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2012 YEAR IN REVIEW



HMCS Algonquin arrived at Joint Base Pearl Harbor-Hickam, in Honolulu, Hawaii, on June 29, 2012. More than 1,400 Canadian sailors, soldiers, airmen and airwomen participated in the Rim of the Pacific (RIMPAC) 2012 combined and joint exercise. This was one of many activities that kept the navy busy in 2012.

Photo by MCpl Marc-Andre Gaudreault, DND-MDN Canada

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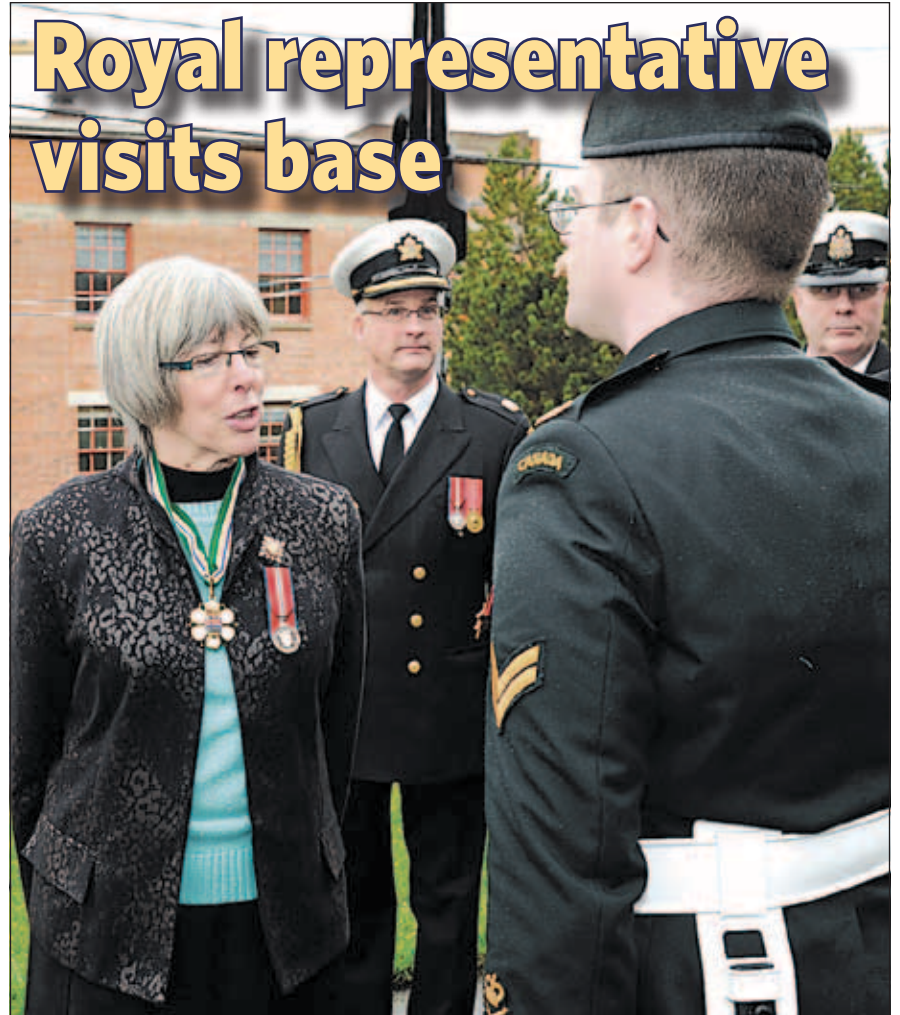
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Cpl Michael Bastien, MARPAC Imaging Services

Top left: RAdm Bill Truelove, Commander Maritime Forces Pacific (MARPAC), greets Judith Guichon, Lieutenant Governor of B.C., as she arrives at the Wardroom for lunch with distinguished guests. Guichon visited CFB Esquimalt on Dec. 11. It was her first visit to the base since she was sworn in as the province's 29th Lieutenant Governor on Nov. 2.

Above: Guichon talks to a parade member during inspection.

Bottom left: Guichon signs the MARPAC Headquarters Guest Book.



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Winning recipes promote health

Shelley Lipke
Staff Writer

There's a growing movement to eat healthy food at CFB Esquimalt.

To encourage this change in diet, the base held its first Healthy Recipe Challenge.

On Dec. 14, 10 judges from CFB Esquimalt sat down at Pacific Galley in Nelles Block to taste and determine the best tasting dishes from the challenge.

"Earlier last month a call went out to the Formation to submit healthy recipes for judging," said CPO1 Derek Ferguson, Base Foods. "We wanted to do this to raise awareness about food, diet and healthy choices."

Six recipes came in from across the Formation:

- Carrot Muffin - Karen Roberts, Clothing Stores
- Spaghetti Squash Remix - MS Mark Tipper, BIS
- Low fat Spaghetti Carbonara - OS Matthew Cormier, Fleet School
- Roasted Vegetable, OS Dana Kimoto, Fleet School
- Layered Rice Salad - LCdr Rob Waller, Halifax Class Modernization
- Fruit slaw - CWO Cate Gaudet, BAdm

"Once you get healthy food in front of you and you like it, the next thing is the portion control," said CPO1 Ferguson in front of taste testers CPO1 Shawn Taylor, CPO2 Lyn Edmondson, Lt(N) Duane Drew, CPO2 Valerie Saunders, MWO Joe Merritt, Lt(N) Lynda Hinch, Else Francis, CPO2 Tim Gallinger and Lt(N) Logan Ashley.

"These recipes have healthy cooking methods. They are not deep fried and our cooks have not used butter, but olive oil instead," said CPO1 Ferguson.

The testers voted subjectively on look and taste of each dish.

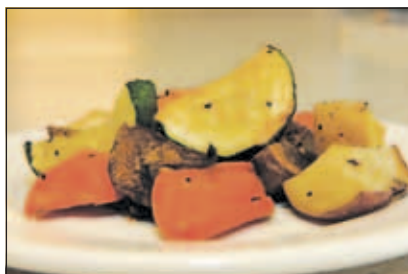
After all the votes were in the Spaghetti Squash Remix and Low Fat Spaghetti Carbonara were the winners.

"Now we are looking at suitability to prepare those dishes in the CF kitchen for a large quantity of people. We would like to try to put them on



The Healthy Recipe Challenge was held Dec. 14 when 10 members of CFB Esquimalt tasted six healthy recipes submitted by personnel on base.

Shelley Lipke, Lookout



the menu for our diners to try from January to March," he said.

The Healthy Recipe Challenge stemmed from a partnership between Base Foods and Health Promotion during October's Veggie and Fruit challenge. CPO1 Ferguson suggested the challenge as a way to include more fruit and veggies into meals on

the base.

"This makes people aware of not only the choices they are making, but also how they are preparing their meals. The CF culture is very much about health and fitness. I am very happy with the way it went. The plan would be to run this again next year," he said.

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Military member drives away a winner



Jody Dick, Contributor

MS Ken Bowley sits behind the wheel of a brand new 2012 Hyundai Elantra Touring he won from Victoria Hyundai. Victoria Hyundai gave away the new car during a three-way draw at its Victoria location on Dec 18, 2012. "I've never won anything in my life," said MS Bowley. "I'd say a new car is a pretty good place to start." Hyundai gathered more than 3,600 ballots throughout 2012 at various base events.

WHAT SAY YOU

What is jackspeak? Learning the language of the navy

A/SLt Ron MacDougall
BPAO Trainee

Being new to the navy myself, it's amazing to listen to seasoned sailors as they speak to each other in an almost secret language, which the British and Canadian Navies have dubbed jackspeak.

After scanning the web and various literature on the subject, I realized there are hundreds, if not thousands of jackspeak terms and phrases; just as the oceans are vast so are the possibilities for further development and widespread usage of jackspeak.

"Any group that is somewhat isolated from mainstream society can develop their own slang as part of building group identity," said Dr. Judith Nylvek, Instructor at the Department of Linguistics, University of Victoria.

This development is clearly seen in jackspeak.

In the navy, it's bulkhead, deck and overhead and not wall, floor, and ceiling. The

executive officer is called the jimmy, and a killick is a leading seaman. In the mess (dining room), the sailors eat food prepared in the galley (kitchen) and love their navy gravy (ketchup).

If the sailor is jagged (tired), he may want to catch some rack time (sleep) in his rack (bunk). Or he may listen to scuttle-butt (gossip), skylark (joke around) with his wingers (friends) or hear a salty-dip (exaggerated story) from a jack (young sailor putting on airs). Or perhaps there is some dhobey (laundry) to do whereby dhobey dust (laundry detergent) is needed.

Some terms are logical when the origins are closely reviewed. For example, many are familiar with a ship's bathroom being called "the head", but they don't know it originates from a time when sailing ship crews relieved themselves all the way forward on either side of the bowsprit, the integral part of the hull to which the figurehead was fastened, that is, at the head of the ship.

The permanent usage of some phrases

into mainstream society "is simply a result of social integration," Dr. Nylvek states. "When a sailor comes back home, he'll use expressions that are effective, catchy and funny for the listener."

Many phrases and terms may be used by mainstream society without the speaker even knowing their origins. Jackspeak often permeates into mainstream English. The phrase, as the crow flies, now understood as the shortest distance between two geographical points, originated from when a ship, being lost or unsure of their position in coastal waters, would release a caged crow that would then fly towards the nearest land, thus giving the vessel some sort of a navigational fix.

Even the phrase, feeling blue comes from the custom of flying blue flags and having a blue band (representing higher British society) along the entire hull of a ship returning to home port when the captain or any officer perished at sea.

Sailors all over the world use jackspeak, the slang derived from their work and life at sea.

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Mainland sailor earns international gold

Shawn O'Hara
Staff Writer

With a spinning round-house kick OS Yvette Yong took home international gold for the Canadian Forces.

The Vancouver-based sailor travelled to Vietnam in October to compete in the 21st World Military Taekwondo Championships.

Her bout in the 46kg or under division came to a head in the final match when she went up against the Chinese women's champion Yu Xiahuan.

"My final match in last year's World Military Games was also against China," says OS Yong. "I thought it was fitting that I competed against the Chinese team again."

The final fight was a stressful one.

OS Yong kept up a 1-0 lead during the first round. In the second round, the Chinese competitor landed a headshot, which put the score at 1-3.

"I had to tune out everyone except my coach," says OS Yong. "I knew that I had my teammates, the CF, my parents, and my coach supporting me. I did my best to stay calm."

When the third and final round came the fight was tense. In the final 30 seconds of the match OS Yong was able to land a spinning kick to her opponent's head. This technical feat put the score 4-3; she then picked-up another point to finish with a decisive score of 6-2, securing international gold.

The crowd went wild. OS Yong's coach jumped out of his chair, which technically isn't allowed during a match.

"Everything happened so fast no one noticed," OS Yong says, laughing. "I could hear my parents calling to



Photo courtesy of OS Yvette Yong

Above: OS Yvette Yong battles for gold at the 21st World Military Taekwondo Championships.

Below: Capt Eldridge congratulates OS Yong on her victory.

me from the crowd. I was so proud because I knew they would be proud."

OS Yong has been practicing Taekwondo since she was nine years old. She took to the sport while looking to follow in her father's footsteps as a kung fu practitioner.

"He's a kung fu master and used to teach in Malaysia," she says. "We couldn't find any kung fu studios nearby, so when we found a taekwondo studio I took to that. I love it."

OS Yong's parents both have a history in athletics. Her father is a kung fu master and her mother a former international track and field athlete. This shared interest in sport has helped usher her along in her career.

"They've both been so supportive of my training," she says. "I was thinking of them when I landed that headshot."



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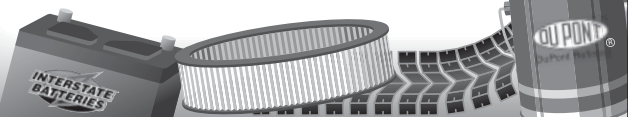
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Shelley Lipke, Lookout

Lt(N) Bob Cookson is receiving the Order of Military Merit for his distinguished service. This elite award is presented to about one in a thousand military members.

Major honour bestowed on sailor

Shelley Lipke
Staff Writer

Lt(N) Bob Cookson was both shocked and humbled when he received a call from Hawaii in mid-December from RAdm Bill Truelove advising him that he will be appointed a Member of the Order of Military Merit (MMM).

About one in a thousand Canadian Forces members receive this honour.

"I was shocked," said Lt(N) Cookson, Base Accommodation Officer. "Being on the committee as the Formation Chief for three years I understand the process, and quite frankly, I thought it was too far along in my career to receive such an honour."

Appointment to the level of member is made for exceptional service or performance of duty.

"This is the Stanley Cup of merit awards as far as Canadian Forces members go," said Cdr Tim Allan, Base Administration Officer. "Our Base Administration branch nominated him this

time last year, but it takes a year to run its course."

The Order of Military Merit is not based on a single instance, but instead looks at the span of a military career. Appointments are made once each year and all appointees are published in the Canada Gazette.

As of June 1, 2012, there have been 2,527 appointments at the member level of the Order since its institution in 1972. The MMM cannot be appointed posthumously.

"Lt(N) Cookson's career showcases exceptional service, visionary leadership and selfless devotion both as an NCM and an officer," said Cdr Allan. "Lt (N) Cookson rapidly progressed through the ranks and achieved the rank of CPO1 in only 17 years. He was sighted for achievements at every level through his career."

When he was the Steward career manager, he shepherded the occupation from Logistics to the Naval Operations Branch and set the standard for current Steward employment.

As director of good working relations, he took more than 400 formal conflict issues and reduced them to a few formal complaints.

His drug education program was a significant initiative in deterring drug use on base when he served as Assistant Judge Advocated General (AJAG) Chief Petty Officer.

More recently, as Formation Chief, he introduced Non-Commissioned Member's (NCM) succession planning that enabled and prepared NCM's for moving through the ranks without professional delays.

"He's excelled in every way possible," said Cdr Allan.

Lt(N) Cookson will receive the award from the Governor General of Canada at Rideau Hall in Ottawa in March 2013.

"My wife Darlene will accompany me. We were both very surprised and honoured," he said.

With only three years left in his Canadian Forces career, he can't think of a better way to finish his service.

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Small boat, big difference for CFMETR

Arrival of long-awaited patrol craft cheered

Capt Jeff Manney
CFMETR

It's not going to change the balance of power in the Pacific, but the newest addition to Canada's Navy has her crew breathing a little easier nonetheless.

Egret, a 14-metre, 22-knot patrol craft landed at Nanoose Bay Nov. 9, ushering in a new era of range patrol at the Canadian Forces Maritime Experimental and Test Ranges (CFMETR).

And if ever there was a time for a new era this was it. The Egret's predecessor, the Canadian Forces Auxiliary Vessel Pelican was a used 1970s fresh-water crash boat, ill-suited to the rigours and risks of life on the ocean guarding CFMETR's torpedo range. Her roll-happy hull, ageing diesels and threadbare insulation made a day at sea an uncomfortable, noisy and noxious experience.

"We'd come home cold, tired, and a little dizzy," admits MS Rich Loy, engineer on the Range Patrol crew known as "Ranger 1". "The Egret is leaps and bounds above the Pelican. We're isolated from the environmental hazards, she's much more stable, and she's got air-ride seats. It's an entirely different boat."

Built by Kamma & Blake Industries in Port Alberni, Egret is powered by two 501-horsepower Caterpillar engines driving a pair of Alpha Power water jets. The jet boat design means she'll not be



CFMETR has a new range patrol boat dubbed the Egret.

as vulnerable to stray logs as was Pelican, whose holing by an errant Douglas Fir in 2010 finally condemned her. Egret's arrival also heralds a return to Ranger 1's passenger carrying role, which had ended years ago due to stability concerns with Pelican. The new vessel can carry six passengers in addition to three crew, a capability very much in need during ranging operations.

Egret's prime role, however, begins once she's landed her passengers on Winchelsea Island, home to the Range Operations Centre. From there she heads out into Area Whisky Golf, CFMETR's 200-square kilometre torpedo range, to support test events and ensure civilian boaters stay well clear of the ships, submarines or air-dropped weapons that could ruin an otherwise pleasant day at sea.

For the Petty Officer in charge of the Ranger 1 crew, Egret's new capabilities are all about establishing presence on the range.

"I think she's going to be taken much more seriously by the public," says PO2 Kevin Hall. "She sits higher in the water, she's much more capable and she can stay out there lon-

ger. Egret looks like she means business. That's going to help us keep the range clear which in turn will make our operations run smoother."

For PO2 Hall, it's a point of pride that Egret's arrival ends an uncomfortable dependency on borrowed vessels. A Rigid Hull Inflatable Boat, a former Port Security vessel and even a commercial whale watching boat were all called upon to bridge the gap after Pelican was taken out of service.

"Now that Egret is here we want to start making it our own vessel," says Hall. "Not just something given to us for the short term. She's going to be a great boat. The whole crew looks forward to getting her up to snuff and out on the water as soon as possible."

The Egret is leaps and bounds above the Pelican. We're isolated from the environmental hazards, she's much more stable, and she's got air-ride seats. It's an entirely different boat.

-MS Rich Loy
Engineer on the Range Patrol crew

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RETIREMENT PARTY



Join in the celebrations with CPO1 Vital (Vee) Syrdar as he retires from the Navy. After 36 years, CPO1 Syrdar's last day in uniform is Jan. 28, but his retirement party is Jan. 11 at the Chief and Petty Officer's Mess beginning at 11:30 a.m. Stop by to wish him well.

WHAT SAY YOU

A simple thank you for helping out

It is the time of year when reflection starts to set in about the events and memories from the past year.

I would like to pass on two words: Thank you.

Many personnel within the Formation have causes that are near and dear to their hearts, and they spend countless hours volunteering, fundraising, and participating to ensure that all are fed, clothed, cared for and loved.

It is to these folks that I say thank you.

The cause that I hold

dear is the care of injured, abused and unwanted horses. Many of these horses throughout the years have been funded by, cared for, and put to rest with the assistance of this military community.

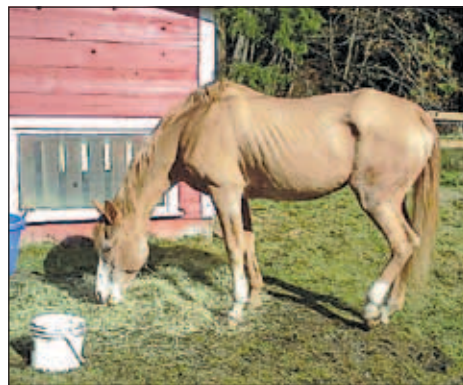
Currently personnel are donating their spare change, donating their refundable recyclables, and assisting in the daily care of some of these souls who would otherwise have nothing or nobody to care for them.

The list of folks that have touched these lives and

assisted in my endeavours in the last four years is quite extensive and spans from the Comox Valley to the Lower Mainland, as far east as North Bay, ON, and comes full circle back to Esquimalt.

To all of you (specifically the BOR, BIS and HMCS Winnipeg crew past and present) and your families, the very best and thank you for all that you do, from those who cannot speak for themselves.

PO2 Alana Power
HMCS Winnipeg



Kahlua when she was first rescued.



Kahlua several months later.

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Photos by Shawn O'Hara, Lookout
Detroit Edwards receives her gift from Santa.

Carrying on a Christmas tradition that began with HMCS Provider in 1986, the ship's company of HMCS Protecteur hosted a Christmas party for 41 special needs children from six Victoria area elementary schools and the Mosaic Learning Centre. As HMCS Protecteur is undergoing routine maintenance, the annual event took place aboard HMCS Ottawa and was held in partnership with the Esquimalt Lions Club and the "Friends of the Protecteur", an organization comprised of community, business and civic leaders committed to promoting the morale and welfare of the crew and their families. The children, aged six to 12 years, came from Eagle View, George Jay, View Royal, Macaulay, Cloverdale, and Mosaic Elementary Schools. Teachers, assistants and representatives of the Esquimalt Lions Club accompanied a bus from each school, helped the children to board the ship and acted as chaperones during the event. The program included a ship's tour, music and entertainment by members of the ship's company and a visit from Santa Claus, who came complete with personalized gifts.

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January

RAdm Nigel Greenwood, Commander of Maritime Forces Pacific, paid a special visit to *HMCS Vancouver* in the Mediterranean Sea during Christmas. He was joined by Governor General of Canada David Johnston and Chief of Defence Staff General Walter Natynczyk to serve Christmas dinner to the ship's company.

After six months of active NATO operations, *HMCS Vancouver* begins its long journey home to Esquimalt. *HMCS Charlottetown* replaces *Vancouver* in the Mediterranean Sea where it will find and board ships suspected of participating in terrorism.

CFB Esquimalt Fire Hall won best dressed building in the 24th annual Navy Lighting contest while *HMCS Regina* was voted the most decorated ship.



February

On the opening day of Parliament Feb. 14 a Ceremonial Guard of Honour comprised of 100 sailors, soldiers and airmen and airwomen stood on the BC Legislative grounds during presentation of the Black Rod ceremony. The ceremony was in honour of the 60th anniversary of the accession to the throne of Her Majesty Queen Elizabeth II, known as the Queen's Diamond Jubilee.

Florence Green, the last known First World War veteran dies in England two weeks shy of her 111th birthday. During the war she was a waitress in the officers' mess at RAF Marham in Eastern England until the war's end.

On Feb. 19 *HMCS Vancouver* returned to CFB Esquimalt after seven months at sea. *Vancouver* participated in NATO missions throughout the Mediterranean, and returned home amidst emotional friends, family, and loved ones.



March

LS Lisa Wilcox was awarded the title of 2011 Sailor of the Year. LS Wilcox was selected from a group of eight nominations for her dedication and enthusiasm as a supply technician aboard *HMCS Protecteur*.

The Victoria Royals welcomed DND members to be special guests at a March 3 home game against the Vancouver Giants. The focus of the night was the crew of *HMCS Vancouver*, who recently returned from seven months at sea in the Mediterranean.

The Esquimalt Women's Volleyball team Tritons won the 212 Pacific Region Volleyball Championships. The game was held at 19 Wing Comox March 9-11. Their victory came after winning every match for two straight games in the two out of three championships.



April

MWO (Ret'd) Vic Johnson retired from photography after 53 years unbroken service to the Royal Canadian Air Force and the Air Force Association of Canada. Johnson began his career as a military photographer in 1959 after joining the RCAF at the age of 17.

Pte Kyle Croxall, a firefighter from CFB Comox, won the top spot in The Red Bull Crashed Ice World Championship 2012 in Quebec City. The Crashed Ice sport involves a downhill race on an urban ice track featuring hairpin turns, drops, ramps, and open air at speeds of up to 60 kilometres an hour.

Nanaimo Coast Guard saved the lives of 18 Dragon Boaters when their boat capsized during a training session. The coast guard vessel happened to be on its way to a training exercise and was thusly able to reach the scene within five minutes. Only one person needed treatment from paramedics for hypothermia.

May

After 57 years of service the Blue Boat Ferry was retired. Its final run was celebrated April 30 at a farewell party that took place aboard both vessels. May 1 the Baseline Ferry took up the duty of ferrying CFB Esquimalt personnel across the waters to the West Shore.

On May 5 *HMCS Charlottetown* intercepted a narcotics shipment while on patrol in the Gulf of Aden. After an Unmanned Ariel Vehicle investigated a suspicious meeting between two smaller vessels, the warship intervened, recovering a total of 270 kilograms of hashish.

CFB Esquimalt hosted a Citizen Ceremony at Duntze Head, welcoming 57 new Canadian citizens. The event was overseen by RAAdm Nigel Greenwood as he acted at presiding guest for the Oath of Citizenship May 18.



June

June 4 saw the Change of Command for leadership of Maritime Forces Pacific. RAAdm Nigel Greenwood passed the reigns of command to RAAdm Bill Truelove in a ceremony held at Duntze Head.

RIMPAC 2012 began June 29 and featured a combined exercise effort between 21 nations. *HMCS Victoria*, *HMC Ships Algonquin*, *Ottawa*, *Brandon*, *Saskatoon*, and *Yellowknife* also participated in the month long endeavour.

The City of Esquimalt celebrated its Centennial this year. The relationship between Esquimalt and the Canadian Forces at CFB Esquimalt was celebrated with a Freedom of the Township Ceremony, in which former Base Commander Capt(N) Craig Baines lead a procession of DND personnel to Esquimalt Town Hall.



Year Review





ar in view



July

The 96th annual Nijmegen International March took place in the Netherlands. This annual event involves a Maritime Forces Pacific Contingent with teams completing the four day 160 kilometre march in CADPAT carrying a minimum rucksack load of 10 kilograms.

HMCS Regina departed July 3 for the Arabian Gulf as part of Operation Artemis. Op Artemis is a counter-terrorism and maritime security operation aimed at securing the naval passage ways into and out of the Arabian Gulf.

July 12 Capt(N) Craig Baines passed on the role of Base Commander to Capt(N) Bob Auchterlonie during a Change of Command ceremony held in Naden's Parade Square.



August

RIMPAC 2012 came to close Aug. 3 with hundreds of personnel from CFB Esquimalt returning home after a home of exercises and protocol in the waters in and around Hawaii.

HMCS Regina arrived in the waters of the Arabian Sea Aug. 19 to begin its eight month operational status as part of Operation Artemis.

HMCS Oriole celebrated its 60th year of service as part of the Royal Canadian Navy in a celebration at Naden's boatshed. The 91-year-old sailboat first entered service as a naval vessel in 1952. To celebrate the event a special coin was cast from the brass of an old stern light of the vessel.

September

HMCS Victoria was welcomed back to home waters Sept. 14. Victoria took part in Exercise Langfish with the Australian and U.S. Navies. She assisted the U.S. Navy with a submarine command course and successfully completed high readiness work ups.

Naval history was rekindled as a replica Hosquami was raised at Government House. In a ceremony on the grounds of Government House former Lieutenant Governor Stephen Point and RAdm Bill Truelove dedicated the pole, which replaces one gifted to the Royal Navy.

HMCS Regina played saviour to the crew of a disabled dhow in the waters of the Gulf of Aden on Sept. 18. The Yemeni crew had been stuck at sea with no motor power when spotted by RSS Intrepid's Sikorsky helicopter. Regina arrived and offered assistance within 30 minutes.



October

The position of Lieutenant Governor of British Columbia was passed on as Steven Point's five year term came to a close. Nicola Valley rancher Judith Guichon took over duties as the Queen's Representative,

DND members lent a helping hand for the 2012 Great Canadian Food Fight. The Food Fight is a yearly initiative that sees all donated food going to the Mustard Seed Food bank, which helps thousands of people in and around Victoria.

The Canadian Scottish Regiment celebrated 100 years of service to Her Majesty and the City of Victoria. Celebrations were held Oct. 21 at locations around Victoria for the deep rooted regiment.



November

Millions of Canadians gave thanks in November during the annual Remembrance Day Celebration. Ceremonies were held across the country to remember the sacrifice and service of Canadian Forces personnel, past and present, in times of peace and war.

A 150-year-old fire hose cart presented to the firefighters at CFB Esquimalt after an extended stay at the Saanich Historical Artefact Society. The cart was refurbished and will find new life as a historic display at the soon-to-be-completed fire hall on Esquimalt Road.

HMCS Vancouver was recognized for its service in Operation Unified Protector. Operation Unified Protector saw more than 600 CF personnel create a no-fly zone over Libya to prevent the bombing of civilians by Colonel Muammar Gaddafi.



December

Capt(N) (Ret'd) James Heath was presented with the U.S. Legion Medal of Merit for his service as Division Chief of Maritime Homeland Defense during his time with the U.S. Pacific Fleet in Hawaii from July 2009 to July 2012. He was presented with the prestigious medal by the U.S. Consulate Deputy Principal Officer at the Wardroom.

HMCS Ottawa assisted a U.S. Coast Guard Detachment in boarding a vessel off the waters of Costa Rica. This boarding resulted in the seizure of 1,086 kilograms of cocaine, estimated at a value of \$29 million USD.

RAdm Bill Truelove presented the United Way with a cheque for \$607,000 to mark the end of this year's Government of Canada Workplace Charitable Campaign. The funds were raised over the course of three months by DND members of CF personnel.



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MS Hogan and PO1 Peat purchase 200lbs of turkeys for the Mustard Seed Christmas hamper program.

Saskatoon's charity work

MS Brandon Bourne
HMCS Saskatoon

As part of their ongoing community outreach, *HMCS Saskatoon's* ship's company rose to the occasion by volunteering at the Mustard Seed's 25th Annual Christmas Dinner, helping to serve 2,000lbs of home-cooked Christmas dinners to 600 of Victoria's less fortunate families.

Also, in an effort to assist with the Mustard Seed Christmas Hamper program, the ship's charity committee made a 200lb turkey donation.

Since standing up in 2010, *Saskatoon* has created a strong philanthropic history and has supported charities such as Habitat for Humanity, Salvation Army, Sherbrooke Veteran's Home, Hope Cancer Foundation, Doernbecher Children's Hospital and the Canadian Breast Cancer Foundation.

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Operation Artemis - HMCS Regina keeps busy at sea

Cheryl MacLeod
CIC

With many sporting cheesy Movember moustaches, the crew on board *HMCS Regina* passed their halfway point in the mission patrolling the Arabian Sea, having travelled more than 7,620 nautical miles (14,112 kilometres).

"We're doing lots of good work here and getting accolades from CTF-150 [Combined Task Force-150]," said Cdr Jason Boyd during Operation Artemis. "We're building some really good pattern-of-life information and getting a chance to work with different carrier strike groups — all in all, things are going really well."

Maritime Security Operations

In August, *Regina* began its mission of conducting maritime security operations and assisting in finding and stopping terrorist activity in her area of responsibility in the Arabian Sea — some of the world's most important shipping lanes.

The frigate has been conducting these operations as part of CTF-150, one of three Combined Maritime Forces (CMF) naval task forces. CMF is a 27-nation naval partnership that promotes security, stability and prosperity across some six million square kilometres of international waters, covering the Arabian Sea, the Gulf of Oman and the Indian Ocean. CTF-150 directly influences events on land by disrupting terrorist activity, such as stopping movement of personnel, weapons or drugs through the region.

The crew of more than 250 personnel perform daily activities such as monitoring shipping, hailing and boarding ships, and conducting aerial sorties with the CH-124 Sea King helicopter detachment on board.

"The core crew of the group have been together since April 2011. We have a pretty strong and cohesive group onboard," Cdr Boyd said.

Value of Information Sharing

While these activities demonstrate CTF-150's presence in the volatile area, they also allow valu-

able information-sharing to take place. By hailing ships, *Regina* can interact with the local fishermen and share information, whether it is with a boarding or an approach where they do not board the other vessel.

"The boardings are not just about finding the bad guys linked to terrorism," said Cdr Boyd. "It's also about communicating with the legitimate fishermen, gathering information from them, asking questions, trying to reassure them and reinforce their legitimate business and way of life ... each boarding brings its own challenges, and it all helps us to contribute to the pattern of life out here."

Sea King surveillance

Regina's Sea King helicopter has conducted more than 131 sorties with a total of 326.3 flying hours (since departing Esquimalt). Its main function is to extend the range of the ship's sensors by surveying the ship's area of operations and help determine if other vessels in the area are behaving suspiciously. If they are, then *Regina* can plot a course to intercept the vessel, hail it, and board if necessary.

No typical days onboard Regina

There are no typical days on board *Regina*; Cdr Boyd said every department on the ship and every day are different. The engineers take care of maintenance, combat personnel take care of boardings, and the intelligence team is always busy.

"Some days it can be a little like Groundhog Day around here," Cdr Boyd said with a laugh. "Depending on what department you're in and what's going on at the time."

There haven't been any crisis situations since *Regina* arrived in the Arabian Sea.

"Everything is well within the pattern of life we had expected over here," said Cdr Boyd. "But that's a good thing. If things weren't, our mission would be somewhat different, so things being quiet and sort of regular is good. And that is all part of the challenge of daily life of a forward deployed unit."

This brings up one of crew's

challenges — complacency. "It's not that the sailors' tasks are mundane, because every day is different, it's staying on your toes," said Cdr Boyd.

"I tell the sailors every day: our biggest enemy out here is not drugs or the weapons smugglers; it's complacency ... you're not always reacting to a crisis, you're deployed doing patrols, which may be a bit predictable," he said. "So, to maintain focus when you're missing your families can be a real challenge. When people become complacent, they don't perform the way they need to, and this is when accidents can happen."

Support from home over the holidays

Christmas for *Regina* was spent at sea. Though the crew celebrated, it was business as usual.

"We still have to stay focused on the mission because the bad guys don't stop for Christmas."

To keep morale high, good food and mail are important, and Cdr Boyd says the support from home has been great and is very important to the success of the mission.

"We want to recognize the support from the families back home. Our ability to remain focused and motivated is due to the strong support we get from home. The families deserve just as much credit as the sailors," Cdr Boyd said. "While we're out here on patrols, they're the ones holding the fort down back home."

Much of the support for the sailors and their families comes from the Esquimalt Military Family Resource Centre and the Fleet mail room.

"The MFRC has been excellent with supporting all our needs, as well as the Fleet mailroom getting mail and care packages on time — always a bright and important thing," said Cdr Boyd. "And our tech support from MARPAC has been great. It's not easy, logistically, to get this stuff out here, especially at sea, but they somehow make it happen."

With the Movember moustaches shaved and Christmas over, the crew of *Regina* are looking forward to their return home, scheduled for mid-March.



Photo by Cpl Rick Ayer, Formation Imaging Services

HMCS Regina's helicopter "Drifter" a CH-124 Sea King hovers during a forecable (foc'sle) transfer exercise in the Arabian Sea for Operation Artemis on Nov 27, 2012.

Operation Artemis is the Canadian Forces participation in maritime security and counter-terrorism operations in the Arabian Sea region as part of multinational Combined Task Force (CTF) 150, one of the three task forces operated by Combined Maritime Forces (CMF). CMF is a 27 nation naval partnership, which exists to promote security, stability and prosperity across approximately 2.5 million square miles of international waters in the Middle East, which encompass some of the world's most important shipping lanes. The presence of *HMCS Regina* in the Arabian Sea region also gives Canada the flexibility and capability to respond quickly to emerging crises in the region.

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A look back at PNCT Operation Nanook 12

Lt Hucal P.M.
PNCT Troop
Commander

The Pacific Naval Construction Troop (PNCT) from Base Construction Engineering Esquimalt deployed as part of Operation Nanook 12 to Inuvik, NT, from July 13 to Sept. 11.

Engineers from PNCT along with others from across the country participated in the western scenario of the operation, where engineers constructed a 320-person camp using the Relocatable Temporary Camp (RTC).

The construction of the camp was done under tight timelines and extremely warm weather conditions, with many challenges to overcome such as soil conditions, ferry crossing closures, and limited source of construction materials.

Task Force Inuvik Camp was a support base for a

fictional scenario: an environmental spill in the hamlet of Tsiigehtchic with the Canadian Forces deploying an Immediate Response Unit to evacuate the hamlet and assist the RCMP.

Construction of the camp provided valuable training for the engineers in the raising, maintenance, and teardown practices for RTC equipment. New equipment was setup for the first time in the field for testing, such as the vehicle wash station, F34DS fuel distribution module, medical incinerators, variable speed generator, and waste water treatment plant. These pieces of equipment attempt to minimize waste and pollutants, as the incinerator has the capability to burn without producing smoke and the vehicle wash station is able to recapture 80 per cent of the water used for further use.

The camp established a baseline environmental study, in conjunction with

Natural Resources Canada, with sensors placed in various tents to collect data on water, waste water, garbage, and power data. This data benchmarked the environmental foot print of the camp with the overall goal to test camp designs currently used and to establish, in the future, a zero foot-print operational camp.

The camp demonstrated the strategic capability of the CF's deploy ability using RTC assets with visits from Flag Officers, VIPs, and government organizations, including a visit from the Minister of National Defence.

Between the construction and teardown phases of the camp, engineers assisted with projects in Inuvik, where the construction technician section built a gazebo for the town's walking trail and other trades assisted with general construction tasks for Children's First Centre.

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Striking photos celebrated

Jen Seipp
DGPFS

When the doors opened at the Exposure Photography Show, the best Canadian Forces images of the year were on display.

Over three days, thousands of photography enthusiasts visited the gallery, admiring the quality and creativity of Canadian Forces Photography Contest winners.

Contest organizers Personnel Support Programs and Canadian Forces Imaging Services hosted the annual Photography Contest Awards Ceremony in conjunction with the trade show to showcase the military community's artistic talents.

At the ceremony on Nov. 16, prizes were presented for best Military Life photograph, Best in Show, and Photographer of the Year for Novice and Advanced categories.

Cmdre Mark Watson, Director General Personnel and Family Support Services, also made the draw for the grand prize raffle of a trip to Whistler, B.C., and announced OCdt Stephanie Paquette as the winner.

One of the night's most decorated photographers, OS Rommel Billanes won Novice Photographer of the Year for his top-three finishes in the Portrait, Animals and Open categories. From a heart-warming portrait of his smiling daughter to a nature photo of a soaring seagull, for OS Billanes photography is a creative means of self expression.

"Through photography, you see the world in different perspectives," he said. "You become aware of the world you live in, and the way you interact with it."

To help celebrate his success, OS Billanes was joined by his wife and daughter for the evening, a reunion made particularly meaningful since the family is living apart

while OS Billanes is posted to Victoria.

Capt Zacharie Charbonneau was another of the night's big winners. A pilot by trade, Capt Charbonneau serves as the unofficial photographer for his unit at 15 Wing Moose Jaw, frequently photographing life on the wing, and capturing images of Canadian Forces aircraft from the ground and from the sky.

Capt Charbonneau's photos won first and second place in the Advanced Military Life category. His image of three recent flight school graduates reflected in a pilot's helmet was the top entry in the field.

"I often take more formal photos of grads when they get their wings," said Capt Charbonneau. "This was something more fun. These three were great friends – their expressions really make the shot work."

At the close of the ceremony, the Deputy Minister of National Defence Award was unveiled. Lisa Scale, a photographer and military spouse from Toronto, ON, took home the honour. Her photograph, "Profile of Courage", was a stirring portrait of MCpl (Ret) Paul Franklin, a veteran who works to improve the lives of amputees.

After receiving their awards and prizes, the photographers took the chance to connect with one another, members of the Canadian Forces leadership, and event sponsors at a special reception. They enjoyed the chance to talk about their passion, share their favourite images with one another, and discuss the techniques behind their winning shots.

"Congratulations to all of the winning photographers," said Cmdre Watson. "Many thanks to our presenting sponsor, Bank of Montreal, and all of our contest sponsors for their support in making this year's contest the most successful to date."

Visit www.dndphotocontest.ca for a full list of the winning images.

Winning Photos



Top: Capt Zacharie Charbonneau, First Place in Military Life - Advanced.



Left: OS Rommel Billanes, Novice Photographer of the Year.

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BASE DIVISIONS AWARDS CEREMONY

Base Commander, Captain (Navy) Bob Auchterlonie made several award presentations at base divisions.



Sgt McKay receives a Queen's Diamond Jubilee Medal and Certificate.



MCpl Gillis receives a Queen's Diamond Jubilee Medal and Certificate.



MCpl Murray receives a Queen's Diamond Jubilee Medal and Certificate.



LS Caldwell receives a Queen's Diamond Jubilee Medal and Certificate.



Cpl Koebernick receives a Queen's Diamond Jubilee Medal and Certificate.



Cpl Sanchez receives a Queen's Diamond Jubilee Medal and Certificate.



Cpl Sutherland receives a Queen's Diamond Jubilee Medal and Certificate.



Lt(N) Cookson accepts his Second Clasp to the Canadian Forces Decoration for 32 years of dedicated service.



Sgt Fraser receives his First Clasp to the Canadian Forces Decoration for 22 years of dedicated service.



Lt(N) Heroux receives a Canadian Forces Decoration for 12 years of dedicated service.



CPO2 Trevor Linfoot receives the Base Commander's Commendation Award.



LS Malisa Ogunniya receives the Base Commander's Recognition Award.



Capt Lamothe receives his Commissioning Scroll. He also received a Queen's Diamond Jubilee Medal and Certificate.



OS Morris is promoted to Able Seaman.



Sgt Kim Hancock receives the Base Commander's Recognition Award.



LS Major receives an Operational Service Medal for Op Carribe.



Cpl Vitovec receives an Operational Service Medal for Op Carribe.



Maj Harris receives a Queen's Diamond Jubilee Medal and Certificate.



Capt Verbenkov receives a Queen's Diamond Jubilee Medal and Certificate.



Naval Cadet Negm receives a Queen's Diamond Jubilee Medal and Certificate.



MWO Retired McNutt receives a Queen's Diamond Jubilee Medal and Certificate.



Sgt Broderick receives a Queen's Diamond Jubilee Medal and Certificate.



PO2 Edroff receives a Queen's Diamond Jubilee Medal and Certificate.

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Capt Peter Hucal was promoted to his new rank by his daughter Gabrielle with assistance from her Mom, Ainsley and the BCEO, LCol Matt Johnsen.



Left: PO1 Michael Keim, SAAC at ST(P), is presented the Queen's Diamond Jubilee Medal by Cdr Richard Dowker, Commanding Officer ST(P).

Right: MFRC volunteer Paul Hardy receives the Queen's Diamond Jubilee medal from Cdr Tim Allan, Base Administration Officer.



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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.

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

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.

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 Tetayut 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

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

VIEW ROYAL READING CENTRE. Conveniently located at Admirals Walk Shopping Centre. We have books, audios, videos, & DVD's for all ages. Internet is also available. For hours of operation and other information please call 250-479-2723.

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AWAKENING WELLNESS CENTRE, Dec 2012, daily 9am to 5pm. 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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Horace "Gerry" Gerard received the Minister of Veterans Affairs Commendation at a ceremony in Vancouver. This is awarded to individuals who have performed commendable service to the Veteran community and/or individuals who represent commendable role models for their fellow Veterans.

Mr. Gerrard is a Second World War Veteran who was a prisoner of war in Hong Kong for more than three and a half years. He has been a member of The Royal Canadian Legion (RCL) for 61 years and has held numerous executive positions including president, 1st and 2nd vice-president, treasurer, and secretary. Mr. Gerrard has chaired several RCL committees, including the House Committee, and the Honours and Awards Committee, and he is currently serving as Sergeant-at-Arms. He was a member of the Hong Kong Veterans Association for 50 years and the Hong Kong Veterans Commemorative Association since its beginnings. Mr. Gerrard has helped organize the Remembrance Day ceremony at a local cenotaph, and he has served for more than 50 years on wreath detail. He is in charge of organizing groups to assist in mailing envelopes for poppy fundraising. Mr. Gerrard has spoken to the Royal Canadian Air Force Air Crew Association about his experiences. In December 2011, Mr. Gerrard was part of a delegation that travelled to Japan to receive an apology from Japan for the treatment of Canadian prisoners of war during the Second World War, on behalf of all Hong Kong Veterans.

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