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HMCS Vancouver deploys

Photo by SLt M.X. Dery, MARPAC PAO

Crewmembers from HMCS Vancouver were busy last week filling the ship's stores in preparation for their departure this week on Operation Projection.

Read the full story on page 2.



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HMCS Vancouver sets sail on Operation Projection



Lt(N) Tony Wright
HMCS Vancouver PAO

After a long Easter weekend with family and friends, *HMCS Vancouver* and crew deployed for Operation Projection Indo-Asia Pacific.

This is a three-month patrol in the Western Pacific that will be followed by *Vancouver's* participation in the 2018 Rim of the Pacific exercise (RIMPAC), the world's largest naval exercise.

Vancouver will visit Hong Kong, Singapore, Australia, and Fiji in order to demonstrate Royal Canadian Navy (RCN) operational capabilities, and the flexibility to contribute to a range of requirements: support to international missions, strengthening relationships with allies and partners, and responding to humanitarian or security related incidents in the Indo-Asia Pacific, if required.

The mission will also demonstrate the Canadian Armed Forces' ability to project naval influence and support Government of Canada objectives in this region. Canada is a Pacific nation and Op Projection Indo-Asia Pacific is another example of Canada's commitment to support stability in the region.

"The RCN offers options to government to effectively engage in parts

of the world where our country has economic and security interests, and we are a very flexible resource," says Cdr Christopher Nucci, *Vancouver's* Commanding Officer. "As *Vancouver* has experienced first-hand in the past, although ships set sail expecting to complete a certain set of tasks, we can end up doing something completely different within our spectrum of capabilities if the need arises."

In 2016, *Vancouver* deployed to the Western Pacific and was scheduled to participate in the Royal New Zealand Navy's (RNZN) fleet review. That port visit quickly turned into a humanitarian mission after a 7.8 magnitude earthquake struck the Kaikoura region. A task group that included units from Australia, Canada, and the United States contributed to the humanitarian relief effort for the people of New Zealand hit hardest by the powerful earthquake.

"This crew is ready to go," says Cdr Nucci. "We are excited to represent Canada and to meet and work with other nations to promote peace and security in the region."

Following the Operation Projection deployment and RIMPAC exercise participation, *Vancouver* is scheduled to return to Canada in August.

Base aids 2020 Indigenous Games bid

Peter Mallett
Staff Writer

Detailed within the Songhees Nation's bid to host the 2020 Indigenous Games in Greater Victoria is venue support from CFB Esquimalt.

The base has offered the Naden Athletic Centre for volleyball and Heals Rifle Range in Saanich for the shooting competition. The base has also proposed lodging some participants at the Wardroom.

The triennial, multi-sport competition is for Indigenous youth ages 13 to 19. The 2017 Indigenous

Games in Toronto had 5,000 athletes and 2,000 support staff from 765 Indigenous communities across Canada and the United States.

Danielle Smith, Base Chief of Staff, says the Games are a significant athletic and cultural event that CFB Esquimalt fully supports.

"It's a great opportunity for not only the Songhees Nation, but the Defence Team as well to be right at the centre of an amazing experience," said Smith. "We have enjoyed a growing relationship with the Songhees Nation over the years; they are our neighbours, partners and friends. If CFB Esquimalt can

play even a small part in helping make this happen it would be a great honour."

The capital region is bidding against other Canadian cities including Winnipeg, Ottawa and Halifax for the right to host the 2020 Games. The province and federal government have already committed \$3.5 million each to cover costs if Victoria wins the right to host.

Last year, Team British Columbia was declared the overall winner of the 2017 Indigenous Games earning 67 gold, 58 silver and 54 bronze medals.

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Base plays host to Invictus team training

Peter Mallett
Staff Writer

Team Canada - Invictus Games 2018 is coming to CFB Esquimalt to begin training for this year's international competition for ill and injured soldiers and veterans.

The training camp, April 8 to 14, involves approximately 40 athletes, three head coaches and several volunteer coaches. It's all in preparation for the fourth edition of the Games in Sydney, Australia, Oct. 20 to 27, which will feature current and former military athletes from 18 nations competing in 11 sports.

The Naden Athletic Centre will serve as the main training venue for powerlifting, indoor rowing, swimming, wheelchair

basketball, wheelchair rugby, cycling, and sitting volleyball camps.

The Canadian Forces Sailing Association will host the sailing training camp; archery training will be held at the Victoria Bowman Outdoor Range, and Oak bay Secondary High School is the venue for track and field.

Out-of-town athletes and coaches will be housed at Work Point barracks.

Peter Lawless, Victoria lawyer and Canadian Olympic Committee Vice President, is returning to head coach duties this year. He is one of 12 coaches on the team.

There will be no returning athletes on Canada's team as in previous years. A complete shuffling of the deck is a conscious effort

to give others a chance to experience the power of the Games.

"It's a remarkable journey; there are lots of ups and downs, and as you move closer to the games the team cohesion builds and their individual confidence increases," said Petty Officer First Class Joe Kiraly, Team Canada manager. "For the athletes who were not selected for the team, Soldier On remains committed to finding opportunities for them."

Golf and tennis have been dropped from this year's competition, but sailing has been added.

Lieutenant Commander Chris Maier, CFSA Commodore, says volunteers from the CFSA and the Victoria Disabled

Sailing Association will combine efforts to train and coach competitors during the camp. They will lend their expertise as Invictus sailors prepare to represent Canada in the Keeleboat Racing competition at the Royal Prince Albert Yacht Club on Sydney Harbour.

"We are thrilled to be able to give back to veterans and service members who have been injured and to show them how great therapeutic sailing can be, how it can be an important part of a healthy lifestyle and what a great event [the Invictus] is to participate," said LCdr Maier, who was named coach of Team Canada's sailing team.

For more information about the Invictus Games visit www.invictusgames2018.org/

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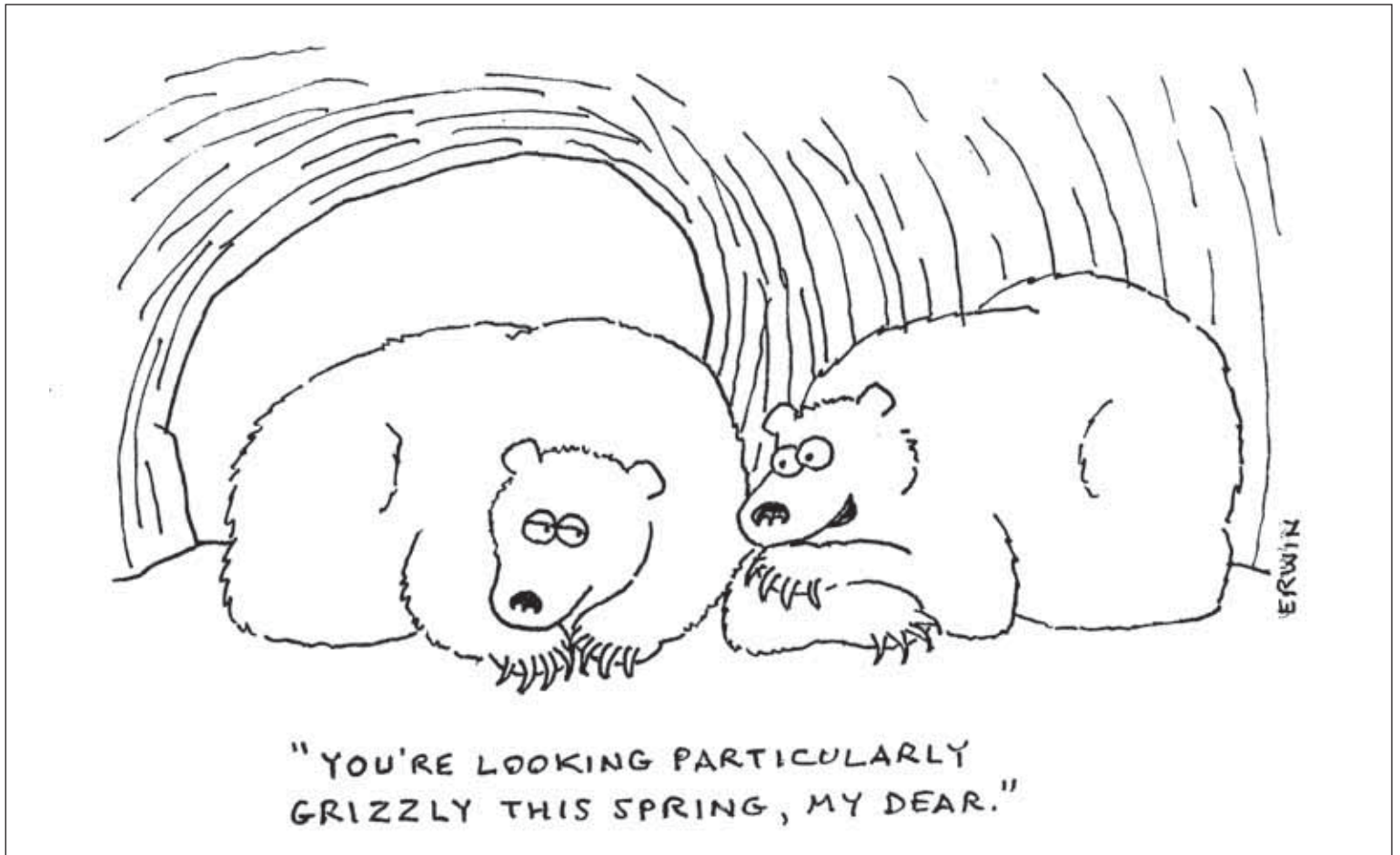
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WHAT SAY WE



SPORTS trivia MAJOR LEAGUE BASEBALL FRANCHISE RECORDS

By Stephen Stone and Tom Thomson, Contributors

Questions

- Who holds the (Atlanta, Milwaukee, and Boston) Braves record for games played as a first baseman?
- Who holds the Seattle Mariners record for runs scored with 1219?
- Since the Twins were born in 1961, he set the Minnesota record of 414 doubles.
- Playing for the Angels for 14 years, he holds the franchise record with 299 home runs.
- Who holds the Cincinnati Reds' franchise record for walks in a career? This questions is a gift, folks.
- Sandy Koufax had 2,396 Ks for the Dodgers playing in Brooklyn and Los Angeles but the franchise record for LA belongs to this man with 2,696.
- Who holds the Boston Red Sox record for home runs hit by a 2nd baseman?
- Who set the Chicago White Sox franchise record for hits with 2 749?
- Who is the face of the Pittsburgh Pirates with 186 saves?
- Who is the Bash Brother who holds the Oakland Athletics franchise record for taters with 363?
- During his career from 1953 until he retired in 1971, who set the Cubs record for RBIs with 1 636? Another gift
- Who is the Blue Jays career leader in saves?
- As a catcher with the Cardinals who set the record with 159 home runs?
- With 949 runs scored, who is the Mets' record holder?
- His career with the Rangers stretched from 2000 to 2012 during which he set a franchise record 1 823 games played. Who is this iron horse (with apologies to Gehrig and Ripken jr.)?
- One shy of 400, at 399, who holds the Tigers' record for home runs?
- In a 20 year career, all with the Houston Astros, who set a franchise record with 3 060 base hits?

- Answers**
1. Joe Adcock with 1003
 2. Edgar Martinez 1987-2004
 3. Kirby Puckett, 1984-1995
 4. Tim Lincecum - AKA - Pete
 5. Charlie Hustle - AKA - Pete
 6. Don Sutton, a Dodger from 1966-1980, 1988
 7. Bobby Doerr, 1937-1951. He missed 1945 for Military Service.
 8. Luke Appling
 9. Elroy Face, 1953-1968
 10. Mark McGwire, 1986-1996
 11. Mr. Cub- Ernie Banks who averaged 105 runs batted in per 162 game season
 12. Tom Henke; 1985-1992 with 217
 13. Ted Simmons 1968-1980
 14. David Wright, 2004-2016
 15. Elvis Andrus
 16. Al Kaline, 1953 - 1974
 17. Craig Biggio

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HMCS Whitehorse cooks serve up delectable morale meals

Lt(N) Paul Pendergast
Operation Caribe
Public Affairs Officer

There is an old saying that an army marches on its stomach, and that also is true for the navy.

The daily routine of life at sea for the crews onboard *Her Majesty's Canadian Ships Edmonton* and *Whitehorse* revolves around the galley and meal times.

Both ships are deployed on Operation Caribe, Canada's

contribution to an international operation to stop illicit trafficking of drugs, weapons, money, and people.

The Chief Cook of *Whitehorse*, who cannot be identified for operational security reasons, is keenly

aware of the critical role he plays in maintaining morale among the 48 members of the crew.

"When people come to the steam line for their meal, you can see their face light up if the food is good, and that puts them in a good mood to carry out their duties for the rest of the day," said the Chief Cook.

To get that positive reaction, it starts at the beginning with ordering good quality ingredients, inspecting the food carefully on arrival, and storing it properly in the ship's coolers to maintain inventory control.

"I developed the menu specifically for our crew size, to ensure there is a variety of nutritious and interesting items so people do not get bored with the food," he adds.

Galley staff in *Whitehorse* like to "take it up a notch".

They provide fresh baking daily, including bread, scones, and desserts such as banana bread or cheesecake. A favorite of the crew is the smoothies that are made daily from fresh fruit.

"It is the little things that make a difference," said the Chief Cook. "Like cooking fresh bacon to use in Caesar salad instead of the packaged type."

Rough weather adds another layer of difficulty to the job. Anything left on a countertop

can end up on the deck, so they have to constantly guard against spillage.

"When it was rough last week, I had to make two half pots of soup instead of one full pot, or it would spill out whenever the ship rolled."

The *Whitehorse* galley serves more than 150 meals per day, including extra meals left out for the night watch. For the length of this deployment on Operation Caribe, that totals more than 10,000 meals. All of this is accomplished in a galley that measures 12 feet by 14 feet, around the same size as a typical home kitchen for a Canadian family.

With 21 years as a navy cook, *Whitehorse's* Chief Cook has a deep well of experience and knowledge to draw from. He is also supported by two junior cooks who each have five years of service.

"I am fortunate to have two top performing junior cooks to support me. They know what needs to be done and they just go ahead and do it without being told."

The feeling is mutual in the *Whitehorse* galley.

"He is the best Chief Cook I have ever had," said one of the junior cooks. "He never asks us to do anything he wouldn't do himself, and he supports us 100 percent in everything we do."



Photo by Lt (N) Paul Pendergast, Canadian Joint Operations Command Public Affairs Officer

The Chief Cook of HMCS Whitehorse serves perogies and sausage to the crew.



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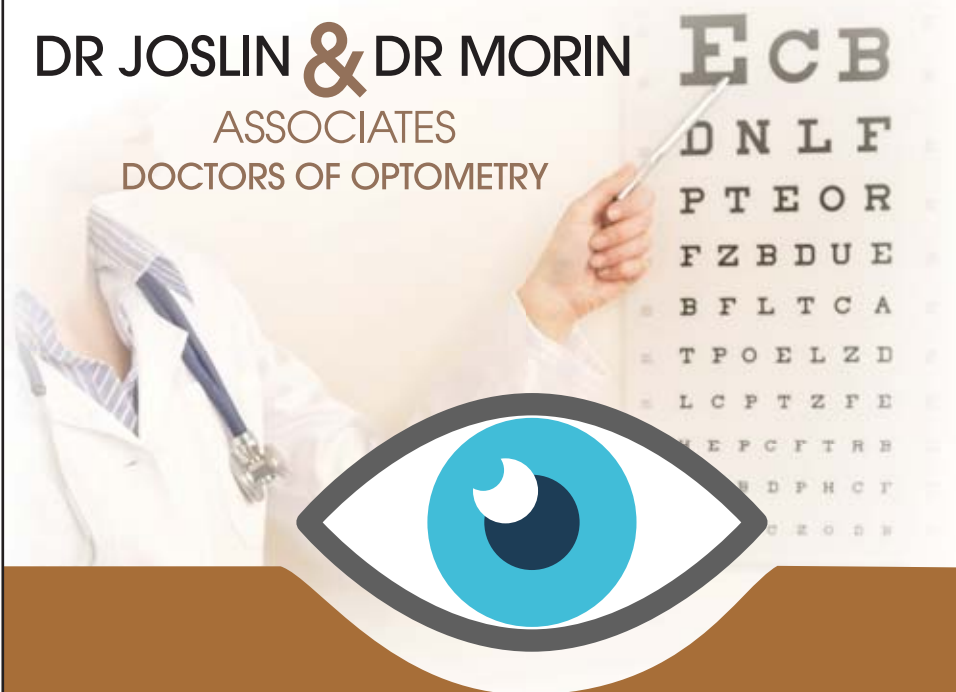


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Lt(N) Linda Coleman
 HMCS Summerside

Sailing across the Atlantic Ocean is routine for the Royal Canadian Navy (RCN), but for many African nations, it's a rare occurrence.

So for Sub-Lieutenant Lassina Traoré, a member of the Ivory Coast Navy, to spend five weeks sailing in *Her Majesty's Canadian Ship (HMCS) Summerside* to West Africa was a pretty big deal.

"I am most likely the person who has travelled the most nautical miles in my navy," said SLt Traoré upon conclusion of his time in *Summerside*. "It was a once-in-a-lifetime opportunity for me to sail in a Canadian warship and, most

of all, cross the Atlantic Ocean."

As part of Operation Projection West Africa, the RCN offered spaces for two exchange officers from Africa - SLt Traoré, and an exchange officer from the Ghana Navy to sail in *HMCS Kingston* and *Summerside*.

SLt Traoré's adventure began in Halifax mid-January, one week prior to the ships' departure for Op Projection. He met the command teams and crews of both ships, as well as Commodore Craig Skjerpen, Commander Canadian Fleet Atlantic, who welcomed him to the fleet. The junior officers also showed him around the city to experience traditional Maritime hospitality.

During the deployment, SLt



Photos by Ordinary Seaman John Iglesias
Sub-Lieutenant Lassina Traoré, left, a member of the Ivory Coast Navy, receives a framed photograph of HMCS Summerside from Commanding Officer Lieutenant-Commander Emily Lambert, to remind him of his time as an exchange officer aboard the ship.

Traoré stood watches and took part in ship evolutions.

"He participated in multiple events on board, including our small arms shoot," said Lieutenant (Navy) Guillaume Desjardins. "When we approached his home country, he provided important advice on navigation and pattern of life in the area. We also had some interesting conversations with him about his home, politics in his country, and about Canada."

Back home, SLt Traoré is the Executive Officer of coastal

defence vessel *Emergence*, the first of three coastal defence vessels the Ivory Coast Navy received in 2014.

"I will be able to make better suggestions to my superiors about your ship's architecture, the organization of services, as well as the harmony between crew members which I constantly appreciated," added SLt Traoré.

He disembarked in his home country when *Kingston* and *Summerside* arrived in Abidjan on March 4. Although happy to

return home to his wife and children, SLt Traoré left on a high note.

"I hope these exchanges will continue to help young officers like me gain new expertise. I will never forget this experience and the crew of *HMCS Summerside*," he said.

Kingston and *Summerside* are deployed on Op Projection West Africa until mid-April, engaging with local communities and contributing to regional stability and security.

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Veteran works to educate civilians through military dinner

Lt(N) Jeff Lura
Associate Deputy
Minister, PAO

It has been said the Canadian Armed Forces is a lifestyle, not simply a job.

Many service members internalize the values of the Profession of Arms, to the extent the military remains a part of their daily existence long after retirement.

For Vancouver veteran Mark Adams, this is precisely the case.

A businessman and former reservist, Captain (Retired) Adams has a long association with both the military and business communities of Vancouver. In many cases, even since hanging up his uniform, he serves as the primary source of firsthand military knowledge for those around him, and is often asked to explain the various traditions, customs, and insignia seen on television or at local events.

"I'm very proud to educate people on the CAF," he says. "In my own small way, every time I do I feel like I'm continuing my service

to a great organization."

Not content to limit himself to just explanations, Adams created an immersive and educational social event.

Identifying the mess dinner as one of the Canadian Armed Forces' (CAF) more fascinating and enjoyable traditions, he organized the annual Vancouver Military Dinner, which brings CAF members and members of Vancouver's business community together in an evening of celebration, discussion, and mutual learning.

From a modest start in 2013, the event has steadily grown and become a staple of many-a-social calendar.

"It's unlike any military event I've been to before," says regular attendee Lt(N) Jeff Scheerer, a Senior Watch Officer at Regional Joint Operation Centre (Pacific). "I've met some really cool people, learned a lot, and explained some of the things the CAF does on a daily basis to people who had no idea."

The enthusiasm is not limited to those in uniform.

"I'm a huge military buff, and so are many of my colleagues," says Scott Martin, a local businessman and civilian co-chair of the event. "The civilians who attend are always counting the days until the next one; it's not the kind of thing they get to participate in every day."

This year's event will be the largest yet, with a number of special presentations and fundraising initiatives planned. Prominent guests will include Jenny Konkin, President and Co-Founder of Whole Way House, a local Vancouver charity that provides support to veterans living in the Downtown Eastside, as well as a representative from Maritime Forces Pacific.

All proceeds from the event supports Wounded Warriors Canada.

The 5th annual Vancouver Military Dinner will be held Saturday May 18 at the historic Vancouver Club. Tickets are \$100 for military members and veterans; \$200 for civilian guests. Tickets are available at vanmilitarydinner.eventbrite.com

I'm very proud to able to educate people on the CAF. In my own small way, every time I do I feel like I'm continuing my service to a great organization.

Mark Adams



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Commander Michele Tessier has been undergoing training to prepare her for the unique challenges of working in the Arctic as Commanding Officer of HMCS Margaret Brooke, the second Harry DeWolf class Arctic and Offshore Patrol Vessel.

The ship's name is in honour of LCdr Margaret M. Brooke who survived the sinking of the ferry SS Caribou after it was torpedoed by a German U-boat off the coast of Newfoundland in October 1942. She and a colleague, Sub-Lieutenant Agnes Wilkie, clung to ropes on an overturned lifeboat until hypothermia caused Wilkie to lose consciousness. LCdr Brooke held onto the lifeboat with one hand and her unconscious friend with the other until daybreak when, despite her best efforts, a wave pulled SLt Wilkie away. For her selfless act, LCdr Brooke was named a Member of the Order of the British Empire.

"We want to make sure that LCdr Margaret Brooke's story continues on and lives with the ship and that we are able to pay homage to her, not just in the naming of the ship, but as we go places in Canada, we can talk about what kind of a person she was and why the ship has her name," said Cdr Tessier.

Recently she spent a few days in and around Saskatoon visiting places of importance to LCdr Margaret Brooke's life.

Cdr Tessier spoke to the crew of HMCS Unicorn, the reserve unit LCdr Margaret Brooke joined in 1942, about her experiences in the Arctic and the opportunities for them in the future.

"I told them what my impressions of the Arctic were, the beauty of it, the danger of it, the fragility of it, and what kind of impact we can have there," she said.

She also met the Mayor of Saskatoon, gave live television and newspaper interviews, gave a presentation to the Canadian International Council, and met the Dean of the College of Arts and Science of the University of Saskatchewan.

The latter was in recognition of the Alumni of Influence Award that was posthumously awarded to LCdr Margaret Brooke, who earned three degrees at the university, for her landmark papers on the geology of Saskatchewan and Alberta, and her exploits in the Second World War.

At the award ceremony, Cdr Tessier met, for the first time, the nieces of LCdr Margaret Brooke, Margaret and Allyson Brooke, the former being the ship's sponsor.

"I think it's important that we make a connection between the ship and Saskatoon, because of the Brooke family being from that

area and Margaret's connection with the city."

After her tour in Saskatchewan, Cdr Tessier returned to Victoria firm in the knowledge there is a lot more travelling ahead, including a move to Halifax this summer.

"I'll be doing a course at the Marine Institute in St. John's Newfoundland, which is an ice navigation course," said Cdr Tessier.

With two journeys through the Arctic already completed, she looks forward to the two to three planned future training voyages aboard the icebreaker Canadian Coast Guard Ship Louis S. St-Laurent.

"I'm getting exposure to the Western Arctic, Eastern Arctic, and the Gulf of St. Lawrence and the River," she said.

Icebreaking training can be unnerving to even the most seasoned mariners who spend years learning how to avoid collisions with objects at sea.

"I keep saying to people, I spent 20 years of my career learning how not to hit stuff and now I'm being told to take this ship and go hit stuff," said Cdr Tessier.

Aboard the CCGS Louis S. St-Laurent, she has gotten firsthand experience conducting icebreaking.

"I physically had the throttles and rode the ship right up onto the ice, felt the shudder and then the crack down through [the ice], and then the ship listed three degrees to starboard."

However, there is more to commanding a vessel in the Arctic than knowledge of how to break ice. She asked the commanding officer of the CCGS Louis S. St-Laurent, Capt Wayne Duffett, what his greatest concern was outside of poor weather, the stability of the vessel, or hitting ice.

"Being up there with inexperienced watch officers, because you can have someone who doesn't recognize when things are getting a little more tenuous, a little more dangerous, someone who is overly confident could have things go sideways really quickly," said Cdr Tessier.

The dangers of the Arctic are not lost on her, nor is her role as a steward of the North.

"The Arctic is a pristine environment that we're trying not to pollute, and so we have to protect the Arctic region while we're protecting the Arctic waters."



Cdr Michele Tessier, Margaret and Alyson Brooke, and Commander Canadian Fleet Atlantic Cmdre Craig Skjerpen.



Prof. W.K. Braun, Margaret Brooke's thesis supervisor, and Cdr Michele Tessier.

I physically had the throttles and rode the ship right up onto the ice, felt the shudder and then the crack down through [the ice], and then the ship listed three degrees to starboard.

Cdr Michele Tessier

The story of the four leaf clover

"The story is she (LCdr Margaret Brooke) was given a four leaf clover, I think by a patient, and she had it in her big Burberry coat that she grabbed and put on before they abandoned ship," says Cdr Tessier. "Her niece told me that Aunt Margie always said the Burberry coat was one of those things that saved her life; you know it was a big thick coat that she had on, but the four leaf clover was in the coat. So, obviously she considered it to be a good luck charm."

"Her father gave her a locket that she put the four leaf clover in. Their family were avid boaters, so every time there was a new boat in the family the locket went into the boat to protect it. And the family still has that locket."

In 2016, the Royal Canadian Mint produced a \$20 silver coin with a four leaf clover on the face. Only four coins were available for purchase when this story reached the shipyard building the Arctic and Offshore Patrol Vessel. The coins were bought, and one was laid in the keel of the ship last year. Another was given to Cdr Michele Tessier. Another was given to the ship's sponsor, Margaret Brooke, and the final coin to Olivia Strowbridge, the Irving Shipyards employee who laid the coin.



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NAVY LOOKS INTO AI

Maple Leaf

The Royal Canadian Navy (RCN) hosted its first-ever "Ideas Hack-a-thon" Feb. 10, in partnership with Techstars Toronto.

The "Ideas Hack-a-thon" was facilitated by Sunil Sharma, Managing Director of Techstars Toronto, and engaged more than a dozen local entrepreneurs in the Artificial Intelligence (AI) sector.

Sharma is a former Canadian Foreign Service Officer who cut his teeth in the Canadian start-up ecosystem as a Managing Partner of Extreme Venture Partners. Also participating was Mark McQueen, an Honorary Captain of the Royal Canadian Navy (RCN), and President and Executive Managing Director of CIBC Innovation Banking.

The goal of this day was to gather a diverse group of individuals in an effort to help the RCN introduce practical applications of AI into the daily work of its sailors, whether at sea or at home.

With the help of Techstars Toronto, a volunteer "crew" was drawn from a pool of invited Ontario-based academics, entrepreneurs, scientists and students with an expertise or affinity for various applications of AI. The crew included officers of the RCN's Naval Reserve unit in Toronto, HMCS York, as well as key leaders of the RCN's Ottawa-based information technology team.

The participation of RCN members was invaluable to their fellow crew members as they shared their personal experiences at sea in humanitarian, search and rescue, and NATO-led missions.

"For more than a century, across a broad range of defence and security challenges, the RCN has exemplified its motto of 'Ready Aye Ready,'" said Vice-Admiral Ron Lloyd, Commander, RCN. "That

said, if we are going to continue to be the most rapidly deployable and versatile instrument of national power, the RCN needs to ensure that we continue to adapt to the ever-changing landscape. Through this 'Ideas Hack-a-thon', we are hoping to harness some of the energy and ingenuity in Canada's fast-growing AI sector. If we succeed in this effort, our sailors will be better prepared than ever to fulfill our mission on behalf of Canada, and we'll have the pleasure of helping Canadian entrepreneurs take their companies to the next level."

The crew was asked to generate practical applications of AI in four distinct areas of relevance to the RCN: administration and database analysis, recruiting, training, and defensive undersea warfare.

"Whether it be how we analyze sonar findings at sea or the method we use to answer simple personnel questions via email, there are a variety of opportunities where the RCN can capitalize on recent advancements in AI," said Commodore Casper Donovan, Director General of Naval Force Development.

"Our Fellows appreciate the opportunity to learn with the RCN and private sector as new technologies become ever more important," added Hugh Segal, Principal of Massey College and a participant in the day's events.

"We appreciated the opportunity to work with Admiral Lloyd and his sailors in this unique setting," added Sharma. "I know our Techstars entrepreneurs, as well as the Massey College family, were energized by the opportunity to work with Canada's Navy on some interesting AI challenges. As an Angel investor and entrepreneur, the RCN could represent the perfect anchor client for many of Canada's most promising early stage AI start-ups."

Whether it be how we analyze sonar findings at sea or the method we use to answer simple personnel questions via email, there are a variety of opportunities where the RCN can capitalize on recent advancements in AI.

Commodore Casper Donovan,
Director General of Naval Force Development

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The month of April is Oral Health Month and an important part of this celebration is National Dental Hygienists Week, April 7 to 14.

Royal Canadian Dental Corps Dental Hygienists practice preventive oral health-care and health promotion. In recognition of Oral Health Month, they would like to bring awareness to how your mouth and body are connected.

Taking care of your teeth, gums and surrounding tissues benefit your overall physical and mental well-being.

Poor oral health has been linked with the development of infection in other parts of the body. Here are a few examples:

Heart Disease/Stroke

Chronic inflammation from periodontal (gum) disease has been associated with the development of cardiovascular problems such as heart disease, blockages of blood vessels, and strokes. The bacteria found in gum disease may travel from the mouth into the cardiovascular system contributing to clotting problems.

Uncontrolled Diabetes

Diabetics are more likely to develop gum disease, which in turn can increase blood sugar and diabetic complications. Inflammation from gum disease can make it even harder for insulin in your body to do its job, making diabetes difficult to manage.

Respiratory Infections

Dental plaque build-up creates a source of bacteria that can be inhaled into the lungs. Inhaling bacteria from the mouth and throat can lead to pneumonia.

Preterm or Low Birthweight Babies

Women with advanced gum disease may be more likely to give birth to an underweight or preterm baby. Harmful bacteria can cross the placental barrier, exposing the fetus to infection.

What is periodontal disease?

According to the American Academy of Periodontology, Periodontal disease is caused when bacteria in plaque (a sticky, colorless film that forms in the mouth) builds up between the gums and teeth. When the bacteria begin to accumulate, the gums surrounding the tooth can become inflamed resulting in gingivitis (inflammation of the gums). The bacteria can spread the inflammation into the bone around the tooth resulting in periodontitis (inflammation and loss of bone and supporting structures such as gum tissue).

What can you do?

- **Brush your teeth.** Brushing at least twice a day helps remove food debris and plaque from your teeth and gums. Don't forget to include your tongue.
- **Floss.** Flossing at least once a day helps remove food particles and plaque between your teeth where your toothbrush can't reach.
- **Swish with mouthwash.** Using a mouthwash can help reduce bacteria.
- **Know your risk.** Age, smoking, diet, genetics and medical conditions such as Diabetes can increase your risk for periodontal disease.
- **Visit the dentist for an annual exam.** This comprehensive exam will provide the dental team an opportunity to update your medical/dental data. This will provide insight into your oral and overall health and mark the beginning of a lifelong partnership between you and the dental team.

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Bravo Zulu

HMCS Regina Awards and Promotions

Commander Colin Matthews, Commanding Officer HMCS Regina, recently presented awards and promotions to crewmembers.



AB Audet is promoted to his current rank.



AB Dagley is promoted to his current rank.



AB Gratkowski is promoted to his current rank.



AB Picornell receives his Gun Metal Sea Service Insignia.



AB Saull is promoted to his current rank.



AB Tse receives his Gun Metal Sea Service Insignia.



LS Brandle receives his Gun Metal Sea Service Insignia.



LS Cote receives his Gun Metal Sea Service Insignia.



LS Hamel and AB Van Dine receive the Commanding Officer's Coin for time and efforts modifying the ships NCD Jackets.



LS Leroux is promoted to her current rank.



LS McBean receives his Bronze Sea Service Insignia.



LS Shen receives his Gun Metal Sea Service Insignia.



Lt(N) Smallenbroek receives his Gun Metal Sea Service Insignia.



Lt(N) Zhygotsky receives his Gun Metal Sea Service Insignia.



Lt(N) MacMillan receives her Gun Metal Sea Service Insignia.



Lt(N) Kuhn and PO1 Richardson receive Commanding Officer's Coin for outstanding work on the National Defence Workplace Charitable Campaign.



PO1 Foxe receives his Silver Sea Service Insignia.



PO1 Richardson receives his Bronze Sea Service Insignia.



PO2 Flannigan receives his Bronze Sea Service Insignia.



SLt Harris receives his Gun Metal Sea Service Insignia.



SLt Park receives his Gun Metal Sea Service Insignia.

Promotion



Photo by Peter Mallett, Lookout

OS Elizabeth Steele is promoted to Lieutenant (Navy) by LCol Jay Simpson, Commanding Officer of Assistant Judge-Advocate, and Cmdre Marta Mulkins, Commander Naval Reserves.

Bravo ZULU Base Administration Promotions



Cpl Joshua Lee receives his promotion to Corporal from Cdr Jeanne Lessard, Base Administration Officer. Pictured left to right: CWO Mark Dankwerth, Branch Chief; Lt(N) Caroline Allan, Divisional Officer; Cpl Joshua Lee; Addison Lee; and Cdr Jeanne Lessard.



Pte (Trained) Addison Calandrino receives her first chevron from Cdr Jeanne Lessard, Base Administration Officer. Pictured left to right: CWO Mark Dankwerth, Branch Chief; Lt(N) Caroline Allan, Divisional Officer; Pte Addison Calandrino; Cdr Jeanne Lessard; and CPO2 Keith Bown, Base Foods Operations Chief.

MARPAC Headquarters Awards and Presentations



Photos by LS David Garipey, MARPAC Imaging Services



SLt Brendan Carver is promoted to Lieutenant (Navy) by Cdr Jeffrey Watkins (left), Commanding Officer MARPAC Headquarters, and Jason Carroll.



LS James Dent is promoted to Master Seaman by Cdr Jeffrey Watkins, Commanding Officer MARPAC Headquarters, and LCdr Allan Wilson.



PO1 Shane Moodycliffe is promoted to Chief Petty Officer Second Class by Cdr Jeffrey Watkins, Commanding Officer MARPAC Headquarters, and Lt(N) Richard Dubois.

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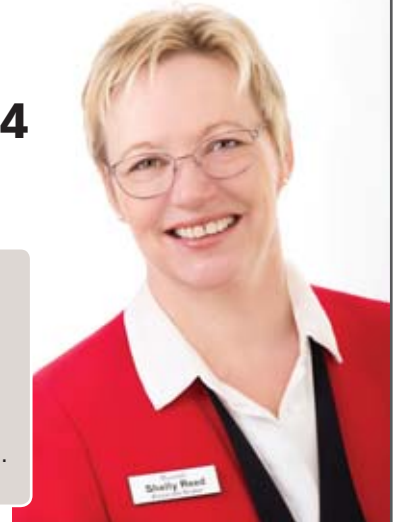
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WHAT'S THAT BEEP?

The CFB Esquimalt Fire Prevention Division wants to help you trouble shoot your chirping smoke alarm.



Here are three common causes for that annoying intermittent chirp

How old is your smoke alarm?

Your Smoke alarm may have reached the end of its life. It is recommended to replace smoke alarms 10 years after the manufactured date.

When is the last time the batteries have been changed?

Change your smoke alarm batteries twice a year. It's a good habit to change them when adjusting your clocks for daylight savings time.

Does the smoke alarm appear dirty or dusty?

Dust can collect around the sensors on your smoke alarm, causing it to chirp intermittently. Vacuuming the dust out twice a year can help in keeping your smoke alarm functioning properly.

If you have any concerns about your smoke alarm, please contact your local fire service or CFB Esquimalt Fire Prevention at 250-363-1907.