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LOOKOUT

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Waves of emotions



Following the burial at sea of her husband Joe Wilson's ashes, an emotional Joan Wilson accepts a folded Canadian Flag from Capt(N) Craig Baines, Base Commander. Read the full story on page 11.

Photo by Shelley Lipke, Lookout



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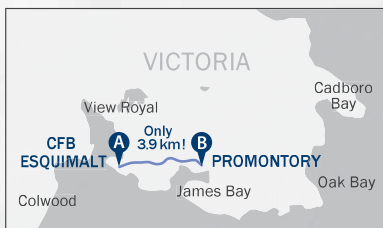


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One boat service ends and another one opens

Shelley Lipke
Staff writer

Good news is on the horizon for commuters who use the soon-to-end Blue Boat internal shuttle.

Effective May 1, Victoria Harbour Ferries will step in to replace the Blue Boat run with a 40-passenger ferry service to transport passengers between Colwood F jetty and dockyard, Monday through Friday.

Initially, the service will operate at 20 minute intervals beginning at 6 a.m. and running until 9 a.m. and again from noon to 5:30 p.m.

A second ferry will be added on May 14 for transporting, increasing crossing frequency every 10 minutes.

"We are trying to follow the Blue Boat schedule as closely as we can. We are listening to the needs of the passengers and encourage feedback on this service," says Victoria Harbour Ferries Vice President, Barry Hobbis.

Riders will be offered weekly, monthly and annual pass options. Rates per day

on a return trip basis are \$5, with fares payable on board; weekly \$22.50, monthly passes \$80 and annual fares \$840 must be purchased online at www.victoriaharbourferries.com where the full schedule is listed.

Base Commander, Capt(N) Craig Baines says, "We are very supportive of Victoria Harbour Ferry Company's initiative to establish a private enterprise user-pay system as a replacement for the Blue Boat service and are working closely with them as they develop their plan to be up and running May 1."

A permanent tent with seating, lights and heat will be set up at the departure floats in Colwood as a passenger waiting area.

Hobbis said surveys showed between 400 and 700 more cars would be on the road without the boat service across Esquimalt harbour.

"Most people just simply want to get to work and don't want to drive through the Colwood Crawl," he says. "This service is what people want."

NEWS Nuggets

Standing Court Martial April 24

A standing court martial (SCM) has been ordered to try Lt(N) L.M. Pearson. The SCM will take place at 0930 hours April 24 in CFB Esquimalt, bldg N30, room 223.

Lt(N) Pearson has been charged with the following

offences under the National Defence Act (NDA):

- Charge 1: S. 130 NDA - sexual assault;
- Charge 2: S. 97 NDA - drunkenness; and
- Charge 3: S. 129 NDA - conduct to the prejudice of good order and discipline.

Spectators are encouraged to attend and must be seated by 0920 hours. Military spectators are to wear the Dress of the Day.

The trial will be conducted in English.

Parking lot closure

The Naden Arena building N100 and associated parking are undergoing repairs and construction from April 30 to Aug. 5. The parking area will be closed to general parking for the entire period in order to expedite the project.

Battle of Atlantic Mess Dinner

Where: Naden Wardroom

When: 1830 for 1900 hrs, Friday May 4, 2012

Dress: Mess Dress No.2

Reservations to be made with Michelle Smith at 250-363-2689 or at michellesmith2@forces.gc.ca before Friday, April 27. **Price:** A/SLTs & NCdts \$30 wine with dinner; \$25 dinner without wine.

All other attendees \$45 wine with dinner; \$40 dinner without wine.

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Ron Zauner (far left), Larry Carver, Domingo, AliSandra, Janet Carver, and Domingo and AliSandra's three children take a break during construction of the family's new house.

Helping build homes abroad

Virginia Beaton,
Trident Staff

The Carvers are a different sort of tourist.

Some people go to the Caribbean to kick back, relax and enjoy the sunshine.

Larry and Janet Carver go to work.

The couple recently returned from two months in the Dominican Republic where they buckled up their tool belt to help build houses for impoverished families in the slum known as Barrio Blanco.

Larry, a planner and estimator at Fleet Maintenance Facility Cape Scott, and his wife were first introduced to the barrio in December while on a real vacation. The tour left them sad, but inspired.

"We saw the poverty, the houses with dirt floors," he says. "It's a country of extremes. There are beautiful beaches, deluxe condos, and across the road there are 85 families struggling just to eat every day."

Their guide was Ron Zauner, a fellow tourist who had once cast a gaze out the back of a resort hotel in Cabarete onto the slum over the tall perimeter wall. Eventually, he created a nonprofit organization with the mission of replacing the barrio's shantytown.

Zauner asked the Carvers if they would like to participate in his mission.

Upon stepping onto Canadian soil in Halifax, the couple began raising the \$2,500 needed to build a home.

They returned to Dominican Republic for a

six-week visit in February and March. The Carvers were at the barrio construction site daily working alongside the family receiving the house. The couple's tasks included excavating the site and cooking meals for the workers.

Zauner asked Larry how he was enjoying the experience.

"I told him that over the years I was able to cross off different things from my bucket list, but building a house for a poor family, I did not think I would ever achieve this goal. This experience tops every thing I had on my bucket list."

The Carvers want people to know how easy and inexpensive it is to help others.

"I would like people to know that volunteering and helping others is food for the soul," he says.

Naden Gym Running Group



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For more information, please contact Megan Larsen, Fitness Coordinator, Naden Gym. Tel 363-4495, megan.larsen@forces.gc.ca

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WHAT SAY YOU

Concert Review: plenty of soul at the Svelte

Jennifer Fielding
Contributor

Don't let the name fool you. *Tortured Soul* is indeed soulful, often deep, but not dark, with an infectious beat.

I thoroughly enjoyed their show at Svelte Cocktail Lounge on April 13, their first time in Victoria. It was my introduction to both the band and the venue.

Svelte just opened last New Year's and is located downstairs from the Station House Pub in Langford. The lounge, much like the band, evokes the era of *Mad Men*: hardwood floors, elegantly appointed seating, chandeliers, and succulent martinis, but with attractive contemporary touches such as a backlit bar, a row of lighted coloured panels with bubbles in the ceiling, and an electric fireplace set right in the wall.

I learned about *Tortured Soul* from my spouse, who has been a diehard fan ever since he saw them perform at the Montreal Jazz Festival in 2005, and now I know why. Their music is a true fusion of soul, jazz, dance and pop. Live, their unique sound and irresistible beat is guaranteed to keep you moving. The dance floor at Svelte was full during the entire show.

The band, which proudly hails from Brooklyn, has just three members: Christian Urich, who does double duty as both lead vocalist and drummer, Ethan White on keyboards, and Jordan Scannella on bass, accomplished musicians all, who wear suits with shirts and skinny ties on stage in keeping with their retro musical roots.

Tortured Soul's influences include artists such as Stevie

Wonder and more contemporary artists such as Prince. Christian has an amazing range. On many songs, his voice is reminiscent of the soulful Motown style, but at one point, I could have sworn I heard a guest female vocalist, and it was, in fact, Christian singing falsetto.

As for the ensemble, one song flowed effortlessly into the next with plenty of improvised groove in between. They played several songs from each of their albums (see set list below) and one that has not been released on an album (*Dirty Baby*).

Tortured Soul's rise in popularity has been as eclectic as their sound and composition. They formed in 2000, had singles in 2001 and 2002, and then did a nationwide tour of the U.S. the following year. They did not release a full-length album until

2006, *Introducing Tortured Soul*, on an independent label. They then formed their own label, TSTC Records, and released their second album, *Did You Miss Me*, in 2009.

Many more songs, collaborations and remixes are available online through their website and iTunes. *Tortured Soul* has performed all over the world, in front of intimate-sized audiences such as the one at Svelte to crowds of more than 15,000 at the Montreal Jazz Festival. They have just kicked off a European tour and are sure to win many more fans along the way.

Set list: *Home To You* (2), *In My Fantasy* (2), *Enjoy It Now* (1), *Time To Make Up Your Mind* (2), *Dirty Baby*, *Special Lady* (2), *How's Your Life?* (1), *Why* (1), *Fall In Love* (1)

SPORTS trivia

1. What hockey great grew up at 42 Varadi?
2. Who holds the Chicago Blackhawks record for most points in a game?
3. Who was the last winner of the Lester B Pearson Award and first winner of the Ted Lindsay trophy?
4. After the Rocket, who was the second Quebec born player to reach 500 goals?
5. Who holds the record for the most shut outs as a leaf?
6. Brooks Robinson hit into this dubious feat four times?
7. Harry Davis of the A's was the first American Leaguer to do this?
8. Nolan Ryan did this seven times in his career.
9. Tommy Lee Jones played the Georgia Peach in the movie of the same name?
10. How many teams formed the original National Basketball League in 1937?
11. What is the name of the tennis club where the Wimbledon Championships are held?
12. Who called Henderson's goal for French language television?
13. Whose number 13 is retired by the Harlem Globetrotters?
14. Who drove number 43 to many victories in the past?
15. What is an illegal shift in football?
16. How many times did Russ Jackson win the most outstanding player of the CFL?
17. What swimmer is nicknamed the Baltimore Bullet?
18. What company recently bought naming rights for the Louisiana Superdome?
19. They Call Me Coach was written about which winning UCLA basketball coach?
20. Who sung God Bless America at Flyer games in the 70's?

1. Wayne Gretzky, Brantford, Ontario.
2. 1943-Max Bentley & 1982 Grant Mulvey.
3. Alex Ovechkin won both, same award-name changed in 2009-2010?
4. Jean Beliveau.
5. Turk Broda.
6. He hit into 4 triple plays.
7. Hit for the cycle.
8. Pitched a No Hitter.
9. Ty Cobb.
10. Thirteen.
11. All England Lawn Tennis and Croquet Club.
12. Rene Lacaille (AELTC).
13. Wilt Chamberlain (played for one year before playing in the NBA).
14. Richard Petty.
15. A player is not in motion but is not set before the snap; more than one player is in motion at the snap; or after more than one player was moving (shifting), all eleven players have not been motionless for one second.
16. Three times.
17. Michael Phelps.
18. Mercedes-Benz.
19. John Wooden.
20. Kate Smith.

SUDOKU

1	7			2			5
	8			5			1
					6		
			8	5			2
7	4	3		1			9
	2						
9						4	6
		2					7
	5			4	7		

Level: Advanced

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

6	1	2	7	4	7	6	8	3
4	6	2	1	9	8	3	5	7
6	4	8	2	3	5	7	1	9
3	6	1	9	4	7	5	2	8
8	9	5	6	1	2	3	4	7
2	4	7	3	8	5	1	6	9
4	2	6	1	8	7	9	3	5
1	3	7	5	6	9	4	8	2
5	8	9	4	2	3	6	7	1

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LCdr Kathryn Hodgson is chopping it all off in the name of charity.

Photo by Shelley Lipke, Lookout

Lock loss for cancer awareness

LCdr Kathryn Hodgson, Base Personnel Selection Officer, has offered up her blonde locks in aid of Sailors for a Cure fundraising efforts. Lookout asked her a few questions to find out what moves a female sailor to brave the hairless look.

What is Sailors for a Cure?

It is a concept created by PO2 Bruce Bevil to help raise funds for cancer research and in support of people coping with the everyday realities of cancer. He created the concept in honour of his sister-in-law, Sandra Bevil, who has been battling cancer for the past nine years. All funds raised in the name of Sailors for a Cure will be channelled into two registered charities: The Canadian Cancer Society and Wellspring.

How is Sailors for a Cure raising money?

Sailors for a Cure has three main fundraising drives. One is through social media of Facebook, the second is a Sailors for a Cure Charity Golf tournament at Highland Pacific Golf Club May 23, and finally, there is head shaving event with the goal of raising \$5,000 to have a lucky female senior officer lop off her locks, right down to the skin.

Why are you involved in Sailors for a Cure?

For as long as I can remember, I have been a quiet participant in events to help raise funds for different charities until now. However, after I learned of PO2 Bevil's reasons behind creating Sailors for a Cure, I was inspired to step up and help out in whatever way I can. I know that if I had cancer, I wouldn't have the guts to ask people for help by donating to cancer charities. But while I am healthy and have the strength to ask on behalf of those that need our help, I'll use my voice for them.

What are you doing to help Sailors for a Cure?

I'm the lucky Lieutenant Commander who'll be lopping off her locks and we're trying to raise the \$5,000 by April 30 to do so.

Are you nervous about going completely bald?

I am a little bit nervous but mostly because my motorcycle helmet might not fit as well. Honestly, I think it is going to be a bit weird to see myself without hair and I think my husband might find me a bit odd to look at, but shaving my head is absolutely nothing in comparison to the emotions and pain people with cancer suffer and face on a daily basis. So no, I'm not nervous about shaving my head, but I am nervous that we won't raise the \$5,000 by April 30.

Who is lopping off your locks?

Scott from Floyd's Barber shop has graciously agreed to open his shop and perform his magic on my head. I'm hoping he'll finish with a scalp massage.

How can people contribute to you losing your locks?

People can donate on-line at either www.canadahelps.org/gpwl/15815 or www.canadahelps.org/gpwl/15814 (make sure you mention the head shaving in the comments section so we can tabulate how much or how little my bald head has raised!!). By donating online, donators will receive a tax receipt. Alternatively, whenever people see me in my office or out and about, they can toss some bills and/or coins into the envelope I carry with me.

Any last thoughts before you losing your locks?

With a couple of bucks, you can help me help PO2 Bruce Bevil turn the power of 1 sailor into the power of many. Let's stand together as Sailors for a Cure!

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Don't rush, consider your options for severance payout

LCdr Keith Guinchard
Contributor

Prior to his current employment at Venture NOTC, LCdr Keith Guinchard was employed for six years in the Victoria area as a Certified Financial Planner. This was followed by four years as a non-profit Debt Counsellor. He maintains a keen interest in all things financial and stays current on financial issues and their impact on Canadian families. His opinions are meant for general awareness only and are not to be construed as specific financial direction.

CANFORGEN 062/12 provides a concise summary of severance benefits policy changes. Between mid-December 2012 and mid-March 2013 CF members will have to elect one of three options:

1. Elect to be paid a full severance benefit;
2. Elect to be paid part of a severance benefit and to receive any remaining severance benefit at release; or
3. Receive all severance benefits at release.

The requirement to select an option has likely prompted a number of "what if's" in peoples' minds. Depending on length of service, the dollars involved could be quite large. Correspondingly, the decision on which option you choose could also result in considerable income tax shock.

Options one and three, taking the severance as a lump sum cash payment will mean adding that amount to income in the year of receipt. Option two will spread the amount taken into income over two years. The lump sum payment may also boost you into a higher income tax bracket. A cash lump sum will trigger withholding tax at source in the following amounts:

- 10% (5% Quebec) on any amounts up to and including \$5,000

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- 30% (15% Quebec) on any amounts over \$15,000

There may also be additional taxes owing over and above these amounts after you file your tax return. To offset this you can request a higher amount of withholding tax.

An alternative is to transfer as much as you can directly into an RRSP. This will avoid the withholding tax and give you a good deduction when preparing your tax return. That in turn could lead to a healthy income tax refund. You can also transfer the money into a spousal or common-in-law RRSP.

To complicate the issue, there are special regulations for those who were in the Forces before 1996. Part of the severance received under the three options may fall under these regulations. This will result in a portion of the severance being labeled as

"eligible" and the balance as "ineligible." The rules concerning pre-1996 service are complex and impose restrictions that do not exist under the post-1995 regulations. For instance, "eligible" money can only be transferred into your own RRSP.

You must carefully consider your option choice. At its simplest, if you do not need the cash and have enough contribution room, then rolling it into an RRSP makes sense.

If, for whatever reason, you are considering taking the lump sum payment, then the tax implications must be taken into account.

Further direction on the severance options will be forthcoming this fall. In the meantime, for those with a financial advisor, this represents an excellent opportunity for them to earn their keep. If you do not have an advisor then this may be just the opportunity to engage one.

You must carefully consider your option choice. At its simplest, if you do not need the cash and have enough contribution room, then rolling it into an RRSP makes sense.

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Jamie Webb, left, Maritime Forces Pacific Visits and Protocol Officer; Drew McVittie, son of marine artist Robert McVittie; Rear-Admiral Nigel Greenwood, Commander Maritime Forces Pacific; Angela King, daughter of Robert McVittie; and Barry Rolston, President of the Maritime Museum of B.C., cut the ribbon to invite guests into a new exhibit featuring 22 Robert McVittie paintings at the Maritime Museum of B.C. in Victoria April 4.

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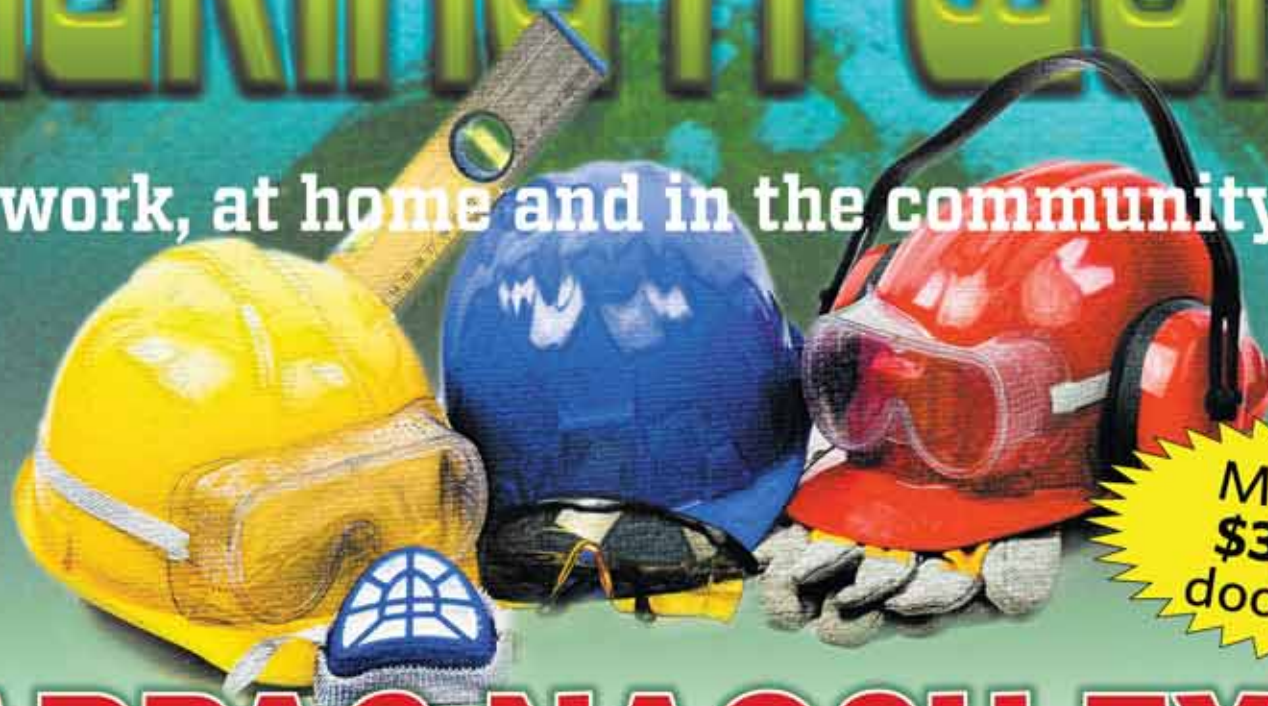
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Charlottetown at sea



Above: LS Mitch Earle conducts maintenance on an air compressor on board HMCS Charlottetown while on a port visit to Toulon, France, during Operation Active Endeavour with Standing NATO Maritime Group 1 on April 11.

Left: LS Uriah Temple (front) and LS Matthew Martin conduct maintenance on the 57mm gun.

Photos by Cpl Ronnie Kinnie, Formation Imaging Services, Halifax

HMCS SACKVILLE



Remembers and Honours

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Each year, **SACKVILLE** participates in Battle of Atlantic ceremonies and events including conducting a memorial and committal-of-ashes service at sea off Sailors Memorial in Point Pleasant Park, Halifax.

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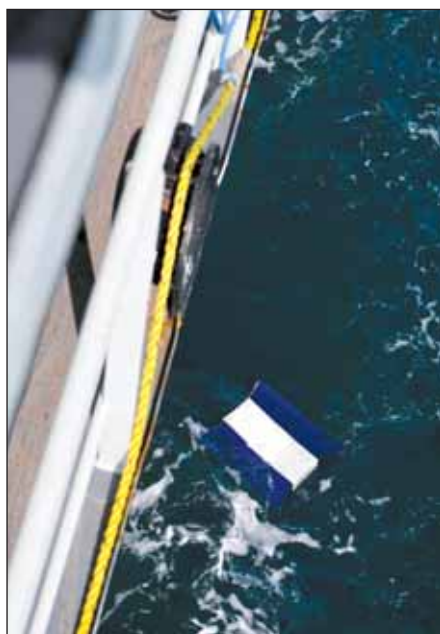
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Burial at sea honours for final Esquimalt veteran



Above: Granddaughter Kiara Pratt, widow Joan Wilson and daughter Cindy Schwab sit in the front row on board Caribou for the burial at sea of Joe Wilson's ashes, officiated by Chaplain Reverend Lt(N) Lara Bowditch.

Below: After Wilson's ashes were committed to sea, sailors folded the Canadian Flag and Capt (N) Craig Baines presented it to Wilson's widow Joan. **Bottom:** The timeless ritual of the military burial at sea was punctuated with Kiara Pratt, 10, wishing her grandfather farewell and dropping her bunch of yellow roses into the water below.



Top right: (Left to right) Base Commander Capt(N) Baines receives the Grand Decoration of Chivalry from General Commanding of the Independent Order of Oddfellows, Dino Fiorin, and Oddfellows member Gerry Ratchford. On April 16, Esquimalt Mayor Barb Desjardins, the Base Commander, dignitaries, and guests commemorated the anniversary of the sinking of HMCS Esquimalt. The township of Esquimalt also celebrated its Centennial in 2012. **Bottom Right:** Esquimalt Mayor, Barb Desjardins, places a wreath during the memorial service.

Shelley Lipke
Staff writer

The final chapter in the history of HMCS Esquimalt was written on April 16 when the ashes of the last survivor were put to sea.

Second World War veteran LS Joe Wilson died just two days shy of his 90th birthday on New Year's Day this year.

On the 47th anniversary of the tragic sinking of Esquimalt during the Second World War, his family committed his ashes to the waters outside Esquimalt harbour.

"He would have wanted this as a final resting place," said his widow Joan, who had travelled from 100 Mile House with her daughter and grandchildren. "He loved the navy and this would make him very happy. He would be in tears to see this and would have been thrilled with having the grandchildren here to witness it."

The emotional ceremony took place on Orca Class Training Tender Caribou off Saxe Point.

With a heavy presence of local and national media, Chaplain Reverend Lt(N) Lara Ann Bowditch officiated the Committal of Ashes at Sea ceremony.

"The sailors in World War Two are few and far between," she said. "I think this burial is very significant as he's the last remaining crew member of HMCS Esquimalt. This becomes very significant in our connectedness to the past."

HMCS Esquimalt was a Bangor Class minesweeper performing a routine anti-submarine patrol in the approaches to Halifax harbour when it was struck by a torpedo from German U-boat U-190 in the early hours of April 16, 1945. The devastating hit left the ship powerless and without radio communication.

No distress signal was sent.

The ship listed so heavily the lifeboat was

submerged and could not be released.

Forty three sailors escaped the ship and huddled on carley floats awaiting help.

Within four minutes of the hit, the ship sank, taking 28 men with it. Although the ship was within sight of shore, help would not come until six hours later.

Sixteen men perished before they were rescued – a total of 44 died.

Twenty two days later the Second World War ended.

"Only in the last years he could talk about the incident on the Esquimalt," said Joan. "It was very upsetting for him and he only began talking about it in 1993 for the first time. It was emotional for him to remember losing so many off the floats, one by one. He thought, 'Why did I make it and the others didn't?'"

After Wilson's ashes were committed to sea, Base Commander, Capt (N) Craig Baines presented the folded Canadian Flag to Joan before ten-year-old granddaughter Kiara Pratt threw a dozen yellow roses into the water to join her grandfather's ashes.

Tears from the family followed.

Each year on April 16, a remembrance ceremony is held at the cairn at Esquimalt Municipal Hall to honour the crew of HMCS Esquimalt.

This year Wilson's family was able to attend.

Ninety-year-old S/Lt (Ret'd) Nursing Sister Catherine Walker also attended. She was a nurse in HMCS Stadacona Hospital in Halifax looking after the survivors of HMCS Esquimalt. While she wasn't the nurse who looked after Wilson, Joan spoke to her about the experience.

Esquimalt Mayor Barbara Desjardins, the Base Commander, and president of Royal Canadian Legion Branch 172, Esquimalt/Dockyard placed wreaths on the cenotaph before Wilson's granddaughter lay fresh tulips in honour of her grandfather.



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What: Senior's Centennial Spring Tea and Concert

Where: Esquimalt Recreation Centre

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Free

Esquimalt Mayor Barbara Desjardins will welcome attendees and entertainment will be provided by pianist Gene Furbee and Dancers from Dance Unlimited in Esquimalt. Volunteer high school students and Girl Guides will serve tea and sweets.

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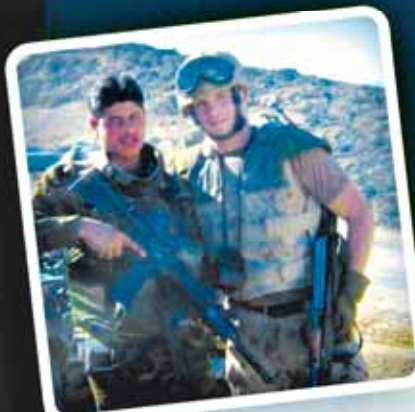
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Welders Aaron Bochon (left) and Mike Klaat (right) are diligently at work as part of the maintenance team for HMCS Oriole. Since the beginning of the year, Oriole has been under a tarp at Port Hope Shipyard for a comprehensive overhaul that will add another 100 years of life to the 91-year-old sailing ketch. Oriole was launched in June 1921 and commissioned in June 1952. This year not only celebrates Oriole’s 91st birthday but also it’s Diamond Jubilee of 60 years in the Royal Canadian Navy.

Oral Health Month

CF Health Services

April is Oral Health Month, and the Dental Corps is taking this opportunity to remind all CF personnel to practise good oral hygiene and undertake preventive measures as part of a healthy lifestyle.

Poor oral health could have a negative impact on your operational readiness and quality of life, and certain diseases such as oral cancer can be debilitating and life-threatening.

Current scientific reports also show that poor oral health can negatively influence other medical conditions. In other words, keeping your teeth, your gums and your mouth in good health through good oral health practices and regular visits to a dental professional is essential to maintain good overall health.

This month, we invite you to learn more about oral health and to adopt the following five steps to a good oral health:

1. Brush your teeth and tongue twice daily using fluoride toothpaste, and floss every day.
2. Eat a well-balanced diet.
3. Check your mouth regularly for signs of gum disease and oral cancer.
4. Don’t smoke or chew tobacco.
5. Visit your dentist regularly.

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This opportunity will appeal to someone with very good communication skills who enjoys working with and helping a wide variety of people, who is open to learning more, and who is able to work well independently as well as within a team.

The place of work is with the local DRMIS Centre of Excellence, with frequent visits to FMF Cape Breton, ships, submarines, and Logistics and Comptrollers organizations. Travelling with a ship or a submarine may be required, and some travel to Ottawa is expected.

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Empower yourself through change

Corporate Internal Communications

Change can sometimes be tough, and adapting to it can be difficult for many of us. However, as members of the Defence Team, there are many tools we can take advantage of to empower ourselves during times of transition, says an expert in organizational change.

"Awareness of change and one's reaction to it builds resilience and empowerment," says Marie Drapeau, strategist for Transformational Change at Assistant Deputy Minister (Human Resources – Civilian).

Everyone is feeling the effect

There are many resources available to help members of the Defence Team face the challenges associated with the current environment. During this time, it is important to take advantage of these resources to preserve a healthy mental, physical and intellectual state in a supportive environment.

Empower yourself

It is important to remember, she says, that given the current level of change that is happening within Defence, no one is alone. Everyone will be faced with varying degrees of change, whether it is in the way they conduct their current job, whether in redefining their responsibilities altogether, or whether just as an observer who is watching the impacts on those around them. There are services and programs, such as those listed below, to help, no matter what your individual experience is.

"Sometimes, we are shy or afraid to use the resources out there," Ms. Drapeau says. "But by using those tools and resources, we become proactive, self-empowered, and more equipped for the next transition. And, yes; change will occur again."

She acknowledges that it takes a certain level of courage to seek support, but the more people help themselves, the more they will be able to take control of their situation.

Some of the resources available to mem-

bers of the Defence Team are:

Employee Assistance Program (EAP)

The EAP is a confidential, voluntary and short-term service to help employees and their eligible family members who are faced with personal or work-related problems. Created as a joint union-management program, the department's EAP has been providing support to employees since 1982. Employees can speak with a DND referral agent during business hours or with a professional mental health counsellor from Health Canada 24 hours a day, 365 days a year. For more information on EAP, visit the EAP intranet site or contact Health Canada directly at 1-800-268-7708.

Member Assistance Program (MAP)

The MAP is a voluntary and confidential service, initiated by the CF to help members (Regular Force, all Reservists, and Cadets) and family members who have concerns that affect their personal well-being and/or work performance.

Defence Learning and Career Centres (LCCs)

LCCs are located throughout the country and offer tools to improve military members' and civilian employees' professional skills, advance their careers, or update their knowledge of traditional and new technologies. LCCs provide career and learning services, and training and workshops on various subjects such as change management.

Canada School of Public Service (CSPS)

The CSPS has a range of learning activities and resources to help you succeed in your job and to meet the needs of your organization. It also offers many courses to help you manage change.

Colleagues

Talking to your colleagues can be a great resource because they understand the current environment and can most likely relate to what you are feeling. Find a colleague or a manager with whom you are comfortable talking and use him or her as an outlet. This can be a mutually beneficial resource and can encourage others to discuss their concerns.

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- Mental Fitness & Suicide Awareness (Sups) Jun 18 / 8:30am-4pm (1 day session; Mon)
- Mental Fitness & Suicide Awareness (General) Jul 16 / 8:30am-4pm (1 day session; Mon)
- Stress: Take Charge! Jun 12-Jul 3 / 8:30-11:30am (4 am sessions; Tues)
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- Top Fuel (Pt1): Nutrition Basics May 7 / 8:30am-12pm (1 half day session; Mon)
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- Top Fuel (Pt1): Nutrition Basics Jul 9 / 8:30am-12pm (1 half day session; Mon)
- Top Fuel (Pt2): For Top Performance Jul 11 / 8:30am-12pm (1 half day session; Wed)
- UHPR Training May 28 / 8:30-10:30am (1 am session; Mon) - only for those wishing to be Unit Health Promotion Representatives
- Weight Wellness Jun 6-Jun 27 / 8:30am-12 pm (4 am sessions; Wed)

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I am Lieutenant-Colonel Michael J. Woolley, a Signal Officer by profession with 29-years service, and I command the Base Information Service (BIS) Branch at CFB Esquimalt.

LCol M.J. Woolley, CD

BAdminO - This is the 2nd in a seven-part series profiling the Base Branches at CFB Esquimalt.

An Army Guy in a Navy World

Yes, I am an army guy in a navy world, but some of my closer navy friends have taken me into the navy fold and referred to me a "Cdr(A)" or "Commander (Army)", I guess in deference to the navy's tradition of referring to their Captains as Capt(N) instead of how we in the Army refer to our Captains as "hey you" Captains.

I have been with the navy for three years and after having determined what the 'Heads' are along with the multitude of other naval terms that I have added to my lexicon, I now consider myself a part of the naval family.

I have to thank my naval friends for taking their time and patience to explain the various traditions and nuances of the navy. I have to say that my favourite navy terms are 'Scran' and 'Duff', yet I still do not understand why I have been occasionally referred to as the 'Duke of Duff.' Maybe it's because I can never pass up a good Nanaimo Bar.

I have often heard my Branch affectionately referred to as 'Bisneyland' (usually within my earshot) as I can only assume we have been given such a honorific, admirable and distinguished moniker because of the wondrous, fantastic, amazing and magical feats we perform everyday in supporting, maintaining and operating the plethora of Communications and Information Systems within and around the confines of CFB Esquimalt and out to the Fleet at sea.

I guess I will have to approach my boss and ask for some funds to get us all a set of Mickey Mouse ears as we can no longer wear our coveted BIS embossed baseball caps. Well enough of that, I digress.

Here is my message. BIS is an organization of more than 220 military and civilian personnel who are all dedicated professionals determined to provide you with the best Information Technology (IT) experience possible.

On the military side my staff encompasses:

- Signal and CELE officers,
- MAR ENG CS officers,
- ACCIS personnel (formerly known as Sig Ops/LCIS Techs/Linemen),
- ATIS Techs, Nav Comms,
- W ENG Techs,
- NCI Ops,
- and RMS Clerks.

Our civilians come from the CS, AS, GT, EL, GTST, CM and CR classifications. Everyday this group of folks located both here in CFB Esquimalt and across the straits at Detachment Matsqui/Aldergrove, performs both normal and extraordinary work in keeping all the IT assets in the formation running smoothly.

It is our mission to provide communications and information systems support to all of Maritime Forces Pacific and Joint Task Force Pacific. This includes all the normal IT stuff we think of everyday on the Base, but it also includes providing support to the ships at sea. We are their connection to the rest of the CF and back home to Canada. Once that ship sails every non-cellular call, every email, every message, every chat, every download, whether it is official business or surfing the Times Colonist online, and even the Sunday family chats the long deployers have, goes through a military or commercial satellite or over a high frequency radio broadcast. It is our responsibility to ensure that those communications paths are correctly provided, monitored and remain operational 24 hours-a-day and seven days-a-week so that the ship can talk whenever and to whoever it needs to.

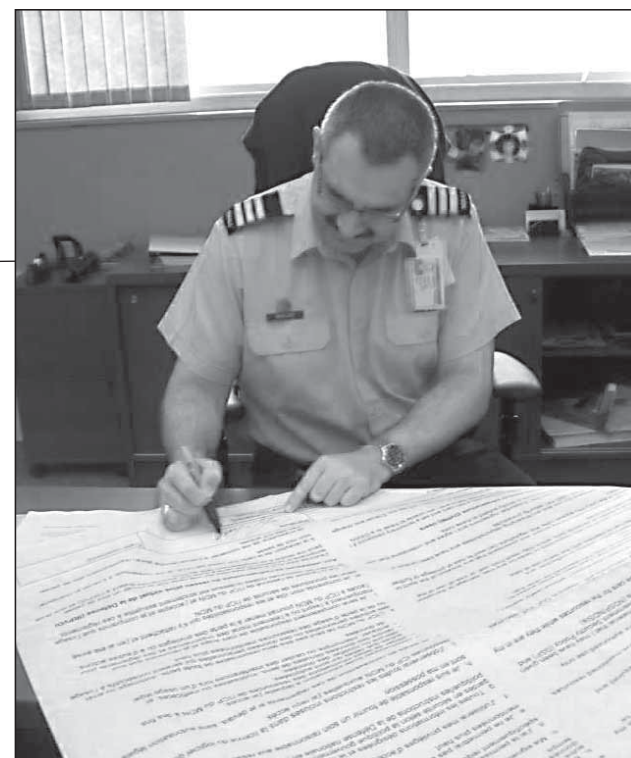
The seemingly simple statement of providing formation-wide communications and information systems support

is often not so obvious when one considers everything in the communication control room (CCR) of the ship, or on your desk (laptop, desktop, printer, telephone, monitor, etc) in your office, or in your pockets (Blackberry, cell phone, radio, etc) is working just fine. It is when it is not working that my beautiful people come to mind.

All that to say, be appreciative when all is well and know that someone is there behind the scenes ensuring that all is well. Also know, that when the bovine excrement hits the oscillating device, the folks at BIS stand ready to put on their superman capes, perform the phenomenal and put everyone's world back in the right and natural paradigm by fixing whatever form of communicating device has failed you.

If this article seems to appear as if I have an ulterior motive of recruitment, you are correct! BIS is always looking to employ those with the professional and technical assets we need to keep our services running.

Yes, Bisneyland is a wild ride and it is truly the "most wonderful place on the base" to work. We certainly have our fair share of queues or line-ups and you will always see the happy faces of those working at BIS "skipping down the flats." Even though I am an army guy in a navy world, my folks and I stand proud to serve the Royal Canadian Navy.



Right: It's a small world with large documents that travel past the BISO's desk.



Top Left: Covered parking for Col Woolley courtesy of the Linesmen.



Above: Members of BIS on a non-stop flight to BISneyland.



Awards presentations at Maritime Forces Pacific Headquarters



Capt(N) Luc Cassivi (left) and Maj Travis Field (right) present LS Sean Riley (center) with a promotion to Master Seaman.



Accompanied by his wife Pte Tracie Kroeker (right) and son Nathaniel Kroeker (left), Sgt Jason Kroeker receives a promotion to Warrant Officer from Capt(N) Luc Cassivi.



Capt(N) Luc Cassivi presents Cpl Alex Croskery with the South West Asia Service Medal rotation bar.



Capt(N) Luc Cassivi presents PO1 Stephen Melanson with the South West Asia Service Medal rotation bar.



Capt(N) Luc Cassivi presents PO2 Susan Frisby with the Canadian Forces Decoration medal.



Capt(N) Luc Cassivi presents Lt(N) Kevin Laffin with the Canadian Forces Decoration medal.



Capt(N) Luc Cassivi presents Lt(N) Christian Degagne with the Operational Service Medal.



Capt(N) Craig Baines, Base Commander, presents a Bravo Zulu to Dawne Vanstone from POESB. She received the award for her actions and professionalism on her arrival to the scene of an injured pedestrian who was struck by multiple motor vehicles. Her leadership and selfless compassion were instrumental in providing an immediate medical response from emergency authorities and comfort to the casualty.



Right: MCpl Angela Abbey receives photo contest awards certificates from Capt(N) Luc Cassivi during awards presentations at Maritime Forces Pacific Headquarters on April 12. MCpl Abbey's photo "Take a Load Off" won her first place and best of show in the Professional Military life category of the DND photo contest.

Photos by Cpl Brandon O'Connell, MARPAC Imaging Services



Admiral's Awards

April 17, 2012

Photos by Corporal Michael Bastien, MARPAC Imaging Services



LCdr R.J. Sibbald from MARPAC HQ is awarded a United States of America Meritorious Service Medal for his outstanding meritorious service while serving as Experimental Working Group Chairman to Australia, Canada, New Zealand, United Kingdom and United States for Allied/Coalition from July 2005 through December 2010.



CPO2 Chris Koblun is awarded with Commander Royal Canadian Navy Commendation for his extreme levels of leadership, initiative and dedication necessary to organize, train and spearhead the 2011 MARPAC Team's highly successful participation in Op Nijmegen.



PO2 Marie-Perle Roy from the Naden Band is awarded a MARPAC Bravo Zulu for her exemplary leadership, commitment and dedication as GCWCC Unit Representative since 2005. During the course of seven years, she has helped to raise \$198,785 for the GCWCC campaign.



Lt(N) C.M. Maier from NOTC is awarded a Canadian Expeditionary Force Command Commander's Commendation for his deployment to Afghanistan from March to October 2010. Lt(N) Maier's exceptional performance as a Staff Officer within Regional Command (South) Headquarters brought great credit to the Canadian Forces.



PO1 Raymond Lochhead is awarded a Commander Royal Canadian Navy Commendation. PO1 Lochhead demonstrated outstanding professionalism in rapidly assessing the situation, and succinctly advising command while conducting boarding operations onboard the MV Sun Sea.



LS Francis Robitaille from FDU(P) is awarded the MARPAC Bravo Zulu for his exceptional effort, dedication and commitment to HMCS Calgary's administration support. His work ethic, team spirit and willingness to assist other units within MARPAC demonstrate and excellent example to community.



LS Olivier Snelling from FDU(P) is awarded with Canada Command Commander's Commendation. He is commended for his role in expertly conducting tasks related to dike maintenance and repair for the Maritime Component Commander's Regional Maritime Coordination Element during Operation Lustre – a major joint and interagency domestic operation to bring flood relief to Manitoba.



Sgt Carol Bastien and MCpl Karine Rondeau-Lavaute are awarded the Commander Royal Canadian Navy Commendation.



CPO2 Chris Koblun with his family and Rear-Admiral Nigel Greenwood after being awarded the Commander Royal Canadian Navy Commendation.



PO1 Derrick Hozempa is awarded Commander Royal Canadian Commendation. PO1 Hozempa is recognized for his instrumental role in the successful introduction of the Orca Class vessel into the Canadian Fleet.



Capt J.T. Olsen from JRCC is awarded with 1 Canadian Air Division Commander's Commendations. On October 13, 2009, the crew of Rescue 902 were tasked to rescue a 35-year-old male who had fallen down a steep rock face while trying to walk out from a kayaking expedition near Bella Coola.



LCdr R.J. Sibbald poses with his family and Rear-Admiral Nigel Greenwood after being awarded the USA Meritorious Services Medal.

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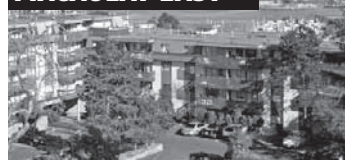


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me that you are my
mother, O Holy Mary
Mother of God, Queen
of heaven and earth, I
humbly beseech you
from the bottom of my
heart to help me in my
necessity. (Make your
request.) There are none
that can withstand
your power. "O Mary
conceived without sin,
pray for us who have
recourse to you." (Three
times.) "Holy Mary
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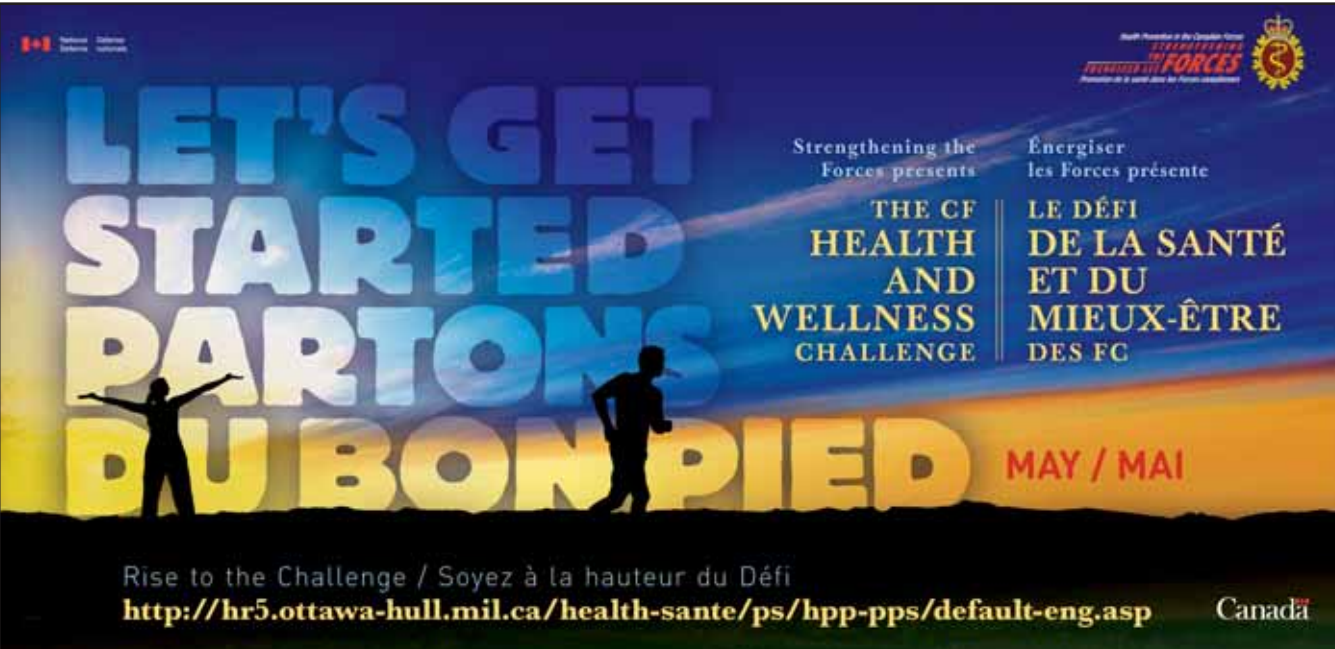
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