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## Home for Christmas

Rachel Lallouz, Lookout

**Left to right:** CPO2 Don Reid greets his wife PO1 Allison Reid as she disembarks from HMCS Whitehorse at the completion of Operation Caribbe last Thursday. She holds her son Jackson as daughter Madeleine stands close by. See the full story and more photos on page 2.

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MCpl Michael Bastien, MARPAC Imaging Services  
Families and friends welcome home HMC Ships Brandon and Whitehorse on "Y" Jetty upon return from Operation Caribe on Dec. 17.

# Home for the holidays - Brandon and Whitehorse return

DND

The last Canadian Armed Forces (CAF) assets, *HMC Ships Brandon* and *Whitehorse* arrived home last Thursday, concluding a successful year for the CAF on Operation Caribe.

Canada's 2015 annual contribution to the multinational campaign against illicit trafficking in the eastern Pacific Ocean and the Caribbean – Operation Martillo – saw CAF assets and personnel directly contribute to the seizure or disruption of approximately 18.5 metric tons of cocaine and three metric tons of marijuana, more than any other year since the CAF's contribution began in 2006.

As part of Operation Caribe 2015, the CAF contributed four CP-140 Aurora surveillance aircraft, five Maritime Coastal Defence Vessels (*HMC Ships Brandon*, *Goose Bay*, *Nanaimo*, *Shawinigan* and *Whitehorse*), two Halifax-class frigate with their embarked CH-124 Sea King helicopter (*HMC Ships Winnipeg* and *Vancouver*), and one Iroquois-class destroyer

(*HMCS Athabaskan*) with its two embarked CH-124 Sea King helicopters.

Royal Canadian Navy ships deployed a total of 10 times (*HMC Ships Whitehorse* and *Winnipeg* deployed twice each) and sailed for a total of 344 days.

Royal Canadian Air Force CP-140 Auroras flew 321 hours, and CH-124 Sea Kings flew 150 hours, providing surveillance, detection, and disruption capabilities during the operation.

*HMC Ships Brandon* and *Whitehorse* seized and disrupted more narcotics during a 44-day deployment this fall than any other duo of Maritime Coastal Defence Vessels during the operation's history, with a combined total of approximately 9,800kg. The previous record of 5,934 kg was held by *HMC Ships Whitehorse* and *Nanaimo*, obtained earlier this year while deployed in the Eastern Pacific.

"I have seen the terrible damage inflicted onto Canadian cities and citizens caused by organized crime and their business in drug trafficking," said Harjit

Sajjan, Minister of National Defence. "This year's record success on Operation Caribe is a testament to the Canadian Armed Forces, and particularly the Royal Canadian Navy and the Royal Canadian Air Force's dedication and perseverance to work with our allies in complex environments for the safety and security of the citizens of this continent."

Operation Caribe is one of the many activities undertaken by the Government of Canada and DND/CAF as part of Canada's broader commitment to engagement in the Americas. This annual operation directly supports the CAF's mission to defend against threats and security challenges to Canada, North America, and our defence and security partners.

The CAF have conducted Operation Caribe since November 2006 and remain committed to working with Western Hemisphere and European partners to address security challenges in the region and successfully disrupt illicit trafficking operations.



MCpl Michael Bastien, MARPAC Imaging Services

**Above:** HMCS Brandon arrives at "Y" Jetty.



**Right:** MS William Dennis meets his granddaughter, Phoebe Feilde, for the first time after disembarking from HMCS Whitehorse.

Peter Mallett, Lookout

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# Happy Holidays

from the Commander of the Royal Canadian Navy

**VAdm Mark Norman**  
Commander RCN

The upcoming holidays are a perfect time to reflect on the year that was, and to prepare for the challenges to come. I could not be prouder of the remarkable men and women that make up the military and civilian team of the Royal Canadian Navy (RCN), who consistently punch above their weight in their support to overall Canadian Armed Forces (CAF) and Department of National Defence objectives.

For this amazing "One Navy" team, 2015 meant a flurry of exciting activities, delivering excellence, both at home and on operations at sea.

Many of our sailors are right now at sea, far from home carrying out their mission on behalf of Canada. As you gather with loved ones this holiday season, please spare a thought for the ship's company of *HMCS Winnipeg*, and for others in the broader CAF family who are deployed on operations.

As we review this year's accomplishments, we have a new found sense of optimism and confidence that the RCN is indeed back. We're back on track after a number of years of capacity challenges, thanks to the paying off of several ships and the effects of the Halifax-Class Modernization project.

The great news is that we're getting our sailors back to sea, as seven of our 12 frigates have now been modernized and readied for operations. The new gear is here and our sailors are taking full advantage. The Victoria-class submarines are another robust capability, proven on operations with our partners and allies, just as we intended.

There were plenty of diverse missions at sea for our sailors and submariners. *HMCS Winnipeg*, with



*As you gather with loved ones this holiday season, please spare a thought for the ship's company of HMCS Winnipeg, and for others in the broader CAF family who are deployed on operations.*

its embarked enhanced boarding party, relieved *HMCS Fredericton* on Operation Reassurance. *Winnipeg* was joined this fall by four more of our ships and *HMCS Windsor* for Trident Juncture, the largest NATO exercise in more than a decade. *HMCS Montréal* and *Windsor* even hosted His Royal

Highness Prince Charles, the Prince of Wales, Commodore-in-Chief of the Atlantic fleet.

Still other vessels deployed on exercises with our allies throughout the year or took part in Op Caribbe in the Caribbean and Op Nanook in Canada's north. This high tempo amounted to several months where nearly one-third of our trained sailors were at sea on operations.

This year also marked a major milestone in the transition to the future fleet. On September 1, full construction officially began on *HMCS Harry DeWolf*, the first Arctic/Offshore Patrol Ship. We look ahead with optimism to important decisions in the coming year that will enable the construction of both the Queenston-class Joint Support Ships and the Canadian Surface Combatants as soon as possible.

There are so many people working hard behind the scenes to help enable excellence at sea and this transition to our future fleet. They bring innovative ideas to our business so that we may better deliver the RCN that Canada needs today and tomorrow. They are all tremendously valued members of our navy. I thank them for their dedication and their enthusiasm.

I'm certainly excited as I anticipate the year ahead, but we all must remember to take time for our own health and wellbeing, and for that of our friends and loved ones. There are those among us who need our support – this time of year can sometimes be especially difficult.

On behalf of the entire leadership of the Royal Canadian Navy, let me wish you a happy and healthy holiday season, and a productive and prosperous new year.

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# matters of OPINION

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## People Talk

On assignment at the Wardroom, Lookout posed this question to Base Foods staff: *What is your favorite holiday tradition?*



We like to open up one Christmas gift each on Christmas Eve in my family. I love just getting that time to hang out with them.

Cpl Juha Humalamaki



The cooks that work during Christmas and might be away from their families get together and spend either Christmas Eve or Christmas day having some fun at the casino. It's a blast.

Cpl Steven Griffey



Our family always goes down to the ginger bread house display at Laurel Point Inn and we also go to The Empress to see the Christmas trees.

Janeen Ball,  
Cook for Base Foods



My favorite holiday tradition is demolishing ginger bread houses with my kids on Christmas Eve.

Aaron Morrison,  
Banquet Chef



I have my own family and kids and we are making our own traditions, like a big unveiling of all the Christmas presents on Christmas morning.

Pte Eric Baron

## WHAT SAY WE

# Stay safe this holiday season, don't drink and drive

### Cpl Dustin Renz Military Police Unit Esquimalt

The time of year is once again upon us when we find our schedules busy with holiday parties and visits with friends and family.

During these joyous occasions, gifts will be exchanged, laughs will be shared, and drinks will be enjoyed.

With so much going on this month, we urge you to remember something very important: Don't drink and drive.

Mothers Against Drunk Driving (MADD) Canada estimates there are between 1,250 and 1,500 impairment-related crash deaths in Canada each year (3.4 – 4.1 deaths per day). Let's help to lower that statistic this year.

It only takes a few minutes and a couple of extra dollars to arrange a safe ride home, and with so much at stake (lives, mobility, careers, etcetera), it's worth it.

It is a criminal offence to operate, or be in care or control of a motor vehicle, whether it is in motion or not, while your ability to operate the vehicle is impaired by alcohol or drugs.

If you are at fault for a death that occurs as a result of impaired driving, you will be eligible for life imprisonment.

The best thing you can do to stay safe is to plan ahead. There are many options to get you home safe: cabs, sober friends, designated driver services, and dial-a-driver are a few. Remind your guests and friends of these options to ensure they have a safe ride home at the end of the night.

It's important to be aware that even the



morning after you have consumed alcohol, you may still be over the legal limit to operate a motor vehicle. Alcohol can take time to eliminate itself from the body, and the time it takes is different for everyone. Although you may feel like you're fine to drive, this is often not the case. If ever you're uncertain, give yourself more time until you're absolutely sure you are sober.

Please remember, if at any time you see a driver who appears impaired, call 911. You could potentially save a life.

The Military Police will be conducting random impaired driving check-points at CFB Esquimalt and in the residential housing areas to combat impaired driving and to make sure everyone enjoys their holiday season in a safe and responsible manner.

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# NORAD celebrates 60 years of tracking Santa



Royal Canadian Air Force Public Affairs

The Canadian NORAD Region kicks off the 60th anniversary of tracking Santa's yuletide journey from the North Pole with the naming of his escort pilots and tracking crews for the important job.

Santa's escort pilots from 3 Wing Bagotville, Quebec, are Captain Andrew Jakubaitis, and Captain Pierre-David Boivin. The CF-188 Hornet crew chiefs supporting them are Master Corporal Marc-André David and Corporal Steeven Cantin.

Santa's escort pilots from 4 Wing Cold Lake, Alberta, are Lieutenant-Colonel William Radiff, and United States Marine Corps Lieutenant-Colonel Mark Bortnem. Their CF-188 Hornet crew chiefs are Corporal Sean Adel and Aviator Laurie Dunbar.

Santa Trackers from 21 Aerospace Control and Warning Squadron at 22 Wing North Bay, Ontario, include RCAF Major Darren Reck and Captain Pierre Grignon, and United States Air Force Technical Sergeant Amanda Pascoe. The team's duty is to maintain radio contact with Santa and his escort pilots.

"The men and women of the Canadian NORAD Region keep watchful eyes over

North American airspace 24 hours a day, 7 days a week," says Major-General David Wheeler, Commander Canadian NORAD Region. "It's a great responsibility to ensure Santa's safe passage around North America so that he can continue his journey of goodwill and cheer. We're honoured to celebrate 60 successful years of this gratifying mission."

The NORAD Tracks Santa website: [www.noradsanta.org](http://www.noradsanta.org), now live and available in eight languages, features Santa's North Pole Village, including a holiday countdown, games, activities, and more.

Starting at 12:01 a.m. MST on Dec. 24, website visitors can watch Santa make preparations for his flight. NORAD's "Santa Cams" will stream videos on the website as Santa makes his way over various locations. Then, at 4 a.m. MST (6 a.m. EST), trackers worldwide can speak with a live phone operator to inquire as to Santa's whereabouts by dialing the toll-free number 1-877-Hi-NORAD (1-877-446-6723) or by sending an email to [noradtrackssanta@outlook.com](mailto:noradtrackssanta@outlook.com).

Any time on Dec. 24, Windows Phone users can ask Cortana for Santa's location, and OnStar subscribers can press the OnStar button in their vehicles to find Santa.



Cpl Rob Ouellette, 22 Wing North Bay

Members of 21 Aerospace Control and Warning Squadron's Bravo Flight Technical Sgt Amanda Pascoe (left), United States Air Force, Maj Darren Reck (centre), Bravo Flight Commander, and Capt Pierre Grignon (right), Deputy Flight Commander, review Santa's possible course into Canadian Air Space using an Enroute High Altitude Chart.



LS Alex Roy, Imaging Section Bagotville


CF-188 Hornet Pilot Capt Andrew "Sauce" Jakubaitis along with CF-188 Hornet maintainer Cpl Steeven Cantin stand by to escort Santa on his trip across North America.

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Cpl N. Spence, 19 Wing Imaging  
**Above:** Maritime Forces Pacific Commander RAdm Gilles Couturier is hoisted to the ground during a Canadian Forces Cormorant Helicopter Familiarity Flight on Dec. 1.

**Left:** RAdm Couturier braces himself against the force of the Cormorant helicopter's downdraft.

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## Admiral hangs out with SAR Technicians

**Capt Jerrett Feist**  
442 Squadron

A CH149 Cormorant crew from 442 Transport and Rescue Squadron in Comox had the opportunity to welcome aboard Rear-Admiral Gilles Couturier during a recent training mission conducted in the Vancouver area Dec.1.

RAdm Couturier is the Commander of Maritime Forces Pacific and is the authority for search and rescue in the Victoria search and rescue region, which encompasses all of British Columbia, the Yukon Territory and the Pacific Ocean for hundreds of kilometres offshore.

The aim was to provide the Commander a first-hand experience of the capabilities of the Cormorant helicopter in maritime and land environments.

After meeting with the Commander at HMCS Discovery in Vancouver, RAdm Couturier was

*RAdm Couturier was given the opportunity to brush up on his flying skills under the careful supervision of pilot instructor Capt Aaron Noble.*

given the opportunity to brush up on his flying skills under the careful supervision of pilot instructor Capt Aaron Noble.

The Cormorant crew quickly switched gears in order to demonstrate a live boat hoist sequence to a Canadian Coast Guard hovercraft operating just to the south of Bowen Island. In the scenario, two search and rescue technicians were lowered to the vessel in order to practice the extraction of a simu-

lated casualty. RAdm Couturier was able to experience the effect of the strong rotor wash on the vessel, as well as the precision and teamwork required to affect a safe and efficient maritime rescue.

Following a quick break for lunch in Vancouver, the Cormorant crew tackled another simulated scenario, a distress call two nautical miles to the west of Shawnigan Lake on Vancouver Island. The crew quickly departed out of Vancouver International Airport and proceeded to the simulated distress location.

Once on scene, RAdm Couturier assumed the role of a third SAR technician and was lowered by hoist to the remote location in order to provide simulated casualty care and extraction.

Following the land sequence, RAdm Couturier undertook a quick aerial inspection of his home station, Maritime Forces Pacific, located in Esquimalt, before releasing the crew to return to Comox.

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Cpl Stuart MacNeil, HMCS Winnipeg  
**Left:** Santa Claus helps members of HMCS Winnipeg bring on board holiday care packages sent from friends and families through the Military Family Resource Centre in Cartagena, Spain, on Dec. 16, during Operation Reassurance.

**Above:** Santa passes a mail package to LCdr Kevin Whiteside.

## HMCS Winnipeg Health Challenge winners



Cdr Belhumeur presents LS Shaun Reilly with his first place prize for winning the Health Challenge.



Cdr Pascal Belhumeur (left) presents the second place prize to PO2 Stephen McArther.



Cdr Belhumeur presents third place winner PO1 Sherri Jones with her prize.

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# Winnipeg's band raises morale during long deployment

**MS Bevin Gordichuk**  
HMCS Winnipeg

*"When musicians get together and combine their efforts to produce a single sound, it's some of the most symbiotic team work one can imagine. If you want to observe team work that approaches perfection, check out a well-rehearsed band."*  
PO2 Pete Fraser, November 2015.

HMCS Winnipeg's cover band - "The Zeroes" were ready to perform their first shore gig in Toulon, France, Nov. 19, but the terrorist attacks in Paris interrupted their plan. It was a shocking reminder of the importance of the ship's mission during their nine-month deployment on Operation Reassurance.

The band has a strong following and has participated in morale-raising events throughout the deployment.

Their crowning achievement to date was the visit from Team Canada, which included the Commander of the Royal Canadian Navy (RCN), RCN Command Chief, former hockey and football stars, and Honorary Captain (Navy) Arlene Dickenson. They met in Belfast, Ireland on Oct. 10 where the Zeroes played a six-song set followed by an encore with two-time Juno Award nominated musician Kira Isabella Wilkie to sustained applause from their appreciative ship mates.



HMCS Winnipeg's cover band, "The Zeroes".

The band members - lead singer and rhythm guitar Lt(N) Justin Dunn, lead guitar LS Brian Bourassa, acoustic guitar LS Joseph Chisling, keyboardist MS Bevin Gordichuk, bassist PO2 Pete Fraser, and drummer LS Dan Camellato (a.k.a. Animal) - formed the group after Lt(N) Dunn and LS Bourassa began jamming in Cabin zero as a way to decompress and share their love of playing music during the deployment.

They recruited PO2 Fraser for

bass, and LS Chisling for guitar.

"I had only been playing guitar for a few years as a hobby and didn't really give it enough attention," said LS Chisling. "Working with the guys over the course of the deployment has opened up a whole new world to me. Playing in a band is a great pastime and a way to build morale among the crew. I remember the first time we all got together I was asked to play a C and a D note. I had no idea what a C was but I always knew the D."

When MS Gordichuk synthesiser arrived in Porto, Portugal, he joined the group.

"My first jam session with them was in the fridge flats, and I didn't have a keyboard stand so I used AFFF canisters to set my synth on to play," MS Gordichuk chuckles. "It became a signature prop of the group."

The jam sessions quickly developed from a collective interest into sharing their passion for music with shipmates. So, despite long "mids" watches and limited

practice space, the much larger group managed to increase their song list to over 25 songs in a four week period. By mid-September, Lt(N) Squires was the second rhythm guitar playing at jam sessions, and LS Camellato was pounding the electronic drum kit provided by Personnel Support Programs for the ship.

Staying in the realm of rock and roll, they transcend six decades of music, covering artists such as Elvis Presley and Tom Petty to Radiohead and Sublime. After making a small music video for BBC News, London, and NATO TV in early August, they turned their sights on the most important asset on their ship - morale.

PO2 Fraser, the big bass man observes, "The biggest benefit for me would be the sense of normalcy music provides. When the band is playing, there is no rank, no officers, senior non-commissioned members, or junior ranks; it is musicians making music. It is an amazing break from life at sea. For those precious hours we are in a different place, and that can be a powerful recovery period during a nine month deployment."

Even if The Zeroes never get to play a gig ashore, they have provided entertainment and enjoyment for a ship full of people who are a long way from home, and they have made one of the longest journeys in many sailors' lives a bit easier for all.

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# Firefighters' Santa Run helping families in the red

**Peter Mallett**  
Staff Writer

Base firefighters are switching on their sirens and lights, not for an emergency call but for the CFB Esquimalt Fire Rescue Annual Santa Run.

On Monday Dec. 21, beginning at 5:30 p.m. firefighters will hop aboard a fully decorated fire engine truck and traverse the base making stops at Dockyard, Signal Hill, Naden and Work Point in an effort to collect cash donations and non-perishable food items for the less fortunate.

"We work within the CAF community and just want to give something back to those in need, or those who will have trouble making ends meet after the holiday bills are paid," said Lt Jim Grant, a firefighter with CFB Esquimalt Fire

Rescue. "Doing this only takes a couple of hours of our time, but in the end we get to put some more smiles on people's faces at the holidays."

Funds raised from this year's event will be presented to the Esquimalt Military Family Resource Centre to be used to buy gift cards from Thrifty Foods.

Lt Grant says the initiative is designed to help families in the military family community who find themselves in an emergency situation and need some assistance getting back on their feet.

The fire engine will be decorated and adorned with lights and Lt Grant says they plan to hand out candy canes "to children young and old" during their journey. The firefighters will also be making a cash donation to the kitty after completing their own fund-raising initiatives in the weeks leading up to the Santa Run.

## PSP survey aimed at fitness resolution

**Peter Mallett**  
Staff Writer

Organizers of base fitness programs need your input in getting its classes and programs in ship-shape for 2016.

Personnel Support Programs staff (PSP) have created an online survey of non-mandated fitness programs and classes at Naden Athletic Centre and Dockyard Gym, to gauge whether they are the right fit for CAF members and DND civilians within the Formation.

"We want people to get excited and engaged in our fitness programs, and improving them is an important part of our business model," said Matt Carlson, PSP Fitness Coordinator. "The timing of this survey couldn't be better because as people look to the New Year they are starting to think of their fitness-related goals."

A link to the survey is currently available on the MARPAC Notice Board and PSP's Naden Athletic Centre Facebook page.

Carlson says instructors and organizers of the various fitness classes need to know if they are offering the right programs, and how to improve customer satisfaction,

effectiveness and convenience in an effort to meet their mandate of enhancing the health and well-being of CAF members.

The 11-question survey was launched on Monday, Dec. 14 and wraps up at midnight on Jan. 17, 2016.



## Get your teen active with cadets

Does your teenager (ages 12-18) crave exciting outdoor activities where their personal limits as individuals and team-members will be tested? Consider the army cadets.

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climbing. They will also learn to become outdoor leaders.

Learn more at the 2136 C Scot R Army Cadets Open House at 7 p.m. on Thursday, Jan. 7, 2016 at the Bay Street Armouries, 715 Bay Street Victoria.

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# CAF SPORTS AWARDS

## *and the winners are...*

**Pascale Lalonde**  
CFMWS

The atmosphere was electric in Ottawa as Canadian Armed Forces' (CAF) top athletes, coaches, officials and teams were reunited to celebrate athletic excellence at the annual Sports Awards Ceremony Nov. 27.

VAdm Mark Norman, Commander of the Royal Canadian Navy, and Cmdre Mark Watson, Director General Morale and Welfare Services, were among distinguished guests that also included representatives from sponsors Canadian Tire, Sport Chek and Sports Experts, as well as BMO Bank of Montreal and the Canadian Defence

Community Banking program.

This year's ceremony marked the 30th anniversary of the CAF joining CISM, le Conseil international de sport militaire, and it was highlighted with the CISM Order of Merit awarded to four CAF members: LGen Christine Whitecross to the grade of Grand Officer; Maj Kevin Poirier to the grade of Knight; WO (Retd) Kenneth McDonald to the grade of Grand Knight; and Sgt (Retd) George Mooney to the grade of Grand Knight.

New this year was the Dedication to CAF Sports award that recognized those who have gone above and beyond to provide time, effort and

support to the promotion and development of CAF sports. The recipients were LCdr (Ret'd) Antonio Zezza, WO David Oakie, and Sgt (Ret'd) George Mooney.

The next athletes to be honoured were two deserving members named to the CAF Honour Roll in recognition of their outstanding accomplishments: badminton athlete MWO Mario Gervais, and squash athlete Capt Khaled El Seweify. They both have made a significant contribution to the Sports Program throughout their respective military careers.

The most prestigious category followed with the induction into the CAF Sports Hall of Fame. This year's inductee was golfer

CWO Tony Stuckless.

Traditionally, the presentation of the awards for CAF Sports Achievement is one of the most exciting parts of the ceremony.

This year's individual winners were:

- OS Yvette Yong, Female Athlete of the Year
- Maj Martin Lamontagne-Lacasse, Male Athlete of the Year
- PO2 Craig Wells, Coach of the Year
- Cpl Andy Social, Official of the Year

The final awards of the evening were given to the CAF CISM Men's Fencing Team, and 14 Wing Greenwood Men's Slo-Pitch Team, respectively honoured as Team of the Year for Individual and Collective Sports.



**Above:** OS Yvette Yong won Female Athlete of the Year.

**Bottom right:** LCdr (Ret'd) Antonio Zezza (centre) receives the Dedication to Sports award from VAdm Mark Norman (right), Commander of the Royal Canadian Navy, and CPO1 Tom Riefesel.

**Bottom left:** PO2 Class Craig Wells (middle) receives the Coach of the Year award from Landon French (left) and Lisa Levac (right).

Bottom photos by Cpl Michael J. MacIsaac, Canadian Forces Support Unit (Ottawa) Imaging Services

To learn more about the winners' accomplishments, visit [www.CAFSportsAwardsCeremony.ca](http://www.CAFSportsAwardsCeremony.ca). Experience the ceremony in pictures at [www.flickr.com/photos/CAFSportsAwards](http://www.flickr.com/photos/CAFSportsAwards).



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Photos by Cpl Katharine Quint, Contributor

A group photo of the Pacific Region Women's Soccer team from Esquimalt who won the Championship for the Women's Soccer Nationals hosted by CFB Borden, Ontario.

# 2015 a treble of firsts for CFB Esquimalt women's soccer team

**Peter Mallet**  
Staff Writer

2015 was a year of firsts for the Pacific Region Women's Soccer team.

They won their first Canadian Armed Forces National Championship trophy, and collected their first-ever award at the annual sports awards luncheon in Esquimalt, where they were crowned Breakthrough Team of the Year.

But the real kicker is they couldn't have achieved it without the guidance of first-time, rookie coach Sgt Caleb Klimas.

"We were complete underdogs heading into the national tournament," says Sgt Klimas, a medical technician at the base clinic in CFB Esquimalt. "We lost our first two games but just kept getting stronger every game after that point, and then won four games in a row."

The Pacific Region team hoisted the Nichola Goddard Trophy at CFB Borden on Sept. 13 after defeating Quebec 2-1 on penalty kicks.

Midfielder Lt(N) Tien Nguyen represented the Pacific Region's team at the tournament for the third time, and said the victory over Quebec "came as

***We lost our first two games but just kept getting stronger every game after that point, and then won four games in a row.***

-Sgt Caleb Klimas

a complete surprise" to her and her teammates. It's always been an uphill battle for the Pacific team because of the constant deployments, she says, and sailings at the base coupled with a smaller pool of players to draw from makes it difficult to field a competitive team.

"Sgt Klimas was a communicator, a motivator, but also had an easy-going and relaxed style of coaching that was a perfect fit for this team," says Lt(N) Nguyen, a combat systems engineering officer with HCM West.

Sgt Klimas played youth soccer on the lower mainland in Surrey and served as a defender for Kwantlen Polytechnic Institute soccer team. But he admits it really wasn't his experi-

ence as a player where he gained true insight into successful coaching techniques.

He credits his step-father Derek Possee, who played forward for the 1979 NASL Soccer Bowl Champion Vancouver Whitecaps and Tottenham Hotspur (1963 to 1967), and Crystal Palace (1973 to 1974) of the English Premier League (then First Division), for developing his skills as a coach.

After his playing days were over, Possee eventually became head coach for Canada's youth development teams between 2001 and 2003, and was also the B.C. Soccer Association's head coach for five years.

Sgt Klimas used to help out as an equipment manager and trainer with some of Possee's provincial teams and admits the experience was "invaluable" to him.

"I watched how he did things and how he had a calm steady effect, and I tried to carry this over when I started coaching," said Sgt Klimas.

As they look ahead to what 2016 brings, Sgt Klimas is confident the team can repeat as champions and he hopes to continue his role behind the bench for Pacific Region if work commitments allow.



A member of the Pacific Region women's soccer team challenges for the ball during CAF national championship action at CFB Borden.



Representing CFB Borden, Base Commander LCol Christopher Shapka presents the winning banner to coach Sgt Caleb Klimas and team captain Capt Victoria Blakie.

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# Soldiers at the ready to keep Rogers Pass open

**Peter Mallett**  
Staff writer

Stationed high up in the Columbia Mountains in south-eastern B.C., at an elevation of 1,329 metres, a troop made up of gunners from the Royal Canadian Horse Artillery from Shilo, MB, and assorted reservist field regiments throughout western Canada are keeping Rogers Pass safe for travellers over the winter months.

Known as Operation Palaci, the mission is to wage an around-the-clock battle against avalanches in the narrow valley surrounded by mountains. Because of the

steep mountains, and high levels of snowfall, avalanches are a common occurrence, and when they happen they have the potential to shut down the Trans Canada highway and CP rail corridor.

Using two 105 mm howitzers, the artillery unit fires at predetermined targets up to five kilometres away to intentionally trigger smaller, less devastating slides as a way to mitigate a major avalanche.

“The overall goal of Operation Palaci is to keep the highway open and safe for everyone travelling during the holidays and throughout the winter,” says Lt Aaron Brideau, troop commander.

“The longer we keep the transportation lines open by implementing controlled avalanches, the better it is for everyone on the roadway.”

The busy mountain pass sees over 3,000 vehicles and up to 32 trains per day, and accounts for billions of dollars of trade each year, according to Transport Canada.

Operation Palaci, a Parks Canada and Department of National Defence joint initiative, is the world’s largest mobile avalanche control program, and at 54 years is the longest running operation in CAF history, domestically or expeditionary.

“Operation Palaci is an

excellent example of how government department agencies can work together using their expertise to achieve a common goal,” says Jeff Goodrich, Senior Avalanche Officer with Parks Canada. “Parks Canada provides the expertise and snow science to predict when and where an avalanche is likely to occur, and the CAF provides artillery and support troops to bring the snow down before it poses a threat.”

The troop contingency is made up of 10 regular service members from CFB Shilo and seven Primary Reservists from Western Canada who will occupy their positions

until February when troops from CFB Valcartier take over the post.

Lt Brideau and his troop have had a busy season so far. In the first few weeks of December, wave-upon-wave of Pacific storms pounded the B.C. coastline before climbing upward and delivering their payload in the form of heavy snowfalls at higher altitudes.

At last count the maximum height of snow recorded this season at the Rogers Pass weather station at Mt Fidelity was 184 cm on Nov.18, but that number is certain to climb.

“The weather conditions drive what they are doing on a day-to-day basis; they could easily be out there shooting on Christmas Day this year,” said Capt Mark Hynes, who provides logistical support to Op Palaci with Joint Task Force Pacific’s J3 Land Operations. “It’s in the cold weather, in sleet, snow and hail they are out there trudging around in Rogers Pass doing vitally important work.”

Storms can bring a mixed bag of precipitation, and along with them frequent temperature fluctuations loosening the snow in Rogers Pass and making it unstable. Twelve Parks Canada avalanche fore-

casters are constantly taking measurements of snow depth, density and consistency, and alerting Lt Brideau and DND staff to the most troublesome spots.

Sometimes the roads are closed for clean up following controlled avalanches that spill onto the roadway and tracks. Parks Canada says there are normally 100 hours of road closures per year related to avalanche control work in the area, and normally one 12-plus hour closure every year.

This is Lt Brideau’s first deployment to Rogers Pass, and despite the isolation, long hours and seemingly endless parade of storms, he says it’s an experience he won’t soon tire of.

“The avalanches we trigger are definitely an impressive site to see. It gives you an appreciation for the power of the weapons we use, and the avalanches we create,” he says.

But it won’t be all hard work over the holidays. Lt Brideau says their chef is planning a full Christmas dinner at the Palaci bunkhouse in Glacier National Park, and holiday decorations have already gone up.



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# Awarding of Harry DeWolf Caps

**A/SLt Kyle Reed**  
MARPAC Public Affairs

On Thursday, Dec. 10, Commanding Officer (designate) LCdr Corey Gleason, Executive Officer LCdr Scott Meagher, and Coxswain CPO1 Karl Bouchard, the command team of the future HMCS Harry DeWolf, presented RAdm Gilles Couturier, Commander of Maritime Forces Pacific and Joint Task Force Pacific, and CPO1 Michael Feltham, the Formation Chief Petty Officer, with the ship's ball caps.

"At the length of a Canadian football field, the Arctic Offshore Patrol Ships (AOPS) will bring sealift capabilities, helicopter support, and additional accommodations that will lend itself to support other government departments while it carries out its primary role: continental defence," says LCdr Gleason.

The Harry DeWolf command team

have presented a number of ball caps in recent months as a reminder that the first of the AOPS begun construction in September, and will be coming online in the next few years. The fact that HMCS Harry DeWolf, the lead ship in the Harry DeWolf class, already has its name and a command team is further evidence that the ship's arrival is fast-approaching. The ship will reach a major milestone in February when its keel is laid out in Halifax.

"I am extremely proud to see the incoming command team have such enthusiasm for their future command and involvement with Canada's newest class of ship," said RAdm Couturier. "The next step will be to ensure their excitement is shared within the RCN and with Canadians everywhere. The AOPS is a significant new platform that allows the RCN to continue to demonstrate excellence at sea."



Photos by Cpl Blaine Sewell, MARPAC Imaging Services

Commander Maritime Forces Pacific, RAdm Gilles Couturier (left) is presented with a new HMCS Harry DeWolf ball cap from the HMCS Harry DeWolf Commanding Officer LCdr Corey Gleason (right) at MARPAC Headquarters Dec. 10.



Formation Chief, CPO1 Mike Feltham (left) is presented with a new HMCS Harry DeWolf ball cap from the HMCS Harry DeWolf Coxswain, CPO1 Karl Bouchard (right).

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Roman Catholic Chapel (Naden)  
**Our Lady Star Of The Sea**  
Roman Catholic Chapel (Belmont Park)

**Dec. 24**

Christ The Redeemer Chapel Naden.  
17:00hrs – vigil mass of Christmas

**Dec. 24**

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**

10:30hrs every Wednesday – Belmont Park



## 39 Service Battalion Canadian Forces Decoration

Photos by LS Ogle Henry, MARPAC Imaging Services



Maj Ahn Foort receives the Canadian Forces Decoration First Clasp from LCol Robert Alolega, Commanding Officer of 39 Service Battalion, with CWO Paul Lavallee and MWO Michael Morrison present.



MCpl Shane Rolleston receives the Canadian Forces Decoration from LCol Alolega, with CWO Paul Lavallee and WO Clyde Roberts present.



MCpl Lincoln Chan receives the Canadian Forces Decoration from LCol Alolega, with CWO Paul Lavallee and MWO Michael Morrison present.



MCpl Kevin McBride receives the Canadian Forces Decoration First Clasp from LCol Alolega, with CWO Paul Lavallee and MWO Michael Morrison present.

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War Amps announces collaborative partnership with Veterans Affairs Canada in assisting veteran amputees - The War Amps announced that it has officially entered a collaborative partnership with Veterans Affairs Canada (VAC) to share knowledge and expertise that will enhance the care of veteran amputees. The Association provides VAC with guidance in the area of prosthetics and orthotics. It informs VAC's program management and policy development, and assists the Department in making informed decisions related to emerging equipment and treatment. The formal announcement took place in Quebec during the sixth Annual Canadian Institute for Military and Veteran Health Research Forum.

*Pictured here* is Karen Valley, Director of The War Amps National Amputee Centre, presenting Deputy Minister of Veterans Affairs Canada, General Walter Natynczyk, with a plaque to commemorate the occasion.



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Sgt John Brent from Transport, Electrical and Mechanical Engineering, is awarded the General Campaign Star – South-West Asia Ribbon First Rotation Bar.

# Bravo ZULU

## Base Divisions

Capt(N) Steve Waddell, Base Commander made several presentations at Base Divisions held at the Naden Drill Shed on Dec. 3.

Photos by LS Ogle Henry, MARPAC Imaging Services



Cpl Caitlin Rielly from Base Comptroller is awarded the General Campaign Star – South-West Asia Ribbon.



CPO1 Robert Spinelli, CFB Esquimalt Base Chief Petty Officer, is awarded the Canadian Forces Decoration Second Clasp for 32 years of dedicated service.



MCpl Anita Kwasnicki, from Transport, Electrical, and Mechanical Engineering, is awarded the Canadian Forces Decoration First Clasp for 22 years of dedicated service.



MS Elisabeth Morin-Fortin, from Base Information Services, is awarded the Canadian Forces Decoration for 12 years of dedicated service.



Cpl Tyler Doucette, from Base Warehouse (Colwood), is awarded the Canadian Forces Decoration for 12 years of dedicated service.



LS Duane Woytowich, from Base Administration, is awarded the Canadian Forces Decoration for 12 years of dedicated service.



Sgt Jodie McLaughlin is promoted to her current rank.



PO2 Ben Salamon is promoted to his current rank.



Lt(N) Tracy Barlow was awarded the Base Commander's Commendation.

## HMCS Malahat promotions

Photos by PO2 Al van Akker, Contributor



LS Bryan Rozon is appointed to the rank of Master Seaman by Capt(N) Patrick Montgomery, Regional Captain at HMCS Malahat, Victoria's naval reserve division.



PO1 Graeme LeBlanc, a naval reservist and a Victoria Police Department police officer, is promoted to Chief Petty Officer Second Class by Capt(N) Montgomery and Major Brendon LeBlanc.



Lt(N) Cam Miller, a naval reserve officer and Inspector with Nanaimo RCMP, is promoted to Lieutenant Commander by Capt(N) Montgomery.



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Living room has leather couch and futon, new TV and WiFi throughout. Full kitchen w/dishwasher, dining rm, 4 pc bath, master bdrm with queen bed, 2nd bdrm w/2 twin beds, large walk-in storage room, pte laundry, additional storage rm, and more!

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Located in View Royal, 15 minutes from downtown and a short drive to a fully stocked shopping centre. Walk to the Four Mile Pub/Restaurant, beach, schools, buses, galloping goose trail etc. At end of a quiet dead-end street.

\$1600/month includes all utilities, internet, cable, hydro, water and garbage.

**250-514-9994, helen.edley@gmail.com**

**HEALTH**

**DETOX YOUR HOME!**

Clean with water. No more chemicals in your home.

Call Michelle at 250-516-7338, Independent Sales Consultant GreenHomeCleaning.ca

**NORWEX**

JUMP START YOUR CAREER WITH LOOKOUT CLASSIFIEDS CALL 250-363-3127

**CHURCH SCHEDULES**

**Christmas Eve Service**

All are welcome

**Join us!**

Thurs. Dec. 24 at 7:00 pm

Esquimalt Nazarene Church 886 Craigflower Road esquimaltnazarene.org

**SERVICES OFFERED**

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

**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

[www.lookoutnewspaper.com](http://www.lookoutnewspaper.com)

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

Does your teenager (12-18) crave exciting outdoor activities where their personal limits as individuals and team-members will be tested? The outdoor-oriented will love the challenge! Army cadets develop abilities in the use of map and compass, GPS technology, orienteering, first-aid, camping and survival skills, canoeing, trekking and more. As they get more experienced, some will be selected for parachuting, white-water rafting and glacier climbing! They will also learn to become outdoor leaders. Learn more at the 2136 C Scot R Army Cadets Open House at 7:00 pm on Thursday, January 7, 2016 at the Bay Street Armouries, 715 Bay Street Victoria. PHONE: 250-363-8005 (at Armouries) WEB: www.2136cadets.ca Contact Captain Stephan Jones at communications @2136cadets.ca

**VICTORIA PREGNANCY CENTRE** Free services provided: pregnancy tests & counselling, prenatal classes and Doula referral, baby clothes & supplies, family support counselling, school & community presentations, post abortion & pregnancy loss counselling for men & women.

**250-380-6883**

#112 - 826 North Park Street info@victoriapregnancy.org www.victoriapregnancy.org

**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>

**VOLUNTEER**

**We need MEN for MENToring.**

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

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



Big Brothers Big Sisters www.bbbsvictoria.com

**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

**Base Newspaper Advertising**  
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250-363-8602 ext 2  
Joshua.buck@forces.gc.ca

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