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Volume 63 Number 6 | February 12, 2018

# LOOKOUT

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# ST. JOHN'S OPERATION REASSURANCE

Leading Seaman Shamus King, of HMCS St. John's Combat Systems Engineering (CSE) department, works on the ship's Closed In Weapons System (CIWS) during Operation Reassurance on Jan. 27. See page 10 for more photos.

Photo by Corporal Tony Chand, Formation Imaging Services



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# Candidates wanted for Clearance Diver occupation

Canadian Armed Forces (CAF) members interested in becoming Clearance Divers will be able to learn more during information sessions being held at bases and wings across Canada during the month of March.

“Any CAF member interested in finding out how to become a Clearance Diver is invited to attend,” says Lt(N) Mike St-Pierre, Executive Officer of Fleet Diving Unit (Pacific).

It has never been easier to become a Clearance Diver as previous restrictions have been lifted. Voluntary Occupational Transfer is now open to any CAF member from

any trade, with or without dive training. Provided you are qualified in your current occupation, meet the medical and fitness requirements, and have 48 months’ continuous service, you are eligible.

Clearance Divers are the masters of the underwater domain, and their primary mission is to locate, identify and neutralize explosive devices. They operate in a variety of environments, from the deep sea to the rugged peaks of mountains to dry desert climates to the frigid waters of the Arctic, at home and abroad, and during times of peace and in war.

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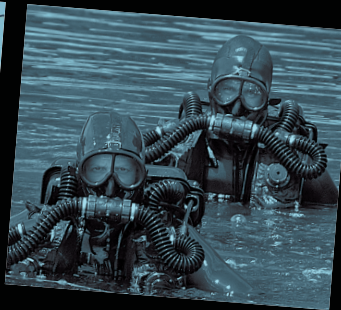
ments employing sophisticated equipment and the latest technologies to achieve their mission. They are highly trained specialists who undergo intense, rigorous training, selected from the few who have what it takes to endure extreme conditions to achieve mission success.

The Clearance Diver occupation has a long and storied history. The first units were formed during the Second World War to disarm sea mines throughout Europe and the South Pacific.

From their auspicious beginnings, Clearance Divers have been at the forefront of Royal Canadian Navy and CAF operations throughout the world, including operations in Afghanistan, Bosnia and Herzegovina, and most recently Ukraine.



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HMCS CALGARY

# LOSES LIBATIONS

## IN SUPPORT OF CANCER FUNDRAISER

**SLt M.X. Déry**  
MARPAC Public Affairs

Some people ride bicycles for charity, while others prefer raising funds by growing mustaches, but on board *HMCS Calgary* the crew is foregoing libations for the B.C. Cancer Foundation.

The 4th annual "Lose the Booze" campaign by the B.C. Cancer Foundation is underway and the top fundraising team in the province is currently "Onward", the team created by *HMCS Calgary*, as three of their crew members have been battling cancer this year.

"I heard an ad for 'Lose the Booze' on the radio,"

said Lt(N) Sean Milley, the team's creator and one of its captains. "I didn't expect it to turn into what it did."

Lt(N) Milley was the Above Water Warfare Officer in *Calgary* when he was diagnosed with testicular cancer last year.

"The speed on being told to begin treatment was really fast," he says.

The cancer had been caught early and with rapid treatment Lt(N) Milley's long-term prognosis is good, and he is looking forward to returning to sea.

Warrant Officer Steven Lewington was the senior firefighter in *Calgary* when he was diagnosed last March with thyroid cancer.

"We were sailing and I

mentioned to the physician's assistant that I was sweating at night," he says.

Once ashore, it was obvious to his doctor that something was wrong in his neck.

"I never thought in a million years that I would have cancer," said WO Lewington.

Surgery took a few months, and treatment is still ongoing, but the situation is looking positive. When Lt(N) Milley asked him about creating "Onward" WO Lewington

agreed to be one of the captains.

"It seemed like the right thing to get into," said WO Lewington. "Especially with what was happening with Stephen."

Lt(N) Stephen Tomlinson, Lt(N) Milley's friend and colleague, was the Navigation Officer in *Calgary* when he also came down with testicular cancer at nearly the same time, but was asymptomatic, which delayed his seeking aid.

His cancer was extremely advanced when it was diagnosed months after Lt(N) Milley, but he is well on the road to recovery.

"[The cancer] would have been terminal a few years ago," said Lt(N) Tomlinson.

Unlike Lt(N) Milley's quick treatment, Lt(N) Tomlinson will require multiple surgeries to remove tumors throughout his body and hundreds of hours of high-intensity chemotherapy.

Luckily for Lt(N) Tomlinson, on top of having the requisite dark sense of humour that is necessary for

life at sea, he has shipmates who are ready to help. Lt(N) Milley took on the role of designated assistant, to help with administrative matters, so that Lt(N) Tomlinson could have time to deal with his condition.

"I engaged the navy through it all," said Lt(N) Tomlinson. "The unit support I got was unequivocal."

As the third captain of the team, he believes the "Lose the Booze" campaign is a natural fit.

"Giving up drinking takes at least one thing off the list," he says, alluding to the link between drinking as a risk factor for testicular cancer.

"There is a stigma attached to this kind of cancer; men need to not be afraid to get checked," he adds.

"Lose the Booze" was modeled after the UK's Dryathlon and is meant to raise funds for cancer patient care and research.

"It is meant to be a bit tongue and cheek," said Rachel Mitchell, Special Development Officer for the B.C. Cancer Foundation.

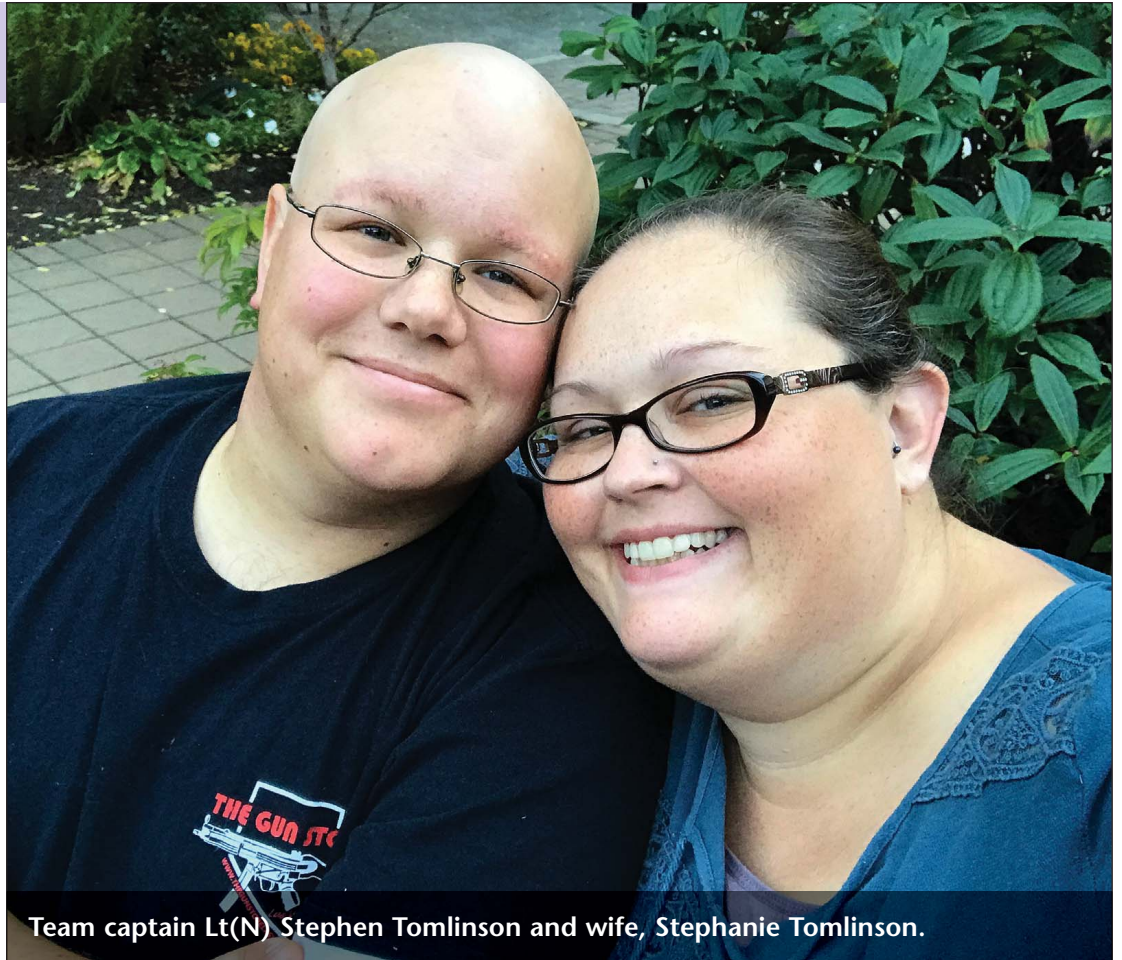
"You don't need to have a specific skill set."

As cancer treatment evolves and new equipment is required for diagnostics and care, it can take some time for the government to adopt this new technology. By funding new equipment first, its utility can be proved, thus speeding up the process of mass adoption by the province.

One such item is the PET scanner, which was recently purchased for Victoria for \$5 million by the B.C. Cancer Foundation. Without this machine, patients needing a full body scan to detect trace amounts of cancer left in the body need to travel to the mainland, something that can be difficult for someone undergoing cancer treatment. Equipment, research and things that improve patients' quality of life are the foundations main concern.

"Every dollar raised goes to patient care and research," said Mitchell.

You can follow the progress of "Onward" online at [www.losethebooze.ca](http://www.losethebooze.ca)



Team captain Lt(N) Stephen Tomlinson and wife, Stephanie Tomlinson.



Team "Onward" on HMCS Calgary, 57mm main gun in the background. From left to right: Lt(N) Adam Thomson, Lt(N) Sonja Maul-Wilson, SLt Sean Place, Adam Checketts, Team captain Lt(N) Sean Milley, Team captain Warrant Officer Steven Lewington, Lt(N) Cass van Benthem Jutting, Dusty Johnston, and Lt(N) Alex Johnston. Absent: Third team captain Lt(N) Stephen Tomlinson, who is undergoing treatment.

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# matters of OPINION

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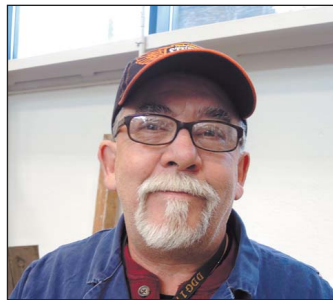


## WHAT SAY YOU

### People Talk

Lookout asked apprentice and journeyman members at Fleet Maintenance Facility Cape Breton:

*What is one of your favourite things at your workplace?*



The variety and types of machinery in the machine shop that you get to work on.

**Mike Cato,**  
Journeyman Machinist and  
Mechanical Fitter



The wow factor is huge. I have worked here for five years now but at least once a week I have to say "wow" about something incredible that I'm working on.

**Jordan Southgate,**  
Millwright



As an apprentice, the amount of support you are given, the time you are given to learn and the support from journeymen passing down their knowledge.

**Shawn Fiset,**  
Millwright Apprentice



How interesting the work is and the quality of work that is being done.

**Richard Turnbull,**  
Work Centre Manager of  
Machine Shop,  
Underwater Weapons

## LETTER TO THE EDITOR

Dear Editor,

As 2018 begins to take shape I wanted to take a moment to reflect on the incredible fundraising efforts last year from the crew of HMCS Ottawa under the command of Cdr Sylvain Belair. In particular, I wish to congratulate Sgt Michael Foulkes who was the driving force behind their successful fundraising.

In referencing the Perley and Rideau Veterans' Health Centre Foundation newsletter *Between Us*, the article celebrates a gift in the amount of \$15,480.54 subsequent to several other donations that were received through United Way. In 2017 HMCS Ottawa raised the extraor-

dinary total amount of \$15,642.25! The total cumulative donations from HMCS Ottawa over the last two years stands at \$22,192.25.

The 2017 donation went towards the overall cost of one therapeutic height adjustable bath system, which will transform one of the most challenging aspects of nursing into a safe and enjoyable experience for both residents and caregivers.

The Perley and Rideau Veterans' Health Centre is home to 450 seniors, 250 of whom are Second World War and Korean War veterans. The average age of the Veterans here at the Perley Rideau is now 95. No amount of money

can pay the invoice we owe these men and women who gave us the liberties we enjoy today.

We are a proud partner with HMCS Ottawa and its crew of dedicated members who, through their actions, have taken up the torch and have clearly stated the Veterans of long ago shall not be forgotten – we are grateful for their caring and for their service to our country.

*Daniel Clapin, ACFRE*  
Executive Director  
The Perley and Rideau Veterans' Health  
Centre Foundation



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# Base employees to tackle gruelling Wounded Warrior run

**Peter Mallett**  
Staff Writer

Four runners from CFB Esquimalt are about to set off on the 5th annual Wounded Warrior Run B.C. and face the physically gruelling task of running the length of Vancouver Island.

The team will begin pounding the pavement in Port Hardy Feb. 19 and conclude Feb. 25 at the provincial legislature in Victoria.

Organized by Wounded Warriors Canada, the purpose of the approximately 600-kilometre relay-style run is to raise public awareness about mental health and Post-Traumatic Stress Disorder (PTSD), along with financial support for programs that benefit affected military members and first responders.

Joining the seven-person Wounded Warrior team are Lieutenant Commander Simon Brown of Maritime Forces Pacific, Chief Warrant Officer Mark Dankwerth of Base Administration, Master Seaman Steve Deschamps of Canadian Fleet Pacific, and Matt Carlson, Personnel Support Services Community Recreation Coordinator.

## The Big Launch

Runners and support staff gathered at Jim Pattison Subaru Feb. 1 for the official launch event. They were flanked by first responders from the Colwood Fire Department, West Shore RCMP, a colour guard from the Royal Canadian Legion Branch No. 91, Colwood Mayor Carol Hamilton and members of the Victoria Grizzlies junior hockey team, who were there to show their support.

Run Director, Captain Jacqueline Zweng works as a Cadet Instructor at the Regional Cadet Support Unit at Work Point. She was a member of last year's Wounded Warriors team and shared her own her story of overcoming breast cancer, surgery, and a subsequent car accident to become a runner on last year's team. While not diagnosed with PTSD herself, she says the support she received from her

teammates and the community was essential to her success story and also to Wounded Warriors.

"I truly believe the work of Wounded Warriors Canada is allowing people suffering from mental health issues and PTSD to be okay, to move forward, and to get the support and help they need," said Capt Zweng. "We truly believe we are all in this together and we want to stand up for the people who stand up for us every day."

## The Road Ahead

The team will cover combined distances of between 48 kilometres to 104 km over six days. Along the way they will make stops at community centres, legion headquarters, and other venues in an effort to help spread the word about PTSD and mental health issues that affect military members and first responders.

Two local businesses showed their support to this year's fundraising campaign, which has set a goal of \$100,000. Jim Pattison Subaru presented Capt Zweng with a cheque for \$3,000 and Tilray Canada Ltd. made a \$10,000 donation.

MS Deschamps, who works as a steward aboard Canadian warships, says the donations are an indication of the growing popularity of the run in Victoria and across Vancouver Island. A big reason for that, says MS Deschamps, is because almost everyone can relate to the cause.

"I have seen friends, neighbours and co-workers impacted by PTSD, so for me running in this event is a great opportunity to do something real and tangible to address the problem. It's all about reaching out to the community to capture their attention about PTSD and mental health because it affects everyone."

LCdr Brown, Executive Assistant to Rear-Admiral Art McDonald, is in the same boat. An ardent recreational runner, he says getting involved in this year's run was

an automatic for him.

"While I have not personally experienced PTSD myself, I think it's important that people who have not had that experience get involved to show those impacted that we care deeply about them and support them."

## Taking the Lead

Carlson is the team's lead runner for this year's event, and will determine what portions of the course each runner covers and the distances they run. Leading up to the race he has provided each member of the team support and advice in pre-event training. When they set off from Port Hardy he will provide them with guidance on how to approach the race course along with instruction for injury prevention.

"One of the key parts of my job is ensuring myself and the other runners stay on schedule so that we make our stops at various legions and community halls on time," says Carlson.

He's been an admirer of the event when it began five years ago and its founders Allan Kobayashi and Dan Boddien.

"When MS Deschamps came up to me a few months ago and asked me to be involved, I was honoured to even have been asked."

For more information about Wounded Warrior Run B.C. and how to donate or offer your support visit their webpage: <https://woundedwarriors.ca/ways-to-give/wounded-warrior-run-bc/>



Runners from the base left: Lieutenant Commander Simon Brown, Master Seaman Steve Deschamps, and Matt Carlson are joined by Wounded Warrior Run B.C. Director, Captain Jacqueline Zweng (second from right) for the launch event at Jim Pattison Subaru in Colwood Feb. 1.



Community groups and supporters gather with this year's Wounded Warrior B.C. Run team during a launch event at Jim Pattison Subaru in Colwood, Feb. 1.

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Photo by Mona Ghiz, MARLANT PA

Lt(N) Stephenie Murray, left, and Lt(N) Andrea Murray, are twin sisters in the Royal Canadian Navy who are both currently Executive Officers on Kingston-class warships.



**Ryan Melanson**  
Trident Newspaper

If you come to HMC Dockyard in Halifax looking for a naval officer named Lt(N) Murray, you need to be very specific. Even if you know she's the Executive Officer of a Kingston-class ship, you'll still need more details.

That's because there are two Murrays.

Lt(N) Andrea Murray, Executive Officer of HMCS Kingston, and Lt(N) Stephanie Murray, Executive Officer of HMCS Glace Bay, are twin sisters, which is often news even to their dockyard colleagues. The two aren't identical twins, but the similarities while in uniform are close enough to create some confusion.

"There's a harbour pilot we've been working with for a decade who recently realized we weren't the same person, so we had to let him know. That happens all the time. We also get mistaken for each other on a daily basis," says Lt(N) Andrea Murray.

The two sisters have been members of the Royal Canadian Navy since 2005, and starting with Basic Training, which they completed together, their careers have progressed in lockstep with each other.

"We've actually done basically all our positions at the same time. We were Operations Officers together, we were Deck Officers, and now we're both XO's," says Lt(N) Andrea Murray.

Her sister added that growing up, their parents

worked hard to ensure they led independent lives, enrolling the sisters in different classes at school or signing them up for different sports teams and activities.

"And now here we are doing the same job, in the same place, in the same uniform," she jokes.

The Murrays come from a family with lots of military service history, and spent most of their childhood and high school years near 17 Wing Winnipeg. Like so many military children before them, they were adamantly against joining the Canadian Armed Forces as they grew up, but once their dad, a recruiter in the Royal Canadian Air Force, convinced them to give the Naval Reserve a try, things quickly changed.

"We ended up really enjoying it," Lt(N) Stephanie Murray says.

"We made great friends right from the start at Basic, and then we started sailing and the navy kept taking us to new and exciting places, so we never left," her sister adds.

So far, that list of places includes sailing to Bahrain, West Africa, Hawaii, up and down the Eastern Seaboard, Alaska, Canada's North, and more.

"The navy's taken me to places I never even knew I wanted to go," Lt(N) Andrea Murray says, recalling the serene beauty of the Arctic in particular. "That's been one of the most exciting aspects."

The sisters have also both just transferred to the Regular Force after more than a decade as Naval Reservists, following the lead of many in the Maritime Coastal Defence Vessel community who've made the switch as part of the navy's "Big Idea" initiative to expedite the transition of experienced Reserve sailors.

"After 10 years of loving the job, it seemed like the right time," Lt(N) Andrea Murray says, mentioning the extra opportunities for Regular Force members and doors that could be opened as their careers continue.

The immediate next career step, at least for Lt(N) Andrea Murray, is a deployment to West Africa on Operation Projection, which will see Kingston and Summerside participate in the U.S.-led Obengame Express exercise while also visiting communities and training with the navies and Coast Guards of different countries in the region.

The sisters may be split up for three months, but with Lt(N) Stephenie Murray having completed a similar deployment in 2017, she had lots of tips and advice during the run-up to the ships' departure on Jan. 26. It also helped to have a sister nearby during the hectic pre-deployment period, such as when crates of food arrived for Kingston at a moment when free hands were lacking.

"The next thing I know, Stephenie's people were all loading things into our fridge, which was a life-saver," Lt(N) Andrea Murray says. "It's been huge for us to have that person nearby that you can go to for some help or support."

They're not entirely opposed to the idea of eventually being posted to separate coasts or having their careers move in different directions, and say it's more by chance than design their progression has been so closely aligned thus far. That being said, both agree having the sibling connection has enriched their first decade of service, whether it's playing practical jokes on shipmates, using DWAN email to keep in touch while at sea, or just sharing the day-to-day challenges that come with being a young officer.

With all the support, however, also comes the regular squabbles of sibling rivalry.

"We can certainly drive each others nuts. I call her my best friend and my worst enemy," Lt(N) Andrea Murray says with a laugh. "I can't wait until I get Captain of a ship before she does."

**"We made great friends right from the start at Basic, and then we started sailing and the navy kept taking us to new and exciting places, so we never left."**

Lt(N) Andrea Murray

# DISPOSAL CONTRACT AWARDED FOR ATHABASKAN

**Ryan Melanson**  
Trident Newspaper

A contract has been awarded for disposal work on the former HMCS Athabaskan, which means the ship will soon be towed from HMC Dockyard to the Marine Recycling Corporation facilities in Sydney, Nova Scotia, to be dismantled.

Public Services and Procurement Canada announced the contract, worth \$5.7 million, on Jan. 18. Though Marine Recycling Corporation is headquartered in Port Colborne, Ontario, the entirety of the work, including demilitarization of equipment, remediation of hazardous waste, and recycling of any remaining

materials, will take place at the company's Cape Breton site.

The dismantling is expected to be completed by summer 2019.

HMCS Athabaskan was the last of the Royal Canadian Navy's four Iroquois-class destroyers in service when it was officially paid off in March 2017. The ships were constructed in the 1970s with highly advanced technologies at the time, including new sonar and infrared technologies and the ability to launch two maritime helicopters at once. Notable deployments for the ship included Operation Friction in 1991 during the Gulf War, as well as relief

work in the United States following Hurricane Katrina in 2005, and in Haiti after the country's devastating Earthquake in 2010.

The lack of destroyers in the fleet has created a temporary capability gap for the navy, but it will be restored with the construction of 15 Canadian Surface Combatants, with the first expected to be delivered in the mid-2020s.

*HMCS Athabaskan was the last of the Royal Canadian Navy's four Iroquois-class destroyers in service when it was officially paid off in March 2017.*



Photo by FIS Halifax  
Sailors line the bow of HMCS Athabaskan during the ship's paying off ceremony on March 10, 2017.

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- Location: CPAC
- Friday, Feb 16
- 5:00-8:00pm
- Cost: \$10.00

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# LOGISTICS BRANCH

# 50TH ANNIVERSARY



A ceremony commemorating the 50th Anniversary of the Canadian Armed Forces Logistics Branch was held at the lower lounge of CFB Esquimalt's Wardroom on Feb. 1.



Preparing to cut the cake, from the left: Commander Sam Sader, Base Logistics Officer; Rear Admiral Art McDonald, Commander of Maritime Forces Pacific / Joint Task Force (Pacific); Jennifer Kingston; Ordinary Seaman Nicole Hardy; Captain (N) Jason Boyd, Commander CFB Esquimalt; and Cdr Jeanne Lesard, Base Administration Officer.



Photos by Leading Seaman Ogle Henry, MARPAC Imaging Services



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# Navy programmers write unique ship-tracking software

**Scott Syms**  
Vessel Monitoring Services, CFB Halifax

A small navy software development group in Halifax is causing a big splash with NATO.

Halifax-based programmers with the Royal Canadian Navy wrote ship tracking software that has helped Canadian industry win NATO contracts worth millions of Euros.

Most of the world's goods are carried by ocean-going vessels, and the greater need to track shipping to ensure global safety and security has generated more data than ever before.

But the increase in ship position data creates problems for officers such as LCdr Phillip Mundy, Director of the Regional Joint Operations Centre Atlantic.

"Our job is to keep an eye on the ship traffic off the coast of Eastern Canada. As we introduced more data, we had systems choking on millions of position reports; it was affecting our ability to track ships off of Canada's coasts."

To solve the problem, LCdr Mundy turned to a

technical support group embedded with the East Coast Navy.

"The amount of data available is outstripping older methods of processing it," says Alicia Hogue, a programmer with the navy. "To solve LCdr Mundy's problem, we had to re-think the whole process of gathering and storing data."

The group leveraged components from big data companies such as Google, Uber and LinkedIn. The resulting software is capable of processing hundreds of millions of position reports a day and is used on both coasts to manage and visualise ship data.

Hogue described Canada's efforts to colleagues overseas, and they were interested.

"All navies were struggling with the same set of problems brought about by new, high-volume data sources," she says.

The interest soon became an opportunity.

When MDA Systems approached the Royal Canadian Navy about licensing the software as the cornerstone of a bid for a multi-million dollar NATO contract, the navy jumped

at the chance.

"We knew there was an opportunity and government policy is quite clear that we're to make our software available to industry. Our licensing agreement with MDA ensures that additional modifications to the software are returned to the Crown," says Hogue.

"It's as if we've added 20 programmers to the effort at no cost. It benefits Canadians, and benefits Canadian industry," she adds.

The software competed well, and MDA Systems beat out industry leaders to build ship tracking software for the 29-country military alliance. The majority of the contract work will be done in Nova Scotia, and programmers will work in close partnership with navy expertise at MARLANT.

"Our success is the result of a close relationship between military staff and civilian expertise on the east coast," says Hogue. "It's one more example of how we build strength from diversity."

The navy's next programming challenge? Says Hogue, "We're already working on version 2.0!"

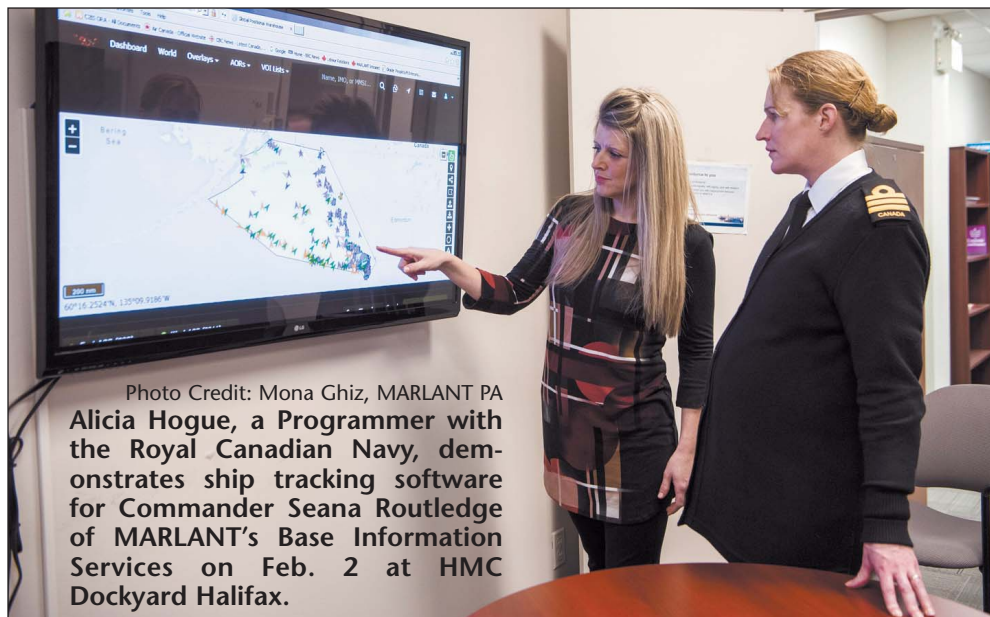


Photo Credit: Mona Ghiz, MARLANT PA  
Alicia Hogue, a Programmer with the Royal Canadian Navy, demonstrates ship tracking software for Commander Seana Routledge of MARLANT's Base Information Services on Feb. 2 at HMC Dockyard Halifax.

## THE SECRET MARATHON

# 3K

WED. MARCH 7TH, 6:30PM



On March 7th, the eve of International Women's Day, join a 3-km fun walk/run "The Secret Marathon" in solidarity with Afghan women who train and run in secret because women are not allowed to walk or run in public spaces, and in celebration of the right of everyone to be free to run.

**WHERE:** Running Room 1234 Government Street in downtown Victoria.  
**HOW:** Register online at [runningroom.com](http://runningroom.com) under Races.

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# HMCS ST. JOHN'S

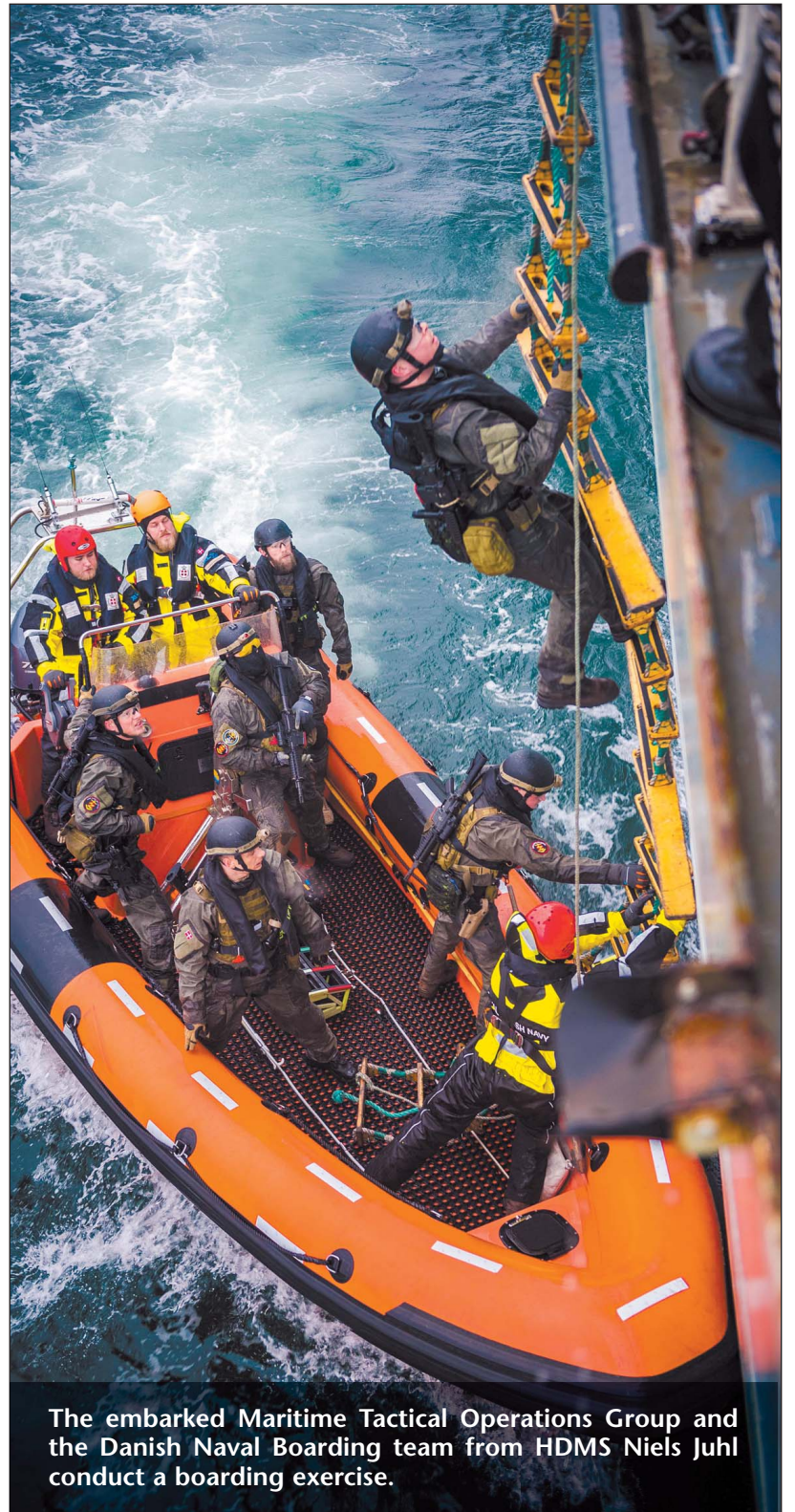
## OPERATION REASSURANCE

Lieutenant (Navy) Edward Woolley (left), and Lt(N) Paul Menard review navigational charts on the bridge while transiting the English Channel during Operation Reassurance Jan. 24.



The embarked Maritime Tactical Operations Group onboard HMCS St. John's performs close quarter combat training.

Photos by Corporal Tony Chand, Formation Imaging Services Halifax



The embarked Maritime Tactical Operations Group and the Danish Naval Boarding team from HDMS Niels Juhl conduct a boarding exercise.

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# Visits and Protocol team earns prestigious award

**SLt M.X. Déry**  
MARPAC PA

The Visits and Protocol Office at Maritime Forces Pacific headquarters received some unexpected recognition from the Government of British Columbia last week: The Premier's Award for promoting innovation and excellence.

It was given to agencies that supported the 2016 Royal Tour.

Arriving unannounced and with a regular batch of mail, the package containing the award was unremarkable. Nevertheless, it was a pleasant surprise to the small office that has long moved onto planning other events.

Jamie Webb, Senior Protocol Officer, recalls planning for the Royal visit of the Duke and Duchess of Cambridge, more commonly known as Prince William and Kate, in the months prior to their eight-day tour of B.C. and the Yukon from Sept. 24 to Oct. 1, 2016.

Tours of this nature are the office's bread and butter. They coordinate VIP and royal visits regularly, as well as events such as the opening of the legislature, which require a military Guard of Honour.

Victoria is a regular recipient of Royal tours.

"There has been five Royal visits in the last seven years," says Webb.

From the Earl and Countess of Wessex to the Prince of Wales and Duchess of Cornwall, Visits and Protocol staff plans for them all.

Large events require significant planning for months, and involve stakeholders such as Rideau Hall, Provincial Legislature, Department of Canadian Heritage, Office of the Lieutenant Governor of B.C., Scotland Yard, and Buckingham Palace, not to mention the massive logistical support of aircraft and vehicles provided by the Canadian Armed Forces.

A CF-130 Hercules cargo plane was required just for the attached

media for the most recent Royal visit.

"It is always a pleasure to work with other protocol professionals," says Webb. "Each organization has distinct customs and traditions."

He adds Buckingham Palace is the easiest to work with.

However, getting all the personnel to their respective marks on the big day is only the beginning. When the Royals arrive there is always a Canadian Armed Forces presence to greet them. A 100-strong Guard of Honour, the Naden Band of the Royal Canadian Navy, cadets, veterans, and tens of thousands of spectators were set to greet Prince William and Kate on their last visit.

"We did a full dry run, which included the guard and Naden Band standing outside the legislature for hours so we could perfect the timings," says Webb.

What set this event apart from previous Royal tours was that it included the participation of little George and Charlotte, Prince William and Kate's children.

"You have to be mindful of the

From left to right: Marie Ormiston, Pierre Cayer, and Jamie Webb.



Photo by SLt M.X. Déry

*What set this event apart from the previous Royal tours was it included the participation of little George and Charlotte, the Prince William and Kate's children.*

scale of public interest," noted Webb. "I don't think I've ever seen so much media in my life."

It also marked the first time a wreath was laid at the cenotaph since it was modified to reflect the war in Afghanistan. Modifying the cenotaph posed its own set of issues; rarely are such monuments altered and the monuments to Canada's fallen are rarely the responsibility of a single office or person. It took some stick handling

to get it done. The most difficult part was the execution of the welcoming ceremony.

"It was very difficult to keep everything on time," says Webb. "No one draws a crowd this big." Luckily, the plans for inclement weather were not required.

"It only drizzled," added Webb. Over a year later, the office is helping to plan the opening of the B.C. Legislature on Feb. 13, hoping the weather will be equally cooperative.

## Best cadet biathletes compete at Mt Washington

**Capt Cheryl Major**  
RCSU

More than 80 Royal Canadian Sea, Army and Air Cadets competed in the Provincial Biathlon Competition at Mt Washington Feb 3-4, testing their fitness, skiing, teamwork and marksmanship skills against the best cadet biathletes in the province. The competition was in hopes of achieving a spot on the BC National Cadet Biathlon Team and attending the National Cadet Biathlon Championship March 5-10 in Charlottetown, PEI.

The following cadets were selected for the national team:

- From 861 Royal Canadian Air Cadet

Squadron in Abbotsford: Ethan Algra, William Tang, Sophia Algra, and Alyssa Chapman.

- From 907 Royal Canadian Air Cadet Squadron in White Rock: Kevin Shu, Lucas Gorini Rodrigues, Morgan Dyke, and Daniela Ursulesku.
- From 3066 Royal Canadian Army Cadet Corps in Golden: Douglas Caldwell and Molly Caldwell.

Biathlon is a combination of cross-country skiing (or running), marksmanship and physical fitness. Biathlon requires tremendous endurance and strength as well as skill and precision. Unpredictable elements, including weather and wind conditions, make this outdoor sport a fun and reward-

ing challenge that thousands of cadets participate in each year. Team Canada 2018 Olympic Biathlete Emma Lunder was first introduced to her sport through the Cadet Program in Vernon, B.C.

Over the Feb. 3 weekend, cadets raced in a patrol-style partner race, where they had to stay within 30 metres of each other, and in an individual sprint race.

The Cadet Program aims to develop youth ages 12 to 18 the attributes of good citizenship and leadership, promote physical fitness, and stimulate an interest in the sea, land and air activities of the Canadian Armed Forces. There are more than 7,500 cadets in more than 70 communities in B.C.



Photo by Captain Shirley Ho, Cadet Unit Public Affairs Representative



Photo by Sgt Joshua Jones, Cadet Correspondant



Photo by Captain Shirley Ho, Cadet Unit Public Affairs Representative

# Bravo ZULU



AB Hunter is promoted to her current rank by LCdr Cynthia Foley, Base Comptroller, with the assistance of AB Hunter's 94-year-old Grandmother, Esme McKenzie.



Master Seaman Nancy Daigle is promoted to Petty Officer Second Class by Cdr Geoffrey Everts, Commanding Officer of F3 Operations within Canadian Fleet Pacific headquarters, and CPO2 Mark Turchyn. She also received a Certificate of Appreciation for her work at the headquarters.



Chief Petty Officer Second Class Mark Turchyn receives the second clasp to his Canadian Forces' Decoration from Commander Alain Sauve, Commanding Officer Canadian Fleet Pacific headquarters.



OS Tyler Steffan is promoted to his current rank by Cdr Colin Matthews, Commanding Officer HMCS Regina, and PO1 Peat.

AJAG Pacific's Angela Lavergne recently received an "Above and Beyond Award" from the B.C. Premier's office. Angie volunteered last summer at an Evacuation Centre in an area impacted by the B.C. Wildfires. Pictured with her loyal search dog Moxxie, Angie has been a long standing member of the base's Urban Search and Rescue Team as well a member of several of local search and rescue groups.



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# SPRING BREAK CAMPS

(5-12 YRS)

## Fun Seekers Spring Break Camp! (5-10 years)

### Week 1

Join Spiderman, The Avengers, Iron Man and the Guardians of the Galaxy in the World of Marvel during this fun filled week. Flex your superhero powers with our week of sky-high challenges, swimming, out trips and take home activities. When registering your child will have a choice between a dance class or a geocaching block! These will run in the afternoon for 1.5hours each day excluding Wednesdays.

Location: CPAC W18REC228

March 19-23 (5 day camp) Theme: World of Marvel

MARCH 19-23 - 5 DAY CAMP	
Before care - 7:00-9:00am	\$35 Reg. / \$37 Ordinary / \$39 Assoc.
Regular - 9:00-4:00pm	\$165 Reg. / \$170 Ordinary / \$175 Assoc.
After care - 4:00-5:30pm	\$25 Reg. / \$27 Ordinary / \$29 Assoc.

\*Save \$5 by registering online

### Week 2

Shoot out in to space with this atmospheric week of aliens, rocket ships, and space food. There will be surprise out trips, outdoor games and swimming! Bring your friends and have a blast!

When registering your child will have a choice between a dance class or Art Attack block. These will run in the afternoon for 1.5hours each day excluding Wednesdays.

Location: CPAC W18REC230

Dates: March 26-29 Theme: Space is the Place

MARCH 26-29 - 4 DAY CAMP	
Before care - 7:00-9:00am	\$28 Reg. / \$30 Ordinary / \$32 Assoc.
Regular - 9:00-4:00pm	\$128 Reg. / \$133 Ordinary / \$138 Assoc.
After care - 4-5:30pm	\$20 Reg. / \$22 Ordinary / \$24 Assoc.

\*Save \$5 by registering online

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by contacting PSP Recreation at 250-363-1009 or by stopping into the Colwood Pacific Activity Centre (CPAC) or Naden Athletic Centre Kiosks. You can also SAVE TIME and MONEY by registering ONLINE <https://bk.cfpsa.com/esquimaltpub/index.asp>

## Adventure Seekers Spring Break Camp! (10-14 years)

This camp is jammed packed with awesome out trips and cool escapades! Each day campers will get to experience new and exciting activities especially picked for some of our older adventurers. Whether climbing, jumping, diving, balancing, target practice or splashing in the swimming pool your child will be bound to have a fantastic time.

### Week 1

Location: CPAC March 19-23 W18REC231

MARCH 19-23 - 5 DAY CAMP	
Before care - 7:00-9:00am	\$35 Reg. / \$37 Ordinary / \$39 Assoc.
Regular - 9:00-4:00pm	\$185 Reg. / \$190 Ordinary / \$195 Assoc.
After care - 4:00-5:30pm	\$25 Reg. / \$27 Ordinary / \$29 Assoc.

\*Save \$5 by registering online

### Week 2

Location: CPAC March 26-29 W18REC232

MARCH 26-29 - 4 DAY CAMP	
Before care - 7:00-9:00am	\$28 Reg. / \$30 Ordinary / \$32 Assoc.
Regular - 9:00-4:00pm	\$148 Reg. / \$154 Ordinary / \$159 Assoc.
After care - 4:00-5:30pm	\$20 Reg. / \$22 Ordinary / \$24 Assoc.

\*Save \$5 by registering online

## The "Definitive" Day Camp Experience! (5-14 years)

This 4 hour fun day camp allows caregivers who will attend the "Definitive" Craft Brewery Tour (see pg. 10 for registering details) the ability to drop their kids off while they get to revel in the event stress free. Kids will enjoy activities with our Recreation Leaders such as arts and crafts, free play in the gym and much more, allowing them to have a wonderful experience too! This ultimate day camp is also open to those not involved with the coinciding Craft Brewery Tour!

Location: CPAC W18REC233

SATURDAY MARCH 3	
1:30-5:30pm	\$18 Regular / \$19 Ordinary / \$20 Associate



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**ANNOUNCEMENTS**

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848 ROYAL ROADS AIR CADETS invite all youth aged 12 - 18 from Westshore and Sooke. Participate in gliding, marksmanship, weekend and summer camps, ground school, drill, band, and more! Join us on Tuesday from 6:30 - 9:00pm at 3041 Langford Lake Rd, Belmont Secondary. Find us on Facebook: Air Cadets - 848 'Royal Roads' Royal Canadian Air Cadet Squadron. Website: 848royalroadsaircadets.com Contact: 848parentinfo@gmail.com or 250-590-3690

848 ROYAL ROADS Air Cadets invite all youth aged 12 - 18 from Westshore and Sooke. Participate in gliding, marksmanship, weekend and summer camps, ground school, drill, band, and more! Join us on Tuesday from 6:30 - 9:00pm at 3041 Langford Lake Rd, Belmont Secondary. Website: 848royalroadsaircadets.com Contact: 848parentinfo@gmail.com or 250-590-3690

**MISCELLANEOUS**

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HMCS TERRA NOVA WESTPLOY '73 REUNION Crew members of Terra Nova's Westploy '73 cruise, Operation Gallant, will be reuniting 01-03 May 2018 in Victoria for the 45th Anniversary of the mission. Terra Novans who made this cruise and wish to attend, or wish more information, are to contact John Appler at jeappler@gmail.com

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**MISCELLANEOUS**

INTERESTED IN JOINING A coffee or social group for military veterans and military in Cowichan Valley? For information contact Bob Hedley on Facebook. The intention of the group is to meet-up with other veterans and present serving members to exchange stories and facilitate fun get-togethers. Look under the Facebook Group: cowichan valley coffee

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# Find Your Power

## Highly Personalized Addiction Treatment

NON-12 STEP SINCE 2008

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At **Sunshine Coast Health Center** we are committed to a client's personal transformation, the goal being healthy, thoughtful men who are inspired to live with a renewed sense of vitality and purpose.



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