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LOOKOUT

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MARPAC NEWS CFB Esquimalt, Victoria, B.C



Image By: Corporal Malcolm Byers, MARPAC Imaging Services

The Honourable Judith Guichon, Lieutenant Governor of British Columbia, presents the newly consecrated Squadron colours to 443 Maritime Helicopter Squadron during a ceremony to mark the official opening and naming of the Squadron's new hangar facility at the Victoria International Airport on April 9. The ceremony included a parade to celebrate the consecration of colours and name unveiling of the new hangar facility.

See more photos on page 16.

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Annapolis sunk

Rachel Lallouz
Staff Writer

It took only two minutes and one second to send the former Canadian warship Annapolis to the bottom of Halkett Bay Marine Park on April 4. The steam powered destroyer came to rest 31 metres below sea level on the ocean floor – only one metre off of its intended destination.

It is now an artificial reef for divers to enjoy, and sea life to call home.

Crowded around the sinking site were over 200 private vessels, who cheered as the 14 charges, placed throughout the ship's hull and engine room, were set off seconds apart, causing the bay to echo with loud booms.

Once the charges were tripped and the ship began to fill with water, a small party of former Annapolis Commanding Officers, including retired Captain (Navy) Brian Beaudry and Rick Town and Commander (Retired) Peter Campbell, added their cheers to the chorus around them.

As the ship lurched downward, waves sweeping over the flight deck, the officers set their eyes on Annapolis one last time.

Annapolis, a 102-metre helicopter-carrying destroyer, was commissioned in 1964 by the Royal Canadian Navy, and decommissioned in 1996. In 2008, it was purchased by the Artificial Reef Society of British Columbia from the Federal Government, with the goal to create the largest artificial reef in the Greater Vancouver area.

This is the eighth ship sunk by the Reef Society, and will provide a new habitat for a diverse range of marine life. In the past, sunken vessels have attracted over 100 different types of marine life to a single location. Annapolis will be specifically dedicated to promoting the growth of the rockfish and lingcod species native to the Howe Sound area.

With an impressive array of marine life to view, the Reef Society predicts there will be a heavy surge in diving tourists and researchers to the site. The cleaned ship, sunk in a deliberately upright and stable position, will make for a safe investigative environment. Additional safety measures for divers include two safety cages which allow for decompression stops. They are attached to the ship's bow and stern.

Negotiations are ongoing with researchers from the Vancouver Aquarium to establish citizen-based scientific research, where divers can document and upload photographs from their own expeditions to a website. If this can be accomplished Aquarium marine biologists will then have an opportunity to analyze any material provided by divers on private

excursions. In this way, the benefits of artificial reefs to the marine ecosystem can be studied.

Getting Annapolis to the bottom of Halkett Bay was no easy feat. The Reef Society had to abide by strict requirements delineated by the Canadian Environmental Protection Act.

Roughly 1,000 volunteers and staff dedicated 17,000 hours of work time into preparing the ship for disposal, cleaning off all petroleum and oil products, scrubbing the fuel tanks and boiler by hand, removing any "floaters" that could rise to the ocean's surface, and taking apart any sections of the ship that could not be effectively cleaned.

LCdr (Retired) Rick Wall was the Assistant Engineer of Annapolis from 1978 to 1980, and a volunteer who worked to bring the ship up to the prescribed guidelines for the final Environment Canada inspection. He put hours into scraping and peeling paint chips off of the ship, and was on board the ship 10 hours before it sank, clearing away tools and cleaning supplies. He witnessed, first hand, the ship's transformation from its fully operational capacity to its pre-reef state.

"You look at pictures of what she looked like when she was operational, and what she looked like just before she sank - rusty, covered with slime and so many holes cut into her."

But he's happy the ship will be used by future generations of divers and researchers.

"I'd rather see it re-purposed as a reef than cut up and sold to a scrap yard and used to build cheap cars or razor blades," he says. "Sailors are proud of what they do, and a lot of that pride is projected onto the vehicle that allows them to do their jobs."

LCdr Wall first boarded the ship when he was 25 years old, and completed the final stages of his engineering training with its crew.

"While serving on board Annapolis, I got engaged, completed my engineering training and was promoted to Lieutenant. These were major milestones in my life, the things that happen to a person in their late twenties and I experienced while on Annapolis."

He says it was his experience on that ship that strengthened his self-confidence in his job, and his ability to work with a team, eventually leading to his 37-year career in the navy.

"On board Annapolis, we all learned to trust each other, and there was a strong sense of camaraderie. I'm sure everyone says this about their own ship, but there was a special feel for me about it. And in terms of the way she went, I just thought it was a dignified end to her."



Hundreds of boats line the safety perimeter zone to watch the old warship sink.

Photos courtesy Rick Wall

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Veteran treks across Canada on horseback to raise awareness

Rachel Lallouz
Staff Writer

Today, Paul Nichols will mount his horse Zoe on the steps of Victoria's legislature and begin his first day riding across Canada.

Nichols, a retired Corporal who served with the Princess Patricia Canadian Light Infantry, and his wife Terry, have created the "Ride Across Canada" campaign to bring to the fore issues surrounding veterans integrating back into civilian life, and to remind Canadians that the profile of veterans is changing from the old to the young.

"We are on a mission to change the face of the typically understood Canadian veteran," says Terry Nichols. "So when Canadians think of veterans, they will also think of women and young men. A veteran could be your car mechanic or a nurse at your hospital. You just can't tell by looking at someone what their history is; so we want to show communities who these people are. We want to tell their stories, and we hope this will bring the Canadian people a deeper understanding of the military world."

The duo will ride for eight months from Victoria

to Newfoundland, and stop at communities along the way to pick up veterans and currently serving Forces members. Over 700 veterans are expected to join the pair who has been working with a small crew for the past nine months to plan the adventure.

The couple has organized horse facility administration stations every 150 kilometres nationwide, which will remain stationary for about five days within the various communities. These stations are where people can meet the couple and the horses.

Horses have been in Paul and Terry's lives for over 20 years. The cou-

ple's farm, Pen-Y-Bryn, just outside of Quesnel, is certified by the British Columbia Therapeutic Riding Association and the Canadian Therapeutic Riding Association to provide emotional and mental support to special needs individuals.

Horses, says Terry, helped Paul's transition back into civilian life.

"Before he cleared out of the military in 1997, he was able to easily connect to others in the military community, but once we returned to small town Quesnel, that's when the transition became more difficult."

Part of the problem, Paul

says, is that younger generations of veterans are not easily recognized.

"I think the Canadian people love their troops. There's no question in my mind about that. But the problem is that sometimes they don't know who we are. They might believe that veterans are all older men who swarmed the beaches at Normandy; but we have three generations of veterans who have been serving here, who clear out and sometimes end up losing their way as they transition."

It was Paul's navigation of this transition that prompted them to come up with this idea of riding

across Canada. This eventually led to the establishment of their non-profit Communities for Veterans Foundation.

"I had to lift my head up and notice that people are protecting our country on my behalf," says Terry. "That's the piece I want to rally about in this campaign. And even though I'm this peaceful soul, I can only live this life because someone is doing that hard work for me."

Those interested in participating can register at www.communitiesforveterans.com. No previous riding experience is necessary to join.

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WHAT SAY YOU

In the days of Annapolis

Alex Greer
Contributor

The year was 1990. I was a young sailor on an Esquimalt pier, just posted to a rather old but well-kept destroyer, HMCS Annapolis.

Ship life and its arcane language and traditions were new to me. I had been a soldier. After I switched to the steward occupation I became a sailor. On ship I learned that a floor is a deck, a wall is a bulkhead, and the restrooms are called the heads. It took time to absorb all of this, but eventually I began to see myself as being more navy than army.

Within a month of joining, Annapolis left Esquimalt for the open waters of the Pacific Ocean. Our first port of call was Pearl Harbor for three weeks of war games around the Hawaiian Islands alongside ships from the U.S., Australian, Japanese and South Korean navies.

Ship life was a constant routine of working long hours, eating and sleeping in confined spaces on a vessel of welded steel transiting through miles of ocean. How can a former landlubber stand it? It does take a certain kind of individual to be a sailor.

I formed bonds with many shipmates. The one who stood out the most on Annapolis was Marc, my immediate boss. He was from Quebec, and had many unique words. When he entered our work space, the Wardroom pantry, he would point and say: "Bonhomme!" Marc was also a fan of the blues. He loved Eric Clapton, the Jeff Healey Band, and Stevie Ray Vaughan. Our tape player bellowed out tunes from the "Journeyman" album while we fixed meals for the officers. Marc pretended that he had his guitar as he sang along with "Bad love, bad, bad love ..."

Life at sea was not all hard work. In the evenings there were movies, and card and board games. On weekend afternoons the off watch personnel made their way to the flight deck for a relaxing all ranks barbecue, known as a banyan. The food and drink put the sailors in high spirits. When skies darkened those high spirits were kept up with a talent show. Each department (deck, engineering, supply, combat and combat systems engineering) performed their own funny skits or they sang ballads.

Marc always got out his guitar and played some blues. One of the more creative banyan events was the Miss Annapolis pageant, where the prize went to the ugliest contestant. The prize

was dinner with the Captain.

After days at sea, my mates and I looked forward to the fun and the excitement of those foreign ports of call. Pearl Harbor was only the first stop. More exotic places were next.

On the 1990 deployment, Annapolis, along with three other Canadian ships, crossed the greater length of the Pacific Ocean to the eastern shores of Asia and visited Pusan, South Korea, Hong Kong (still a British colony), Port Kelang, Malaysia, and Guam. The most memorable visit was the Russian port of Vladivostok.

The country was still the Soviet Union. Vladivostok's infrastructure was rather run down. It was the human, not the physical landscape, that the Canadian sailors cherished. The Cold War had just ended, and the era of Glasnost or "openness" was on.

The Canadian ships were the first western ships to visit this formerly closed port since the 1930s. The people of Vladivostok had never seen outsiders, and they opened up in way we did not expect. Crowds of children mobbed Canadian sailors as if they were professional athletes or rock stars, and just to get autographs and to trade for pins. Many sailors were invited into family homes. The Soviet fleet had many tours, parties and performances laid on for us. I remembered hearing a band playing "Somewhere over the Rainbow." That seemed rather appropriate for the occasion. The Pacific is a wide ocean and Esquimalt was on the other side of some rainbow.

Eventually we returned home. Annapolis and its sister ships had spent four and half months away, but it seemed like longer. On our first day back the ships' companies proceeded in separate directions. Many left for their leave period. Some were posted ashore or to other ships, and then there were the few who were retiring from the navy. For me I had only just begun.

Over the next two decades the Canadian Navy was transformed. Annapolis and other ships of its era (the "steamers") were paid off and replaced with the new frigates. The missions went from Cold War big battle scenarios to coastal patrols and maritime interdiction, namely in the Persian Gulf.

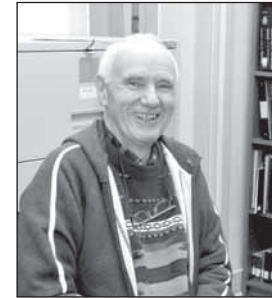
Whenever I met an old Annapolis shipmate we fondly reminisced about those old days of 1990, especially the Vladivostok visit.

Yes, 1990 was a great year to be a sailor.

People Talk

Lookout headed over to the CFB Esquimalt Naval and Military Museum, and invited the staff and volunteers to answer our question of the week:

What event in the history of the Royal Canadian Navy would you have liked to observe or participate in?



The Battle of Coronel, off of the coast of Chile. The first naval persons who ever died for the Canadian Navy died during that battle, fighting against the Germans. This was in 1910, during the First World War.

John Paul O'Reill
museum volunteer



The King's Colour. On May 30, 1939, King George VI presented the King's Colour to the Royal Canadian Navy, Western Command, at Beacon Hill Park in Victoria. It was the first time a British ruler had personally presented his Colour to any of his naval forces outside of the British Island.

Clare Sharpe
Museum Exhibit Designer



The Halifax Explosion. I spent a summer living in Dartmouth, across from where the explosion took place. There were two ships that collided in the narrows of Halifax – one filled with first aid supplies, and the other with explosives. If I could, I would have loved to be present on Dec. 5, 1917, one day before the explosion actually occurred, so I could have seen the town on that final day.

Joseph Lenarcik
Assistant Curator



I would have liked to have been on the HMCS Cayuga during the Korean War – it was the lead ship guiding a relief rescue flotilla to rescue elements of the U.S. Army that sought refuge in North Korea. The trickiest part was getting up the river to the Americans – it was twisty and windy, full of sandbars and mines. The fact that they navigated at night through that route was amazing.

Norm Truswell
museum volunteer



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The Canadian Armed Forces Health and Wellness Challenge is back, and this year's theme is: to make every choice count – it all adds up.

Life truly is about choices. We make them every day. The important thing to realize is the decisions you make on a day to day basis can have a profound effect on your quality life.

Should I take a walk at lunch time or stay at my desk and play computer games? Should I drive home after having five beers at the mess or should I take a taxi? Should I order a salad

or supersize my fries?

While all of these decisions are important, we tend to forget that even the smaller choices we make in our daily lives really do add up. By doing something as simple as taking the stairs instead of the elevator, you can increase your leg strength, improve the efficiency of your heart and lungs, and it may even save you some time.

If doing something as simple as this can offer so many benefits, imagine the potential impact from all of the other good choices you make throughout your life.

A little bit really can go a very long way – especially when it comes to making healthy lifestyle choices.

Strengthening the Forces is once again offering you the CAF Health and Wellness Challenge. Join the Challenge and take concrete steps to improve your overall health, and be eligible to win some great prizes.

Making healthy menu choices at the mess, reducing your sugar intake, stopping to smell the roses, following Canada's low risk drinking guidelines, and riding your bike to and

from work can have a huge impact on your health and wellbeing.

Join the Challenge and make every choice count. It's all about staying fit, eating healthy, connecting with friends, living addiction free, and enjoying life.

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New program eases social and cultural transition for vets

Rachel Lallouz
Staff Writer

For new veterans and those with upcoming release dates, the cultural and social shift back into civilian life promises to be a little less stressful with the introduction of the Military Family Resource Centre's (MFRC) Good to Go program.

The pilot program, designed by facilitators Dr. Anne Irwin and Pauline Sibbald, is a course spanning three weekends from May 1 to June 14 at the University of Victoria, where participants are guided through a supportive transition back into non-military life.

The program is open to all who have a release date, are in the release process, or who have been released within the last year.

Any military member who meets one of these requirements, regardless of age or rank, is encouraged to apply. In order to attend, participants must pay a \$100 fee, which helps defray some of the cost – the majority of which has been funded by a grant from the True Patriot Love Foundation and the MFRC. Once selected, up to 20 participants will join together each weekend to take part in group discussions and activities facilitated by Dr. Irwin and Sibbald.

The purpose of Good to Go is to ignite conversation about healthy re-introductions to social experiences outside of the military.

Sibbald says the program is designed to support those



Rachel Lallouz, Lookout

Pauline Sibbald (left) and Dr. Anne Irwin, facilitators of the MFRC's Good to Go program.

worrying about what may happen when they finally set aside their uniforms.

"Part of the goal is to begin to alleviate the stress, or anticipated stress, of the unknown," says Sibbald. "It can be quite anxiety provoking for some when they leave the military, and must adjust to a new role in life."

Dr. Irwin and Sibbald emphasize this program is not therapy, career coun-

selling or medical support, and is not intended to take the place of these services.

The motivation to develop the program stemmed from their understanding of military life as all-encompassing of a military member's world, and how consequent release from that world may be difficult for some.

"When you become a military member, you join

into a culture that wraps up your family and social life," says Dr. Irwin. "The program will specifically deal with the grief and loss associated when confronting the unknown in the face of leaving what is familiar."

"We'll be providing people with the opportunity to do some guided work around a process that has some natural stresses," she adds.

The two facilitators describe the program as an experiential process of self-discovery inviting soon to be or recently retired military members to explore who they are, where they've come from, and what they want for the future as individuals no longer committed to military life. The facilitators emphasize, however, the program is not about undoing anyone's military training.

"We take the training that military members have, recognize the strengths they are coming out with, and help them integrate that into their new role as a veteran," says Sibbald.

"It's about identifying what tools a person has, and how to make them work in the future," says Dr. Irwin.

In order to encourage the process for each participant, Dr. Irwin and Sibbald have structured the program using a flexible framework they may adjust according to the needs of those present.

"That's one of the strengths of this program," says Sibbald. "We are meeting people where they are."

The framework itself has been developed by blending research-based theory from the academic backgrounds of both facilitators. Sibbald has a Masters in Social Work, with a specialization in grief, loss and life transitions. Dr. Irwin, an anthropologist by training with a special interest in military anthropology, has spent over 20 years studying CAF members from an academic perspec-

tive, and brings her knowledge of military culture to the program.

Together, the facilitators have crafted a framework prioritizing the growth of security and trust among participants. The small program size means participants will be able to develop supportive relationships with those around them. The program's experiential and interactive group activities are designed to slowly build a safe space within which participants can work together as a community.

Because the program focuses on supporting the healthy transition of individual participants, family and community members in close contact with participants may experience a positive ripple effect.

"Though families of participants aren't part of the program, they will be the beneficiaries of it to a large degree," says Dr. Irwin.

Apart from wanting to ease the transition of military members to veterans, Dr. Irwin and Sibbald's development of the program has been fueled by their membership to the military community.

"Both of us have a personal stake in the program," says Dr. Irwin. "Pauline is a military spouse, and I'm an ex-military member and military mother. It's our community we're supporting."

Weekend course dates for the transition program are scheduled for May 1-3, May 22-24 and June 12-14.

For more information about Good to Go, email Pauline Sibbald at: pauline.sibbald@forces.gc.ca

Part of the goal is to begin to alleviate the stress, or anticipated stress, of the unknown. It can be quite anxiety provoking for some when they leave the military, and must adjust to a new role in life.

Pauline Sibbald
Military Family Resource Centre



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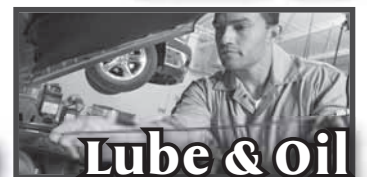
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Sunset Ceremony: just what is it?



Dave Bindernagel
Chair Sunset Ceremony Committee

The Sunset Ceremony, to be held April 25, will celebrate 75 years of leadership and learning at Royal Roads – 55 years as a military institution/college and 20 years of Royal Roads growth as a public university. The Ceremony will commence at 7 p.m. on the former parade square, now parking lot 3, below Hatley Castle at Royal Roads University on 2005 Sooke Road. It is open to the public.

What is a Sunset Ceremony and why is it being held?

Traditionally, a Sunset Ceremony is conducted by military and para-military organizations. However, in recognition of Royal Roads 75th Anniversary, a special Sunset Ceremony will be co-hosted by Royal Roads University and the Vancouver Island

Ex-Cadet Club, representing the military period.

The military period of Royal Roads started with HMCS Royal Roads in 1940, and developed into the Royal Canadian Naval College Royal Roads, then into the RCN-RCAF College Royal Roads, to the tri-service college/Canadian Service College Royal Roads, and finally, in 1968, to the Royal Roads Military College (RRMC) until it closed in August 1995.

The last time a Sunset Ceremony was conducted at Royal Roads was May 12, 1995, as part of the closing ceremonies for RRMC.

Who is participating?

The ceremony will be conducted on the former parade square and will showcase the Canadian Forces Snowbirds, officer cadets from the Royal Military College of Canada's Pipes and Drums Band; the Naden Band of the Royal Canadian Navy; the 50-per-

son Vice Regal Guard of Maritime Forces Pacific; cadets from the United States Air Force Academy's Drum and Bugle Corp; an ex-cadet contingent comprised of ex-cadets who attended Royal Roads between 1940-1995; 105mm guns from the 5th (BC) Field Regiment of the RCA; and regional air, sea and land cadets.

The three VIPs for the event will be RAdm Bill Truelove, Commander Maritime Forces Pacific; Dr. Allan Cahoon, President of Royal Roads University; and Cdr (retd) Randy Gynn, President of the Vancouver Island Ex Cadet Club.

What will be happening at the ceremony?

The ceremony will commence with a fly-past or two from the Canadian Snowbirds, and from that moment on the bands and the Guard will move onto the parade square and conduct the Sunset Ceremony. This will include special musical numbers performed individually by the participating bands as well as full group numbers - all in accordance with a set format for a Sunset Ceremony.

A special program is being designed to highlight the ceremony and will feature the participants and the format of the ceremony.

What is the historical and traditional significance of the ceremony?

The Sunset Ceremony is a combination of three ceremonies: the ancient ceremony of Beating Retreat, Tattoo, and lowering of the national flag. Beating Retreat was the practice of ceasing fighting at dusk and resuming at dawn, and the warriors were called back to camp by a roll of the drums. Later, when the drums became confused with the sound of gunfire, bugles were added.

In larger towns with permanent garrisons, the drummers were sent through the streets to remind those on leave of absence to return to their quarters.

As the drummers passed inns and bars, the publicans closed them for the night. Often the bands played entertainment tunes, and an evening hymn: this became known as Tattoo: from the Flemish words "doe den tap toe" meaning close the taps.

Following the Retreat and the Tattoo, the garrison was mustered and the night guard was mounted. Before sentries were posted, they fired or proved their muskets to ensure they were in good condition. At sunset, a call was sounded, to summon the guard for the night to ensure the town was fortified. The lowering of the National flag took place at sunset following the bugler calls announcing the "First" and "Last" post.

The RCN carried on this tradition in the early 1950s, and commencing in 1972 the ceremony was conducted annually on the parade square at Royal Roads.

Why do you believe the ceremony is important?

As part of the 2015 celebrations at Royal Roads, the Sunset Ceremony will help demonstrate the unique shared history at Royal Roads from its commissioning in 1940 as a military institution training midshipmen for war, to the innovative, global university Royal Roads is today.

The Sunset Ceremony is an important event that clearly will help to raise the awareness and understanding of one of the traditions that existed when Royal Roads was a military college. It is the excellence demonstrated by these special ceremonies that have continued to grow with Royal Roads University: excellence in leadership, in learning, and a commitment to positive change for Canada and the world.

Having scarlet tunics on parade after 20 years should inspire and educate the public about the military legacy of Royal Roads, and honour the men and women who have and continue to give exemplary service to Canada.

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Special visitors to the base



MCpl Michael Bastien, MARPAC Imaging Services Capt(N) John Tremblay, Director Naval Information Warfare, signs the guest book at Maritime Forces Pacific (MARFAC) Headquarters during an office call with Rear-Admiral William Truelove, Commander of MARFAC.



MCpl Michael Bastien, MARPAC Imaging Services Lisa Helps, City of Victoria Mayor, signs the Admiral's guest book.



LS Zachariah Stopa, MARPAC Imaging Services Maj Andrea Tuka and Col (Retired) Dr. Elspeth Ritchie visit RAdm Bill Truelove, and CPO1 Mike Feltham.

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Cadet Adam Mikus (left) of 136 Amphion RCSCC in Nanaimo drives the Club 420 Dinghy, crewed by Vikus Mehmi of 354 Invincible RCSCC in Maple Ridge, at the Royal Victoria Yacht Club during a practice race for the National Qualifying Regatta.



The Pacific National Sailing Team with Cdr Andy Muir, Commanding Officer RCSU (Pacific), and Capt(N) Jamie Clark of MARPAC.



Cadets Brad Cottrell of 189 RCSCC in Comox and Alex Hillsden of 5 RCSCC in Vancouver are presented the Esprit de Corps award by Capt(N) Jamie Clark.



Cadets Eric Iversen of 201 RCSCC in Port Coquitlam and Katelyn Ellis of 81 RCSCC in Nelson are presented the Robert Aitken Dallin Memorial Trophy for Sportsmanship by Cdr Andy Muir.

Cadets National Qualifying Regatta

Capt Cheryl Major
 Regional Cadet Support Unit (Pacific)

Twenty of B.C.'s top cadet sailors competed in teams of two to earn one of eight spots on the Pacific National Sailing Team during the three-day National Qualifying Regatta held at Royal Victoria Yacht Club April 3-5.

These cadets all qualified for the National Qualifying Regatta by sailing at the Provincial Qualifying Regatta, held last October in Esquimalt. The goal of the National Qualifying Regatta is to select the eight strongest cadet sailors from the Pacific National Team, who will compete this summer at the National Regatta in Kingston, Ontario.

"I feel we have a strong team for the National Regatta this year," said Lt(N) Tracy Terry, Water Operations Officer for the Cadet Program in B.C. "These top sailors have a drive to win, know the racing rules of sailing, are committed to practicing and can work together in a team environment to sail the boat fast in a variety of wind conditions."

The three-day regatta included a practice day with coaches and two days of racing with a total of 10 races. An awards ceremony was held on Sunday, April 5 with Capt(N) Jamie Clark and Cdr Andy Muir as guest presenters.

- The winning teams were:
- First place - Skipper: Casey Kent (136 Amphion RCSCC in Nanaimo), Crew: Ian Curran (347 Avenger RCSCC in Ashcroft)
 - Second place: Skipper: Fraser Smith (5 Rainbow RCSCC in Victoria), Crew: Charlotte Clark (5 Rainbow RCSCC)
 - Third Place: Skipper: Kenneth Ellis (81 Hampton Grey VC RCSCC in Nelson), Crew: Lauren Christensen (263 Beacon Hill RCSCC in Langford)
 - Fourth place: Skipper: Adam Mikus (136 Amphion RCSCC in Nanaimo), Crew: Elizabeth Hemlin (47 Captain Vancouver RCSCC in Vancouver)

The National Qualifying Regatta was held in partnership with the Royal Victoria Yacht Club, which offers tremendous benefits for both the staff and cadets. They are given the opportunity to learn from expert coaches on the water and afterwards with daily debriefs.

"The Cadet Sailing Program runs in line with the Royal Victoria Yacht Club goals to bring together competitors from all parts of Western Canada to train together to develop racing, race management and coaching skills, sportsmanship and friendship," said Royal Victoria Yacht Club head coach Steve McBride. "Every cadet who competed this weekend has an increased connection to sailing as a sport for life."



First place team cadets Casey Kent and Ian Curran were in high spirits despite gusting winds and cold temperatures during practice races for the National Qualifying Regatta.



Cadets Casey Kent (left) of 136 Amphion RCSCC in Nanaimo and Ian Curran of 347 Avenger RCSCC in Ashcroft are presented the First Place Goulding Cup by John Jenkins of the Conway Society for taking the top spot in the National Qualifying Regatta.



Cadets Fraser Smith and Charlotte Clark of 5 Rainbow RCSCC receive the Second Place Paul Armstrong Memorial trophy from Navy Cadet League Vice-President Colin Barton. Fraser and Charlotte are the only same-corps team to qualify for the national sailing team.



Cadets Lauren Christensen of 263 RCSCC in Langford and Kenneth Ellis of 81 RCSCC in Nelson are presented the Third Place Lucas MacGregor Memorial Trophy by Cdr Andy Muir.



Cadets Adam Mikus of 136 Amphion RCSCC and Elizabeth Hemlin of 47 Captain Vancouver RCSCC in Vancouver are presented with the Fourth Place Doug Bond Memorial trophy by Jane Bond.

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MILITARY DISCOUNTS

HMCS Whitehorse assists United States Coast Guard in major drug seizure during Op Caribe

DND

HMCS *Whitehorse*, in collaboration with the U.S. Coast Guard and U.S. Navy, assisted with the interception of more than 5,200 kilograms of cocaine in international waters of the Eastern Pacific Ocean off the coast of Costa Rica as part of Operation Caribe in early March.

The crew of a coastal freighter began throwing bales of contraband overboard when the USS Gary, patrolling the area with a U.S. Coast Guard Law Enforcement Detachment

(LEDET) aboard, approached the vessel.

Whitehorse and the U.S. Coast Guard Cutter Boutwell were called in to join the operation.

A boarding and search of the suspect vessel by the USCG Law Enforcement Detachment (LEDET) embarked with *Whitehorse* and USS Gary did not reveal any additional drugs, but the cocaine retrieved from the sea by the ships' crews totalled approximately 5,284 kg.

The entire operation lasted more than three days. The seizure could

not be divulged until now to avoid jeopardizing the investigation into the matter.

This is the largest of three narcotics interceptions in 2015 for Canadian Armed Forces assets deployed on Operation Caribe, and the second largest recorded in our history of the operation, surpassed only by HMCS *St. John's*, which, in 2011, assisted the USCG in seizing 6,750 kg of cocaine.

Operation Caribe is Canada's contribution to Operation Martillo – a multinational, joint, combined, and interagency effort by

the nations of the Western Hemisphere and Europe to prevent illicit trafficking in the Caribbean basin, the eastern Pacific Ocean and the littoral waters of Central America.

Canadian Armed Forces assets deployed on Operation Caribe act in a support role. While operating in international waters, their tasks are to locate, track, and approach suspect vessels. USCG LEDET personnel embarked on Royal Canadian Navy ships may further proceed to board and conduct law enforcement operations.



BRITISH COLUMBIA ELECTORAL BOUNDARIES COMMISSION

Tell us your views on our Preliminary Report before May 26, 2015.

In a Preliminary Report to the Legislative Assembly, the British Columbia Electoral Boundaries Commission is proposing changes to the area, boundaries and names of electoral districts in B.C.

Read the Preliminary Report at www.bc-ebc.ca/reports.

Tell the commission your views on the Preliminary Report online at www.bc-ebc.ca, at a public hearing during April and May, or by email at info@bc-ebc.ca.

All submissions and presentations to the commission must be made before 11:59 p.m. on Tuesday, May 26, 2015.

For a schedule of public hearing locations and dates, and more information, visit www.bc-ebc.ca

Now is the time to have your say and shape your province.

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BRITISH COLUMBIA
ELECTORAL BOUNDARIES
 COMMISSION

NEWS *Nuggets*

Shredding event

Bring your unwanted documents for shredding May 1 in the parking lot at Tillicum Centre. Small businesses and consumers are invited to bring a maximum of five bags or five boxes of paper documents for secure onsite shredding. All shredding is by donation only. All proceeds will be given directly to the volunteer run hot lunch program at the Rainbow Kitchen.

High Arctic Military Exercise Commences

Canada continues to assert its sovereignty over the High Arctic with Operation Nunavut 2015, one of Joint Task Force North's premier High Arctic military operations.

The large scale military exercise began around Cambridge Bay, Nunavut, and brings together Canadian Armed Forces members from the Third Battalion Princess Patricia's

Canadian Light Infantry (3 PPCLI), Royal Canadian Navy (RCN) divers from both Pacific and Atlantic fleets, as well as airmen and airwomen from across the Royal Canadian Air Force, including Yellowknife-based 440 (Transport) Squadron, to demonstrate the readiness and ability of the CAF to operate effectively in Canada's Arctic region.

Canadian Rangers and Canadian Armed Forces members from 1 Canadian Ranger Patrol Group (1 CRPG) will patrol the Victoria Island area while providing guidance and mentorship to troops and predator control to other activity locations during the operation.

Troops train in Poland

The 3rd Battalion of The Royal Canadian Regiment (3 RCR) based in Petawawa, Ontario, is participating in Exercise Mountain Warrior in Trzclaniec, Poland,

throughout the month of April.

Approximately 35 soldiers from The 3 RCR are joining with our Polish NATO ally to further train and develop their mountaineering experience and skills. Exercise Mountain Warrior promotes interoperability, collective training and operational proficiency.

Passing of former Commander of the Canadian Army

The Canadian Armed Forces express sincere condolences upon the death of Lieutenant-General (Retired) William Leach.

LGen. Leach, CMM, CD, passed away in Ottawa on Wednesday, April 1. He is survived by his three children and one sister.

He served as Chief of the Land Staff, now referred to as Commander Canadian Army, from 1997 to 2000. He retired from the Regular Force in the summer of 2000. As

of 2011, he assumed the advisory role of Colonel Commandant to the Logistics Branch of the Canadian Armed Forces.

LGen. Leach is a recipient of the Canadian Order of Military Merit (Commander) and the United States Legion of Merit (Commander).

MARPAC Riders offer fix it course

The MARPAC Riders motorcycle club opened up its doors for a maintenance course at their Work Point location in the Auto Hobby Club. Members learned how to do oil changes, radiator flushes, and brake and cable adjustments. The new Big Blue Jack was demonstrated so members can do maintenance at the Work Point site on their own. PO2 Grills demonstrated an oil change and later a radiator flush. Look for future courses to be posted on the MARPAC splash page throughout the year.



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U.S. Army talks PTSD on base

Katelyn Moores
MARPAC HQ

U.S. Army Col (Ret'd) Elspeth Cameron Ritchie visited CFB Esquimalt to speak to base personnel about post-traumatic stress disorder (PTSD).

The March 26 talk entitled "Psychological Reactions to Combat Terrorism; 13 Years into the Long War, an American Perspective," created an opportunity for open discussion on the topic of mental health in the military, including stigma reduction, pre-screening, early intervention and reintroduction into the work force.

After presenting to a large

group at Maritime Forces Pacific Headquarters, including senior leadership, Col (Ret'd) Ritchie visited the base clinic to give her presentation to staff members who help patients suffering from a variety of mental health issues. This was an opportunity to learn from her research to help improve care for future patients.

The Canadian Armed Forces (CAF) provides a variety of mental health services and resources to its members and their families, such as Road to Mental Readiness training. The training helps to ensure CAF personnel are prepared mentally for the challenges they may

encounter with the goal of improving short term performance and long-term mental health outcomes. It focuses on building resilience to give members the capacity to recover quickly, resist, and possibly even thrive in the face of traumatic events.

As allies, both the CAF and the U.S. military work closely together in pursuit of similar goals, dealing with many of the same issues, including those related to mental health. Interoperability allows them to share knowledge and experience in order to work towards building better programs and support for our members.



Glenda Ainsworth, Public Affairs Advisor U.S. Consulate General Vancouver

US Army Col (Ret'd) Elspeth Cameron Ritchie speaks to clinicians at the Base Clinic during a presentation on PTSD on March 26.

Notice: ice arena closing for the season

The ice arena closes for the season May 1, 2015
Arena dry floor use from May 8 - August 14, 2015
The ice arena re-opens Sept 3, 2015

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NEW HOME FOR 443 MH SQUADRON



Left: Jaime Pitfield (right), Assistant Deputy Minister for Infrastructure and Environment, unveils the name – Arundel Castle – of 443 Maritime Helicopter Squadron’s new hangar facility at the Victoria International Airport on April 9. Arundel Castle was a prominent castle in the area where the Squadron was stationed during their involvement with D-Day landings in the Second World War.

Below: The new Squadron colours are consecrated by Canadian Forces Chaplain General John Fletcher and Chaplain Joachim Nnanna.

Photos by Cpl Malcolm Byers, MARPAC Imaging Services



The ceremony included a parade to celebrate the consecration of colours for the squadron and name unveiling of the new hangar facility.



Members of 443 Maritime Helicopter Squadron stand on parade during the official opening ceremony of their new hangar facility.



LS Ogle Henry, MARPAC Imaging Services

Bravo ZULU

Left: Maj Jeff Byam of Air Component Coordination Element (Pacific) received the Canadian Decoration Second Clasp from LCol Christopher Bowen.

Right: Commander Maritime Forces Pacific RAdm Bill Truelove presents Capt Cheryl Major with the Canadian Forces Decoration.



Cpl Brandon O'Connell, MARPAC Imaging Services

HMCS Vancouver promotions



AB Daniel Daye is promoted to his current rank by HMCS Vancouver's Commanding Officer Cdr Jeffrey Climenhaga.



AB David Evans is promoted to his current rank by HMCS Vancouver's Commanding Officer Cdr Jeffrey Climenhaga.



CPO2 Marc Boudreau is promoted to his current rank by HMCS Vancouver's Commanding Officer Cdr Jeffrey Climenhaga.



With representation from his section near the front gate of CFB Esquimalt, LS Christopher Seto was recently presented with his new rank by LCdr Judith Harlock, A/BAdminO, and SLt Rebecca Wolf, OIC BOR.



PO2 Karen Nault, BOR Head Cashier, was recently presented with her new rank by LCdr Judith Harlock, A/BAdminO, and MWO Mark Dankwerth, BOR Supervisor.



Our newest Sea Trainer, MS Andrew Kim is presented with his new appointment aboard HMCS Calgary. Pictured from left to right: Commanding Officer Sea Training Pacific (STP), Cdr Christopher Peschke; MS Andrew Kim; CPO2 Steve Wist, Log Chief; and CPO1 Norm Cawthra, Coxswain STP.

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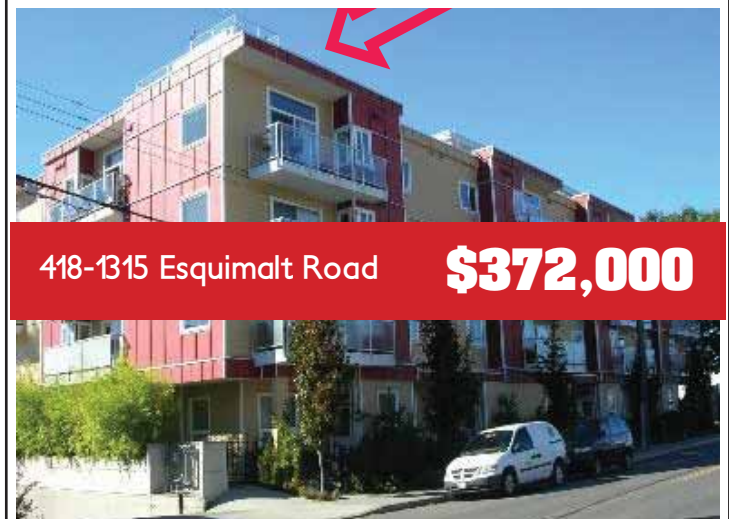
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