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Volume 57 Number 51 | December 17, 2012

LOOKOUT

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Capt Christine McCue and Caitlin McCue celebrate the return of PO2 Kevin McCue after HMCS Ottawa came alongside in Esquimalt Friday. The ship had been off the coast of Costa Rica for Operation Caribe since October. It assisted a U.S. Coast Guard Law Enforcement Detachment team with disrupting illicit trafficking of 1,086 kilograms of cocaine.

Shelley Lipke, Lookout

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Divers run for turkeys and hampers

Shelley Lipke
 Staff Writer

Navy divers have ensured more than 650 families in the West Shore have a turkey, or protein of their choice, on their table this Christmas.

It's the result of 60 military members and 20 spouses and friends taking to the streets Dec. 1 for a six-hour Christmas Hamper Turkey Run.

They raised \$22,100 for the Goldstream Food Bank; that's \$5,000 more than last year.

To add to this feat, some divers wore re-breathers and even the full bomb suit. They used dive boots to collect cash from onlookers and motorists.

"People were so generous," said event organizer Lt(N) Walter Dubeau. "The average donation was about \$5 per car and lots of people handed out \$20 and we even had \$100."

Two interactive displays were set up along the route in front of Mill Stream Village and West Shore Town Centre to spread awareness of what

the military divers do, and two hot dog stands helped to raise additional money.

"We received outstanding support from West Shore RCMP and Military Police in ensuring the traffic was cleared for our passage the entire day," said Lt(N) Dubeau.

"This event really brings the community together and we are very thankful for the support from local businesses," he added.

The prize for the biggest corporate donor, a deep sea dive helmet to display for a year, went to Original Joes Restaurant and Bar for \$4,800. Everything Wine was also a major sponsor of the event. Six Mile Pub hosted a party after the run that included a silent auction.

"The highlight was the esprit de corps and camaraderie we had throughout the day. Everybody was smiling and had a good time. It's a great community event," said Lt(N) Dubeau.

Included in the run were graduates of the ship's team diver class who had



Cpl Alex Croskery, MARPAC Imaging Services
Members of Fleet Diving Unit (Pacific) ran through the cities of Langford and Colwood to generate donations for the West Shore Christmas Hamper Turkey Run.

just completed their training the day before.

"They found the experience to be incredible and overwhelming and had a real feeling of accomplishment."

On Dec. 20 about 15 members from the dive unit will spend the day at the Goldstream Food Bank handing out ham-

pers and gift cards for turkeys to needy families.

This year's Turkey Run was dedicated to Karl Kavanaugh, a navy veteran who worked at the West Shore Christmas Hamper each year and established the idea of a turkey run together with Lt(N) Dubeau. Kavanaugh died in February of this year.

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HMCS Protecteur back in navy hands

Shelley Lipke
Staff Writer

Crew members of HMCS *Protecteur* gathered at A Jetty Dec. 5 to watch two Queen's Harbour Master tugboats nudge their ship across Esquimalt Harbour and back into navy hands. *Protecteur* had been across the harbour for a 10-month refit.

The 43-year-old tanker, usually weighed down with stores and fuel, sat high in the water. Nearly all the bright blue paint marking the "below water line" was visible.

"When full the ship holds more than 14,000,000 litres of fuel, which will reduce our height out of the water by 15 to 20 feet from where we are now," explained the ship's Commanding Officer, Cdr Todd Bonnar.

The ship returned virtually empty of fuel, stores, and basic items aside from emergency response gear.

"*Protecteur's* refit was a major undertaking. We got a considerable number of systems, which had degraded over time, back up to an effective working order," said Cdr Bonnar.

Unlike the Halifax Class Modernization Frigate Life Extension (HCM/FELEX) that is providing the frigates with massive upgrades in engineering and weapons systems, *Protecteur's*

refit focused on the boilers, the fire main, the installation of the Draeger self contained breathing apparatus, and upgrades to help the ship better perform its replenishment at sea (RAS) duties.

"Hundreds of valves have been refurbished to ensure the ship can safely carry and distribute fuel. The majority of the fire main was replaced to ensure the damage control system will function correctly," said Cdr Bonnar. "By conducting such a massive amount of work to put systems back in good working order, *Protecteur* will be more operationally effective while at sea."

The crew is currently undergoing harbour readiness training with Sea Training Pacific. This week-long training program ensures the crew has the necessary equipment on board, as well as the training and procedures in place to safely respond to any emergency or harbour operation.

"I think it's fair to say the thing the crew was most excited about was the end of the refit and getting our ship back on the right side of the harbour. Of course the resumption of sea pay is also much appreciated, especially right before Christmas," says Cdr Bonnar.

In the coming months the crew will be tasked with



Shelley Lipke, Lookout

A tug boat assists HMCS *Protecteur's* return to the navy side of Esquimalt Harbour after more than 10 months at Victoria Shipyards in refit.

restoring the ship.

The focus will then shift to testing and trialing systems. Once these engineering systems are proven alongside, the ship will head to sea in the spring to conduct sea trials and work with Sea Training in the late summer to conduct

work-ups.

"Although not yet confirmed, we're certainly hoping to get the opportunity to deploy right after work-ups so we can get back to providing the best support possible to CANFLTPAC and our Allies all over the Pacific," said Cdr Bonnar.

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People Talk

Lookout asked this question:

What is your favourite childhood Christmas gift and why?



Money. Getting money for the first time and being able to buy whatever I wanted as a kid was pretty cool.

Kelsey Main



My teddy bear. My grandfather gave it to me when I was about four years old and I've got a lot of great memories I associate with it.

OS Simon Berube



My bike for sure. I passed a lot of time on that thing for many, many years.

Ben Thompson



My horse. Riding is my hobby, and I love being around animals.

Desiree MacDonald



I got a Nintendo 64 when I was about 11. My brother and I had never owned a video game system before so that was a pretty big deal to us.

Marc Stocker

We wish you health and wellness this Christmas

The Christmas period represents a joyful time for most and affords us an opportunity to connect with our loved ones in a relaxed atmosphere. It is important for us to take time with friends and family and "recharge our batteries." We have all had a busy year.

However, we must remember that this festive period can also be extremely challenging and stressful for some of our friends, co-workers or even ourselves. Recent losses, personal difficulties, or simply loneliness, could make this holiday period a difficult one. We need to be there for each other. Be aware and look for those among us who may be facing challenges and try to support them. Whether it be a single member far from home or a colleague who is having a rough time, be sure to extend your hand or open up your home to ensure they know that they are not alone.

It is okay to ask someone if they are going through a hard time, being overcome by things going on in their lives, or even if they are thinking about self-harm – in fact you may save their life. If you have concerns about a friend or loved one, make sure you let them know. If you are personally struggling, remember that there is help available. Reach out, talk to someone you trust, and get support.

The Formation has a diverse group of helping professionals that stand by ready to assist those in need, but some folks will not have the insight to recognize when they need help. Look out for those who become withdrawn, don't seem to care about themselves, are drinking more than usual, taking drugs, giving their things away or have given up hope. Talk to them, help them, and accompany them to care either on base or at a local health care facility.

For all of us who are looking forward to "letting off some steam" over the break, remember two things during the holidays that will help us come back ready for the new year. Consume alcohol in moderation and continue with regular exercise. These practices will keep our mind and body healthy during the holidays and make you a stronger person when you come back.

Please have a safe and restful break and do not hesitate to access any of our health and wellness experts through the Holiday period. On behalf of the Defence Community Wellness Advisory team, we wish you and yours a very happy holiday and look forward to seeing you in next year.

LCol Nick Withers (Chair) and Maryse Neilson (Vice-chair) Defence Community Wellness Advisory Team

Santé et bien-être au moment des Fêtes

Le temps de Noël est, pour la plupart d'entre nous, une période de réjouissances qui nous donne l'occasion de passer du temps avec nos proches dans une ambiance décontractée. Il est très important pour nous tous de passer du temps en famille et entre amis pour refaire le plein d'énergie. Nous avons tous travaillé fort depuis le début de l'année.

N'oublions pas, toutefois, que la période des Fêtes peut être un moment très difficile et stressant. Amis, collègues, personne n'est à l'abri. La perte d'un être cher, des problèmes personnels ou tout simplement, la solitude, peuvent faire de cette période festive un cap difficile à passer. Nous devons nous soutenir mutuellement, alors, regardez autour de vous et voyez s'il n'y a pas quelqu'un qui peut avoir besoin d'aide pour surmonter des difficultés. Qu'il s'agisse d'un militaire célibataire qui se trouve loin de sa famille, ou d'un collègue qui éprouve des difficultés passagères, n'hésitez pas à lui tendre la main et à lui ouvrir les portes de votre maison, pour lui montrer qu'il n'est pas tout seul.

Il n'y a rien de mal à demander à une personne si elle traverse un moment difficile, si elle se sent dépassée par les événements ou même si elle a des pensées suicidaires – vous pourriez même lui sauver la vie. Si un ami ou un proche vous inquiète, faites-le lui savoir. Si vous avez vous-même des problèmes, n'oubliez pas que l'aide n'est pas loin. N'hésitez pas à parler à quelqu'un en qui vous avez confiance et à demander du soutien.

La Formation compte de nombreux professionnels dans des domaines très divers, qui sont prêts à apporter leur aide à ceux qui en ont besoin, toutefois, certaines personnes ne se rendent pas compte qu'elles ont besoin d'aide. Si une personne que vous connaissez semble se replier sur elle-même, ne pas prendre soin d'elle, boire plus qu'à l'habitude, consommer de la drogue ou se départir de ses affaires, ou si elle semble baisser les bras, parlez-lui, aidez-la et emmenez-la consulter, sur la base ou dans un établissement de soins de la région.

Que tous ceux d'entre nous qui ont hâte de décompresser pendant les Fêtes n'oublient pas deux choses importantes, qui leur permettront de revenir en forme pour affronter la nouvelle année : buvez avec modération et continuez de faire de l'exercice régulièrement. Vous contribuerez ainsi à votre santé physique et à votre santé mentale, et vous nous reviendrez encore plus forts.

Passez de très bonnes vacances, et surtout n'hésitez pas à faire appel à nos spécialistes de la santé et du bien-être pendant la période des Fêtes. Au nom du Comité consultatif sur le bien-être de la communauté de la Défense, nous vous souhaitons, ainsi qu'à tous ceux qui vous sont chers, de très bonnes Fêtes. Au plaisir de vous revoir au début de la nouvelle année.

LCol Nick Withers (président) et Mme Maryse Neilson (vice-présidente), du Comité consultatif sur le bien-être de la communauté de la Défense

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Capt(N) Bob Auchterlonie, Base Commander; RAdm Bill Truelove, Commander Maritime Forces Pacific; pose with Linda Hughes of the United Way, and Nancy Taylor from Health Partners as they present a cheque for \$607,000. The funds were raised by CFB Esquimalt during the Government of Canada Workplace Charitable Campaign and will go to support various charities and organizations throughout Canada.

Shawn O'Hara, Lookout



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From the base GCWCC campaign chair

Capt(N) Bob Auchterlonie
Base Commander

Over an early morning coffee on Dec. 13 we celebrated the success and wrap-up of our 2012 Government of Canada Workplace Charitable Campaign (GCWCC).

We did it again! Including the generous contributions of our federal retirees, we surpassed the half million dollar mark for the eighth consecutive campaign, with our total to date exceeding \$607,000. Your unit

and loaned representatives are busy submitting pledge forms and special event proceeds as fast as they can, and the final tally will be announced in the New Year.

Since 2004, we have been a leading contributor to the United Way of Greater Victoria and Health Partners, raising more than half a million dollars each year for registered charities near and dear to our hearts. Thank you to each and every one of you for your generosity and support. Your kindness has made a difference here in the

community we call home. We have much to be proud of and celebrate as we continue to raise awareness, and help those that are most in need.

I thank you for participating in this year's campaign. You have made a difference in the lives of many. For those of you who have not yet had an opportunity to participate, you still can. Please contact our campaign coordinator Vicki Laidlaw for more information.

Best wishes to you and yours for a safe and joyful holiday season!

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New ways to find out about base closure and snow days

SLt Mireille Roman
Base Public Affairs

Lookoutnewspaper.com has a new link and web page to help the Defence Team receive information if and when CFB Esquimalt and/or HMC Dockyard are closed due to weather.

Lookout also provides a link to MARPACORDS 2-15: Snow Closure Procedures In The Event Of A Forecasted Snow Storm.

You can also check the base's status by calling the base closure line at 250-363-5000. It has the capacity to receive up to

40 incoming calls at one time. The line was created in response to members' feedback from previous "snow days."

We encourage you to speak to your immediate supervisor before a heavy snowfall to discuss your chain of command's preferred reporting procedure. Planning ahead can save a lot of miscommunication.

This winter remember to exercise caution when travelling home during inclement weather, and employ cautionary behaviour by driving only if it is absolutely necessary. If you must drive, travel

during the day, do not travel alone, keep others informed of your schedule, stay on main roads, and avoid back road shortcuts.

It's a good idea to stay indoors during a storm, walk carefully on snowy, icy, walkways, and avoid overexertion when shovelling snow. If you judge your individual circumstances might suggest that travel to work would be unsafe, you are expected to discuss this with your immediate supervisor.

Additionally, you can follow us on www.twitter.com/marpac/ for base/formation closure information.

Wellness resources over the holiday

The Canadian Forces Health Services Centre (Pacific) will offer urgent care/sick parade during the holiday leave period as per the following schedule:

- Dec. 24: Booked appointments and urgent care available until noon.
- Dec. 25 & 26: Closed
- Dec. 27 - 28 & 31: Open for urgent care only 0730-1530hrs.
- Jan. 1, 2012: Closed for all services
- Jan. 2, 2012: Resume clinic operations (with some reductions in lab/x-ray)

Walk-in clinics and local hospitals will remain available throughout the holidays. CF members are reminded to present their Blue Cross card at arrival. See the MARPAC website for more detailed information.

Other resources:

- Health Link BC: Available 24/7 - dial 811 for Health Link BC directly (please have your service number ready or BC Care Card number available for the operator if patient is not military). Available online at www.healthlinkbc.ca.

- Military Family Resource Centre (24 hours): 250-363-2640, 1-800-353-3329
- Duty Chaplain Please contact through the MFRC.
- Military Police: 250-363-4032
- Need Crisis and Information Line: 250-386-6328
- Distress Line: 1-800-784-2433 / 1-800-suicide
- Help Line for Children: 250-310-1234
- Kids Help Phone: 1-800-668-6868
- Victoria Women's Sexual Assault Centre - Sexual Assault Response Team: 250-382-3232
- Women's Transition House Crisis Line: 250-385-6611
- BC Bereavement Helpline: 1-877-779-2223
- Francophone Services: 250-388-7350, 1-888-388-7350
- CF Member Assistance Program: 1-800-268-7708
- Employee Assistance Program: 250-363-7968

NEWS Nuggets

Construction on time for hangar

Construction is almost half done on the \$104 million future home of 443 Maritime Helicopter Squadron at Victoria International Airport.

Victoria's Knappett is constructing the 215,300 square-foot building, which is larger than the existing airport terminal. The facility is expected to take another 18 months to complete and is on time and budget.

The hangar is one of the largest active construction projects in the region. It is designed to function in the wake of a major disaster. It replaces a 61-year-old structure and will hold nine

of the new Cyclone helicopters.

Indigenous Food Event at Royal BC Museum

Traditional foods of the Pacific Northwest will be showcased at an event at the Royal BC Museum Jan. 17, 2013. Titled "Rich in Food: Revitalizing Traditional Food on the Northwest Coast", the showcase is hosted by ethnobotanist Dr. Nancy Turner, Dolly McRae and her daughter Annie Watts of the Gitksan and Nuu-chah-nulth nations.

Samples and tastings will take place for indigenous foods such as pine needle tea, pemmican canapés, clam fritters, and Gitksan

fruit salad.

Commuter Ferry Expands to Shipyard

The commuter ferry that runs between Colwood and CFB Esquimalt is expanding its route to include workers heading to and from Victoria Shipyards.

Victoria Harbour Ferry announced last week that the number of people using the Baseline service has doubled since May. The service was started after the base cancelled its free boat shuttle to and from the West Shore.

Passengers pay \$5 for a return fare, \$22.50 for a weekly pass or \$80 for a monthly pass.

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Officer loses locks for cancer charity and GCWCC/United Way

Shelley Lipke
Staff Writer

At the start of the Government of Canada Workplace Charitable Campaign (GCWCC), Lt Mallory McDonald put forth a challenge to her colleagues at Base Logistics: raise more than \$22,000 and she would cut off her long locks.

As the fundraising surmounted the goal by \$1,500, she knew it

was time to hear the snip of the scissors. But with a long mane of hair to lose, she thought of how to make good use of it once it left her scalp.

"I figured if I was going to shave it off, it had to be for a good cause," says Lt McDonald. "I heard of people donating their hair to various

It's great that CanDonate is making wigs for these children and I am happy to be a part of it.

-Lt Mallory McDonald

organizations and I Googled hair donations in Canada and emailed a handful of them."

She found CanDonate, a non-profit in Quebec that makes wigs free of charge for local children under the age of 16 battling cancer.

It takes 12 to 14 pony tails, which must be at least eight inches long, to make a wig, and the donors are encouraged to write letters to the children who will receive them.

"I think it's great that CanDonate is making wigs for these children and I am happy to be a part of it," she said.

Last week she proudly made good on her unit challenge, and a beautiful pony tail is now en route to Quebec.

photo by Shelley Lipke, Lookout

Lynda Lee clips Lt Mallory McDonald's long locks before shaving her head during the Base Logistics Hockey Challenge at Wurtele Arena. Lt McDonald is donating her hair to CanDonate, a Quebec company that makes wigs free of charge for children who lose their hair during cancer treatment.

Lt Mallory's letter to wig recipient

To the person receiving this letter:

My name is Mallory McDonald. I'm a 24-year-old Lieutenant in the Royal Canadian Air Force, and I have donated my hair to the CanDonate Hair Program to make a free wig especially for you to wear and enjoy.

I work at Canadian Forces Base Esquimalt in Victoria, British Columbia, within the Base Logistics unit. Base Logistics consists of more than 300 military members and civilian employees. Every year, from September through December, the Canadian Forces support the Government of Canada Workplace Charitable Campaign (GCWCC). The GCWCC facilitates personal and group donations to all registered Canadian charities.

This year, I volunteered to be the campaign coordinator for my unit. They told me the goal for Base Logistics would be \$19,000, the same amount that had been raised the previous year. However, I really wanted to encourage my co-workers, especially those who had not donated in the past, to consider the comparison between their well-being and those in need. The truth is there are always

What counts is who you choose to be and the impact you have on other people. We are all in this world together to help and support each other.

people in various situations that can benefit from the help of others and everyone has been through a time in their life when they needed some form of help. Out of all of the charities in Canada, chances were pretty high that my co-workers could associate themselves with at least one charity, based on some personal experience with a particular ailment, predicament, or need.

To motivate my co-workers to find a charity that was meaningful to them and to offer their generosity to the less fortunate, I told my unit that if we raised \$22,000, I would shave my head and donate the hair to a worthy cause and, in this case, it's you.

It's amazing how many people wanted to see me cut my hair off! My unit ended up raising over \$23,500 for various Canadian charities. I shaved my head at the Base Logistics Hockey Challenge, my unit's last event of the 2012 GCWCC. They put a chair out on the ice and shaved my head in front of many of my co-workers and, wow, it was cold! I've attached some pictures for you to see how it went. My friends and co-workers told me not to worry because my hair would grow back soon and that I was so brave and courageous for cutting it all off. I want you to know that I am neither, and that hair does not define beauty or who you are as a person. What counts is who you choose to be and the impact you have on other people. We are all in this world together to help and support each other. You are a beautiful, amazing person and I wish you all the love and strength in the world to help you through your battle. Stay strong and know that you are in the thoughts of many people here at Canadian Forces Base Esquimalt.

Much love,
Mallory

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Goldcrest among top ships decorated for holiday cheer

Shelley Lipke
 Staff Writer

Christmas spirit was full sailing Dec. 1 during the 10-day Victoria Harbour Authority's 23rd annual lighted ship parade.

Sail training vessel Goldcrest dressed in more than 2,000 Christmas lights with a 12-foot inflatable Santa standing proudly at mid-ship.

Goldcrest joined about 30 other ships, including HMCS Oriole, for this parade, and made the top five for best dressed ship.

"The kids just loved the Santa. We could hear them cheering and I would honk the horn and holler out 'Ho Ho Ho'," says skipper PO1

John Kranz.

The 10-day sail included four lighted ship parades in different areas off Southern Vancouver Island. Strong winds and high waves proved a challenge for the crew of two.

"It took three and a half hours to sail to the Royal Victoria Yacht Club from Esquimalt," said PO1 Kranz. "We were hardly moving at all. It felt like we were more of a sub than a sailboat."

With a top speed of six knots, it was a nine-hour journey from Victoria to Ladysmith.

"Off Ladysmith the ferry that runs from Chemainus to Salt Spring Island was full of spectators who

joined us on the water to watch the parade," he says.

During the sail about half the Christmas lights went out and engineer MS Ed House rose to the challenge of checking each bulb and re-instating the lights.

"We had to change the lights so many times, I think every parade we went in we were decorated differently," says PO1 Kranz. "It was a great time and fabulous to see people having so much fun."

Goldcrest is a 36-foot Canadian Standard Sloop rigged sailboat yacht built in 1982 and adapted by the military for sail training, adventure training, navigation training and public relations.



Season's Greetings

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Cpl Rick Ayer, Formation Imaging Services Halifax

MCpl Joe Geneau installs a battery in the Sea King helicopter on board HMCS Regina during Operation Artemis in the Arabian Sea.

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Ed Dixon, MARPAC Imaging Services

Members of the Naden Band of the Royal Canadian Navy stand watch over the pile of toy donations at their annual Christmas concert in support of the Salvation Army Toy Drive.



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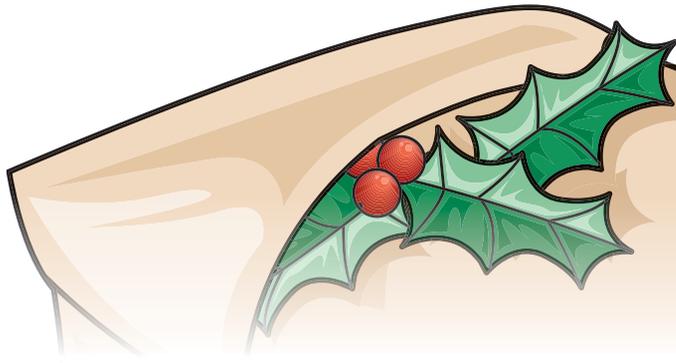


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Tidings of Joy

Commander Royal Canadian Navy's Year-end Review and Holiday Message

As we look forward towards the approaching holiday period, I wish to acknowledge your tremendous accomplishments over the past year, as well as to share my perspective on what those accomplishments meant to the RCN.

This was a year when you, the men and women of the RCN, uniformed and civilian, as well as the airmen and airwomen of the RCAF's maritime air fleets with whom we work so proudly, continued "ready, aye ready" to make a difference for Canada.

From the patrols you conducted in the Caribbean and Eastern Pacific to help keep drugs off Canadian streets, recently exemplified by *HMCS Ottawa's* successful drug interception off the coast of Costa Rica, through the presence you exerted in Canada's three ocean approaches and particularly in the Arctic, you demonstrated the RCN's strategic relevance to domestic and continental defence and security.

Abroad, you continued to support the nation's diplomacy in the Americas and the Asia-Pacific as only navies can, while advancing our most important navy-to-navy relationships around the world. At the same time, you executed Canadian foreign policy superbly, maintaining a presence in the Arabian Sea for much of the year, following a Government decision to keep the CF in a region of great strategic interest to Canada. The tactical and leadership excellence you displayed at all times, but especially on the international stage during RIMPAC 2012,

proved once again why the RCN is so widely admired and respected by our sister navies around the world.

Ashore, the RCN remained lock-step with CF transformation, translating the outcomes of the third strategic planning meeting, held in January, into concrete actions to reorient the navy's core readiness and training processes around new single pan-naval authorities that were established in the spring. We moved measurably closer to the "Canada First" fleet, working closely with our industry partners and ADM(Mat) to guide seven frigates through the Halifax-class modernization pipeline. In this vein, the RCN achieved an important fleet milestone when the lead-ship *HMCS Halifax* recently returned to sea to begin the post-refit trials that will lead to first article acceptance of the class.

An equally important fleet milestone was reached this summer when *HMCS Victoria* successfully conducted a quote war-shot unquote heavyweight torpedo firing during RIMPAC. With *HMCS Windsor* back at sea on the East Coast to progress its readiness program over the coming months, we are well on our way towards achieving a steady-state operational posture for the submarine fleet in 2013.

Here in Ottawa, we continued to progress the Joint Support Ship, Arctic Offshore Patrol Ship and Canadian Surface Combatant towards important project milestones, even as we helped to refashion the way Canada con-

ceives, designs and builds modern ships through the auspices of the National Shipbuilding Procurement Strategy.

This was an exceptionally busy year in bringing the RCN's story to Canadians across this great country. Key moments including the naming of the RCN monument in Ottawa, presided over by Prime Minister Harper; a highly successful Rendezvous Naval de Québec, and the Great Lakes Deployment, this year conducted in support of national commemorations of the bicentennial of the War of 1812, during which *HMC ships Ville de Québec, Moncton* and *Summerside* visited Canadian and American ports in all five Great Lakes. Four new and highly formidable ambassadors joined our ranks, as Honorary Captains (Navy) Adrian Burns, Arlene Dickinson, Fred George and Mark McQueen donned their naval uniforms for the first time this year.

I recognize that the RCN could not have achieved so much without the entire defence team in support, without our Friends of the Navy working tirelessly on our behalf to help bring our story to Canadians, or without industry working hard to deliver the tools you need. But even so, I continue every day to be inspired by the tremendous pride you take in your work, your uncanny ability to get things done and your fierce determination to overcome any obstacles. BRAVO ZULU.

That you achieved so much is also testament to the tremendous support we all received from loved ones and families at home.



Those who awaited your return from lengthy deployments at sea or working long hours ashore, foregoing the many simple but important moments that make up family life, also serve Canada in a very real way. I ask all of you to thank them on my behalf.

In closing, as you prepare to gather with friends and families during this holiday period, I would ask that you pause to remember your deployed shipmates, keeping

the watch for Canada at sea or in operations ashore around the globe, whose immediate duties in defence of Canada prevent them from sharing in the joys of the festive season. Finally, whatever your faith or beliefs, please accept my most sincere best wishes for a safe and truly happy holiday season.

Vice-Admiral Paul Maddison

Base Commander's Holiday Message

With Christmas around the corner, I would like to take the opportunity to extend my best wishes for the holiday season. I truly appreciate the hard work of the entire Defence Team to provide support to ships, shore units, and personnel. I encourage you to make the most of this holiday season. If you can, refresh and enjoy time with your family, friends, and loved ones.

This year being back in B.C., I am enjoying reconnecting with family and friends in the area. My wife Tammy, my two boys, and I are looking forward to the opportunity to slow down a little and enjoy the holiday season with loved ones.

Having been deployed many times during holiday periods, I know how hard it is if you must be away from your family at this time. Duty often means long hours far away while life goes on at the home front. With this in mind, it's important to reflect on what we have—our family and loved ones, and last but not least, our

colleagues. The people we work with day in and day out can become very important people in our lives.

For those whose duty will take them away over the holidays—whether deployed out of area, overseas, or working through the holiday period, we recognize the sacrifice you are making, and will acknowledge your empty seat at the dinner table this year with you in our thoughts.

If you are alone in Victoria during this season, take advantage of what our Base, our Navy and greater Victoria has to offer this time of year. On the other hand, if you know of someone alone, spend some time with them—perhaps even with an invitation to dinner!

This is the time of year to be thankful and appreciate what we have.

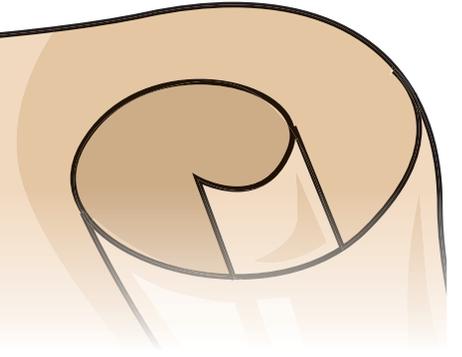
Thank you for a great year.

Capt(N) Bob Auchterlonie

If you are alone in Victoria during this season, take advantage of what our Base, our Navy and greater Victoria has to offer this time of year.



from the Command Staff



Commander MARPAC/JTFP Christmas Message / Message de Noël du commandant des FMAR(P) et de la FOIP

Once again the Holiday Season is upon us! Over the coming weeks we will take time to celebrate with family and friends, to safely enjoy some well earned vacation, and to rest and rejuvenate for the challenges ahead in 2013.

On behalf of the entire leadership team of MARPAC/JTFP, I want to express my deepest appreciation for the incredible work done by the entire Formation team, military and civilian, and their families, throughout 2012. It has again been a very busy year in which all elements have contributed to the success that we have enjoyed. It has also been a challenging year as we worked together to ensure operational success in a more complex environment.

Since my arrival as the Formation Commander, I have been very impressed by the tremendous spirit of cooperation, collaboration and shared focus on operational excellence that exists in MARPAC/JTFP. The resilience and deep commitment of the Formation team, and their families, is noteworthy and appreciated as together we ensured that MARPAC/JTFP was ready to respond when called upon by Canadians; our core mission!

Among the many successes we have enjoyed, I highlight the great work done by the Base Team and the tremendous support that they provided every day. To the team at FMF who responded with excellence to the ever present demands while also preparing for the future; your professionalism and commitment is second to none. The Fleet continued to lead the way in operations both at home and abroad including the very successful RIMPAC exercise, the hard work of the MCDVs and the great



progress made by *HMCS Victoria*, to name only a few. We are also mindful of *HMCS Regina*, deployed in the Arabian Sea over the holiday period, and away from their families and friends.

I also thank all those who provided the outstanding Search and

I want to express my deepest appreciation for the incredible work done by the entire Formation team, military and civilian, and their families, throughout 2012.

Rescue response across the region; saving lives every day, and I'm aware and appreciative of the outstanding work done by those who supported the 138 Cadet Units across the province.

To the families, and all those that support them, I offer a big thank you! Know that your encouragement, commitment and strength allows us to do our duty and we are thankful to you!

As I look to 2013,

I'm excited by the new challenges and opportunities ahead while also understanding of the associated demands on the Formation team. Together, I know that we will continue to move the Formation forward and be ready to respond when required.

Finally, let's not forget those across the Formation who may be away from their families this holiday season. It is not easy for them, and we must remain aware of this. Invite them to your house for dinner. Join them for a movie. Or maybe just stop in and say 'Happy Holidays!' - It could make a difference in their lives.

In closing, my family and I join in thanking all of you for your support and friendship, and wish you the very best of the season. Be safe, enjoy the time with your families and know that your efforts are appreciated. I am honoured to be the Commander MARPAC/JTFP and I am proud of all of you and your families!

Bill and Brenda Truelove

la quête de l'excellence opérationnelle qui anime l'ensemble des FMAR(P) et de la FOIP. La résilience et l'engagement sans faille de tous les membres de l'équipe de la Formation et de leurs familles sont remarquables et appréciés à leur juste valeur. Nous veillons en effet à ce que les FMAR(P) et la FOIP soient prêtes à intervenir en tout temps pour répondre aux besoins de la population canadienne; c'est là, en effet, le cœur même de notre mission!

Parmi les nombreux succès qui ont marqué l'année, je tiens à souligner le travail exceptionnel de l'équipe de la base et le soutien extraordinaire qu'elle apporte tous les jours à nos opérations. Quant à l'équipe de l'IMF qui a répondu de façon exceptionnelle à la demande incessante tout en se préparant pour l'avenir, son professionnalisme et son engagement sont tout simplement remarquables. La Flotte continue d'être un chef de file en matière d'opérations, au pays et à l'étranger, comme en

Je tiens à vous exprimer ma très grande satisfaction en ce qui a trait au travail incroyable effectué par tous les membres – militaires et civils – de l'équipe de la Formation, mais aussi au soutien indéfectible des familles tout au long de l'année 2012.

Au nom de toute l'équipe de la direction des FMAR(P) et de la FOIP, je tiens à vous exprimer ma très grande satisfaction en ce qui a trait au travail incroyable effectué par tous les membres – militaires et civils – de l'équipe de la Formation, mais aussi au soutien indéfectible des familles tout au long de l'année 2012. C'est une autre année bien chargée

qui se termine, une année riche en réussites auxquelles auront participé tous nos éléments. Ce fut aussi une année difficile puisque nous avons dû travailler tous ensemble pour assurer la réussite de nos opérations dans un contexte plus complexe.

Depuis que j'ai pris mes fonctions comme commandant de la Formation, je ne cesse d'être impressionné par l'esprit d'équipe et de collaboration exceptionnel, et par

toutes les personnes qui ont assuré avec excellence le service de recherche et sauvetage dans la région en sauvant des vies tous les jours. Je pense également avec reconnaissance au travail extraordinaire de toutes les personnes qui appuient les 138 unités de cadets de la province.

Aux familles, et à tous ceux qui les appuient, je dis un grand merci! Sachez que c'est grâce à votre appui, à votre engagement et à votre force que nous pouvons accomplir notre devoir. Nous vous en sommes reconnaissants!

Pour ce qui est de 2013, j'entrevois avec enthousiasme les nouveaux défis et les nouvelles possibilités qui nous attendent, tout en étant conscient des exigences qu'ils représenteront pour l'équipe de la Formation. Je sais qu'ensemble nous continuerons de faire avancer la Formation et que nous serons toujours prêts à intervenir en cas de besoin.

Pour terminer, n'oublions pas tous les membres de la Formation qui seront

séparés de leurs familles durant les Fêtes. Ce n'est pas un moment facile pour eux et nous devons en être conscients. Invitez-les à dîner. Allez avec eux au cinéma ou allez tout simplement les voir pour leur souhaiter de joyeuses Fêtes, de petits gestes qui peuvent avoir de grands effets.

Enfin, ma famille se joint à moi pour vous remercier tous pour votre soutien et votre amitié, et vous souhaiter de très belles Fêtes. Soyez prudents, profitez pleinement des moments passés en famille et sachez que votre travail est apprécié à sa juste valeur. Je suis honoré d'être le commandant des FMAR(P)/de la FOIP et je suis fier de vous tous et de vos familles!

Je remercie également

Bill et Brenda Truelove

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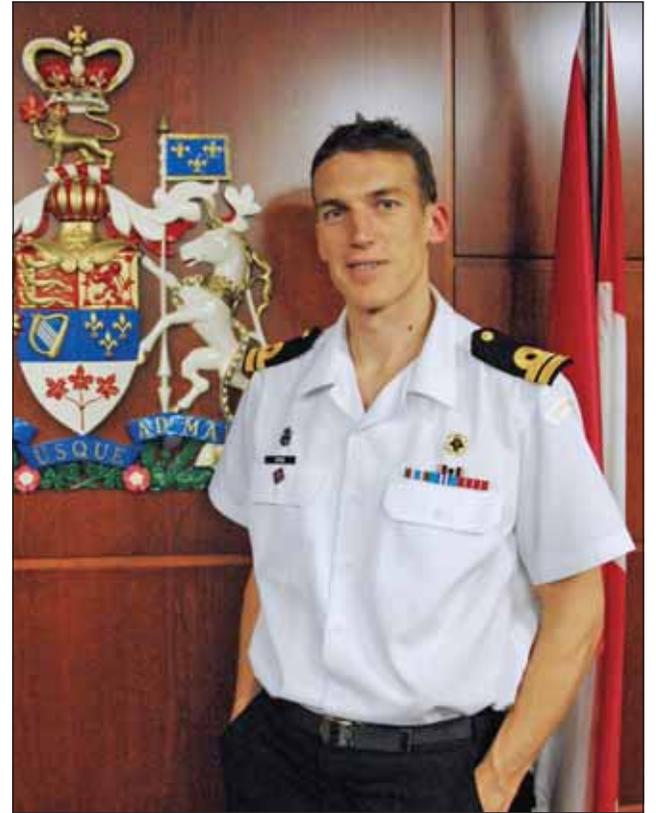
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Officer courts new trade

Shawn O'Hara
Staff Writer



Shawn O'Hara, Lookout

Lt(N) Carl Monk is well on his way to becoming a lawyer under the Assistant Judge Advocate General (AJAG) Office.

People like Lt(N) Carl Monk prove it's never too late to change trades.

The 34-year-old joined the CF in 1995, and is in the process of joining the Judge Advocate General (JAG) branch after spending the first part of his career as a Maritime Surface and Sub-surface (MARS) officer.

"I'm choosing to start all over again," says Lt(N) Monk, who is currently an articled student at AJAG Pacific. "I've always been interested in the law and I figured now was as good a time as any to pursue a career in it."

Lt(N) Monk became interested in changing trades while on a UN mission to Sudan in 2008. While there he spoke with the Canadian JAG officer deployed to the mission.

"The Canadian JAG officer was the legal advisor to both UN missions in Sudan at that time," says Lt(N) Monk. "He provided really valuable input for two UN missions in the country. I thought it was incredibly interesting work and wanted to give it a shot."

When Lt(N) Monk returned to Canada he applied and was accept-

ed to the Military Legal Training Plan, a competitive process that provides entry to the JAG branch for serving officers.

He attended law school and graduated this past spring with a Juris Doctor degree from the University of British Columbia.

"Law school was a really great experience. The education was challenging, and the people were great" says Lt(N) Monk.

With degree in hand, and bar exams finished, Lt(N) Monk is currently in the articling phase of his new career in law. Articling, which is mandatory, consists of nine months on-the-job training which allows students to build proficiency in practicing law under the guidance of a supervising lawyer.

Once his articling is completed, Lt(N) Monk will be "called to the bar", a process that officiates his status as a lawyer in B.C. After that, there is more trade specific training within the JAG branch, with the initial phase taking a year and a half to complete.

"JAG officers provide legal advice in so many different areas of the law. There is international and operational law, administrative law, military justice law, and the list goes on and on. I've still got a long road ahead of me to get qualified in my new profession," says Lt(N) Monk. "I really enjoyed my time as a MARS officer, but I'm thrilled to be joining the JAG branch and I'm looking forward to the challenges ahead."



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Victoria Hyundai gives back

Shawn O'Hara
Staff Writer



On Dec. 18 one lucky DND member will drive away in a brand new car.

The giveaway, which takes place at Victoria Hyundai's location at 525 Gorge Road East, is the final point in a year-long contest.

"It's exciting. It might sound a little melodramatic but this draw could change a DND member's life," says Steve Munro, owner of Victoria Hyundai.

In the spirit of efficiency, the four finalists in the car giveaway have been drawn already. That doesn't mean the drama is over.

At the event, each of the four finalists will take a set of car keys from a bowl.

Whoever has the key that starts the car will drive away in the 2012 Alantra Touring.

"We wanted to make sure that whoever won the car would be there, but that doesn't mean there won't

still be some excitement to the event," says Munro.

The event begins at 4 p.m. and any member from the DND community is invited to enjoy eggnog, live music and the draw.

Those who show up will be entered into a draw for door prizes, which will be drawn by special guest Base Commander Capt(N) Bob Auchterlonie.

The idea for the giveaway came when Munro, a retired artilleryman, decided he wanted to do something just for DND members.

"The base accounts for about 90 per cent of our business," says Munro. "We

decided it was time to give something back to the military community."

The camouflage-wrapped car has been a constant presence on the base for most of a year, and around 3,500 entry ballots have been collected. Munro says it feels good to have the campaign finally draw to a close.

"It let's us reflect back on the year and thank all the groups that we've worked with," says Munro. "We want to do this again in the New Year. The feedback that we've received from DND members has been overwhelmingly positive."

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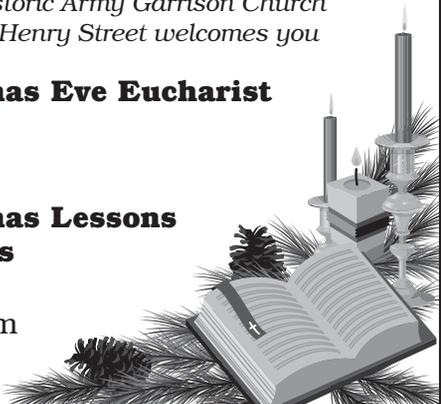
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Right: Canadian Forces Fleet School Acting Coxswain for the day, OS William Durant adds rum to the sauce for the pudding dessert.



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Bravo ZULU

FMF Cape Breton Awards November 26

Fleet Maintenance Facility Commanding Officer, Capt(N) Dan Smith presents awards to unit employees.



FMF Cape Breton Long Service Award is presented to Peter Schuttinga.



FMF Cape Breton Bravo Zulu Awards are presented by Commanding Officer, Capt(N) D.F. Smith for the undocking success of HMCS Windsor:
Back left to right: Darrell Jarvie; Cory Eilertsen; Malcolm McCuaig; Robin Laing; Rem Radsma; Royce Bailey. **Front left to right:** Capt(N) Don Smith; Stewart Barber; Gordon Cameron (Ret'd); and Neil Brown. Missing: Ken Michaels.



FMF Cape Breton Long Service Award is presented to Rick Buckley.



FMF Cape Breton Long Service Award is presented to Jayne deFaye.



FMF Cape Breton Bravo Zulu Awards are presented by Commanding Officer, Capt(N) Don Smith for the Success of HMCS Victoria's Extended Docking Work Period .
Left to right: Tony Dawson; Kevin Simon; Capt(N) D.F. Smith; Kevin Gates; Peter Kiernan.



FMF Cape Breton Long Service Award is presented to Harold Butler.



PO1 Chris Fraser is presented the Award of Aerobic Excellence (Blue, White and Bronze Seals).

Language Training Centre promotions



FMF Cape Breton Long Service Award is presented to Rick Gillie.



FMF Cape Breton Apprenticeship Awards are presented to:
Left to right: Karl Parker (Welder); Michael Kriberg (Refrigeration Mechanic); Mark Charbonneau (Machinist); Colin Ralph (Welder); Michael White (Machinist); Jason Turner (Machinist) **Front left to right:** Capt(N) Don Smith; and Andre Guerard (Electronics Technician).



MS Zachary Champion is promoted to Petty Officer Second Class by LCol Anne Parker, Language Training Div Commander. PO2 Champion's nephew Wesley assists.



FMF Cape Breton Long Service Award is presented to Brad White.



PO1 Keith MacFarlane is promoted to Chief Petty Officer Second Class by LCol Parker. CPO1 Spinelli assists.

Recognize someone in your unit.
Submit your award photos to melissa.atkinson@forces.gc.ca

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ANNOUNCEMENTS

FAMILY CAREGIVER SERIES, Free Alzheimer Society of B.C. workshops, Tues, Jan 15 through Feb. 12, 6 to 8:30 p.m., Hillside Seniors Health Centre, 1454 Hillside Ave. Pre-registration req. 250-370-5641 or WellnessCentreRegistration@viha.ca The free series will help participants understand dementia, the changes it can cause in communication and behaviour, the changing roles in the family, and planning ahead and understanding the health-care system.

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

CALLING UNDEREMPLOYED WOMEN! Do you want to kick-start your career? Are you unsure of who you are and what you want to do with your life? Our free career mentoring program will connect you with a supportive mentor to explore career & education options, develop life skills, and cultivate valuable relationships. Contact Bridges for Women 250-385-7410 or www.bridgesforwomen.ca

LIFERING ALCOHOL & DRUG ADDICTION SUPPORT GROUPS has started new groups on Vancouver Island. Victoria, BC: Victoria Native Friendship Center on Thursday evenings 7:30pm @ 231 Regina Ave. Saanichton, BC: Tsawout First Nation on Thursday afternoon at 3pm at 7728 Tetyat Rd. Duncan, BC: 1 Kenneth Pl. on Friday evenings at 7pm. Nanaimo, BC: Vancouver Island Therapeutic Comm. on Sunday evening 7:15pm @ 10030 Thrid Street. General inquiries: Michael@LifeRingCanada.org

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AWAKENING WELLNESS CENTRE, Dec 2012, daily 9am to 5-pm. Visit our Primordial Goddess Art Display: spiritual art that promotes health and wellness! 847 Fisgard Street, Victoria, BC, V8W 1R9. 250-412-5445 For an inquiry about our art or services, please call or visit www.acupuncture-victoria.com or www.artbykellycartwright.com

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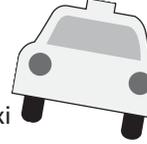
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Base Library holiday closure

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Dec 31 Open 0800-1200 Jan 3 Open 0800-1600
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 Jan 2 Open 0800-1300



Mental Health Aide-mémoire

What stops CF personnel from coming forward to ask for help when they are in distress?

Stigma is a major barrier preventing people from seeking help. Many people struggling with mental illness state that the stigma they face is often worse than the illness itself. Stigma is when someone judges you based on a personal trait. It may be obvious and direct, such as someone making a negative remark about your mental illness or your treatment. Or it may be subtle, such as someone assuming you could be unstable, violent or dangerous because you have a mental health condition. You may even judge yourself. Some of the harmful effects of stigma can include:

- Lack of understanding by family, friends, or colleagues
- Discrimination at work or school
- Bullying or harassment
- The belief that you will never be able to succeed at certain challenges or that you can improve your situation

Facts about Mental Illness

Mental illness indirectly affects all Canadians at some time through a family member, friend, or colleague.

20% of Canadians will personally experience a mental illness in their lifetime.

Mental illness affects people of all ages, educational and income levels, and cultures.

Approximately 8% of adults will experience major depression at some time in their lives.

Suicide is one of the leading causes of death in both men and women from adolescence to middle age.

The mortality rate due to suicide among men is four times the rate among women.

Causes of Mental Illness

Mental illness is the result of a complex interplay of genetic, biological, personality and environmental factors. Almost one half (49%) of those who feel they have suffered from depression or anxiety have never gone to see a doctor about their problem. With help, mental illness can be treated effectively; however, stigma or discrimination attached to mental illness continues to be a serious barrier, not only to diagnosis and treatment, but also to acceptance in the community.

Depression

There is no simple answer to what causes depression because several factors may play a part in the onset of the disorder. These include: a genetic or family history of depression, psychological or emotional vulnerability to depression, biological factors, and life events or environmental stressors.

People with depressive illnesses do not all experience the same symptoms. The severity, frequency, and duration of symptoms vary depending on the individual and his/her particular illness.

Signs and symptoms include:

- Persistent sad, anxious, or "empty" feelings
- Feelings of hopelessness or pessimism
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest in activities/hobbies once pleasurable, including sex
- Fatigue and decreased energy
- Difficulty concentrating, remembering details, and making decisions
- Difficulty sleeping, early-morning wakefulness, or oversleeping
- Appetite and/or weight changes
- Thoughts of suicide
- Restlessness, irritability
- Persistent physical symptoms (headaches, cramps, digestive problems)

Suicide

Suicide is a tragic reaction to stressful life situations because suicide can be prevented. Suicidal thoughts have numerous causes. Most often, suicidal thoughts are the result of feeling like you can't cope when you're faced with what seems to be an overwhelming life situation. If you don't have hope for the future, you may mistakenly think suicide is a solution. You may experience a sort of tunnel vision, where in the middle of a crisis you believe suicide is the only way out. Individuals who take their lives tend to suffer from severe anxiety or depression.

Suicide ideation is a common medical term for thoughts about suicide, which may be as detailed as a formulated plan without the suicidal act itself. Although most people who undergo suicidal ideation do not commit suicide, a significant proportion attempt suicide. The range of

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suicidal ideation varies greatly from fleeting to detailed planning, role playing, self-harm, and unsuccessful attempts which may be deliberately constructed to fail or be discovered, or they may be fully intended to succeed.

Signs and symptoms include:

- Individual makes statements about killing themselves
- Acquiring the means to commit suicide, such as buying a gun or stockpiling pills
- A sudden and significant decline or improvement in mood (mood swings)
- Withdrawing from social contact and wanting to be left alone
- Visiting family or friends and saying goodbye as if they won't be seen again
- Increasing use of alcohol and drugs
- Engaging in risky or destructive behaviours (driving recklessly or drug use)
- Giving away belongings or getting personal affairs in order when there is no other logical explanation for why this is being done

The ACE Model

This model of action and support is based on the belief that supervisors and subordinates can intervene effectively to help a fellow member believed to be in distress and at risk for suicide. Through the application of the principles of the ACE Model, the degree of stigma associated with mental illness can be addressed and the potential for earlier identification of problems requiring specialized care can result in decreased numbers of negative outcomes.

ASK

- Ask about suicidal thoughts
- Know signs & symptoms, ask if person is thinking about killing themselves

CARE

- Understand that the person may be in pain
- Active listening may cause some relief
- Listen for what, where, and when
- Explore ambivalence
- Take action by removing any lethal means

ESCORT

- Take the person to someone who can help and do not leave them alone
- Know your resources (list of professional resources)
- Inform Chain of Command
- Identify the person's support systems
- Note: do not pass judgment, make false promises, minimize their feelings or give advice

Confidentiality

Effective mental health care depends upon an atmosphere of confidence and trust in which the patient is willing to make frank and complete disclosure of facts, emotions, memories, and fears. Because of the sensitive nature of the problems for

which individuals consult care, disclosure of confidential information made during counseling sessions may cause embarrassment or disgrace. For this reason, the mere possibility of disclosure may impede development of the confidential relationship necessary for successful treatment.

Principles of Confidentiality

Clinicians must act in accordance with all of their professional and legal obligations.

To establish and preserve trust in the clinician-patient relationship, patients must be confident that their personal health information will remain confidential.

Maintaining confidentiality is fundamental to providing the highest standard of patient care. Patients who understand that their information will remain confidential are more likely to provide the clinician with complete and accurate health information, which in turn, leads to better treatment advice from the clinician.

CANFORGEN 039/08: Disclosure of Medical/Social Work Info to Commanding Officers

Highlights:

Every CF member has a duty to inform his/her CO or other Supervisors when required any MEL specified by his/her health care provider and follow those MELs.

Every health care provider has a professional duty to safeguard patient medical information from inappropriate disclosure.

Every CO has a duty to ensure information about a CF member's MEL is handled in confidence within the Unit without disclosure to unauthorized personnel.

SERVICES

- Mental Health Services 250-363-4411
- CF Health Services Centre (Pacific) 250-363-4122
- CF Member Assistance Program 1-800-268-7708
- Military Family Resource Centre 250-363-2640
- Military Police 250-363-4032
- Chaplains 250-363-4030 (24hr)
- Operational Stress Injury Social Support 250-363-3057
- Police, Fire, Ambulance 9-1-1
- Vancouver Island Crisis Line 1-888-494-3888 (24hr)
- Poison Control Centre 1-800-567-8911 (24hr)
- Distress Line 1-800-784-2433 (24hr)
- Victoria Women's Sexual Assault Centre 250-383-3232 (24hr)
- Personnel Support Program – Health Promotions 250-363-5621
- Employee Assistance Program (EAP)
- Civilian Peer Referral Line 250-363-7968
- Health Canada 24 Hour Line 1-800-268-7708

YouthSpace.ca

Online Suicide Prevention Support

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Staff Writer

Each year, 12 per cent of youth on southern Vancouver Island seriously consider suicide as an option to their problems, and five per cent attempt it. On average one youth a day needs some kind of medical intervention to save them.

"Our job is to talk to the kids so they know help is available, so they can help themselves and help each other," says Chris Holt, Executive Director of Need2 Suicide Prevention Education and Support.

Thanks to Need2, suicide prevention just took a leap into the 21st century.

A new web-based support system called Youth Space, accessible on www.youthspace.ca allows troubled youth to text on their Smart phones or chat online with anonymous support.

This web support system allows youth in crisis to live chat from 6 to 11 p.m. with highly trained volunteers.

Eighty per cent of those chats are for emotional support and 20 per cent for more critical situations.

"They are reaching out and we are providing those resources. This service is growing in intensity and traffic," said Holt. "The average chat lasts about an hour and is anonymous. We get a lot of kids who won't talk to their parents; they would rather talk to us."

Their issues range from abuse, family issues, feelings of anxiety, and alienation.

Because Youth Space is online, they sometimes have American clients.

"We had a 17-year-old who had a gun and was tired of being bullied; he was going to shoot this person that was bullying him. The staff managed to get him to give the gun to his guardian, and then talked to his guardian to get the kid some help."

Need2 stemmed from the Need Crisis Line that ran in Victoria for more than 40 years before consolidating into the Vancouver Island Crisis line.

"We no longer run the telephone line, so we re-invented ourselves to work

on suicide prevention and support," said Holt. "We focus on suicide awareness for youth by going into local middle schools and high schools and talking to the students about suicide. This may be the only conversation they ever get about suicide."

At each school they hand out forms asking students if they want to talk to someone about suicide. "We find that in every class there are students interested in talking to us. In some classes there are as many as seven. I find that personally shocking, but it underlines the statistics," he says.

Youth will talk to each other before they talk to a councillor or anyone else.

"This year we will do more than 100 school visits in the Capital Regional District. We are working on a whole school program where we try to get the entire school engaged to watch each other and help each other." Holt says the biggest barrier is stigma.

"We talk about cancer, homicide, accidents and we have big campaigns about it, but we don't talk about suicide. In regards to the recent case of Amanda Todd, it shifted immediately from the suicide to the bullying. Bullying is one of the factors that led to her suicide, but probably not the only one. The fact is people don't talk about suicide. We want to break that stigma and have youth talk about it," says Holt.

They also run a support group for people who have had suicide in their family.

The Youth Space service is generally available for ages 30 and under.

"Suicide in the military is definitely an issue as there are more suicides than death by combat. This is the case for both Canadian and U.S. military," says Holt. "More than one in 10 people see suicide as an answer to their problems. It breaks my heart to see the number of kids struggling. Our youth are the next generation who will run things after we are gone. It's sad to think that our biggest threat to ourselves is ourselves. We need to reach out to those kids and stop that."

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