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Walk Ins are welcome.



George Sweanor, 98, meets with members of the 419 Tactical Fighter (Training) Squadron at the Colorado Springs Airport. In the background, one of seven CT-155 Hawk jets they flew, this one in particular sporting a special Second World War paint scheme.

Imagery by NORAD and USNORTHCOM Public Affairs



PAST meets Present



Lt(N) Marco Chouinard
NORAD and USNORTHCOM
Public Affairs

A Royal Canadian Air Force Second World War veteran, and former Prisoner of War now living in Colorado Springs, Colorado, received a surprise visit Feb. 23.

George Sweanor, 98, a retired Royal Canadian Air Force Squadron Leader, was met by members of 419 Tactical Fighter (Training) Squadron at the Colorado Springs Airport following the unit's training mission in El Centro, California.

Sweanor was one of the founding members of the squadron that stood up in 1941 in the United Kingdom as the third RCAF bomber squadron overseas.

Members of 419 Squadron talked with and listened to Sweanor for more than an hour as he reminisced about his time with the squadron and his experiences during the Second World War.

"It was an honour for us to meet such a distinguished veteran and founding member of 419 Squadron," said Major Ryan Kastrukoff, Deputy Commanding Officer of the unit.

During the war, Sweanor served

with the RCAF in the United Kingdom with 419 Squadron. In 1942, he was shot down and captured after multiple flights over enemy territory, spending 800 days as a POW.

Sweanor was also involved in a daring escape from Stalag Luft III prisoner of war camp in Zagan, Poland, in 1944 and acted as a security lookout during the excavation of the escape tunnel dubbed "Harry". This event was immortalized in the 1963 film, "The Great Escape."

Following the war, Sweanor remained with the RCAF. Also of note, he was one member

of a group that opened Cheyenne Mountain, former home to North American Aerospace Defense Command, which is celebrating its 60th Anniversary this year.

His last assignment was in Colorado Springs where he retired and began teaching at Mitchell High School. He is also a founding member of 971 Royal Canadian Air Force Association Wing in Colorado Springs and regularly attends events as a special guest, along with members of the Canadian Armed Forces serving at NORAD.

As part of the visit, Squadron

members presented him with a book commemorating the 75th anniversary of the squadron, a current squadron patch and a squadron patch with his name stitched into it.

Sweanor has written one book and continues to write his own blog.

Note: The current 419 Tactical Fighter (Training) Squadron based at CFB Cold Lake was formerly known from 1941-1945 as No. 419 Squadron, Royal Canadian Air Force.



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LS ROSALIE HOULE CARRIÈRE

Photos by Leading Seaman David Gariepy, MARPAC Imaging Services



SLt M.X. Déry MARPA PAC PA

Dentistry and naval communications have little in common, but according to Canadian Fleet Pacific's 2017 Sailor of the Year, LS Rosalie Houle Carrière, the experience gained from the journey is what's important.

While she has held a dream of being a dentist since she was 12, her desire to gain work experience and travel made her join the Royal Canadian Naval Reserve in 2010 as a Naval Communicator.

"The goal of being a dentist is in the back of my mind," says LS Houle Carrière. "But that doesn't mean the road to get there

is a straight line."

The 25-year-old Québécoise, born and raised in Trois-Rivières, grew up speaking French and learned English in an immersion program; language skills she would put to use when travelling around the world in Canadian warships.

As a teenager, LS Houle Carrière joined the Air Cadets, and after high school joined Naval Reserve Unit *HMCS Radisson* while completing her pre-university degree at Cégep Trois-rivière.

With college complete, and qualified as a Naval Communicator, she joined *HMCS Regina* on Operation Artemis in 2013; the shift from her experience on Great Lakes deployments

aboard *HMCS Moncton*, a maritime coastal defence vessel, to a Halifax-class frigate deployed on a major operation was jarring.

"The platform is very different, the atmosphere, it is like a town floating on the water," says LS Houle Carrière. "You might not see someone for two months; the MCDV is more familial."

That first major deployment was unexpectedly extended when Russia invaded Crimea and Canada committed *Regina* to Operation Reassurance.

In 2016, she came to Esquimalt to serve in *HMCS Whitehorse*, a change that was difficult.

"It is far from family," said LS Houle Carrière, but

added that she loves the West Coast and its lovely weather. "They lost my shovel in the move, but I wasn't too concerned."

At every opportunity, she returns home to Quebec to see family and friends, and her nieces and nephew, save last Christmas when she volunteered for duty to allow others to go home.

Last year, while extremely busy at work transferring communications equipment from one hull to another, she joined the Saint John's Ambulance Brigade in Victoria. LS Houle Carrière wanted to become part of the community and use her first aid skills acquired over the years.

"First aid as a Good Samaritan is being present

at an event and being able to save that person by providing aid until the paramedics arrive," says LS Houle Carrière.

She had first-hand experience of that at the Oak Bay Tea Party in 2017, when two parachutists required medical attention after hard landings. Pete Thompson, the superintendent of the Victoria division of Saint John's Ambulance, said LS Houle Carrière was part of the team that helped provide first aid.

"She was a star among them," he says. "She's a great team player, and her attitude is one of always wanting to learn."

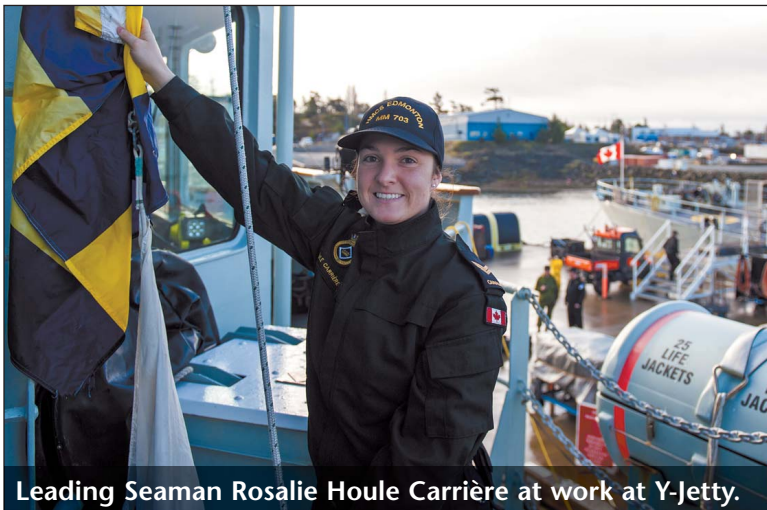
He was impressed by how much she managed to volunteer despite her

deployments. "She is always positive; she is bubbly like a glass of ginger ale."

Petty Officer Second Class Eric Healey, senior Naval Communicator aboard *HMCS Nanaimo*, is the one who submitted her name for Sailor of the Quarter; unsurprisingly he had nothing but positive things to say.

"She has an outstanding work ethic. She is one of those people you have to pull away from work."

Every year, Canadian Fleet Pacific recognizes sailors who perform their duties above and beyond the high standard that is demanded of them. LS Houle Carrière has shown that she is the Sailor of the Year, in and out of uniform.



Leading Seaman Rosalie Houle Carrière at work at Y-Jetty.



LS Houle Carrière, Naval Communicator, is the recipient of the Sailor of the Year.

The goal of being a dentist is in the back of my mind. But that doesn't mean the road to get there is a straight line.

LS Rosalie Houle Carrière

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Joint response to fuel spill a well executed process



Peter Mallett
Staff Writer

The Royal Canadian Navy and multiple government agencies came together quickly on Saturday Feb. 24 with a coordinated joint response following a fuel spill from *HMCS Calgary*.

The spill occurred in the Strait of Georgia between Nanaimo and Parksville as the frigate was conducting an internal fuel transfer; the incident involved the release of up to 20,000 litres of F-76 marine distillate fuel.

Calgary's fuel spill response team reacted immediately. The ship reversed course to look for signs of the spill, and informed authorities at Maritime Forces Pacific (MARPAC) who engaged Emergency Management

B.C., as per their Safety and Environment Management System guidelines.

MARPAC's Formation Safety and Environment rapidly coordinated response efforts with Environmental Climate Change Canada, Canadian Coast Guard, Emergency Management B.C. and Transport Canada.

As a proactive measure Canadian Armed Forces assets at CFMETR Nanoose and the MARPAC Ready Duty Ship were put on alert to assist if needed.

Aircraft were launched overhead to look for visual signs of fuel floating on the surface of the ocean and report them to the Regional Joint Operations Centre. Transport Canada deployed their pollution detection aircraft, while private sector companies Harbour Air and B.C. Ferries were alerted to look for signs of the spill.

Commodore Jeff Zwick,

Commander of Canadian Fleet Pacific, addressed the media at a press conference the next day to bring them up to date on the incident and the response effort.

"We take environmental stewardship very seriously and we're working proactively to address the problem," said Cmdre Zwick. "Once *Calgary* discovered she had difficulty, she took the right steps in responding to the problem."

Four Orca-class patrol training vessels departed CFB Esquimalt Feb. 26 with Canadian Coast Guard and B.C. Government environmental officers on board. The vessels are equipped with response kits that include spill pads, portable absorbent socks, and hazmat bags with the intention to contain the spill and do initial cleanup if evidence of the spill was detected.

Cmdre Zwick explained that F-76 fuel, also known as distillate fuel, is lighter than water and evaporates quickly. It poses a low absorption risk and would be unusual for the fuel to remain in the water or combine with sediment in the ocean. The fuel is used for naval applications such as the operation of high and medium speed internal combustion engines

of compression-ignition type boilers.

While an internal investigation has been launched to determine what caused the spill, MARPAC remains committed to its efforts to mitigate the effects of the spill, and continues to work with its partner agencies on monitoring and assessing the affected area.

A joint letter received March 1 from Environmental Health staff, and Senior Medical Officer and Medical Health Officers from First Nations Health Authority, Island Health, and the Provincial Health Office, indicates "the marine diesel release related to this particular incident represents a very low risk to humans through herring as a food source and no health advisory is necessary at this time."

But that "a re-evaluation process be put in place, with involvement of communities, should any new information indicate potential spill impacts."

If members of the Formation or the public detect signs of the spill they are encouraged to contact Emergency Management B.C. 1-800-663-3456 who are the central coordinating agency for all environmental incidents on the B.C. Coast.

A representative from the Coast Guard surveys the shoreline with a crew member from PCT Wolf. In the end, no evidence of disturbance to the natural environment was observed. PCT Wolf and crew surveyed the Porlier Pass area following *HMCS Calgary's* fuel spill.



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matters of OPINION

WHO WE ARE

MANAGING EDITOR

Melissa Atkinson 250-363-3372
melissa.atkinson@forces.gc.ca

STAFF WRITERS

Peter Mallett 250-363-3130
peter.mallett@forces.gc.ca

PRODUCTION

Teresa Laird 250-363-8033
production@lookoutnewspaper.com
Bill Cochrane 250-363-8033
workstation3@lookoutnewspaper.com
Shelley Fox 250-363-8033
projects@lookoutnewspaper.com

ACCOUNTS/CLASSIFIEDS/RECEPTION

Mary Lou Climenhaga 250-363-3127
Mary.Climenhaga@forces.gc.ca

SALES REPRESENTATIVES

Ivan Groth 250-363-3133
ivan.groth@forces.gc.ca

Joshua Buck 250-363-8602
joshua.buck@forces.gc.ca

EDITORIAL ADVISORS

Capt Jenn Jackson 250-363-4006
James Vassallo 250-363-7060

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WHAT SAY YOU

People Talk

On Feb. 24, participants of the Wounded Warrior Run B.C. completed their fifth annual, 600-kilometre relay-style run from Port Hardy, B.C. to Victoria. The Lookout asked this question:

What was your most difficult personal challenge for the event?



The biggest personal challenge for me was being unable to contact my wife and two-year-old son when the team and I arrived in Sayward, B.C. at the end of Day #2 on our journey. We did not have cell phone reception in the area and I had learned the day before that my son was battling a very severe cold. Although it was difficult accepting I couldn't be there to help him, we thankfully have lots of support in Victoria and my son got progressively better as the week went on.

Matt Carlson,
Personnel Support
Services,
Community Recreation
Coordinator



I have done this event for all of its five years. The big challenge every year is dealing with the fatigue because of the length of the course, all of the stops along the way and dealing with the winter weather that can cause slips and falls from ice and snow. Runners can get sick or injured because of the conditions, so staying healthy is always the biggest challenge.

**Master Seaman
Steve Deschamps,**
Canadian Fleet Pacific



The first challenge was to remember the names of the people we met. I think most of them thought I was a bit crazy as I would repeat their name in every sentence for fear of forgetting! The second challenge was a massage I received on the last night, the RMT had incredibly strong thumbs.

**Lieutenant-Commander
Simon Brown,**
Maritime Forces Pacific



My personal challenge was two things: First having to leave all the incredible people we met along the way. We made sure to see as many people as possible but it was so hard to leave when so many close connections are happening in those meetings. The other one was being whisked off to the hospital Sunday morning as the team was making their way over the Malahat. It turned out to be a not very serious spider bite but it was a strong reminder of how much EMS personnel have helped me in my life in the darkest of times. I am forever grateful.

**Captain
Jacqueline Zweng,**
Regional Cadet
Support Unit



One challenge was the weather and the lack of escorts on several of my legs. It was a bit of unfortunate luck that when it came to my leg our packet support of police, ambulance and fire vehicles often reverted to "leap-frogging" the support vehicles. Also we had a bit of [nasty] weather, especially on a leg out of Nanaimo to Cassidy, where a mini-blizzard emerged just when it was my turn to run.

**Chief Warrant Officer
Mark Dankwerth,**
Base Administration



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A Division of Personnel Support Programs
CFB Esquimalt, PO Box 17000 Stn. Forces,
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WHAT SAY WE - MARCH IS NUTRITION MONTH

RECIPE OF THE WEEK: MONTEREY JACK AND EGG PITA POCKETS

RECIPE INFO	INGREDIENTS	INSTRUCTIONS
 <p>SERVINGS: 4 to 6</p> <p>PREPARATION TIME: 5 minutes</p>	<p>1 cup (250 mL) Canadian Feta, finely diced 1 cup (250 mL) watermelon, finely diced 1 cup (250 mL) cantaloupe, finely diced 1 cup (250 mL) red bell pepper, finely diced 1 cup (250 mL) pineapple, finely diced 1/4 cup (60 mL) red onion, chopped 1/4 cup (60 mL) fresh cilantro, chopped Freshly ground pepper</p>	<p>STEP 1 In a large bowl, mix all the ingredients together and season with pepper.</p> <p>STEP 2 Serve with meat or grilled fish, or as an accompaniment to Mexican dishes.</p>

RECIPE PROVIDED BY: Dairy Farmers of Canada

RECIPE SOURCE: Cookspiration.com

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Torch Award FINALIST





Photo Credit Yellow Drum Productions
 Inspiring generations. Mom is just as excited as her daughters to check out the Canadian Armed Forces Aurora aircraft from 407 Long Range Patrol Squadron, Comox, during the 2016 Sky's No Limit Girls Fly Too event.

Event raises profile of women in STEM-based jobs

Peter Mallett
 Staff Writer

Personnel from the CFB Esquimalt are helping the Achieve Anything Foundation boost its goal to inspire over 20,000 female future leaders in science, technology, engineering and mathematics at The Sky's No Limit Girls Fly Too event.

This is the third year units from CFB Esquimalt have been involved. It's part of the non-profit's effort to inspire women and girls towards careers in STEM-based (science, technology, engineering and mathematics) fields with practical hands-on experience in aircraft, tactical assets and

hands-on displays from various supporting agencies.

This year's event is on the weekend of March 10 and 11 from 9 a.m. to 5:30 p.m. at Abbotsford International Airport. To further inspire those in attendance about STEM-based career possibilities outside of aviation, the event will feature demonstrations by Fleet Maintenance Facility Cape Breton and Fleet Diving Unit's Bomb Disposal Unit.

There will also be a performance by the Naden Band of the Royal Canadian Navy and participation of the base's top brass, Rear-Admiral Art McDonald, Commander of Maritime Forces Pacific.

"It's a big accomplish-

ment to be on the permanent radar of the Canadian Armed Forces, and it shows that we are a significant event for them to send so many assets," said Kirsten Brazier, Achieve Anything Foundation President.

In keeping with the flying theme, the Royal Canadian Air Force will display a Sea King and CF-149 Cormorant helicopter, which will also provide free rides at the event, and two static cockpit displays. Additional RCAF include a CC130J Hercules, CT-155 Hawk, CT-156 Harvard, CT-142 Dash-8, CC-115 Buffalo, CP-140 Aurora.

The army will provide armoured personnel carriers and an M-109 Self-

Propelled Gun tank.

The U.S. Air Force is sending a C5M Galaxy, C17 Globe Master, KC-135 Stratotanker and KC-10 Extender refuelling aircraft, while its skydiving team Wings of Blue will perform their first-ever jump in Canada.

But the big focus of this year's event, says Brazier, is to get female visitors into the cockpit of an aircraft, and airborne. To achieve that, she has enlisted the support of corporate partners who will donate 10 helicopters and pilots for the event. The event takes place on a stretch of taxiway between two active runways at the Abbotsford International Airport and is

completely free for all participants thanks to the support of agency, industry and education partners. Parking is also free.

Brazier, is an airline transport rated fixed-wing and helicopter pilot and Doctor of Technology learned her trade in a male-dominated industry and says offering young women a chance to experience flight firsthand is the missing link to getting more of them involved in STEM-based careers.

"The concept is all about the hands-on approach," she says. "If the Canadian Armed Forces and other

STEM-based employers want more women in their workforce, they need to put the tools in their hands to spark an interest and create excitement."

Other participants in the event include the Royal Canadian Mounted Police (RCMP), Coast Guards, Cadets, US Air force, US Navy, Vancouver Police Department, Civil Air Search and Rescue, Boeing, Teck Construction, KF Aerospace, University of Fraser Valley, Cascade Aerospace, Nav Canada, BCIT, BC Government, Verrault Lowbed Service and other industry partners.

Offering young women a chance to experience flight firsthand is the missing link to getting more of them involved in STEM-based careers.

Kirsten Brazier, Achieve Anything Foundation President

Volunteers wanted

Kirsten Brazier is currently looking for volunteers from the base to fill an array of roles during the event. For more information about the event and how to register as a flight participant or ways to volunteer visit their website www.achieveanything.ca/volunteer.html

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Vietnamese refugee gives back

as naval officer



Darlene Blakeley
Navy Public Affairs Ottawa

It has been a long and remarkable journey from Vietnamese refugee to Canadian naval officer.

Lieutenant-Commander Kim Poirrier, a logistics officer working with the Directorate of Naval Strategy in Ottawa, credits the Canadian Armed Forces (CAF) for shaping her into the strong, independent and confident woman she is today.

"My journey in the CAF as a naval officer has opened doors for me, given me exposure to travel, and the ability to work at a professional level that I never dreamed possible," she says. "I have a great sense of pride in wearing my uniform, not only for my own achievements, but also for what my uniform represents."

Life has not always been easy for LCdr Poirrier. She was eight years old when the communist regime of the day began to persecute the ethnic Chinese entrepreneurial class in the former South Vietnam. Her parents owned and operated a successful plastics enterprise and their fairly wealthy family of 11 lived in a beautiful three-storey house, with a nanny and servants. All of this changed suddenly in 1979 when they went from riches to rags.

Her family was stripped of everything they owned and resettled into a detention camp along with other wealthy Chinese business families, to work and farm the land.

"This was a life sentence of hardship and starvation," LCdr Poirrier explains. "My father had to make the most difficult decision of his life – risk the lives his wife and nine children to escape from Vietnam for a sec-

ond chance at life, or stay and risk starvation and even worse treatment from the communist government."

Eventually her parents, along with a number of other wealthy families, got together and paid many pieces of gold to get a fishing boat in order to escape Vietnam. The family survived near-death experiences during the escape, including starvation, piracy and a terrible storm. After a series of harrowing events they arrived in Malaysia, where they joined other refugees waiting for immigration officials from Western nations to offer sponsorship. After a few months they were accepted by Canada, sponsored by the Assumption Parish Catholic Church in St. Walburg, Sask., a town of 500.

"Thanks to Canadian generosity and compassion, our family was given not only a second chance at life, but also the security to enjoy our lives and prosper."

Having been given a fresh opportunity to explore a new life for herself, LCdr Poirrier wanted to give back to her adopted country.

"As Canadians, we are privileged to live in a society that values human rights and has a democratically-elected government that enables us to enjoy freedom of speech, association, religion and equal opportunities. To truly appreciate this

privilege is to give back."

LCdr Poirrier and her family thrived in Canada, and she went on to attend university. It was there she decided to join the Naval Reserve in 1991, and later went on to join the Regular Force navy. Over the years she has deployed on humanitarian missions; served a tour of duty in Afghanistan; worked on multimillion dollar capital projects as a senior cost analyst; and provided logistics support to overseas missions, contributing in her own small way to international peace and security.

"The military has much to offer as a career, an employer of choice and a unique lifestyle," she says. "It is made up of ordinary Canadians who discovered they can achieve extraordinary results with some training, the right support and confident determination."

Married to Dave Poirrier, another CAF officer, with two daughters, Cassandra and Jamie, LCdr Poirrier's busy life includes helping both her local community and the country as a whole.

"My philosophy is to live life to the fullest, have the compassion to help those in need, and give back to the community as much as possible," she says. "I've been active in a number of capacities wherever I have lived."

As a volunteer, LCdr Poirrier has worked with the Salvation

Army, the Heart and Stroke Foundation, food banks and women's shelters. She regularly takes part in speaking events, including Asian heritage celebrations, Canadian citizenship ceremonies, and recruiting initiatives.

She is particularly active in promoting minority and cultural issues, as well as issues that affect women.

"I am passionate about women's issues and promoting gender equality. I want to be a role model for my kids, and also the younger women who seek my mentorship," she says.

In particular her deployment to Afghanistan gave her a deeper understanding of the plight of women in certain cultures.

"It opened my eyes to the status of women in that part of world. I was inspired to become active in the fight for gender equalities and the advancement of women."

In the future she hopes to represent the CAF by participating in a United Nation's initiative to increase women's contributions to peace and security.

Fitness is also important to LCdr Poirrier and she holds a black belt in Tae Kwon Do. She volunteers with a non-profit organization to teach kids and also helps organize martial arts and self-defence classes for the National Defence Workplace Charitable Campaign. One of her personal goals is to work on

her Second Degree black belt, in order to teach self defence to disadvantaged women.

LCdr Poirrier highly recommends the military as a career choice for women looking for challenges and adventure. Not only did it help her grow as a person by providing a wide range of experiences, it also gave her the chance to further her education.

"Since English was my second language, it was hard enough to do a Bachelor degree," she explains. "I never intended to go higher. But it was difficult to pass up this type of opportunity for a higher education paid for by the CAF. It was hard working full-time and going to school on my own time, but I did it. It was an incredible feeling of accomplishment when I walked across the stage to receive my certificate. Best of all, my family was there to celebrate this achievement with me as the first child in our family to get a Master's degree."

Through the hardship of her early years, LCdr Poirrier has gained a unique perspective on how the past shapes who we are as individuals.

"Life does not always turn out as planned, but it is what you learn from it and do with it that will make you who you are today," she says. "My experiences in the military have certainly challenged me. Over the years, I've exceeded personal limits that I never could have imagined overcoming and I've achieved more than I ever dreamed possible. Whether you decide to join the CAF or not, as a proud Canadian and as a woman, I encourage you to take advantage of the opportunities available to all of us in Canada and take bold action toward achieving your dreams."

As Canadians, we are privileged to live in a society that values human rights and that has a democratically-elected government that enables us to enjoy freedom of speech, association, religion and equal opportunities. To truly appreciate this privilege is to give back.

Lieutenant-Commander Kim Poirrier



Lieutenant (Navy) Eric Dignard, Division Commander, Venture Division, Naval Fleet School (Pacific); and Commander Jeanne Lessard, President Mess Committee, stand with Vice-Admiral (Retired) Nigel Brodeur and Acting Sub-Lieutenant Charles Boyes in the Gun Room at Work Point.

Retired Admiral donates collection of beer steins

SLt M.X. Déry,
MARPAC PA

Vice-Admiral (Retired) Nigel Brodeur donated beer steins from the early part of his naval career to the Naval Fleet School Pacific's Gunroom Feb. 23 in hopes of inspiring the Royal Canadian Navy's future leaders.

Lt(N) Eric Dingnard, Venture Division Commander at Naval Fleet School (Pacific), introduced VAdm (Ret'd) Brodeur by affirming that the Brodeur family "are of great significance to the Royal Canadian Navy."

The Admiral's grandfather, Louis-Philippe Brodeur, introduced legis-

lation to create the Royal Canadian Navy (RCN) while he was Minister of the Naval Service. His father, Rear-Admiral Victor Brodeur, served in the RCN through both world wars.

VAdm (Ret'd) Nigel Brodeur, followed in his father's footsteps and served from 1952 until he retired in 1987.

"These mugs, I hope they be put to good use," he said to a host of Acting Sub-Lieutenants currently undergoing their Naval Warfare Officer courses. "I hope they will give you an indication of the starting out, from lieutenant to captain...Learn all you can. Learn about the sea, learn about other navies."

While some of the donated steins were departure gifts from ships VAdm (Ret'd) Brodeur served in, others were gifts from friends within the fleet.

After the presentation, the Admiral spoke one-on-one with a few students, curious to know how far along they were in their training.

Acting Sub-Lieutenant Travis Boyko said the steins were a great addition to the Junior Officers Mess.

"I think it re-instilled some life into the Gunroom. I know a lot of people were keen on using them."

The ceramic steins will be kept on display while the pewter ones can be signed out for use in the Gunroom.



I hope they will give you an indication of the starting out, from lieutenant to captain...Learn all you can. Learn about the sea, learn about other navies.

VAdm (Ret'd) Nigel Brodeur

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Photo by 2Lt Cameron Park, Canadian Scottish Regiment
Students check out a mortar tube under the watchful eye of gunners from 5th (British Columbia) Field Regiment, Royal Canadian Artillery during the Army Reserve's latest Soldier for a Day program.



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Soldier for a day drums up interest in the Army Reserves

Capt Jeff Manney
39 Signal Regiment PA

Students from as far away as Campbell River gathered in Victoria Feb. 24 to see if being a soldier for a day could lead to being a real soldier.

Held at the Bay Street Armoury, the Army Reserves' popular Soldier For A Day program allowed students to check out army vehicles and communication equipment, practice their marksmanship on the small arms weapons simulator, taste military rations, take the Canadian Armed Forces fitness test, and even try their hand at a military drill.

The glimpse into life as an Army Reservist must have been compelling; 20 per cent of those attending submitted an application to join.

"We aimed to properly showcase the equipment, benefits and lifestyle of Army Reservists and I think it went over well," says

Capt Sean Breckenridge, the event's coordinator. "The students were surprised at the number of opportunities available, how technical some of them are, at their similarity to many civilian jobs, and just how compatible the Reserve experience is with civilian life."

Soldier For a Day has been running in various forms since 1996. In that time it's emerged as one of the Army Reserves' most effective recruiting tools, Capt Breckenridge says.

"There's so many upsides to becoming a citizen soldier that it takes a little time to soak them all in," he says. "We've found that a day-long event is ideal for

showing what the Reserves is about. Those thirsting for adventure, challenge, great friends and unforgettable memories will find everything they need here."

That's on top of the many benefits now available to Reservists, such as up to \$8,000 in tuition reimbursement, guaranteed summer employment, high school credits, competitive pay, and even dental coverage.

"The Army Reserves wants to grow from our current 18,000 or so to over 21,000 by 2020," Capt Breckenridge says. "We're pulling out all the stops to get there; so there's definitely never been a better time to join."

We aimed to properly showcase the equipment, benefits and lifestyle of Army Reservists and I think it went over well.

Capt Sean Breckenridge

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LGov named Honorary Mess Member



The Honourable Judith Guichon, Lieutenant Governor of British Columbia, takes a selfie with Petty Officer First Class Marie-Perle Broadley, Naden Band musician, onboard HMCS Ottawa Feb. 28.



Leading Seaman Greg Dalrymple, Captain (Navy) Clive Butler, and Chief Petty Officer Second Class Chris Lockley formalize the Honorary Mess Membership of LGov Guichon to HMCS Nanaimo, HMCS Victoria, and HMCS Vancouver with a special certificate.

Photos by Leading Seaman David Garipey, MARPAC Imaging Services

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Now hiring: FMF CB expands apprenticeship program

Peter Mallett
Staff Writer

Apprentices are set to become the next generation of highly skilled tradespeople at Fleet Maintenance Facility (FMF) Cape Breton.

They are young and well trained, and ready to fill the vacancies left by retiring employees in the ship repair unit over the coming years.

A path to employment for program enrollees is carved over four years with both hands-on and vocational training, ending with a trade certification.

Program enrolment at FMF will dramatically increase in the next two years to meet the demand for new workers in 15 trades.

Richard Turnbull, Weapons Shop and Underwater Weapons Work Centre manager, says he's been telling everyone with an interest in becoming part of their workforce to enroll because the hiring rate for apprentices to full-time employment is

almost 95 per cent.

Speaking knowledgeably as a former apprentice of 1989, he says mentoring from seasoned tradespeople is vital in developing the next wave of employees.

"It's really an effort to transfer knowledge from an experienced workforce that won't be working here forever and will soon be moving on to retirement," said Turnbull. "We need to bring people in here fairly quickly and apprentices are a huge part of that."

President of the Apprentice Association Shawn Fiset, also a Millwright Apprentice in his third year, says FMF's focus is on quality, not quantity, of work completed by apprentices.

"One of the huge advantages over many private sector outlets is you are given the time to learn and are not just a body to accomplish a task," he says. "They want to make sure people who work at these trades know their job and how to do it well."

Apprentices start off with a base hourly wage of \$18.74, with regular incremental increases over four years climbing as high as \$35.61 an hour for some trades. They also have the benefit of receiving their Red Seal Certification through the B.C. Industry Training Authority. The certification process also allows them to apply for grants and tax credits offered by the provincial and federal governments.

FMF's program success has also come with accolades. In November 2017, the unit received a Certificate of Recognition from the Industry Training Authority of B.C. for its commitment to training apprentices and investing in B.C.'s skilled labour workforce.

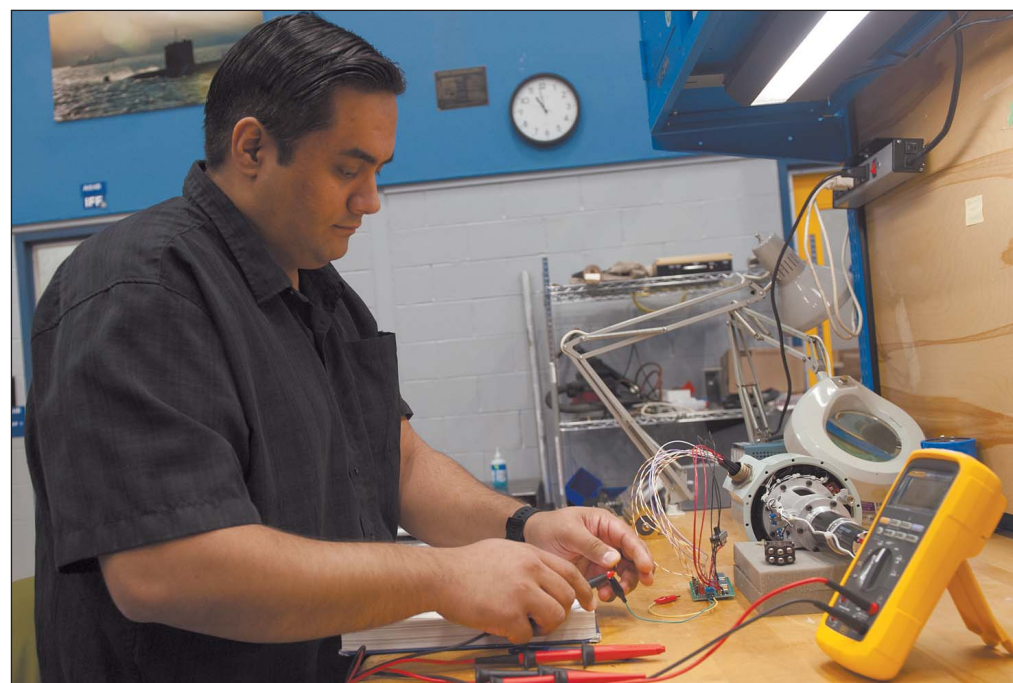
Turnbull says interested candidates can get more information by visiting the Government of Canada's jobs website: www.canada.ca/en/public-service-commission/jobs/services/gc-jobs.html



Photos by Leading Seaman Ogle Henry
Fleet Maintenance Facility (FMF) Cape Breton apprentices work at their respective stations.

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- sheet metal fabricator
- welder
- machinist
- diesel engine mechanic
- crane operator



Left: Chris Schreyer, millwright apprentice at Fleet Maintenance Facility, gets guidance from journeyman machinist and marine mechanic Mike Cato while making repairs to a Padeye. The device is used by Canadian warships for replenishment at sea.

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MARCH 31
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International Women's Day is an annual celebration that takes place March 8 to commemorate women for their economic, political, and social achievements.

Maritime Forces Pacific will celebrate the event under the International Women's Day theme "Press for Progress", focusing on the importance of continuing efforts to ensure equality between men and women.

In commemoration of this day, the Defence Women's Advisory Organization (DWAO) will host an event that includes guest Cdr Michele Tessier and Honorary Capt(N) Mandy Farmer in the Upper Lounge at the Wardroom starting at 3 p.m.

All defence team members are welcome to attend.

About the DWAO

In the Formation, awareness of International Women's Day is through the Defence Women's Advisory Group (DWAO). DWAO is one of four Advisory Groups at Maritime Forces Pacific. All DND/CAF personnel are encouraged to participate in any/all of the Defence Advisory Groups with supervisor approval.

It is important to note that members do not have to identify with one of the groups to get involved. Advisory Group participation is voluntary and open to all. Your contribution is important and can be helpful in a variety of ways based on your interests and availability.

For more information on the MARPAC Defence Advisory Groups or Employment Equity general inquiries, please contact 250-363-7004.

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Second World War amputee veteran Charles Jefferson and members of The War Amps Child Amputee (CHAMP) Program, Olivia Miller and Dante Fotia, unveil the commemorative envelope.

War Amps launches commemorative envelope

War Amps has officially launched its 100th anniversary year with the unveiling of a Canada Post commemorative envelope at the Association's National Headquarters in Ottawa.

The envelope reflects The War Amps long history and innovative programs through photos and text.

Jim Phillips, Director of Stamp Services at Canada Post, said, "The War Amps is an important part of Canada and has made a tremendous impact on the lives of amputees in this country. We are delighted to issue a commemorative envelope that celebrates its rich history and the vital work it does."

Amputee veterans returning from the First World War started The War Amps in 1918 to assist each other in adapting to their new reality as amputees. They then welcomed amputee veterans following the Second World War and established the Key Tag Service to gain meaningful employment and provide a service to the public.

The War Amps' many programs have grown over the past 100 years from assisting war amputees – whom they still serve – to all amputees, including children.

"Our work now encompasses a

diversity of issues, from financial assistance for artificial limbs, to providing a voice for amputees' rights, to spreading our PLAYSAFE message to children and much more," said Brian Forbes, Chairman of the Executive Committee of The War Amps. "As we move into our second century, just as The War Amps has fought the battle for veterans since 1918, we still have a modern-day battle to fight to ensure that the needs of all amputees are met."

Envelopes can be purchased by visiting Canada Post's website at canada-post.ca/shop.

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Athletes complete gruelling run

Peter Mallett
Staff Writer

Members of the Wounded Warrior Run B.C. team say community support was the only fuel they needed to complete the gruelling, bone-chilling task of running the length of Vancouver Island.

The seven-member team and support staff crossed the finish line Feb. 25 at the B.C. legislature.

A group of emergency services workers led by Victoria Chief of Police Del Manak joined the runners for the final 1.5 kilometres, setting off following a remembrance

at the Afghanistan War Memorial.

At the finish line they were greeted by a cheering crowd that included Victoria Mayor Lisa Helps, Captain (Navy) Clive Butler who represented Maritime Forces Pacific (MARFAC), and friends and family.

The run is in its fifth year and serves to raise awareness and funds for health and Post-Traumatic Stress Disorder (PTSD) support programs for current and former military personnel and first responders.

The team included four runners from the base: Lieutenant-Commander

Simon Brown, Chief Warrant Officer Mark Dankwerth, Master Seaman Steve Deschamps, and Matt Carlson.

During their 600-kilometre, relay-style run that started seven days earlier in Port Hardy, participants battled steep mountainous inclines, strong headwinds, rain and snow.

To date, they have raised over \$90,000. For more information on Wounded Warriors B.C. and how to lend your support visit their website <https://wounded-warriors.ca/ways-to-give/wounded-warrior-run-bc/>



Photos by John W. Penner, John's Photography

Top: Wounded Warrior Run B.C. Director Captain Jacqueline Zweng of the Regional Cadet Support Unit (centre) reacts as she and members of this year's team complete the last leg of their journey at the B.C. Legislature buildings, Feb. 24. **Bottom:** Victoria Police Chief Del Manak (centre) and other emergency services members join Wounded Warrior Run B.C. runners for the final 1.5 kilometres of their journey through the streets of downtown Victoria.



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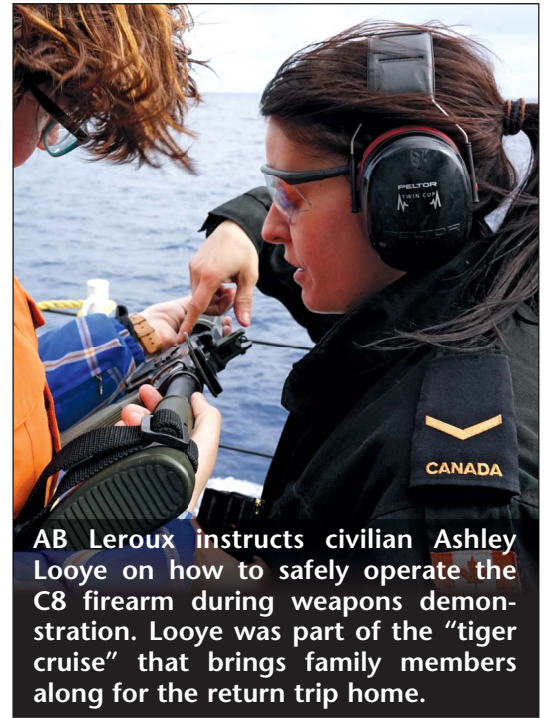
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MS Sebalsky reads flags from a U.S. tanker during a replenishment at sea.



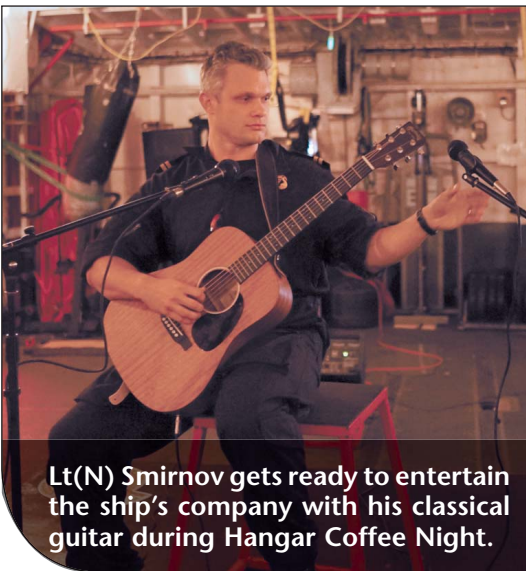
AB Leroux instructs civilian Ashley Looye on how to safely operate the C8 firearm during weapons demonstration. Looye was part of the "tiger cruise" that brings family members along for the return trip home.



HMCS REGINA

at Sea & at Play

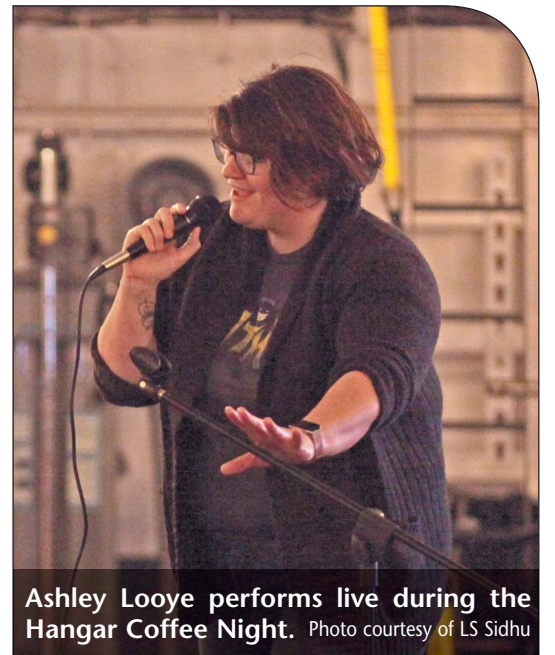
HMCS Regina returned home last week after deploying to Hawaii to assist in Submarine Commander Course training. The photos are a reflection of their work and playtime during this deployment.



Lt(N) Smirnov gets ready to entertain the ship's company with his classical guitar during Hangar Coffee Night.



AB Orr and SLt Song entertain the troops during Hangar Coffee Night. Photo courtesy of LS Sidhu



Ashley Looye performs live during the Hangar Coffee Night. Photo courtesy of LS Sidhu



CPO1 Goulding and CPO2 Pohoney prepare to RAS with USS Richard E. Burke near the Hawaiian Islands.

Bravo Zulu

CRCN Honours and Awards Presentation

Vice Admiral Ron Lloyd, Commander of Royal Canadian Navy (CRCN), and Rear Admiral Art McDonald, Commander of Maritime Forces Pacific/Joint Task Force (Pacific), presented awards at the CRCN Honours and Awards Presentation ceremony Feb. 22, with CPO1 Michel Vigneault, Command CPO, presiding.

Photos by LS Ogle Henry, MARPAC Imaging Services



Gaynor Jackson receives the Canadian Forces Medallion for Distinguished Service.



Capt(N) Jason Boyd, Base Commander, receives the Chief of Defence Staff Commendation.



LCdr Dale Turetski receives the Commander of Royal Canadian Navy (CRCN) Commendation.



LCdr Tim Turner receives the CRCN Commendation.



Lt(N) Adam Thomson receives the CRCN Commendation.



PO1 Mikel Charland receives the CRCN Commendation.



PO1 Scott Crouse receives the CRCN Commendation.



Sgt Michael Foulkes receives the CRCN Commendation.



PO2 Pierre-Luc Poirier-Potvin receives the CRCN Commendation.



MS Shaun Bathgate receives the CRCN Commendation.



MS Brian Bourassa receives the CRCN Commendation.



MS Dave Marin receives the CRCN Commendation.



LS Christopher Boyd receives the CRCN Commendation.



LS Michael Gelowsky receives the CRCN Commendation.



LS Brendan Gibson receives the CRCN Commendation.



Cpl Michael Quayle receives the CRCN Commendation.



LS Trevor Rempel receives the CRCN Commendation.



LS Nicole Tipper receives the CRCN Commendation.



LS Reuben Yance receives the CRCN Commendation.



CPO1 Guy Brisebois receives his CPO1 Warrant.



CPO1 Christopher Sheppard receives his CPO1 Warrant.



Capt(N) Doug Young receives the MARPAC Bravo Zulu.

Bravo Zulu

Canadian Submarine Force Awards

The awards were presented by Capt(N) Christopher Robinson, Commander Canadian Submarine Force.

Photos by MS Yevrag Evans



Lt(N) Paul Leprieur receives the Commander Royal Canadian Navy Commendation.



LCdr Dale Truretski receives the NATO Special Service Medal.



LCdr Dale Truretski receives the Canadian Forces' Decoration First Clasp.



Cdr Christopher Holland receives the Canadian Forces' Decoration First Clasp.



Cdr Andrew MacKenzie receives the Canadian Forces' Decoration First Clasp.

Bravo Zulu



OS Thomson receives his Certificate of Achievement from Cdr Elbourne.



OS Thomson receives the Top Student Award.



OS Powers receives the Certificate of Achievement from Cdr Elbourne.



MARPAC Promotion



LS D'Kugener is promoted to Master Seamen by LCdr Ellen Mariano, Commanding officer MARPAC HQ, and CPO2 Carl Dixon, Divisional Chief.



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Bravo Zulu

Joint Task Force (Pacific)

Members of the Joint Task Force (Pacific) were recognized by the Province of British Columbia Feb. 27 with the Premier's Award for their contributions during Exercise Staunch Maple.

From left: Lieutenant (N) Melissa Kia; Glen Cooper; Captain Doug Thurber; Major Jeff Allen; Captain Casey Balden; Captain Amanda Wirth-Pothier and Captain Steve Galipeau.

Photos by LS Ogle Henry, MARPAC Imaging Services

Bravo Zulu HMCS Regina



LS Wassenaar is promoted to his current rank by Cdr Matthews, Regina Commanding Officer.



LS Armstrong is promoted by Cdr Matthews, Regina Commanding Officer.

Promotion



P02 Joel Laurin is promoted to PO1 by Commander Gresmak on Feb 27.

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ANNOUNCEMENTS

LA FONDATION POUR le dialogue des cultures and la Société francophone de Victoria Organised in collaboration with the Rendez-vous de la Francophonie and the Canadian Foundation for Cross-Cultural Dialogue, this annual Francophone comedy night brings together acclaimed and up-and-coming Franco-Canadian talents, to delight the Greater Victoria area with a memorable evening of comedy, in French. Please note this show is presented in French. Tickets available at the Alix Golden Hall Box Office – 900 Johnson Street or online at Ticketfly.com https://www.ticketfly.com/purchase/event/1625933?utm_medium=bks

NAIL TRIM FUNDRAISER, Belmont Park CANEX in support of psychiatric service dog training. 10 March, 10am-1pm. Treats, Contest and more! \$5 minimum donation.

3005 11 SVC BN ARMY CADETS has a great, fun, safe, purposeful program. There is no cost and youth M/F 12-18 years of age are eligible to join. Weekend and Summer Camps, Band, First Aid, and Marksmanship are all offered. Thursday 6:30 - 9:00 pm, 724 Vanalman Ave Victoria. Call 250-363-3194 or email 3005PSC@gmail.com.

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

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

FREEMASON and new to Victoria. Contact us at camosun60secretary@gmail.com. We meet the 2nd Monday of each month.

VIEW ROYAL READING CENTRE. 266 Island Hwy. 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.

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

Base Tax Service

for Naden, Dockyard & WorkPoint Operates 7:30am to 3pm Monday to Friday.

Available for military-related appointments or meetings on base only.

Taxi Dispatch **363-2384**

LAND FOR SALE

LOT FOR SALE HALIFAX CO (White's Lake Area) 125 ft x 294 ft. Needs clearing/logging. Private sale \$40,000.00. Serious Inquiries only call 250-418-0047

HOUSES FOR RENT

BRAND NEW OCEAN view bachelor suite for rent in Silver Spray sub division Sooke. Fully furnished ready to move in. Vaulted ceilings, laminate floors, laundry, internet, phone full kitchen and window coverings. Won't last long \$1200 per month call 250-208-7240 for more details serious inquiries only. Day time contact call 250-363-5151 or email David. Pedersen@forces.gc

FURNISHED TWO BEDROOM, 2 bathroom townhouse in Esquimalt next to Work Point. Available May 15 to September 30/2018. Non-smokers. \$2,000 monthly. Call Michael at 250-382-2016 or michaeldupuis@shaw.ca

3 BEDROOM, 1 BATH UPPER suite with approx. 1200 square feet of living space for \$2,200.00/month. Newly renovated throughout. Kitchen features large south facing windows, natural gas stove, in-suite laundry, large patio area and parking for one vehicle. Quiet neighborhood and close to downtown on bus route. One block from Saxe Point Park & the ocean, walking distance to Esquimalt Rec center, Shopping Plaza, and the Naval Base. No smoking (of any substance), no drugs, no loud parties. Small dog or cat considered. Hot water & gas included. All other utilities extra. 1 year lease and references required. Available March 15 or April 1, 2018. Please contact: dianne96@telus.net

SERVICES OFFERED

CAREER TRANSITION Coach & Resume Writer, former SCAN Coord Judy Marston; 10% Military Discount, www.resumecoach.ca or 250-888-7733

VALERIE MACNEIL COUNSELLING by Valerie MacNeil M.Ed, RCC. New to Esquimalt I offer counselling for mental health, addictions, trauma, grief and loss and couples. Contact Valerie at 250-216-1105 or www.valeriemacneil-counselling.com

DEPLOYING? NEED SOMEONE TO HOUSE SIT? I am a mature, caring, responsible, trusting, non-smoking women. I have local references. Willing to come to Victoria and house/pet sit for you. Call: (613)266-7144 or email: paryar1955@gmail.com

VOLUNTEER

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

SERVICES OFFERED

VICTORIA PREGNANCY CENTRE

Free Services Include:

- Pregnancy Tests
- Pregnancy Options Counselling
- Pregnancy & Parenting Counselling
- Prenatal Classes
- Practical Help - Diapers, wipes, formula, clothing
- Pregnancy Loss Counselling
- Post Abortion Counselling
- Community Referrals

250-380-6883
#112 - 826 North Park Street
info@victoriapregnancy.org
www.victoriapregnancy.org

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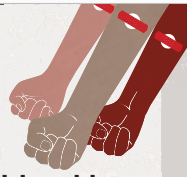
Foster homes are needed!

- Become a foster parent
- Offer relief or respite
- Spread the word

fosterhope.ca

IN YOUR COMMUNITY

**we need blood donations.
urgently by March 10.**



British Columbians are urgently needed to give blood by March 10 to help meet patients' needs this spring.

Making an appointment has never been easier: visit blood.ca and download our GiveBlood app call 1-888-2-DONATE (1-888-236-6283)

Walk Ins are welcome.



TO ALL MEMBERS AND GUESTS OF ARMY, NAVY AND AIR FORCE VETERANS CANADA, JOIN US AT
CLUB ANAVETS SIDNEY UNIT #302

MARCH ENTERTAINMENT BANDS & EVENTS

- 9th **Love Cats** 7-11 PM
- 11th **Bingo** 2-5 PM
- 16th **St. Patrick's Friday Dance to Arf The Dog** 7-11 PM
- 17th **St. Patrick's Day Dance to Lucille Drive Trio** 7-11 PM
- 18th **Bingo** 2-5 PM
- 23rd **Dance to Rock and Roll Junkies** 7-11 PM
- 25th **Bingo** 2-5 PM
- 30th **Dance to Mutiny** 7-11 PM

DROP-IN POKER Tues. at 7 PM • **DROP-IN CRIB** Thurs. at 1 PM • **DROP-IN POOL** Sat. 3-5 PM

Club: 250-656-3777 Office: 250-656-2051

9831 - 4th St. Sidney (By the Jet Plane)

www.unit302.ca

**MEAT
DRAWS**

Wed., Fri. & Sat.
5PM

BC Gaming Event Licences are renewed each year. Know your limit, stay within it!



International Day for the Elimination of Racial Discrimination

Celebrating Diversity



Join the Defence Visible Minority Advisory Group in a panel speaker event featuring invaluable members of the Defence Team share their experience of diversity in the workplace.

MARCH 21 Okanagan Room
Pacific Fleet Club
10-12NOON



OPEN TO ALL MEMBERS OF THE DEFENCE TEAM

Contact: Employment Equity Office - 3/7004

INTERNATIONAL WOMEN'S DAY MAR 8

#PRESSFOR
PROGRESS

MARCH 8, 2018 • 3 PM
UPPER LOUNGE, WARDROOM



Cdr Michele Tessier

Join the Defence Women's Advisory Organization in a professional networking event featuring Honorary Capt(N) Mandy Farmer and Cdr Michele Tessier share how they #pressforprogress.



Honorary Capt(N) Mandy Farmer

Open to all members of the Defence Team

Contact: Employment Equity Office - 3-7004



CLOTHING DRIVE Saturday, March 10 11 am – 3 pm

The Salvation Army ARC Building

525 JOHNSON STREET AT WHARF STREET

Drive-Up Option: Please use the loading zone at the Wharf St. side of the ARC building.

COME INSIDE: Learn more about what we do at ARC for the people who come through our doors.

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from our Hope Van at
Yates & Wharf!



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