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A villager receives treatment by Master Corporal Nicholas Cappelli Horth, a Disaster Assistance Response Team (DART) medical technician, in the village of Kodari in Sindhupalchok District, Nepal, on May 6. DART was deployed shortly after the devastating April 25 earthquake.

MCpl Cynthia Wilkinson, Canadian Forces Joint Imagery Center

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**Left:** The Soldier On group starts their fitness testing for the day at PISE, on May 5, completing jumping jacks.

**Below:** Soldier On participants mount the PISE bikes for the aerobic testing portion of the physical fitness assessment on May 5.

Photos by Rachel Lallouz, Lookout

# Injured soldiers train for sports



**Rachel Lallouz**  
Staff Writer

The Pacific Institute for Sports Excellence (PISE) was the backdrop for the kickoff to a five-day Soldier On Multisport Camp.

A team of 29 serving and former Canadian Armed Forces (CAF) members from across Canada spent May 5 to 9 training for rowing, cycling, and triathlon with Olympic and Paralympic coaches. Participants were flown to Victoria, free of cost, to push themselves physically and mentally as they were introduced, or re-introduced, to a sports intensive lifestyle.

“The intent of the camp was to inspire and motivate ill and injured members and former members through the transformative power of sport,” says PO1 Joe Kiraly, Operations Warrant for Soldier On. “We wanted to provide an opportunity to show the positive role physical fitness plays in an individual’s journey to recovery.”

Successful applicants were chosen from across Canada, based on regional priorities and first time participation. Five members were from Victoria. Only those who have suffered a permanent physical injury or mental health illness while enrolled in the CAF were eligible to apply.

Many participants had either minimal experience in their chosen sport group, or had never tried it, while oth-

ers had been near professional athletes in their sport of choice before sustaining injury.

“We kicked off the week with a series of physical tests measuring body data, musculoskeletal strength, and aerobic fitness capability, all of which were organized by Jonathan Ritchot, the PISE Adapted Strength and Conditioning Specialist,” says PO1 Kiraly.

Aspiring student physiotherapists and strength conditioning professionals from Camosun College’s Centre for Sport and Exercise Education carried out modified push up tests, sprint tests, and grip tests. A quick game of wheelchair basketball followed, sponsored by the Canadian Wheelchair Sports Association. The remainder of the week saw the participants split into one of the three groups, where specialized training was led by high-level coaches.

The rowing group was taken to Elk Lake to practice their skills, while cyclists toured around the hilly Victoria landscape, and triathlon group members trained further at the Naden gym at CFB Esquimalt.

Dane Young, 46, was part of the triathlon group. A native to Fredericton, New Brunswick, Young says he spent the week concentrating on training in

the prime Victoria training weather.

“I’m a road runner, and I wanted to get as much experience exercising out here as possible before race season starts,” he says.

Young, a retired flight engineer with 22 years in the Forces, found joining Soldier On to be a good transition back into civilian life.

“When you leave the military, you end up missing that camaraderie. You feel left out, broken, and you’re back at home after being at work every day, so you end up searching for something you can do.”

When a friend in Soldier On encouraged Young to apply, the naturally athletic retiree saw it as an opportunity to help ease his way back into a culture that suddenly felt alien to him.

“I’ve joined running groups, I have a whole bunch of races lined up for the year – it’s just really helped me get back into society.”

He says the week spent simulating the components of a triathlon through swim, cycling, and mini-races has helped mentally prepare him for completing his first triathlon in September.

“I know the camp has given me the skills, so I won’t feel like such an outsider when I show up that day.”

For more information on Soldier On, please visit: [www.soldieron.ca](http://www.soldieron.ca)

Jonathan Ritchot, PISE Adapted Strength and Conditioning Specialist, addresses the 29 member group of Soldier On participants during the opening meeting on May 5.

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# IROQUOIS PAYS OFF

**Beth Brown**  
Trident

The Naval Ensign has been lowered for the last time in *HMCS Iroquois*.

The Royal Canadian Navy (RCN) honoured the Tribal class destroyer for its 43 years of service with a paying off ceremony at HMC Dockyard Atlantic, May 1.

Commissioned on July 29, 1972, the anti-submarine warfare destroyer served as the command ship of the East Coast Fleet. *Iroquois* was the first of its class, one of four RCN destroyers.

*Iroquois* completed a Tribal Class Update and Modernization Project refit in 1992, when it was made a modern area air defence platform.

VAdm Mark Norman, Commander RCN, said for those on the outside, a ship is just a lot of steel.

"Those of us who go down to the sea in ships see it differently. We see it as a living thing, brought to life by the passion, energy and professionalism of the crew."

He said one synonym for a vessel is a container – "a container of unbridled enthusiasm."

He shared one memory from his own time in *Iroquois*, running the main passageways of the ship playing peek-a-boo with his then four-year-old daughter, upon return from a long deployment.

To the ship's company past and present, as well as the trades people of Fleet Maintenance Facility Cape Scott, VAdm Norman said, "I thank you for keeping the old girl running. It is truly time to thank her and say farewell."

He spoke of transition, turning tides, and moving forward. "It's time to close a chapter. It's time to say goodbye."

RAdm John Newton, Commander Maritime Forces Atlantic, told stories from many *Iroquois* missions, such as fighting through 70-foot seas while en route to Iceland at the height of the Cold War, thereby testing the kit required by a warship to serve in the North Atlantic.

"She has taught a whole generation about the modern warfare threat environment and what Canada must concern itself with to protect national interest in a confused and unsettled world," said RAdm Newton.

This was the second RCN ship to be christened *HMCS Iroquois*. The predecessor was a Second World War fighting ship. Present in the audience were both LS (Ret'd) Doug Ivany and CPO2 (Ret'd) Graham MacBride, two final company members of the original *Iroquois* that commissioned in 1942. They fought in the Korean War, during which *Iroquois* experienced the only three casualties of that conflict for Canada's navy on Oct. 2, 1952.

Cdr Rob Watt, final commanding officer of *Iroquois* said, "The Canadian Navy is just over 100 years old. For over half that time there has been an *HMCS Iroquois*."

More than 11,500 men and women have served in *Iroquois*. For those sailors, said Cdr Watt, the ship is more than a weapons platform – it is their home.

"I've been humbled by the oppor-

tunity to lead *Iroquois*, and I speak for the crew when I say it's been an honour to serve in the final ship's company."

He closed with the ship's motto – "Relentless in chase, *Iroquois*."

A Sea King saluted the ship with a helicopter fly past, as the 380-foot decommissioning pennant was ceremoniously passed along the deck and down to the jetty. The ship's company gave their final cheers before marching down the gangway.

One of *Iroquois*' well-remembered missions was on Dec. 4, 1983, when the crew received an SOS from the *Ho Ming 5* while patrolling the fishery on the Grand Banks. The Panama freighter was listing badly and in danger of capsizing due to shifting cargo. VAdm (Ret'd) Larry Murray was Commanding Officer at the time, and in attendance at the paying off ceremony.

The ship and the air detachment saved 21 lives in hurricane conditions. Eighteen members of the ship's company received decorations for that rescue.

He said of seeing the ship paid off, "It's quite nostalgic actually. It's kind of the end of an era."

As for other sailing stories, he said, "The anecdotes are the people you sailed with."

He said a bond will remain among sailors who sailed in *Iroquois*, partly driven by the history of the first *Iroquois*, renowned in the Second World War. "To have an opportunity to sail in the second Tribal Class was pretty special."

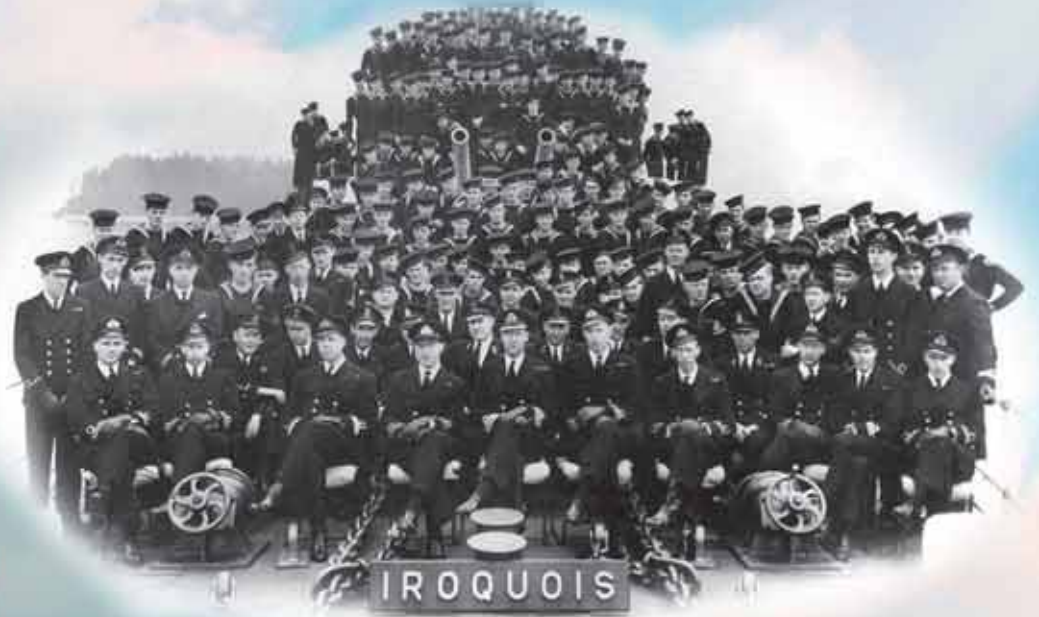
*Iroquois* served with the blockading force off the former Yugoslavia in 1993 and 1994, was made flagship of Maritime Operations Group 1 in 1995 and later flagship of NATO Standing Naval Force Atlantic in 1998.

In 2000, crew and ship rescued 13 sailors and six bodies from an accident off Bermuda. In 2001, it joined a U.S.-led coalition against international terrorism in the Arabian Sea. *Iroquois* then continued work in the Arabian Sea, deploying three times as flagship of the multi-national Task Force 150.

In the final years of service the ship made two representational voyages: to Baltimore in 2012 for the bicentennial of the War of 1812, and to Liverpool in May of 2013 for the anniversary of the Battle of the Atlantic.

On this particular voyage, the crew met Rosemary Thompson, who has since been named honorary Grandmother of *Iroquois*. She was married to Royal Navy signalman George Thompson, who sailed with HMS *Vidette* in the Battle of the Atlantic. Thompson travelled from Shrewsbury, England, to attend the paying off ceremony.

While the ceremony took place, 114 past and present members of the *Iroquois* were deployed on Operation *Caribbe* in sister ship *Athabaskan*.



The crew of the first HMCS Iroquois, commissioned in 1942, crowd the deck of the ship.



Crew members of HMCS Iroquois, stand at attention during the Paying Off Ceremony held on May 15.

Cpl Chris Ringius, Formation Imaging Services Halifax



Final crew of HMCS Iroquois. (Photo modified to resemble that of the first crew photo taken in 1942.)

# matters of OPINION

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## WHAT SAY YOU

# May is when we celebrate our Asian Canadians

## Commander of the Canadian Army Celebrates Asian Canadians' Contributions

During the month of May, we celebrate the vital role that Asian Canadians, past and present, have played in shaping our multi-cultural country. Asian Heritage Month offers an opportunity to reflect on the courage, experiences, and achievements of Canadians of Asian heritage that are woven into and strengthen the fabric of our military institution and of our nation.

Despite historic institutional barriers to their participation during the First and Second World Wars, hundreds of Asian men and women volunteered to serve in the Canadian Armed Forces during these conflicts and Asian Canadians continue to serve with dedication in whatever capacity Canada requires.

Generations of Asian

Canadian soldiers have earned our admiration for their part in safeguarding our freedom. Their many sacrifices and accomplishments are a reminder that the greatest strength of the Canadian Army is its people. The foundation of that strength is fostering a welcoming environment for men and women from all cultures.

On behalf of the Canadian Army, I invite all Canadians to join me in celebrating Asian Heritage Month. I encourage everyone to use this occasion to learn about the significant contributions made by Asian Canadian communities throughout our history.

**Lieutenant-General  
Marquis Hainse  
Commander  
Canadian Army**



Photo: Library and Archives Canada (MIKAN 3596865)

**Chinese-Canadian soldiers from Vancouver, British Columbia, who served with the South East Asia Command (SEAC), awaiting repatriation to Canada at Tweedsmuir Camp in Thursley, England, November 27 1945.**

## People Talk

On assignment at Nelle's Block, Lookout asked the cooks:

*What is your favorite dish to make at work and why? And at home, what would be the ultimate meal you'd make for yourself?*



I just got off a ship, so the menu here is pretty different, but I like making the curried lamb because it is a good comfort food. At home, though, I'm all about the lobster baked alfredo, with truffle oil and real bread.

**MS Pierre Forget**



Here, I'm a baker, so out of everything I get to do I enjoy baking cheesecake the best - I just like it. At home I make beef wellington for myself because I love the taste.

**LS Brian Eves**



My favorite thing to make is stuffed chicken breast. It's a classic French dish. As for making food in my spare time, it's the simple peanut butter and jam sandwich. Again, it's a classic.

**MS Gordon Durham**



I love making soups and sauces because they are my speciality, but in my down time I always make a good spaghetti dinner because it is just so easy.

**Audie Jones**



I like making the wraps because folding them is fun. As for my ultimate meal, well, I just moved out so I can't really cook anything yet!

**Alison Bentley**

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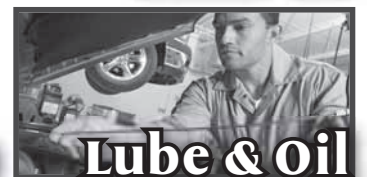
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# Filmmaker focuses on military families

**Rachel Lallouz**  
Staff Writer

Leaving loved ones behind is an all too familiar experience for any military member, and Victoria director Melissa Flagg portrays this in her new film, "Land of the Sun."

The 17-minute short follows the story of a Canadian military family struggling to make it through a long separation when husband Shale is away on tour in Afghanistan.

It is the deep longing followed by the joy of reunion that Flagg's film so accurately captures.

"I wanted people to identify with the struggles of a Forces member who must leave what they love, and to give people a sense of how hard it is in military families – what people actually go through when they spend time apart," she says.

Flagg grew up in Victoria and became interested in photography when she was in high school, printing and developing her own photos in the school's darkroom. From there, she started experimenting with digital media and film.

After a number of small student films produced during her time studying at Emily Carr University of Art and Design, Flagg produced her first independent film, "Finding and Fraying", in 2008. The medium of film became the perfect creative outlet for her through the solitary time spent script writing and the cooperation during production and post-production.

"What I love about film is that I have time to be alone with my ideas, but I can creatively play with others," she says. "And what amazes me about the collaborative aspect is that everybody who contributes something makes the project so much fuller and richer. It's not something I could have ever made on my own."

Flagg's idea for the military-themed film started to percolate when she was finishing post-production on her last short film, "Liminal." She'd heard a story about a soldier coming home, and that brought to mind the idea of homecoming.

"The sense of walking through the threshold of your door after being gone was a very powerful image for me."

She started writing a script in February 2010. Little did she know she would be consumed with writing and grant applications for two years.

"The most challenging part about

this film was having to do all of the fundraising myself. It was difficult to stay motivated and committed to the project, because I was having to wait upwards of six months to hear back about funding, and whether or not I could move forward. The long process felt, at times, like it was sapping the creativity out of me."

She received a grant from the B.C. Arts Council and brought on Brie Koniczek to produce the film. About a year later they gathered a small crew together to begin production. With her trusted producer, they hired seven actors and a production crew.

They built a plywood set in a spare room at Koniczek's housing co-op to film the majority of the military indoor scenes. Other sets for the film included a gym, and the home of Flagg's friend. But the rainy and vegetation-dense Vancouver environment made re-creating an Afghanistan landscape impossible, which led them to Kamloops for the military patrol scenes.

Though Flagg says the main characters Shale and Kate are not autobiographical, they are drawn from bits and pieces of people she knows, including her younger brother Master Seaman Ryan Flagg and a military friend of his, both of whom Flagg interviewed in-depth.

Flagg wants her audience to not only have an appreciation for the emotional toll of deploying, but to see it within the larger vision of military service and war.

"We're often thinking about the actual battlefield and what goes on there, but there's a whole other piece about what's happening at home, what's going on with the people we love," she says.

Post-production for the film ended in August 2014, and shortly after, "Land of the Sun" debuted at the Vancouver International Film Festival. Flagg is especially excited to screen her film at the GI Film Festival in Washington, DC, in late May.

"It will be the first screening in the U.S., so it will be a completely different audience," she says. "And I want to be a part of that festival because I want my film to connect directly with military viewers."

To help cover transportation costs to and from the festival, Flagg has organized an Indiegogo campaign ([www.indiegogo.com](http://www.indiegogo.com)).

For those looking to support Flagg's trip, please visit: <https://www.indiegogo.com/projects/land-of-the-sun-director-film-go-to-dc>. To see the trailer of the movie go to <https://vimeo.com/93110942>



Photo Courtesy Melissa Flagg

The Land of the Sun crew on location in Vancouver, with Sasha Popove filming (center), Melissa Flagg (far right), and Jason Segal (far left).



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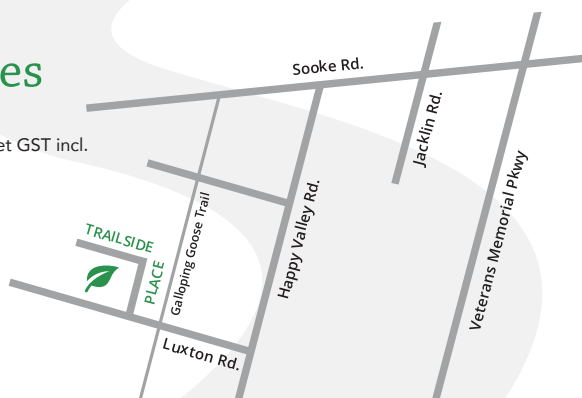



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# Algonquin's service coming to an end June - come celebrate

**Lt(N) Jonathan Patrick Nellan**  
HMCS Algonquin

After 41 years of dedicated service to the Royal Canadian Navy, *HMCS Algonquin* will be paid off on Thursday, June 11.

Members of *Algonquin's* current and past ship's company will gather at CFB Esquimalt and watch as the commissioning pennant is lowered.

Constructed at Davie Shipbuilding in Lauzon, Québec, *Algonquin* was commissioned on November 3, 1973, in Halifax, Nova Scotia, and began service with Maritime Forces Atlantic.

For 21 years the ship defended Canada's East Coast, deploying several times across the globe during the Cold War.

In 1987, *Algonquin* began a major refit, the Tribal Class Update and Modernization Project (TRUMP), and emerged in 1991 with

upgraded mechanical, electronic, and weapons systems.

It was re-designated as a Destroyer Guided Missile (DDG) from its previous status as Destroyer Helicopter (DDH).

After the modernization, *Algonquin* deployed to assist in the blockade against Yugoslavia, and in 1994 was reassigned to the West Coast as the Flagship for the Commander Canadian Fleet Pacific.

In 2002, *Algonquin* earned the Battle Honour of Arabian Sea for its Operation Apollo deployment. Afterwards, the ship continued to serve with distinction in various operations and exercises.

On Sept. 19, 2014, the Commander of the Royal Canadian Navy announced that *Algonquin* would be paid off.

So join the crew of *HMCS Algonquin* as they say fair winds and following seas one final time and celebrate the accomplishments of a unit that spent more than 3,300

days at sea and transited in excess of 789,000 nautical miles.

All current members of the Canadian Armed Forces, retired members of *Algonquin*, and DND employees are welcome to attend the celebration, which will feature the Naden Band of the Royal Canadian Navy and a Sea King fly past.

Former crew members wishing to attend the June 11 ceremony should arrive at Canteen Road parking area for 9:30 a.m. Government issued ID shall be required to enter dockyard and guests' belongings will be subject to search.

Transportation will be provided from Canteen Road to A Jetty. Dress will be NIA (with medals) or appropriate business attire.

If attending, please RSVP no later than May 22 to Lt(N) Jennifer Kliem, Jennifer.Kliem@forces.gc.ca.

The ceremony is outdoors so please dress for the weather.



Various photographs adorned a table onboard HMCS Algonquin's hangar during the 40th anniversary celebration held Nov. 8, 2013.

## Employee Assistance Program New Location

The Employee Assistance Program (EAP) office has moved to D74 (two doors down from the Admiral's residence).

The new location now houses the EAP Manager's office and the resource lending library.

For peer referral contact information, refer to the EAP website: hrciv-rhciv.mil.ca or call 250-363-7968.

For access to the services of HC EAS call 1-800-268-7708; hearing impaired dial 1-800-567-5803.



# Special museum exhibit part of Aboriginal Awareness Week

Aboriginal Awareness Week will take place May 19 to 22

**Lisa deWit**  
MARPAC HQ

Aboriginal Awareness Week was first introduced in 1992 with the purpose of increasing awareness of Aboriginal peoples within the federal public service.

Since then it has evolved and grown into a government-wide celebration showcasing the rich history and diversity of cultures, traditions and values of the First Nations, Inuit and Metis peoples.

The National Defence

theme for 2015 is "Self Determination in Action."

In celebration of Aboriginal Awareness Week, the Defence Aboriginal Advisory Group is curating a museum exhibit titled "Strength from Our Ancestors".

The exhibit showcases Aboriginal veterans contributions to Canada's military history and links it to current day contributions.

There will be art displayed, historical information on hand, and a Steven Davies short film to visually

enhance the experience.

Other activities during Aboriginal Awareness Week include daily sunrise drumming, daily messages on the MARPAC Notice Board highlighting Aboriginal films, and a special guest lecture at the Seamanship Division Theatre on Thursday, May 21 at noon. Details will be sent out via the Notice Board and all are encouraged to participate.

The exhibit at CFB Esquimalt Naval and Military Museum runs May 20 to June 30.

# Join Toastmasters club on base

**Cameron Carswell**  
Contributor

Does the thought of speaking in public make you nervous?

Fear not. You can overcome this fear and master the art of public speaking with Toastmasters. It is a fun way to improve communication skills in a comfortable and safe environment.

What's more, you can do it at Maritime Forces Pacific (MARPAC) every Thursday from noon to 1 p.m. at D199 in the large conference room on the second floor. This club was created to accommodate the busy DND/CAF members.

Public speaking skills are a tool that can help a person be more successful in their chosen path. Toastmasters members

learn how to conduct meetings, give both planned and impromptu speeches, and learn how to give and take constructive feedback – essential skills in unlocking the leader within. It is an experiential learning program, and creates a supportive environment and community to encourage and motivate members.

Toastmasters is an educational organization that qualifies for the Professional Development Unit, and copies of educational achievements can be sent directly to your supervisor. This can be beneficial for your learning and development plan.

If you want to try out the MARPAC West Coast Toastmasters, don't hesitate. Drop-ins are encouraged and no initial obligation is required. Please contact Dean Steinke 363-5748 for more information.

# Naval appointment goes to Royalty

Her Royal Highness The Princess Royal (Princess Anne) has been appointed as Commodore-in-Chief of the Royal Canadian Navy (RCN) Pacific Fleet by Her Majesty Queen Elizabeth II, Queen of Canada.

In addition, His Royal Highness The Prince of Wales has been appointed as Commodore-in-Chief

of the Atlantic Fleet.

This is the first time in history that members of the Royal Family have been appointed as Commodores-in-Chief of the RCN. The announcement of the appointments coincided with the RCN's commemoration of the 70th anniversary of the end of the Battle of the Atlantic, one of the

longest, largest and most complex campaigns of the Second World War.

The duties associated with the appointments are ceremonial in nature.

A Commodore-in-Chief is kept informed of all important activities of their affiliated unit and may engage with the unit in a ceremonial capacity as opportunity allows.

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# Summer safety during const

Canteen Road Entrance



Bike lanes and traffic calming islands



## Whether driving, walking, jogging or cycling, be aware of

**Rachel Lallouz**  
Staff Writer

### Admirals Road construction

Drivers can expect to tuck on extra time getting to and from work for the next six months as construction crews tear up and rebuild Admirals Road.

The roadwork, which stretches from Maplebank Road to Lyall Street will alter lane configurations to include bike lanes and traffic-calming islands.

Additional improvements along the 1.9 kilometre corridor will include improved sidewalks and additional lighting.

"We recognize that Admirals Road needed to be upgraded to make it more of a multi-modal transit corridor," says Jeff Miller, Director of Engineering and Public Works. "The improvements will address this need and benefit all corridor users."

The project is funded by a \$2.8 million contribution from the Government of Canada's Gas Tax Fund for municipal infrastructure priorities.

The Township of Esquimalt planned the roadwork with the environment in mind. A portion of the traditional street lighting will be replaced with energy efficient LED lighting fixtures. Underground infrastructure along the road will be removed and replaced with up-to-date storm and sanitary drains with three oil/water/sediment debris separators that will help clean storm water, making it safer for disposal into receiving waters.

The project is due to start within the next two weeks, and is anticipated to be completed by Oct. 31.

### Travelling to work

A few near-misses and reported safety concerns in Dockyard and Naden have prompted LCdr Bill Ansell, Base Operations Officer, to remind military personnel and DND employees to keep safety in mind and be more aware when travelling to and from work.

When en route to work, obey traffic laws, and keep a careful watch for cyclists and pedestrians.

Whether on or off base, no hand-held devices are allowed to be used while driving, even at red lights or stop signs.

Both drivers and pedestrians need to pay particular attention at crosswalks.

"Be aware of your surroundings at all times, especially when you're on the road," says LCdr Ansell. "With the number of ongoing construction projects occurring in Dockyard, and the Admirals Road construction project due to begin shortly, we anticipate con-

gestion with vehicles leading to congestion inside the base, which can increase the risk of accidents."

To reduce congestion, consider an alternate entry way. To avoid road congestion leading up to the Y-jetty main gate and the main gate, LCdr Ansell suggests using the entrance at Canteen Road. This entrance is open to pedestrians, cyclists and vehicles.

For those looking to enter on foot, the pedestrian control point is a walk in front of the Wardroom. There is an option to cross over from the road on Esquimalt Road before the controlled entry at Dockyard.

For cyclists or those arriving at Naden, an entry way has been established at the Colville Road and Admirals Road intersection. The gate is open from 8 a.m., and targets morning con-

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# Construction



Construction caution



## of your surroundings.



### Inside the base

Ongoing construction projects, whether on or off the base, are all anticipated to increase the risk of danger to cyclists and pedestrians.

"Be mindful of the construction vehicles as they approach," says LCdr Ansell. "And if you're the person in the truck, keep on the lookout for pedestrians."

As he works to balance safety concerns and security issues, LCdr Ansell says Base Operations will continue to listen to the needs of the Defence Team.

"We have taken into account the various construction projects and the challenges they bring," he said.

### Alternative ways of commuting

Get creative with your commute and incorporate a fitness component by walking or jogging from home if distance permits, or, with Bike to Work Week just around the corner, try cycling.

The new E&N bike paths opened by the Capital Region District follow the railway, connecting to trails in the Western communities of Langford, Colwood, and View Royal. Cyclists can travel straight to the base or downtown, and avoid most stoplights along the way.

"There are no steep grades or hills," says CPO1 David Tobias, on the View Royal Planning Committee for the bike trails. "The trails themselves surpass the Goose in engineering and width, so it's a reasonable alternative to commuting by car."

Cyclists can also make use of the new bicycle lock-up areas that have been put in place around the Base.

# Road Safety Week

Don't get distracted

### WO John Durston Base Logistics

This week is DND's Road Safety Week which coincides with Canadian Road Safety Week, and shares the initiatives of the Canadian Council of Motor Transport Administrators (CCMTA).

The theme of this year's campaign is "Distracted Driving."

Recent trends in traffic collisions have demonstrated a significant rise in the amount of crashes attributed to distracted driving; it is the number two cause of fatalities in motor vehicle accidents at a rate of 88 deaths/year; the number one cause is speeding, at 105 deaths/year, and number three being impaired driving, at 86 deaths/year.

Distracted driving does not only refer to electronic devices, but distractions and multi-tasking in general, such as tending to children or pets, personal grooming, emotional stress, and, finally, one's familiarization with their vehicle and its controls. Drivers are encouraged to take the time to mitigate the risk of distractions and their impact on their driving.

According to Section 214.2 of the Motor Vehicle Act, people must not use an electronic device while driving or operating a motor vehicle. Additionally, people must not communicate by means of these electronic devices by electronic mail or other text-based message. This policy prohibits all hand-held devices including mobile phones, tablets, music players, and

GPS navigation systems. Violation of these regulations could result in a \$167 fine and three driver penalty points. Drivers are encouraged to safely park off roadways to operate such devices.

In addition to this provincial law, DND channels the same intent through the Transport Manual (A-LM-158-005/AG-001), where drivers of DND vehicles are not authorized to use cellular phones, including hands-free devices while driving DND vehicles. The use of communication and entertainment devices such as DVDs, internet services, DND cellular devices and the programming of "On Star" and GPS while driving is prohibited. Drivers must safely stop the vehicle prior to using this equipment. This includes usage for emergency situations and applies to both DND issued and personnel two-way equipment.

Any driver of a DND vehicle observed using any electronic device while operating the vehicle will have their DND 404 license suspended.

Further information on distracted driving in DND vehicles can be found at: [http://materiel.mil.ca/assets/MAT\\_Intranet/docs/en/joint-common-transportation/transport-manual.pdf#page=209?](http://materiel.mil.ca/assets/MAT_Intranet/docs/en/joint-common-transportation/transport-manual.pdf#page=209?)

So pay attention to the road and protect the safety of yourself and others you encounter on the road. Drive responsibly and think twice before using an electronic device while operating a vehicle.



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# Battle of the Atlantic remembered



The marching contingent marches down Wharf Street for the Battle of the Atlantic commemorative ceremony, held in front of the Legislature in Victoria, May 3. The Battle of the Atlantic secured the supply lines from North America to Great Britain during the Second World War and ultimately made the allied D-Day invasion possible. The Royal Canadian Navy escorted over 25,000 ships to Europe from 1939 to 1945. It was the longest, largest and most complex battle of the Second World War.

Images by: LS Zachariah Stopa, MARPAC Imaging Services

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MCpl Michael Bastien, MARPAC Imaging Services

The RCDC 100<sup>th</sup> anniversary celebrations officially kicked-off in February 2015 when CFB Esquimalt proudly welcomed RCDC personnel from across the country. Approximately 90 guests representing the headquarters and all 26 national detachments arrived on the island shores to partake in unit personnel ranking boards, quality and patient safety training, and of course a joyous mess dinner held at the Wardroom Officer's Mess (head table featured in photo).

## Royal Canadian Dental Corps celebrates 100 years

During the First World War, British Army dental consultant Sir Cuthbert Wallace noted: "The Canadians have a very perfect dental organization. The British service might well copy the Canadians."

A century later, this statement continues to reflect the effectiveness of the military oral healthcare system provided by the Royal Canadian Dental Corps (RCDC).

The RCDC has served Canada in the First and Second World Wars, Korea, Afghanistan, and many other peacemaking, peacekeeping, humanitarian, domestic and forensic operations, while concurrently ensuring the oral health readiness of our soldiers, sailors and aviators at home.

The history of the RCDC can be traced back to the Boer War in South Africa from 1899 to 1902.

For the first time, Canadian dental surgeons operated in a theatre of war. The great number of soldiers who presented with orofacial emer-

gencies related to trauma and disease established the fact that dental services in the field were indispensable.

At the beginning of the First World



War, many recruits were rejected for dental reasons. Only 26 dentists were attached to various medical units and they could not meet the demand for clinical case to make Canadian recruits ready to deploy.

On May 13, 1915, General Order No. 63 authorized the Canadian Army Dental Corps as a separate corps in the Canadian Army.

The Corps subsequently evolved into the Canadian Army Corps in 1939 due to its joint responsibilities, was honoured with the Royal warrant in 1947, and became the Royal Canadian Dental Corps, and became the Canadian Forces Dental Services in 1969 following CAF Unification. The Corp's name was restored to RCDC in 2013.

If you are planning to visit Ottawa this summer and would like to learn more about the RCDC history, please visit The Canadian War Museum who will be presenting an RCDC exhibit, May 13 to Nov. 15.

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# One Navy on Sentry in Ottawa

**Lt(N) David Lewis**  
Contributor

The National War Memorial took on a slightly different persona as the second rotation of the National Sentry Program took their place at the Tomb of the Unknown Soldier.

The rotation began May 3 - Battle of the Atlantic Sunday - and saw sailors of the Royal Canadian Navy (RCN) begin their four week tour of duty.

The National Sentry Program reinforces Canada's commitment to remember and honour those who have served in both World Wars, as well as those who have contributed to Canada's long-standing tradition of military excellence.

"I feel very honoured to have the opportunity to stand sentry at the National War Memorial," said Leading Seaman Justin Hardy, an Isle aux Morts, Newfoundland, native who is presently tasked from *HMCS Montreal*. "It is a privilege to pay respect to the service and sacrifice of so many."

He and 17 other RCN personnel arrived in Ottawa in time to spend five days of intensive drill-practice prior to duty.

"I followed my father, moth-

*It is a privilege to pay respect to the service and sacrifice of so many.*

-Leading Seaman Justin Hardy

er and sister into the military. It's an honour to serve," says Master Seaman Katlin Manion from CFB Esquimalt. "It's a once in a lifetime experience to honour and represent those who paid the ultimate sacrifice."

Uniforms sharp and drill moves sharper, the members of 'Roto 2' move as a single unit. Two weeks ago they were spread across the country, but as the navy has always done, they've come together in a small compact environment to accomplish the mission. The RCN rotation at the National War Memorial epitomises the narrative of "One Navy."

Canadian sailors standing sentry have been tasked from east coast ships *HMC Ships Charlottetown, Montreal, St. John's, Halifax and Toronto*, from west coast ships, *HMC Ships Vancouver, Regina and*

*Protecteur*, from shore establishments at CFB Esquimalt and CFB Halifax, and from Naval Reserve Divisions *HMCS Griffon* and *HMCS Discovery*. They have come together to stand sentry at The Tomb of the Unknown Soldier, Canada's most iconic visible reminder of the service and sacrifice of members of the Canadian military.

"To have this honour bestowed upon not one, but two of my *HMCS Griffon* sailors is unbelievable," said Lieutenant-Commander Michele Tessier, Commanding Officer of the Naval Reserve Division in Thunder Bay, Ontario. "The looks on their faces and the response from the ship's company was priceless. I've been watching LS Vantroba and AB Mooney practice drill at the unit for weeks and it fills me with pride. I can't wait to see them at the monument. I feel like a proud mother."

Sentries are posted at the Tomb of the Unknown Soldier each day from 9 a.m. to 5 p.m. from April 9 to Nov. 11. Members of Royal Canadian Airforce, Canadian Army and Royal Canadian Navy will all have rotations during this season.



**Above:** Sailors from Roto 2 of the National Sentry Program gather for a group photo at the Tomb of the Unknown Soldier.

**Below:** The first posting of sentries at the National War Memorial for the 2015 season.

Photos by Lt(N) David Lewis





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CPO2 Howie Young receives his Canadian Forces Decoration Second Clasp from Cdr Lori McAllister, Commanding Officer of Maritime Forces Pacific Headquarters.



PO1 Chance Sheffield is promoted to his current rank by Cdr McAllister.



Photos by LS Zachariah Stopa, MARPAC Imaging Services  
MS Jeff Leitch is promoted to his current rank by Cdr McAllister.



MS Denis Delisle (centre) is appointed to his current rank by Cdr Alex Kooiman (left), Commanding Officer HMCS Victoria, and Lt(N) Harrison Nguyen, Navigating Officer.



Lt(N) Jessica MacMillan (centre) is promoted to her current rank by LCdr K. Cyr (left) and Canadian Fleet Pacific Commanding Officer, Cdr T.L. Koester.



MS Marcy Rhynold (centre) is promoted to her new rank by Canadian Fleet Pacific Commanding Officer, Cdr T.L. Koester, with help from MS Rhynold's husband, LS Steve Brown.



LS Garipey receives his Canadian Forces Decoration from LCol Simard, Commanding Officer of CF Health Services Centre (Pacific).



Lt(N) Carter receives his Canadian Forces Decoration First Clasp from LCol Simard.



Sgt Westwood receives his Canadian Forces Decoration First Clasp from LCol Simard.



SLt Stockermans is promoted to her current rank by LCol Simard (left).

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**Bachelor Suite \$695**  
837 Ellery St.  
Heat, hot water, no pets. **250-385-8771**

**Available June 1**  
Manager 250-217-1718

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### REAL ESTATE • FOR RENT

AVAIL. MAY 15th or JUNE 1st. Large 1 bdr for rent. Unfurnished. In-suite laundry, private entrance, parking. Small extra room for storage or hobbies. Cable, internet, included. 850 sq. ft. Furnished, possible for longer term. On Esquimalt Road, 500 m from CFB Esquimalt. \$1000 + 1/3 hydro (~ \$65/mo) Mario (250) 590-3135.

350 Belmont 2 bdrm unit for rent! 900 sqft remodeled - \$925/month. Avail 1 June 2015. For more info, contact Darly Ashby 250-661-3546 or lmarkic1979@hotmail.com

2 BDRM lower flr centrally located, walk to Uptown and bus rts. to dkyd, insuite laundry, 2 parking spots, big yard (shared), near parks. NS/Pets considered. \$875/month + utils. Avail 1 June Phone: 250-857-0221 for more info.

Two storey loft suite. Walk to work at CFB Esquimalt. Furnished. All utilities included. \$1050/month. Call 250-383-8340. More info and pictures online at <http://victoria.craigslist.ca/apa/5007972073.html>

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

**Princess Patricia APARTMENTS**

NEW BALCONIES • EXERCISE ROOM  
14TH FLOOR LOUNGE  
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Bachelor • 1 BDR Suite

**1239 PARK TERRACE**  
2 Bedroom \$895  
heat, hot water, parking included,  
quiet adult building,  
Call resident manager  
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**Devon PROPERTIES LTD.** No Pets allowed in any building  
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1 BDRM \$725 • 2BDRM \$895  
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250-812-5234

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1 BDRM From \$795 • Avail MAY 1  
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**1198 ESQUIMALT**  
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**Esquimalt LARGE TOWNHOMES**

UVic/McKenzie Area New appl. & flooring, pte backyard  
On-site manager 24/7  
3 bedrooms, Near schools, on bus route  
2100 sq ft. Free Internet or Optik TV for 1 year  
3 levels, 1.5 bathrooms  
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# LOOKOUT Classifieds & Real Estate

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

Call **363-3014** to book your display or word ad

REAL ESTATE • FOR SALE



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10% Savings for Military & DND Personnel  
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**ATTN: MILITARY FAMILIES!**

3117 Esson Rd.  
Bright, Immaculate 1994-built home featuring sunken living room, wood burning FP, and new sun-drenched wood deck. Upstairs has 3 spacious BRs, a walk-in closet and two 4 pc BAs. Lots of parking, easy access to parks, trails, & buses. MLS 350506. \$425,000.



Brand New \$399,900! Huge 1/2 duplex, with great finishing, with only 1 corner touching! This 4-5 bdrm, 4 bath, 3 storey home with Dbl car garage sits on a quiet cul de sac mins walk to Sookes Town Core. Features nice entrance, smart finishing throughout, open kitchen-living room. Kitchen has separate island and eating space, living room has fireplace and walks out to 8x18 sun-deck. Upstairs has 3 bdrm, large master with huge walk in closet and 4 piece ensuite. Down has massive media-family room, separate den and a 1-2 bdrm small bright suite. Lots of yard, appliance package included. 2042 Stone Hearth Lane. Immediate possession. See MLS listing <http://bit.ly/111mN6i>




**Affordable living!**  
3 bed 2 bath 1991 Double Wide Mobile  
203-2779 Stautw Rd.  
**Home sweet home - \$139,888**

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www.shellyreed.com  
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7:30am to 3pm  
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**WALK TO BASE!**  
10-850 Parklands Dr.  
Large and private, this 1553 sq. ft townhouse has 3 decks, 2 big BRs, 2 full BAs, great living areas, & a single garage. Friendly strata with no age restrictions, pets ok, BBQ friendly. MLS 350486. \$345,000.



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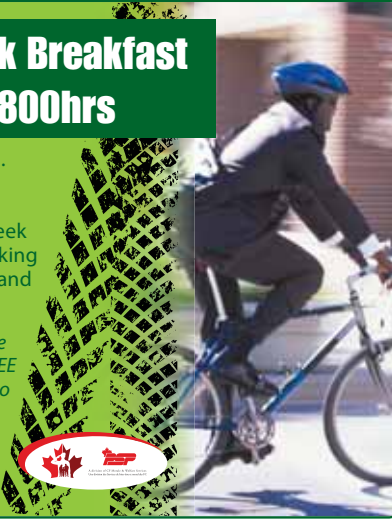
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**Bike to Work Week Breakfast**  
May 27 - 0615 - 0800hrs

Bike to work week is May 25-31. Register yourself or a team at [www.biketowork.ca](http://www.biketowork.ca). Then stop by the Bike to Work Week Breakfast in the Naden CANEX Parking lot for coffee, hot chocolate, fruit and muffins on May 27.

Velofix will be there with their mobile bike repair truck and will provide FREE inspections and small adjustments to your bike. Make sure to stop by!



**Activity GUIDE**  
Make the most of life on the island  
Summer 2015 issue NOW AVAILABLE at all PSP and MFRC outlets

**98.5 Ocean**  
Victoria's Perfect Music Mix

**Twenty SHADES OF May**

Mayfair Optometric Clinic  
Maui Jim  
BCFerries Vacations

**CFB ESQUIMALT NAVAL & MILITARY MUSEUM** *The history of Canada's Navy & Military on Canada's west coast*




**CELEBRATE**

**We're turning 30 years old!**

**HAPPY BIRTHDAY**  
**30**  
Years  
**CFB ESQUIMALT NAVAL & MILITARY MUSEUM**

**July 4, 2015  
Birthday Party!**  
10 a.m until 5 p.m.

- Historical re-enactors
- Children's games
- Brand new gallery OPENING!
- Food trucks
- Cake and heritage tea service
- Exhibitors that will inform and entertain you. **Don't miss out!**

For more information see our website at [www.navalandmilitarymuseum.org](http://www.navalandmilitarymuseum.org)  
Like our Facebook page or call us at 250-363-4312 or 250-363-5655

# MILITARY WIVES

EARN A FEW EXTRA DOLLARS  
OR A  
**BIG PAY CHEQUE**  
and  
STAY AT HOME WITH YOUR KIDS

## A BUSINESS YOU OWN TAKE IT WITH YOU ANYWHERE / ANY POSTING

Less than \$100 investment to start

**LEARN MORE FROM A RETIRED MILITARY WIFE**  
The Royal Canadian Legion Boardroom  
622 Admirals Road

**10:00 AM - Tuesday May 26, 2015**  
or  
**7:00 PM - Tuesday May 26, 2015**  
Refreshments served

**LIMITED SEATING  
RSVP REQUIRED  
CALL PATRICIA  
250-889-4348**

# Base Annual Commander's golf tournament

**Registration open! Get your tickets now!**

**Thursday June 25, 2015**  
**Olympic View Golf Club**  
643 Latoria Rd.

**\$90 Regular**  
**\$100 Ordinary**  
**\$115 Associate (incl. tax)**

**Includes: Dinner & Cash Bar**  
**Door prizes to be WON!**

**TICKETS available at the Naden Athletic Centre Kiosk**  
Limited spots so don't delay! Call 250-363-5677  
Noon Registration - 1:30 p.m. Shot Gun Start  
**BURGER BAR \$15 (incl. tax)**





## Want to increase your fitness levels or prepare for an upcoming FORCE Test?

FORCE PT will prepare you through a variety of training techniques focusing on cardiovascular, core and muscular strength/endurance. Emphasis is on functional movement.

**All fitness levels are welcome!**

Monday - Thursday 0700 - 0745 at the NAC  
& Monday - Friday at Dockyard Gym  
FORCE Familiarization Fridays 0700-0745 at NAC