capt(N) Jeff Hamilton, Director of Naval Operations and Plans. "On any given day, Canada's maritime interests are protected through close networking among partner government departments with mandates spanning the realms of policy, enforcement, security and defence. The result has been achieving far greater awareness of who is operating close to or in our waters, and what activities are being undertaken. For those activities that are illegal or of concern, the MSOCs have enabled regulatory and enforcement agencies to respond quickly and effectively."

Each coastal MSOC monitors activity in Canada's ocean approaches using a leading-edge information technology solution developed specifically for this project, which has already caught the attention of external agencies, both domestic

and foreign. The software allows staff to collect, analyze and interpret intelligence from various sources, and to generate a comprehensive picture of the marine environment. Departments can easily request, transfer, display and store data in support of this major collaborative effort. The MSOCs are also networked with the Government of Canada Operations Centre in Ottawa, as well as with other partner operations centres.

Each coastal MSOC is located within Royal Canadian Navy (RCN) infrastructure in both Halifax, N.S. and Esquimalt, B.C. The RCN supplies 10 of the dedicated MSOC staff members on each coast, who remain under the command of the respective coastal commanders.

The MSOC project will transfer operational and technical authority to the RCN in mid-2015, allowing the RCN to maintain a key leadership role in their long-term oversight and administrative support, under the Directorate of Naval Operations and Plans in Ottawa.

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Your voice matters: new panel encourages feedback

CFMWS

A new initiative has been created to help the Canadian Armed Forces serve you better.

We have heard from you, that we need to ask you what you need, and that is just what we are doing.

Military Family Services, a division of Canadian Forces Morale and Welfare Services, has introduced the Military Family Panel Process to encourage discussion with families like yours about the challenges and experiences you face as a military family member. It's important that we remain family focused in everything we do. The Military Family Panel Process is a direct response to reports released in 2013 by the Canadian Armed Forces Ombudsman and Chief Review Services.

"We as an organization recognize that we need to do a better job listening to families and we need to communicate more with them," said LGen David Millar, Chief of Military Personnel.

The Panel Process has been set-up to hear from as many families as possible to improve services, tailor programs and advise senior leadership about the issues that matter most to families. This is your opportunity to keep the Canadian Armed Forces leadership and policy makers informed on how military service is affecting your family.

The Military Family Panel Process does not replace the Canadian Armed Forces member grievance process; rather, it is a way to get feedback directly from families on

We as an organization recognize that we need to do a better job listening to families and we need to communicate more with them.

-LGen David Millar
Chief of Military Personnel

all issues related to military life.

The national and systemic approach of the Military Family Panel Process complements the work of the local Military Family Resource Centres (MFRC) and the MFRC Community Needs Assessment, which is intended as a local tool to help identify the gaps between the services provided and those needed at the local level.

One common misconception is that the Military Family Panel Process will simply become a "complaint centre." This is not the case. We welcome all forms of feedback — from critique to success stories.

The desired outcomes of the Panel Process are very positive. We want to make things easier for families to offer feedback on the programs and services available to them, to connect them with the appropriate service partners, as well as each other, and to report back to families on how issues are being addressed.

As a Canadian Armed Forces family member, you can participate in this process by phone, email, social media, tele/video conference, or virtual meeting rooms. Join the conversation today by calling the 24/7 bilingual and confidential Family Information

Line - the primary service for collecting your thoughts and feedback at 1-800-866-4546, or by communicating with us by email at myvoice@family-force.ca or mavoix@forcedela-famille.ca.

You can find out more about the Military Family Panel Process and how your feedback will be considered on our Facebook page or on www.familyforce.ca.

Plan to join us for a virtual session. Choose a time and date that works for you at www.familyforce.ca under "My Voice".

Videoconference (Webex)

Wednesday, Feb. 25 from 7-8 p.m. (EST) French

Thursday, Feb. 26, 7-8 p.m. (EST)

Saturday, Feb. 28, 1-2 p.m. (EST)

Sunday, March 1, 1-2 p.m. (EST)

Teleconferences

Wednesday, Feb. 25 from 6-7 p.m. (EST)


Thursday, Feb. 26, 6-7 p.m. (EST)

Saturday, Feb. 28, 12-1 p.m. (EST) (french)

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One-of-a-kind machine helps remedy chronic air sickness

Capt Susan Magill
Moosejaw PAO

Medical staff at 23 CF Health Services Detachment at 15 Wing Moose Jaw, Saskatchewan, are using a spin chamber to desensitize airsick aircrew when conventional therapy fails.

Airsickness can be a significant obstacle in the training of student pilots. To combat this, since 1981 the Canadian Armed Forces has offered an Air Motion Sickness Desensitization Program (AMSDP) for aircrew suffering from chronic airsickness.

The AMSDP's spin chamber, a one-of-a-kind machine called the Levroy-Turntable, suppresses hypersensitivity to air sickness using repeated and controlled exposure to movement in order to encourage adaptation.

The spin chamber is a single-axis, bi-directional, lightproof, enclosed cabin. Its rotational speed can be adjusted from four to 20 revolutions per minute. Candidates sit inside the chamber in a CF-101 Voodoo fighter aircraft ejection seat and wear a noise-reducing headset to allow them to communicate with the controller.

The program is divided into three phases—relaxation therapy, desensitization treatments, and remedial flights—and lasts from four to six weeks.

Desensitization is fairly



A CF-101 Voodoo fighter aircraft ejection seat is bolted to the inside of a spinning, tilting chamber that is used to desensitize people to air sickness.

successful for pilots with chronic airsickness and 77 per cent return to flying training. Between 60 and 70 per cent do so without evidence of airsickness affecting their training. The treatment is more successful on pilots than on other aircrew because pilots have longer periods

in which to desensitize in their original environment.

Most pharmaceutical solutions for airsickness are prohibited to aircrew, and desensitization may be the most suitable measure to combat long-term management of persistent airsickness.

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Pacific Region Men's Basketball Championships



Photos by Rachel Lallouz, Lookout

The Esquimalt Tritons men's basketball team faced off against the Comox Totems last week. Tritons won two of the three games played during the Pacific Region Championships held in the Naden Athletic Centre from Feb. 25 to 27. This advances the Tritons to the Nationals, which will be held in Borden on April 11. Results: Game 1: Esquimalt Tritons won 59 to 55 Game 2: Comox Totems won 77 to 60, Game 3: Esquimalt Tritons won 70 to 66. Above: Team Esquimalt Tritons; below: Team Comox Totems.



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Maj Jose Libreiro, Executive Officer of Base Information Services, receives the First Clasp to the Canadian Forces Decoration.

Bravo ZULU

Capt(N) Steven Waddell (left), Base Commander of CFB Esquimalt, made several presentations during Ceremonial Divisions on Feb. 19.

MCpl Chris Ward, MARPAC Imaging Services



PO2 Edward Bennett receives the First Clasp to the Canadian Forces Decoration.



MS Kerry Litwin of Base Information Services receives the First Clasp to the Canadian Forces Decoration.



Sgt Laurie Elliot, Nelles Block Galley Manager, receives the Canadian Forces Decoration.



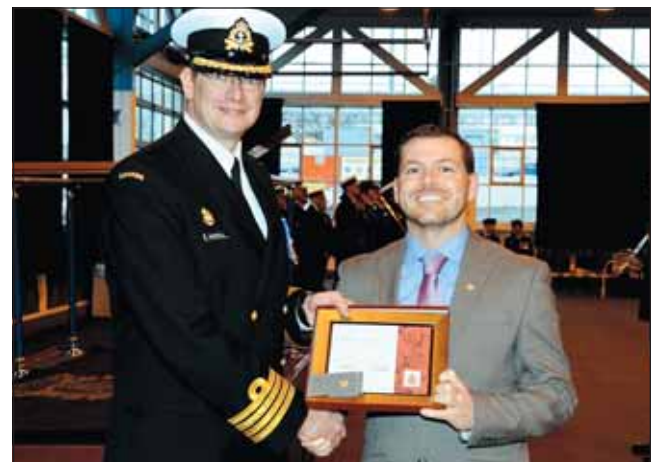
MCpl Ian DeLaFontaine of Base Construction Engineering, receives the Canadian Forces Decoration.



Corporal Jocelyn Eastman, RMS Clerk with Base Administration, receives the Canadian Forces Decoration.



Sub-Lieutenant Jason Smits (centre) receives his new rank from Capt(N) Waddell and Lt(N) Tracey Barlow (right).



Micheal Morrison, Base Chief of Staff, receives a certificate of recognition for his 15 years of service to the Government of Canada.



LS Zachariah Stopa, MARPAC Imaging Services

PO2 Jennifer Marcotte receives her promotion to her current rank from her husband PO2 Trevor Marcotte and LCdr Colleen O'Brien, Acting Commanding Officer of Maritime Forces Pacific Headquarters, on Feb. 25.

Got a Bravo Zulu? Send it to melissa.atkinson@forces.gc.ca

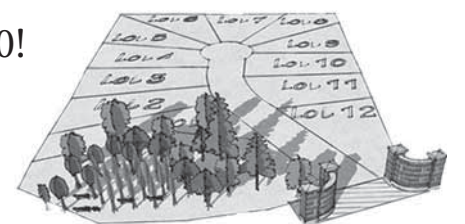
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Bravo Zulu New Westminster Recruiting Centre



Capt Willis receives the Canadian Forces Decoration second Clasp from Maj Thomson.



Sgt Smit receives the first Clasp to the Canadian Forces Decoration from Maj Thomson.



Sgt Radford receives the first Clasp to the Canadian Forces Decoration from Maj Thomson.



MS Devin Maxwell and LS Leigh Walls are presented their Submariner Dolphins by Cdr Alex Kooiman, Commanding Officer HMCS Victoria.



Kevin Lowther from the U.S. Naval Undersea Warfare Center is awarded the Deep Dive Certificate and granted Honorary Submariner status by Cdr Alex Kooiman, Commanding Officer HMCS Victoria.



Change of Command

Left to right: Cdr Patrick Montgomery, incoming Captain Western Region Naval Reserves; Cmdre David Craig, commander of the Naval Reserves; and Capt(N) Timothy Gijzen, outgoing Captain Western Region Naval Reserves, sign the Change of Appointment certificates during a ceremony held at HMCS Malahat on Feb. 14.

MCpl Chris Ward,
MARPAAC Imaging Services

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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.

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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

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.

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The trip will be heading over to Vancouver on the 11 a.m. ferry and return the following day on the same ferry.

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1. Family Rate #1 \$500.00 + tax
1 Adult & 1 Child Under 11
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for each child + Tax
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COST INCLUDES:

- Transportation from Victoria to hotel
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- Hockey Tickets (Upper Bowl)

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CALL 250-363-1009!
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Cost per week (Regular/Ordinary/Associate)
Camp: \$120 /\$130 /\$140
AM Care: \$35 /\$40 /\$45
PM Care: \$20 /\$25 /\$30

Dates :
Week 1: March 9-13
8:00am-4:00pm
Week 2: March 16-20
8:00am-4:00pm

Extended hours:
AM Care: 7:00-9:00am
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