

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

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Lisa deWit (left) and Lynn Goodman from Formation Review pose with their unit's Minion-themed Christmas tree at Nelles Galley. Stuart takes his rightful place as the tree topper. Dozens of trees are being decorated across the base as part of the second annual Formation Tree Decorating Contest. Trees will be judged in three categories the week of Dec. 14 by a group of "experts." More information is available on page 8 on how to reserve your tree.

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Tasty way to raise funds - cadet unit cook-off

Rachel Lallouz
Staff Writer

Every flat surface in the Regional Cadet Support Unit Pacific's office was filled with plates of dip, steaming entrées, and trays of desserts for the annual charity cook-off on Friday, Nov. 27.

Employees were invited to enter an appetizer, side, main, dessert, or non-alcoholic beverage. Those who entered paid fee of \$2 to participate in the annual Government of Canada's Charitable Workplace Campaign fundraiser. Employees looking to do more tasting rather than cooking were invited to donate \$10 to sample the spread, buffet-style.

"We just wanted to gather as much money as possible, and the event helps with the morale of the unit overall," says Jennifer Stewart, event organizer. "Plus it's just good food for everyone to enjoy."

Tasting and judging the cuisine were Rear-Admiral Gilles Couturier, CPO1 Mike Feltham, and 14-year-old foodie Aiden Matheson.

Equipped with a scoring sheet, judges ranked each dish from the weak score of



Judge Aiden Matheson (left) samples the appetizers alongside Rear-Admiral Gilles Couturier at the cadet unit cook-off.

one to the perfect score of five. Scoring decisions were based on three criteria: presentation and general impression, composition and harmony of ingredients, and creativity and originality of the dish.

Top winners in each category were: Sub-Lieutenant Walter Hauser for his appetizer of pulled pork simmered in three different sauces; CPO1 Will Slater for his sweet potato pie; and Commander Andy Muir for his entrée of curried chicken. Lieutenant Jennifer

Donner's mint chocolate chip cheesecake won the dessert category while Capt Dustin Matheson's fruit surprise took the drinks category.

First place winners received a bib fit for a true gourmand, while second and third place winners were awarded a wooden cooking spoon. A total of \$200 was raised.

"It's special because everybody loves food, and it just gets us all together," says Stewart. "It's just a great excuse to support charity."



Cdr Andy Muir won first place in the entrée category with a chicken curry that included "items found in the RCSU fridge."



Photos by Rachel Lallouz, Lookout
SLt Walter Hauser won first place in the appetizer division with Pulled Pork Three Ways. A chef in a former life, Lt Hauser is always the one to beat in the annual cook-off.

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Rachel Lallouz, Lookout

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MOUSTACHE EARNS CASH FOR CHARITY

Rachel Lallouz
Staff Writer

Senior Hull Technician, Petty Officer First Class (PO1) Yannick Gagné had good reason to victoriously shave off his moustache on Nov. 26. He recently spent all of "Movember" raising funds on board his ship, *HMCS Vancouver*, in aid of the Prostate Cancer Support Association of Victoria. He was able to raise a total of \$2,700 in the span of one month.

"Why not do this if you can?" asks PO1 Gagné. "It's fun and easy to grow your moustache and it feels amazing to do this for a good cause."

He has been participating in Movember for the

past four years. But last November while deployed in *Vancouver*, he decided to walk around the ship requesting donations. With the aid of his fellow crew members, he raised over \$800.

"This year, I decided to do it again, but with the help of the ship's senior clerk who arranged to have people sign off a donation from their pay," he says. "The spirit while at sea is really positive. People are willing to help out and give what they can."

He thanks all the men and women on board *Vancouver* who opened their wallets to support the cause, and plans on continuing Movember at the base for a fifth year.



Senior Hull Tech, PO1 Yannick Gagné was able to raise \$2,700 for the month of "Movember".



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WHAT SAY YOU

People Talk

On assignment at the Regional Cadet Support Unit (Pacific) Cook-Off Lookout posed this question to tasters and cooks:

What is your favorite winter holiday treat and why?



Shrimp rings, because you can just thaw them and eat.

Capt Dustin Matheson,
Operations and Training
Support Officer



Tourtière – meat pie. It's a family tradition from Quebec.

LS Debra Dompierre,
RMS Clerk



Gingerbread houses! Because they have sugar.

Erika Aimée Poteous,
Taster



Leftover turkey dinner. There's no hustle and bustle with it.

Lt(N) Kevin Eames,
Deputy Regional Cadet
Water Operations Officer



Cheeseballs. They remind me of a nice family Christmas.

Capt Quinn Stevens,
Contracting Officer



WHAT SAY WE

From Syria to MARS

ASLt Uzi Kamal
HMCS Prevost

When I was four years old my parents made the decision to leave Syria and find a safer place to raise my brother and me. It was the early 90s and they were searching for a home where they wouldn't be afraid; a place where the government treated people with respect and dignity; a place where their children could grow up with the right to speak freely, to have the ability to cast a vote and the freedom to practice their own religion.

Time and again Canada was suggested and recommended. They heard it was a place that was safe, where they could live without fear while seeing their boys educated without discrimination. With great courage they left, and found Canada to be everything they hoped for in a new home. Today my father is a very proud Canadian, and life in Syria is but a distant memory.

As I grew up, my parents regularly reminded me of the privilege I had of being raised in Canada. The peace and comfort that it provided our family was not something they took lightly. It was this ingrained appreciation that made me want to give back to this extraordinary place.

In 2012 I joined the Royal Canadian Navy

at HMCS Prevost, the Naval Reserve Division in London, Ontario. My parents were incredibly proud and extremely supportive.

It was not long afterwards that I experienced my introduction to the Canadian Armed Forces while doing basic officer training at CFB Esquimalt in Victoria, B.C. My acceptance in the group was without question. Whether I was born in Syria or Saskatoon made no difference, I was treated like everyone else. The leadership, discipline and respect that was demanded and given has made an indelible impact on me. Today, some of my closest friends are those I met during basic training.

As a Maritime Surface and Sub-surface Officer (MARS) in training, I fell in love with the ocean and the West Coast.

Standing on the bridge of an Orca during my MARS 2 and 3 courses was magical. I was intrigued with how we were taught to navigate in the open water, how to read and use paper charts, and how to recognize other vessel's lights at night. I particularly enjoyed serving as officer of the watch whenever we were at sea, and I will cherish these memories every day of my life.

Today, I have embarked on another career. I am in my second year studying to be a doctor of dental medicine. I find myself constantly



ASLt Uzi Kamal, HMCS Prevost

applying what I learned on the bridge to what I do in the clinic or in the operating room. The skills and training that I learned in the navy have not only made me a stronger individual, but also a leader amongst my peers.

Regardless of what my future holds, in my personal life or professional career, my experiences in the Canadian Armed Forces will always be a part of the stronger person I am.

I will always love and serve Canada for the safe-haven, home and opportunities it gave this one small Syrian child.

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From the GCWCC Chair: the final push

Greetings to all!
Here it is the first week of December and many are starting to think about the upcoming Christmas and holiday season. Before this busy time consumes us all, I want to take a moment to touch base with you about our charitable campaign.

By now most of us have held our kick off events, many of which have been wonderfully innovative and have included heartfelt talks from our co-workers.

It is quite likely that you have also been canvassed by your unit campaign rep.

I would like to personally thank you for your participation – whether as a volunteer, an attendee at fund raising events or of course as a pledge donor. Our goal, as always, continues to be 100 percent canvassing while also focusing on providing information and addressing your questions about the campaign.

If you have not yet been approached by a campaign rep and wish to complete a pledge form, please contact

your unit rep, or the campaign office at 3-2595.

Recognizing that times are challenging for all of us in many different ways, I ask you to think about those in our local communities or social groups that are facing greater adversity and could benefit from a little extra help.

Your assistance can make a huge difference for our neighbours, acquaintances or that 'friend of a friend' who may be currently struggling.

To date we have approximately 500 individual pledge donors across the Formation. If we were able to find 500 more donors within our family of 5000+ military and civilian personnel, and each of them committed to just \$5 per pay, we would raise an additional staggering \$60,000 for the charities of choice (remember that your GCWCC team will assist you in designating to your preferred charity).

The real power is not in how much you can give, but in how many of us can

participate.

My challenge to you today is to find a friend, a co-worker, who will donate with you and become one of our next 500 pledge donors before the Christmas break.

Reach out to your unit campaign coordinator and take another look at the flexible options and wide range of charities and health partners that YOU can select from.

Thank you again for all that you do for each other, and for your communities, whether locally or across our great nation. You truly are inspiring!

Bonjour à tous !

Nous en sommes maintenant à la première semaine du mois de décembre et plusieurs d'entre nous commencent déjà à penser au temps des fêtes qui approche. Avant que ce

moment occupé de l'année nous absorbe tous, j'aimerais prendre un moment pour faire le point avec vous concernant la campagne de charité.

La plupart d'entre nous avons déjà tenu nos activités de lancement dont plusieurs ont été innovatrices avec parfois les témoignages touchants de certains collègues. Il est possible aussi que vous ayez été sollicité par votre représentant d'unité. J'aimerais vous remercier personnellement de votre participation que ce soit en tant que bénévole, participants à une activité de levée de fonds ou en tant que donateur. Comme toujours, notre but est d'atteindre l'objectif de sollicitation de 100 pour 100 tout en offrant de l'information sur la campagne et en répondant à vos questions. Si vous n'avez

pas été sollicité que vous souhaiteriez remplir un formulaire, veuillez contacter votre représentant d'unité ou le bureau de la campagne de charité au 3-2595.

Je comprends que les temps sont durs et nous affligent tous de différentes façons, mais rappelons-nous qu'ils peuvent l'être encore davantage pour d'autres personnes de la collectivité ou certains groupes locaux, qui tireraient grand parti d'un peu d'aide. Votre appui peut faire une différence énorme pour un voisin, une connaissance ou l'ami d'un ami qui éprouve des difficultés. À ce jour, nous avons amassé environ 500 promesses de dons dans toute la Formation. Si 500 autres membres civils ou militaires de notre grande famille de plus de 5 000 membres faisaient un don de 5 \$ par jour, nous pourrions accumuler 60 000 \$ de plus pour des œuvres de charité de VOTRE choix (souvenons-nous que l'équipe de la CCMTGC s'assure de remettre vos

dons aux organismes de votre choix). Le poids de notre contribution réside véritablement dans le nombre de donateurs, et non dans le montant que chacun donne.

Le défi que je vous lance aujourd'hui est de trouver un ami ou un collègue qui comptera parmi les 500 prochains donateurs avant le congé des Fêtes. Prenez contact avec le coordonnateur de la campagne de votre unité et découvrez toutes les façons dont vous pourriez donner et le vaste CHOIX d'organismes de charité et de partenaires santé à qui vous pouvez donner. Je vous sais gré de tout ce que vous faites les uns pour les autres et pour vos communautés, ici ou ailleurs au pays. Votre générosité est source d'inspiration!

Capt(N) S.M. Waddell
Commander CFB
Esquimalt I Commandant
du BFC Esquimalt



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MPs launch auto-theft prevention campaign

LS Andrée Noye
Community Relations
MPU Esquimalt

In view of recent events where vehicle-related thefts have been reported to Military Police Unit Esquimalt, patrol personnel have noticed that many occurrences could have been prevented. After a decade of consistent decline, auto crime is once again on the rise in B.C. According to police data, vehicle thefts increased by 31% and vehicle break-ins by 17% in 2014.

Hence, the MP Unit will be launching a prevention campaign "Lock-Out Auto Crime" during the upcoming weeks. MP patrols will operate in parking lots and other areas to increase awareness of auto crime. They will fill out auto crime prevention notices and leave them on the windshield of each vehicle. It's a great way to remind drivers of the simple steps they can take to reduce their risk of being an auto theft victim.

Indeed, people wandering the streets where you live may be checking to see if you left your car unlocked, and then stealing the contents inside. These

crimes are committed by a wide range of people, from teenagers to transient people and others looking for spare change or something they can sell at a pawn shop.

The majority of these crimes have occurred because the victims have left their cars unlocked when unattended. This leads to other crimes of opportunity including car theft, vandalism and identification theft, which can start with theft of your car insurance papers.

According to the Integrated Municipal Provincial Auto Crime Team (IMPACT) of British Columbia, the top 10 items most popular items stolen from vehicles are:

- Smartphones
- Personal electronics - tablets, laptops, iPods, GPS
- Work tools
- Credit cards and identification
- Stereo equipment
- Cash and change
- Car parts and accessories
- Garage door openers
- Sunglasses
- Keys

By following these simple tips you can reduce your risk of becoming a victim:

- always lock your doors and close your windows whenever you are not using your car. This will deter most thieves, although some will still break in if they see valuables.
- remove or hide all valuables inside your car. Never leave anything in view when you leave your car, even loose change, cigarettes, cigarette lighters, sunglasses, cell phones, stereos, cameras, and clothing. If they can see it, they can steal it.
- park your vehicle in a well-lit area or park your car in area with a motion sensor light that will activate whenever someone approaches your car.
- The use of a Hide-a-Key is highly discouraged. If you think it's impossible to find, it isn't. Thieves know all the places to check.
- If you see strange people in your neighbourhood who look like they are acting suspicious, contact your local police immediately. For all inci-

dents on DND property, contact Military Police Unit Esquimalt at 250-363-4032 or 911 in case of an emergency. Do not confront suspicious persons as they may be dangerous.

Since vehicles are expensive items, consider the installation of a car alarm if your vehicle is not so equipped. Other after-market vehicle anti-theft devices include:

Mechanical immobilizers / steering wheel locks. These are relatively cheap and easy to install.

Electronic Immobilizers. Many modern vehicles come standard with car keys and fobs that protect their cars via electronic immobilizers. Car thieves often avoid cars with electronic immobilizers.

Kill Switches: These anti-theft devices can be activated to shut down part of the engine's electrical system. Popular models kill the fuel or starter system via a wireless transmitter. Other ignition kill switches are activated the moment a car is locked and cannot be deactivated until a series of tasks are completed.

Vehicle Tracking: One of the least expensive forms of vehicle tracking is "Vehicle Information Number (VIN) etching. Every vehicle has a unique, 17-digit serial number assigned to it called a "VIN". The VIN will be on the car's title, on the dashboard (driver-side), and on your insurance and registration cards. Most professional car thieves steer clear of etched vehicles because of the expense in replacing and disposing of VIN-coded glass.

Hood locks: hood-locks help block access to the battery and deter thieves who sell cars off for parts.

By following these steps not only will you reduce your chance of becoming a victim, you will also make your neighbourhood safer. If you don't make it easy, they won't come around because they know it will not be worth their time or effort.

If you have any information to help with the apprehension of any individuals that may have participated in such activities, please contact the Military Police at 250 363-4032 and if you wish to remain anonymous, contact our TIPS LINE 250 363-TIPS (8477).

crime prevention notice

A police officer or community volunteer checked your vehicle as a potential target for auto crime.

LOCATION: _____
DATE: _____

Here's what we noticed:

1. Does your vehicle have an anti-theft device (such as an alarm, immobilizer or steering-wheel lock)?
Yes No
2. Are there any personal belongings in plain view?
Yes No
3. Is your vehicle locked?
Yes No
4. Have you taken all suitable steps to prevent auto crime?
Yes No

Comments/suggestions:

Auto crime prevention tips:

- Secure your vehicle every time you leave — day or night.
- Keep your spare key in your wallet, not on the vehicle.
- Remove all your belongings.
- Don't leave anything in view, including spare change.

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Defence Minister wraps up Kuwait visit

DND

Defence Minister Harjit S. Sajjan wrapped up a visit to Kuwait Nov. 30 where he met with Canadian Armed Forces (CAF) personnel currently deployed in the region as part of Canada's contribution to the multinational Coalition against the Islamic State of Iraq and Syria (ISIS). Minister Sajjan used the occasion to pay tribute to the troops, thanking them for their dedication and service.

While in Kuwait, Minister Sajjan also met with his counterpart, His Excellency, Sheikh Khaled Al-Jarrah Al-Sabah, and other senior officials. During their discussions, the Minister underscored Canada's ongoing commitment to working with allies and partners to counter global terrorism, and

expressed his appreciation to Kuwait for hosting Canadian Armed Forces personnel engaged in the campaign. This support is vital to the mission.

"Over the past few days, I have had the pleasure of meeting with allies and partners in both Jordan and Kuwait to discuss cooperation on a number of pressing global security and humanitarian issues. I was pleased with the positive exchange of ideas and expressed Canada's on-going commitment to working with coalition partners to counter the ISIS threat, as well as Canada's efforts to resettle 25,000 Syrian refugees from the region as quickly as possible."

Canada joined the multinational Coalition against ISIS in 2014 in an effort to help bring security and stability to Iraq and the region. Canada has been and continues to be an important

contributor to this international effort.

Canada currently has approximately 600 CAF personnel deployed to the region as part of Joint Task Force-Iraq (JTF-I), which supports coalition efforts to degrade ISIS. Canada's military contributions include:

- approximately 69 personnel working in an advisory and assistance role, providing strategic and tactical advice to Iraqi security forces;
- planning and liaison personnel working with the U.S. and other coalition partners;
- command and control, and logistics; and
- an air task force.

This is Minister Sajjan's first visit to the region since becoming Minister of National Defence.



Photos by Sgt Yannick Bédard, CF Combat Camera
The Honourable Harjit Singh Sajjan, Minister of National Defence, during a visit to Jordan Nov. 29.



A member of UNHCR working in Syria gives a tour of the refugee camp (pictured below) to the Honourable Harjit Singh Sajjan, Minister of National Defence (left), the Honourable John McCallum, Minister of Immigration, Refugees and Citizenship and the Honourable Jane Philpott, Minister of Health.



Message from the Admiral regarding refugees

Team,

As part of ongoing prudent planning, Joint Task Force Pacific (JTFP) has been monitoring the situation as it unfolds, and has maintained regular contact with other CAF units throughout BC, along with Federal and Provincial organizations to ensure we are able to respond should a request for support be received.

Although contingency plans will be continually updated and refined, there is currently no plan to house refugees within DND properties located in B.C.

Should this need arise, the contingency plan that has been developed will not directly impact JTFP current operations or the ability to Force Generate capability.

Furthermore, although some accommodations on DND property within JTFP may be considered should contingency plans need to be activated, there is no intent to use PMQ housing or any form of re-purposed facility (gyms, MFRC etc) to support refugee housing needs. However, personnel currently living in quarters on base may need to be consolidating into fewer locations to facilitate accommodations, but the impact will be minimized.

Any indications of a change in the current plan will be communicated soonest.

Rear-Admiral / Contre amiral G. Couturier
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MARPAC Image tech's work honoured

DND

Bravo Zulu to Master Corporal Michael Bastien, who goes above and beyond as an Imagery Technician at Maritime Forces Pacific.

Thanks to his outstanding imagery and dedication to his trade, MCpl Bastien has won the inaugural Military Photographers Achievement Award in the Canadian Armed Forces Photo Contest.

This new award recognizes the technical quality of

an individual photographer or videographer's work, and highlights the personal qualities – the hard work and dedication behind the scenes that go into consistently producing evocative imagery for the CAF.

MCpl Bastien is seasoned in the art of acquiring and using still and motion imagery to support operational planning, public affairs, and countless other requirements during crises, contingencies and exercises.

He has deployed on

operations several times as an image tech, including on Operation Reassurance in 2014 on board *HMCS Regina*. He used his time at sea to compose some amazing operational shots, a number of which won awards – both at previous CAF Photo Contests and in the 2015 Canadian Community Newspaper Awards.

His skill and artistry in telling a story through the camera lens has led to his images regularly appearing in newspapers across the

country.

Called a natural leader by his unit, MCpl Bastien consistently takes the opportunity to mentor and coach less experienced colleagues about new equipment and techniques, while continuing to work on his own professional development.

Thanks to his extensive experience and talent at capturing the commitment of the men and women who serve Canada, he's proven to be an effective ambassador for Canada's military.



MCpl Michael Bastien was honoured Nov. 25 for his outstanding photography with the Military Photographers Achievement Award, part of the Canadian Armed Forces Photo Contest. Pictured here: BGen Marc Theriault; BMO representative, Rick Campagna; MCpl Bastien; and Vice Chief of the Defence Staff, LGen Guy Thibault, at the Canadian War Museum.

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Trees can be decorated from Dec. 1 - 11 with judging taking place by a select panel of "holiday experts" during the week of Dec. 14.

Winning teams will be notified by email.

Women, girls can take to the sky and discover no limits



Photo Dennis Ducklow

A participant at The Sky's No Limit – Girls Fly Too! 2015 event at the Abbotsford International Airport discovers a helicopter cockpit.



Photo Dennis Ducklow

Female firsttime fliers revel in the amazing experience they just had at 2015 The Sky's No Limit – Girls Fly Too! at the Abbotsford International Airport.

Rachel Lallouz
Staff Writer

Over 15,000 participants are expected at the Abbotsford International Airport between March 12 and 13, 2016, for "The Sky's No Limit – Girls Fly Too!": the world's largest outreach event of its kind to address gender balance in aviation, aerospace, marine and defence. For two days, 10 helicopters will fly hundreds of female first-time fliers of all ages in an effort to pique their interest in these industries.

"The event employs a hands-on approach to capture the attention of a missing female demographic," says Kirsten Brazier, founder of the event. "We aim to address gender and cultural diversity in aviation, aerospace, and marine and defence."

Despite female recruiting efforts in these fields, Brazier says the number of women in technical and top executive or command areas remains low. Out of the 24,505 professional pilots in Canada, only 1,356 are women. The 19,601 aircraft engineers in Canada are comprised of only 560 women. In the Canadian Armed Forces, less than 15 percent of the technical or top command positions are women.

Brazier, a veteran pilot with over 23 years of experience, says when she began flying as a bush pilot in her early twenties in the 1990s, she realized female pilots and aircraft engineers were glaringly absent.

"I decided right away that more women were needed, and that I needed to do something to help change that," says Brazier.

Her opportunity to initiate change came in 2012 when she was flying helicopters in Yellowknife for a commercial operator. Brazier suggested to her

supervisor that she set up an event to fly a group of women and girls for free in support of the week of International Women's Day.

"I suggested to him that I pitch his clients for the financial support, and with his blessing I began knocking on doors. My original plan was to fly 50 girls. In just over a week I had enough money to fly 500."

But Brazier wasn't able to find 500 girls willing to try flying, and had to settle for 421 first-time fliers. The number still set a world precedent. The following year, Brazier flew 681 women and girls.

After moving the event to Langley in 2014, she was able to grow its popularity with access to more amenities and assets. Last year, she says, 1,310 females were flown. In 2015, they flew 1741 females of all ages. In 2016 Brazier is aiming to fly 2,500.

"When you come to our event, we don't try to recruit you into the industry by passing out colorful brochures," she says. "We put the tools in your hands, or we send you flying. You get to sit in the aircraft, move the controls, and talk to the flight crews."

"It's the engagement with our visual or hands-on demonstrations that makes the experience so meaningful," she adds.

She firmly believes that nothing speaks to a person quite the same as taking them for their first flight in a small aircraft.

"We don't expect all of these women and girls to become pilots," she says. "We just want to wake them up to the opportunity."

Brazier says she remembers her father and uncle taking her to the Abbotsford Air Show every year as a little girl.

"But many families might not think to take

their little girl to an airshow," she says.

Even with her family's support, Brazier's path to aviation was far from idealistic.

"I've flown small, rust-crappy bush planes in -40 to +40 weather in adverse conditions. I've had engine failures, a fire. But even on the worst days I love it."

What spoke to Brazier about flying wasn't that she could someday end up with a glamorous job as an airline pilot, but that the aviation industry works well for people who thrive on challenge, and there are many opportunities out there to choose from.

"I know, though, that women won't be inclined to join this industry if they don't see other women successfully doing these careers," says Brazier. "Our events gives women that exposure to these fields."

The event is free for everyone (male and female) thanks to community minded partners, and no registration is required to attend. The free flights are reserved for female first-time fliers of any age and pre-registration is required for the flights. Please visit www.girlsfly2.ca for more information and to register.

Participants are also encouraged to try their hand at the many aviation, aerospace, marine and defence activities available. Civilian and non-civilian agencies will be present with aircraft and ground support and tactical vehicles to explore.

This year, Brazier is looking for financial partners and volunteers of any age, ability, or gender to help. She is also seeking donations through a Go Fund Me campaign to help compensate the months of unpaid work she completes to organize the event. For more information on how to volunteer or donate, visit www.girlsfly2.ca

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Bay Street Armoury CENTENNIAL

Bay Street Armoury Centennial Open House In Celebration of 100 years. 5th(B.C.) Field Regiment, Royal Canadian Artillery, and the Canadian Scottish Regiment (Princess Mary's) celebrated the role of this national historic site Nov. 22.

Photos by MCpl Michael Bastien, MARPAC Imaging Services
The Honourable Judith Guichon, Lieutenant Governor of British Columbia, addresses the audience during the Bay Street Armoury Centennial Ceremony in Victoria, British Columbia on Nov. 22.



A Bay Street Armoury Centennial cake was made for the special event.



Captain (Navy) Steve Waddell, Base Commander, talks with Tony Austin who is wearing a Royal Flying Corps uniform



The Royal Regiment Canadian Artillery Band performs at the ceremony.



Cadet Howie Lo looks at a display.



Master Corporal Robert Chalmers demonstrates a Colt Canada C7A2 rifle to Jasper and Casson.



Sergeant Bill Coleswebb talks about the Indirect Fire Training with a visitor.

Book aids families, children of first responders

Rachel Lallouz
Staff Writer

Parents who are first responders know firsthand how difficult it can be to arrive home at the end of a stressful or even traumatic day, and communicate to their children why they may be acting quiet or sad.

Dr. Susan Hunt, a clinical psychologist who works with many first responders and their children in her private practice in Maple Ridge, B.C., has written two children's books designed to open communication between the first responder parent and their child or children.

The colorful and visual "A Hero Lives in My Family: A Story for Kids of First Responders" tells the story of a Helping Hero, explaining in a positive way the thoughts and feelings the Helping Hero has after a long day's work.

Her second book, the "Heroic Families Workbook: For First Responders and Their Families" is an interactive, fun-filled guide that supplements the first book and is meant to be worked on cooperatively by both

parent and child.

"We know the trauma and stress first responder parents experience can trickle down to their children," says Dr. Hunt. "So it is necessary this stress be addressed in a child-friendly way to strengthen the family unit."

Throughout Dr. Hunt's 18 years working in the mental health field, she has focused on the emotional care of first responders because of her own personal ties to those who work in responder jobs.

"I grew up in a first responder family: my mother is a retired nurse, some aunts and uncles are police officers, my grandmother served in the Canadian Women's Army, my Great Uncle was a Flight Lieutenant in the Canadian Army, my mother-in-law is a retired nurse, and my father-in-law was a member of the RCMP" she says. "Also, my brother is a police officer, and my sister and sister-in-law are both nurses."

Her husband currently works as a police officer, and it was in raising their two children that she began to question whether they

understood the emotional demands of her husband's job.

Her psychological work with the children of military members, paramedics, fire fighters, nurses, and police officers helped her realize children and families need to be educated and supported.

"I noticed a bit of a gap in my practice and in my own kids as well. When my husband would come home from work after experiencing something pretty negative, I had to wonder, did they understand why he was quieter today?"

She sat down in September of 2014 and wrote the books, and in a bow of respect to first responders, released them on Sept. 11, 2015.

"The goal is to have the parent and child be able to discuss various thoughts and feelings in relation to the parent's job as a Helping Hero or emergency service provider," says Dr. Hunt.

The accompanying workbook provides hands-on positive thinking strategies, strength building activities, and basic relaxation techniques both the child and parent can learn and practice

together.

The workbook is based off the Cognitive Behavioural Theory (CBT) model, an evidence-based psychological treatment strategy aimed to help alleviate mental health challenges such as anxiety, depression, or post-traumatic stress disorder (PTSD).

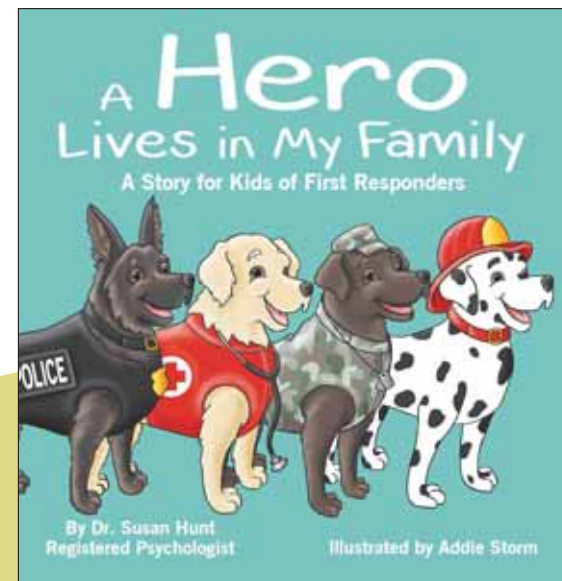
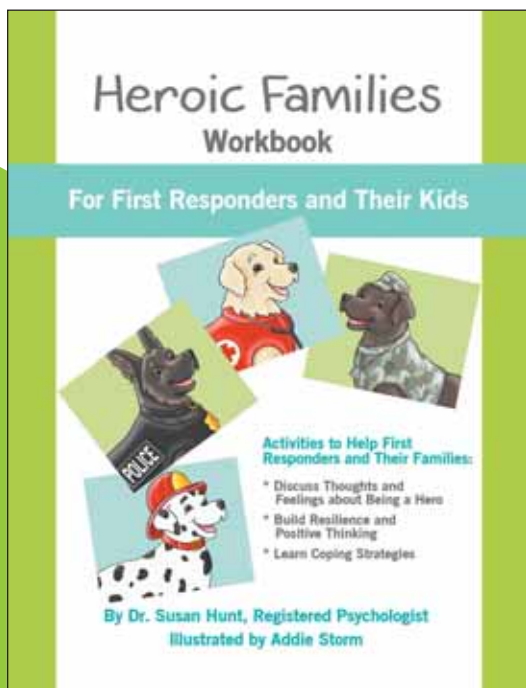
For military first responders, Dr. Hunt says the day-to-day work activities or long periods of deployment can result in depression, trauma, stress, or anxiety in the serving parent.

"Establishing those child-appropriate lines of communication is crucially important for the military first responder family to be as healthy and strong as possible," she says. "Ultimately, we want the first responder family to be resilient."

To purchase books from Dr. Hunt's Kids Hero Series, visit Amazon.com and order online. For departments or organization seeking to make larger orders, email info@kidsheroseries.com. More information about Dr. Hunt's clinical practice or her book series can be found at www.drsusanhunt.com or www.kidsheroseries.com



Dr. Susan Hunt, Clinical Psychologist and author of "A Hero Lives in My Family: A Story for Kids of First Responders" and "Heroic Families Workbook: For First Responders and Their Families".





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Blast research helps protect divers

Karen Shewbridge
DRDC

Defence Research and Development Canada (DRDC) scientists and technologists recently collaborated on a series of international underwater trials in the Bedford Basin in Halifax, Nova Scotia. The trials provided data that could save the lives of Royal Canadian Navy (RCN) divers and ensure they remain at a safe distance from underwater explosives.

The international trials collected underwater acoustic sound and blast pressure data using low-weight explosive charges in a coastal environment close to the shoreline. The collaborative experiment drew upon the expertise of DRDC research teams and specialized diagnostic instrumentation from DRDC Research Centres across Canada.

"The Bedford Basin offers near perfect conditions for researchers to carry out

trials like these," said Dale Reding, DRDC Director General Science and Technology Air Force and Navy. "We collected critical data about how underwater explosions close to shore can impact the human body and how far divers should be from an explosive device for safe diving operations."

DRDC's battery-powered data acquisition system (DAQ) is specially designed to gather blast data autonomously. The DAQ continuously monitored its GPS time and location and communicated wirelessly with the scientists.

Highly sensitive underwater sensors measured underwater explosions in a real environment. The gauges and autonomous data recording devices included a synthetic human head, which was suspended beneath the boat and exposed to the blast wave.

The data from the head provides insight into a diver's susceptibility to head injuries and the biological

effects of underwater blasts on the body.

The data from this unique trial will be used to validate computer models, ensure a better understanding of underwater blast effects on humans and will generate more accurate standoff ranges for divers who perform underwater operations in the vicinity of explosive devices.

"It is critical that divers be able to operate safely, notwithstanding inherently dangerous combat and operational environments," said Rear Admiral John Newton, Commander of Maritime Forces Atlantic and Joint Task Force Atlantic. "Refining our knowledge of safe stand-off from underwater explosions influences operational planning, tactical development and training doctrine. This is part of our ongoing modernization of operational capabilities that must be adjusted to keep pace with the evolution of maritime operations."



Tracey Robertson, Creative Services Photographer, DRDC Atlantic

Research trials aim to protect divers from underwater blasts.

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New transition program sees first group move on to life outside the military

Rachel Lallouz
 Staff Writer

After 34 years in the military, Health Services Operation Officer Lieutenant-Colonel Joane Simard decided she's ready to make the leap into civilian life. To ease the switch, she completed the Military Family Resource Centre's (MFRC) pioneer transition program, Good to Go in June. The program was made possible with funding from True Patriot Love Foundation.

"I originally saw the process of leaving the military quite daunting, and very lonesome, even though military members are always transitioning in their posting moves," she says, having been posted 17 times in her career. "But there's always a sense of community and support. You make friends easily."

She opted to leave her beloved role in the military after she was notified that her next posting would be in Montreal. Deeply connected to the lush natural landscape of Vancouver Island, LCol Simard recognized the moment had come to make a life-altering decision.

When she spotted a poster up in her unit advertising the first Good to Go program, she signed up immediately.

"My entire adult life was spent in the military, and it is a huge part of my identity," says LCol Simard. "I've given all my life to the military, so everything beyond that was the unknown."

For military members facing the unknown following a medical release or decision to leave, Good to Go is a three-week (part time) group discussion and activity-based program that helps members emotionally transition into civilian life. It focuses on building resilience in the releasing members.

"The program is built into three sections: during the first week we look at our past accomplishments and military career, during the

second we examine where we are in the present, and in the last week, we build a positive perspective for our future," explains LCol Simard.

Upon entering the program, LCol Simard says she felt a slight wariness and trepidation.

"But I knew I needed some support and guidance moving through the anxiety I felt about the future," she says.

For two days a week, eight hours a day, LCol Simard and five other releasing members completed introspective exercises led by Pauline Sibbald, a social worker at the Esquimalt MFRC, and Dr. Anne Irwin, a social and military anthropologist. All exercises were designed to help the releasing members with emotional closure.

In one exercise, LCol Simard describes making an "I"-movie trailer on an iPad. In 1.5 minutes, she defined her 34-year career through a compilation of pictures and text.

"Doing that one particular exercise allowed me to understand why I joined the military, what I accomplished in my career, and what my legacy will be," she says.

In another exercise, participants were asked to identify any regrets they had relating to their military careers. Once transcribed on slips of paper, their regrets were burned.

"It was symbolic," says LCol Simard. "That really helped me take my regrets and sadness associated with them and close the loop."

In the positive, safe, and accepting environment, LCol Simard says the small group was able to openly discuss and share their experiences.

"Though we would emotionally process individually, we assisted one another in working together to complete activities or provide support," she says.

Despite a wide range of ages, experience levels, ranks, reasons for leaving the military, LCol

I knew I needed some support and guidance moving through the anxiety I felt about the future.

LCol Simard,
 Program participant

Simard says she felt as though she wasn't leaving alone.

"It's like we were being accompanied through the loss process without it being a teary thing."

But in order to make the most of the program, LCol Simard recommends fully letting oneself go and giving in to the exercises, which she admits can be challenging.

"The success of the program lies in its ability to allow us to be vulnerable. I got so much out of it because I was willing to 'play' and this allowed me to truly partake in the exercises, and feel transformed at the end of it," she says.

Now, six months out of Good to Go, and with only a couple of months left in the military, LCol Simard is looking forward to the next chapter in her life.

"The program changed that daunting perspective of the unknown to realizing what I've accomplished, what my career has provided me, and has given me ideas for how I will be able to take my skills and transform them into the next phase of my journey," says LCol Simard, who envisions a civilian career where the competencies she developed as a military member will continue to flourish. "I'm looking forward to my 'what's next' now."

The next Good to Go group is currently underway with seven participants. The next intake will be in spring 2016. Contact the MFRC at 250-363-2640 for more information.

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Grey Cup rivalries, on land and at sea

A/SLt Kyle Reed
MARPAC PA Office

As soon as *HMC Ships Ottawa* and *Edmonton* discovered their namesake city teams, the Ottawa RedBlacks and the Edmonton Eskimos, would be opponents for the 103rd Grey Cup, the rivalry erupted between the ships.

In the days leading up to the big game, there was the expected banter and bickering as the ships' crews expressed support for their teams.

To make the rivalry official, the ships' Commanding Officers exchanged messages predicting each other's demise and agreeing to terms on a bet.

The bet demanded the losing team hoist the winning team's flag for a 24-hour period after the game. If that weren't enough, on

the Friday before the game, *Edmonton* sailed closely past *Ottawa* with the Edmonton Eskimos flag flying proudly, while *Ottawa* crew members had their own RedBlacks flag on display.

If such a relationship between two ships and their respective CFL teams is surprising, it shouldn't be. The Royal Canadian Navy (RCN) and their respective namesake city's CFL teams have shared a close relationship for decades, and the hoisting of the opposing team's flag is a common tradition.

The RCN even won a Grey Cup back in 1944 when HMCS Donnacona defeated the Hamilton Wildcats 7-6. Last year, sailors from HMCS Vancouver sailed the Grey Cup into Vancouver harbour, prompting then-CFL commissioner

Mark Cohon to exclaim, "I get to do a lot of cool things in my job. I get to present the Grey Cup and take the Grey Cup to Afghanistan. I get to call the guys who are in the Hall of Fame and tell them they are going into the Hall of Fame. But I've got to say, coming in with the Cup with *Vancouver*, the ship, behind me – it was spectacular!"

With the teams taking to the field for the Grey Cup battle, sailors made their way into the Venture Gun Room to watch and cheer their team.

In the end, the Edmonton Eskimos proved too much for the second-year RedBlacks, winning by a score of 26-20. With that win, *Ottawa*, true to their word, hoisted the Edmonton Eskimos flag the next day for all to see.



From left: Capt(N) David Mazur; Angus Stanfield, B.C./Yukon Command, and Silver Cross parents Sheila Fynes and Shaun Fynes gather around the tree during the annual B.C./Yukon Legion Foundation Christmas Luncheon held at the Trafalgar/Pro Patricia Legion in Victoria, Dec. 3.

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Pictured with a CH-124 Sea King from the left: Carl Doey, Sgt Noah Eckenswiller, Denis Dore, and MCpl Jeff Hurni, a four-man firefighting team responsible for providing Aircraft Rescue Fire Fighting crash protection for all helicopters landing at the Canadian Forces Maritime and Experimental Test Ranges (CFMETR) in Nanoose Bay, B.C. They have two emergency vehicles with water tank capacities of 4,000 litres each and up to 530 litres of foam. The team is also responsible for structural, medical, hazardous materials emergency situations, shipboard firefighting, marine, high angle and confined space rescue, as well as ammunition emergencies. With a crew of only four personnel, CFMETR's firefighters rely on the local Nanoose Bay Volunteer Fire Department for mutual aid.

Bravo ZULU



Mark Gagne is presented with his 25-year long service award and gift by Cdr Brigitte Boutin, Commanding Officer of Base Administration.



Sue Ford receives her long service award for 25 years of service from Maj R. Machin, Officer in Charge of Real Property Operations Section Esquimalt.



LCdr Lucas Pang receives his Canadian Forces Decoration for 12 years of service from Capt(N) Chris Earl, Commanding Officer of Fleet Maintenance Facility Cape Breton.



MCpl Drew Scott is presented the Canadian Forces Decoration by Cdr Byron Derby, Commanding Officer of Base Information Services.

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

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

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CHURCH SCHEDULES

Christ the Redeemer Roman Catholic Chapel (Naden)
Our Lady Star Of The Sea Roman Catholic Chapel (Belmont Park)

Christmas and New Year mass schedule 2015/2016

Dec. 24
Christ The Redeemer Chapel Naden
7:00hrs- vigil mass of Christmas
Our Lady Star Of The Sea Chapel Belmont Park
19:00 hrs - children's Christmas pageant
19:30 hrs- vigil mass of Christmas
23:00 hrs – midnight mass of Christmas

Dec. 25 - Belmont Park
10:30hrs- Christmas Day mass

Jan. 1, 2016 - Belmont Park
10:30hrs- New Year mass

Regular Sunday mass schedule
09:00hrs- *Naden*
10:30hrs- *Belmont Park*

Weekday mass
Belmont Park 10:30hrs every Wednesday

SERVICES OFFERED

Register now for music lessons at Esquimalt Music Centre. Reasonable rates, flexible hours! Call 250-385-2263 or visit www.esquimaltmusic.com for more info.

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

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

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

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VOLUNTEER

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

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

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Register now! Spring Break Camps

March 14-24, 2016 • Ages 5 to 12

Call 250-363-1009 to register your children.

The Mockingjays

Monday March 14 to Friday March 18, 2016

Inspired by the latest Hunger Games movie, this week has games that fit the theme. Swim days for this week will be Tuesday and Thursday afternoon.

Location: CPAC – YAC

Camp Hours: 9 a.m. – 4 p.m.

Regular \$130/ Ordinary \$135/ Associate \$140

Before Camp Activities: 7 - 9 am – \$35 Regular /\$40 Ordinary /\$45 Associate

After Camp Activities: 4 - 5:30 pm – \$25 Regular/\$30 Ordinary /\$35 Associate

The Sherlocks

Monday March 21 to Thursday March 24, 2016

(No sessions on Good Friday)

Unlock the hidden detective in your child with a camp that involves a modern spin on Sherlock Holmes. Throughout the week, they will investigate the outdoors, unravel a bit of science, and even a few myth busters. Swim days for this week will be Tuesday and Thursday afternoon.

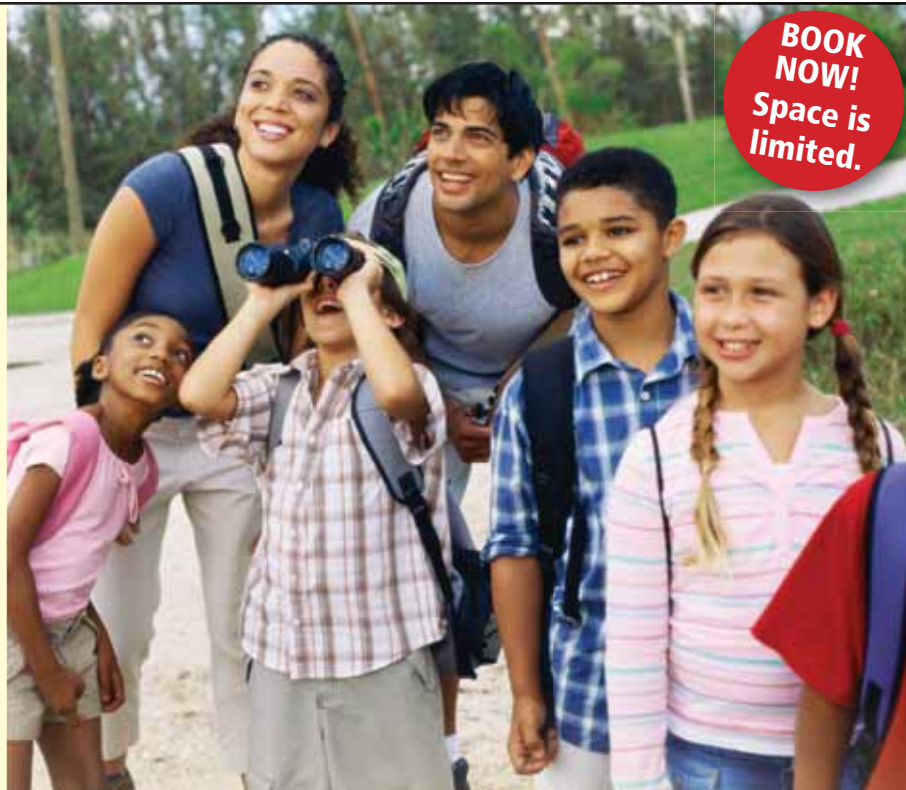
Location: CPAC – YAC

Camp Hours: 9 a.m. – 4 p.m.

Regular \$105/ Ordinary \$110/ Associate \$115

Before Camp Activities: 7 - 9 am – \$30 Regular /\$35 Ordinary /\$40 Associate

After Camp Activities: 4 - 5:30 pm – \$20 Regular /\$25 Ordinary /\$30 Associate



Your kids will have fun playing games, creating art projects, and enjoying the outdoors with our action-packed Spring Break Camps.

Activities are planned around special themes each week and include a swim day, an outing, and a specialty group activity (dependant on registration numbers).

Before and After Camp activities also available.

Register early as space is limited.

More detailed schedules available February 2016.



Live in the Green

**Thursday, Feb. 11, 2016
Naden Gym • 10am-3pm**

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