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Volume 58 Number 14 | April 8, 2013

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

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Cpl Malcolm Byers, HMCS Toronto

Above: HMCS Toronto stands guard over a dhow during boarding operations in the Arabian Sea.

Inset: While on patrol in the Indian Ocean March 29, Toronto's naval boarding party searched a suspect vessel as part of ongoing maritime security operations. They recovered approximately 500 kilograms of heroin with an estimated street value of more than \$100 million. The ship is currently deployed on Operation Artemis, Canada's contribution to CTF150, combating terrorism in the Arabian Sea and Indian Ocean. Read the full story on page 3.

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PHARMASAVE

Ship repair zone = safety and security

Shawn O'Hara
Staff Writer

It's been decades in the making, but has finally come to fruition. Safety and security-oriented access rules have been defined around Fleet Maintenance Facility Cape Breton (FMF CB) buildings in what is now called the ship repair zone (SRZ).

It's the latest advancement in the massive facility consolidation project that began more than a decade ago. To improve safety and security of the area, the zone is now only accessible to FMF CB employees and those conducting business with the unit. The zone includes the main structure - D250, D252, D190A, D215, D149 and smaller outlying buildings.

"I have seen too often people wearing flip flops while using the FMF CB buildings as a shortcut to transit the yard - this is a safety issue, plain and simple," says Capt(N) Don Smith, Commanding Officer of the FMF CB. "Our number one concern is ensuring no one gets hurt, and to do that everyone needs to keep up with some simple safety regulations. Also we must control access to the weapons systems and classified information needed to sup-

port the operational capabilities of the Fleet."

People needing to enter the area must report to the commissionaires' desk in D250 with valid ID. They'll be given a visitor pass if they are not in possession of an access badge. Visitors with less than level two security, or without DND ID, will be escorted.

They will be required to don CSA approved hardhats, work boots, and safety glasses if entering any of the production work centres.

FMF CB employees working in or visiting the Ship Repair Zone will be required to carry their ID badge and have it displayed when in office areas. These double as electronic swipe cards to pass electronic check points at the various entry points of the building and other areas within the SRZ.

"This is a military industrial zone, and there are things here that need to be more regulated than they have been in the past," says Capt(N) Smith. "With this system we'll be able to keep tabs on who is in the building and why they are here - something that is important for security, safety and disaster response."

Capt(N) Smith says the ID badges make identifying authorized personnel a much simpler prospect.



"If someone doesn't have a badge, then we'll ask them who they are and where they're going," says Capt(N) Smith. "It makes it easier to know who should and shouldn't be somewhere."

Future plans for the follow-on phases of the SRZ have included fences, gates, and Commissionaire posts on the south side of D250.

However, these features were recently reconsidered as the location of the check points could choke the flow of sailors and stores to ships at C Jetty.

"It just didn't work with the overall flow of the base," says Capt(N) Smith. "We realized the SRZ needs to be implemented while being mindful of the

Formation needs. We are working with the Base to ensure we are implementing the most practical possible plan as the Dockyard undergoes a major infrastructure renewal. This change is showcasing the strength of our teamwork in the Formation as we focus continually on our core mission - support to operations."

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Toronto scores major drug bust

DND

HMCS *Toronto* successfully disrupted a massive narcotics shipment in the Indian Ocean on Friday, March 29 as part of counter-terrorism operations.

Toronto's naval boarding party searched the suspect vessel as part of ongoing maritime security operations.

While on board the team recovered a significant amount of narcotics with an estimated street value of more than \$100 million.

Australian Commander of Coalition Task Force 150 (CTF150), Commodore Charles McHardie said this seizure is proof coordinated efforts can have a significant impact on narcotics smuggling – thereby denying a source of funding to terrorist organizations.

“This is the largest maritime interception of narcotics in the Command Maritime Forces (CMF) area of operations, and one of the largest heroin seizures in the maritime environment.”

Deputy Special Agent in Charge of the United

States Naval Criminal Investigative Service (NCIS) Transnational Crime Unit, Brian Curley, working with CTF150 on the operation, said, “Through our collaborative work, we know global and regional terrorist organizations, who threaten all of our security, finance their activities with proceeds from narcotics trafficking. This most recent seizure will significantly disrupt terrorist networks in the region and greatly assist in coordinated efforts to continue to map the way these organizations resource themselves.”

CTF 150, a combined Canadian and Australian staff, works with CMF and other agencies to coordinate maritime security operations across their area of operations. The CMF mission is to promote security, stability and pros-

This is one of the largest maritime seizures of heroin in history.

-Brian Curley
Deputy Special Agent in Charge NCIS Transnational Crime Unit



Cpl Malcom Buyers, HMCS Toronto

Stacks of narcotics line the deck of a ship caught smuggling by HMCS Toronto.

perity across the Arabian Gulf, the Gulf of Oman, the Red Sea and the Indian Ocean. The area encompasses some of the world's most important shipping lanes.

CTF150 targeted the region's historical narcotics smuggling route in coordination with regional authorities during Focused Operation Southern Sweep.

The smuggling of narcotics in the region is a recognized funding source for terrorist organizations. By

interrupting the narcotics trade, CTF150 is able to deny financial resources to extremist groups.

Commander David Patchell, Commanding Officer of *Toronto*, stressed the impact this will have on the international community.

“Seizing over \$100 million worth of narcotics is significant on many levels. It keeps it off the streets and out of the hands of criminals, but it also has a massive impact on the finances of international terrorist organizations. This seizure will have a sweeping impact on these organizations at all levels, and demonstrates Canada's commitment to our allies, and to ensuring the seas are used for legitimate purposes,” he said.

Construction brings detours to Admirals Road

The Town of View Royal and the District of Saanich are commencing the replacement of the Craigflower Bridge and upgrades to Admirals Road from Island Highway/Craigflower Road to Cowper Street.

The upgrades include the replacement of the 80-year-old Craigflower Bridge, construction of new sidewalks, bike lanes, safety features and road surface on Admirals Road, improvements to street lighting, installation of storm water treatment facilities and rain gardens, boulevard landscaping and improvements, a refurbished traffic signal at the intersection of Admirals Road and Gorge Road West, and replacement of the

sanitary sewer, storm drain and water mains on Admirals Road.

The project is anticipated to take eight months to complete.

For the duration of construction, Admirals Road will be closed to traffic between Island Highway/Craigflower Road and Cowper Street.

Some of the changes that will be made to the road network to facilitate travel are:

- Island Highway from Admirals Road to Six Mile Road will be temporarily designated as a truck route for the duration of the project;
- Traffic signal timing will be adjusted at the following intersections: Island Highway and Helmcken

Road, Island Highway/Craigflower Road and Admirals Road, Craigflower Road and Tillicum Road, Gorge Road West and Tillicum Road, Tillicum Road and Trans Canada Highway and Admirals Road and Trans Canada Highway

• Electronic message boards will be placed on primary approach roads and traffic advisory signs will be posted on applicable roadways.

In order to ensure the shortest closure time of Admirals Road as possible, the townships have offered a significant monetary bonus incentive to the contractor in order to have the road open to traffic by Dec. 1 of this year.

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People Talk

Lookout asked this question:

What is your favourite song and why?



"Ahead by a Century" by the Tragically Hip. I play guitar and it's one of my favourite songs to play. It's just really fun.

Kevin McLennon



"Diary of Jane" by Breaking Benjamin. It's a song about a guy living his life for a girl, and it really resonated with me when I was younger.

OS Alex Koller



"Don't Fear the Reaper" by Blue Oyster Cult. I always think songs could do with a little more cowbell, and this has just enough.

OS Sean Ewert



"Everything I Do I Do for You" by Bryan Adams. I listened to it a lot when I was in high school, which was around the time I met my wife. Over 20 years later we're still together.

MS Martin Couture



"Tiny Dancer" by Elton John. It reminds me of all the good times I had in high school.

Lt(N) Emily Salzer

SPORTS trivia

by Bill Sheridan
Contributor



Name the movie the character listed belongs to:

1. Skier Jill Kinmont
2. Reggie Dunlop & The Hansen brothers
3. Ty Webb & Danny Noonan
4. Roy MacAvoy & Molly Griswold
5. Rannulph Junuh
6. Roy Hobbs
7. Morris Buttermaker
8. Gordon Bombay
9. Jake Lamotta
10. Sonny Gilstrap & Pepper Lewis
11. Sidney Deane & Billy Hoyle
12. Velvet Brown
13. Red Pollard
14. Cole Trickle
15. Danny LaRusso
16. Lane Frost
17. K.C. Carr
18. Ray Kinsella & Moonlight Graham
19. Crash Davis & Nuke Laloosh
20. Thornton Melon & Coach Turnbull
21. Willie Mays Hayes & Roger Dorn
22. Jake Taylor & Ricky Vaughan
23. Larry Burrows
24. Tennessee Steinmetz & Jim Douglas
25. Harold Abrahams & Eric Liddell
26. Mike Oher & Leigh Anne Tuohy
27. Paul Crewe & Caretaker
28. Dorothy Boyd & Rod Tidwell
29. Billy Clyde Puckett & Marvin Tiller
30. Ruben Carter

1. Other Side of the Mountain
2. Slapshot
3. Caddyshack
4. Tin Cup
5. Legend of Bagger Vance
6. Natural
7. Bad New Bears
8. Night Ducks
9. Ragging Bull
10. Cowboy Way
11. White Man Can't Jump
12. National Velvet
13. Seabiscuit
14. Days of Thunder
15. Karate Kid
16. 8 Seconds
17. Kansas City Bomber
18. Field of Dreams
19. Bull Durham
20. Back to School
21. Major League 2
22. Major League
23. Mr. Destiny
24. The Love Bug
25. Chariots of Fire
26. The Blind Side
27. The Longest Yard
28. Jerry McGuire
29. Semi Tough
30. The Hurricane

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ANSWERS ON PAGE 18

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CFB Esquimalt first to go live with new supply system

Shelley Lipke
Staff Writer

A new supply tool will change the way the base procures parts and equipment.

Supply technicians, engineers, weapons technicians, and Base Logistics and Fleet Maintenance Facility Cape Breton staff will be able to access live supply details for every part they require.

On May 21, CFB Esquimalt will be the first base to go live with this new supply management tool.

This new tool will be added to the Defence Resource Management Information

System (DRMIS), which is currently used to track finance, material support, procurement, project planning and maintenance for army, navy and air force.

"It is much better for tracking everything we do," says Bill Schulte, Maritime Forces Pacific DRMIS support manager. "It will finally marry the engineer, supply and finance communities into one family. It will save time and money and be a better way to track inventory."

Previously, deployed ships couldn't track orders and outstanding requisitions for repair or maintenance parts.

"The new system will provide better asset management for Base Logistics, improved warehousing capabilities, and more visibility into where our assets are in transit and storage, as well as in use," says Schulte.

Training for the new system is currently underway and the old Material Information Management System (MIMS) will be phased out completely by December. Ships went live with the new system March 11.

Any questions about this new system should be directed to Bill Schulte at 363-4944.

NEWS Nuggets

Canadian Pilots Head to Iceland

Six CF-18 Hornets from the Royal Canadian Air Force will patrol the airspace around the Icelandic city of Kerflavik.

This overseas transfer is part of Operation Ignition, and will take place until the end of April.

Operation Ignition is part of Canada's periodic contribution to the North Atlantic Treaty Organization (NATO).

Canadian Forces off to UK for Exercise Joint Warrior

More than 900 Canadian sailors, airmen and airwomen of the Canadian Armed Forces left last Tuesday for the United Kingdom to participate in Exercise Joint Warrior.

The exercise is a multinational NATO exercise taking place April 15 to 25.

It is the largest military tactical exercise in Europe and is designed to prepare NATO military forces to work together in a variety of missions, from providing humanitarian aid to full-combat operations.

Joint exercises allow participating forces to become familiar with each other's personnel and platforms.

Arctic Ice Cracks Up

Ice in Canada's western Arctic experienced a massive fracturing event this spring that caused a wave of heaving ice across 1,000 kilometres of the Beaufort Sea.

Huge leads of water opened up from Alaska to Canada's Arctic islands as the massive ice sheet cracked.

It took seven days for the fractures to progress across the entire area from west to east.

The event has been described as "spectacular" to watch from Ottawa, where scientists track the ice with satellites.

Temperatures are so frigid in the Arctic the open water began refreezing as soon as the ice stopped moving. But the new ice will be much thinner – about 30 to 70 centimetres thick – than ice that has been growing all winter and is now more than a metre thick. Older multi-year ice can be several metres thick.

U.S. Navy receives mobile landing platform ship

The U.S. Navy recently received the first of three Mobile Landing Platform (T-MLP) ships. The 34,500 tonne ships act as mobile harbours for times when there

are no friendly ports nearby.

The ships are reminiscent of container ships, with the main deck lowered to approximately the height of a dock. Ships pull alongside the T-MLP and moor just like they're at a dock. Each T-MLP costs \$134 million USD and is built to commercial ship standards and uses a civilian crew.

Each T-MLP has 2,322 square metres (25,000 square feet) of vehicle storage space and can carry over 1.5 million litres of fuel. The T-MLP is highly automated and only needs a crew of 34.



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Girl power - chance to sail in tall ship this summer

Shawn O'Hara
Staff Writer

On the worn wooden deck of a tall ship named Unicorn, 12 young women will learn about sisterhood this summer in a program called Sisters Under Sail.

The program empowers young women ages 13 to 18 with confidence, independence, and identity through nautical adventures.

A dozen young women are chosen to take part in the two-week voyage across the Great Lakes.

This year's program focuses on girls from military families from both the U.S. and Canada.

Dawn Santamaria, owner of the 110-foot Schooner Unicorn with husband Jay, says military children are rarely acknowledged for the lives they lead on behalf of their parents.

"So often they're uprooted and moved to other parts of the world, or have their parents deployed to dangerous places. That can be very difficult," she says. "I wanted to honour these girls and everything they go through, and give them the tools they need to make it through what can be a very challenging life."

Applications from children of fallen or active status/active duty members in any branch of

the military, including National Guard, Reservists, or Coast Guard will be accepted until April 15.

Applicants must fill out an application downloaded from the Sisters Under Sail website at www.sistersundersail.org, write a 300 to 600 word essay on overcoming obstacles, and submit a letter of reference from a non-family member that speaks to the girl's strength of character. Applications are reviewed by the Sisters Under Sail Board of Trustees, who then choose the 12 sailors - six girls from Canada and six from the United States.

The program began eight years ago when the Santamarias saw the effects a life of sailing had on their four daughters.

"They became so confident, and strong in their opinions and decisions," says Dawn Santamaria. "I thought it could benefit other girls if only they had a chance to sail as my daughters had. I wanted to give them that chance."

During the two-week adventure, the girls are taught to sail as a cohesive team through confidence building exercises such as climbing rigging, seamanship courses, and nautical training.

"It's really amazing the effects that sailing has on these girls," says Santamaria. "Many of them come in meek and shy, but when they leave it's like they're

I wanted to honour these girls and everything they go through, and give them the tools they need to make it through what can be a very challenging life.

-Dawn Santamaria,
Owner of the Unicorn

different people."

Unicorn's all female crew is unique, and Santamaria says it was a conscious choice.

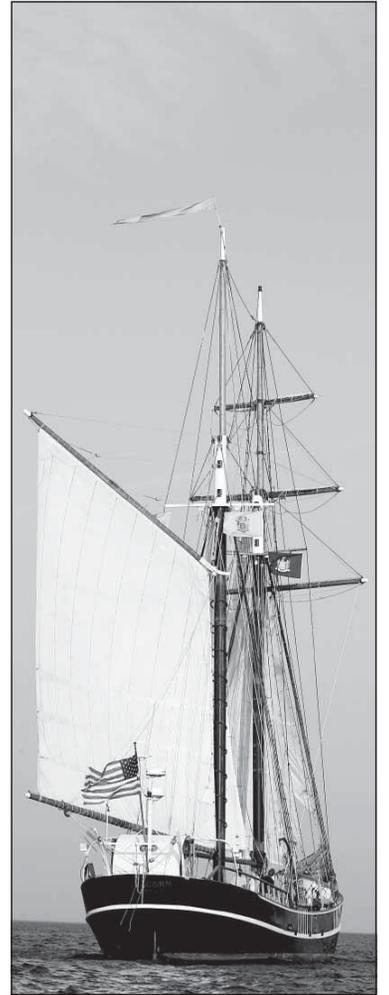
"It seemed strange to be preaching empowerment for women and have the leadership positions be filled by men," she says. "This way the girls are exposed to positive female role models while learning those qualities themselves."

Since inception, Sisters Under Sail has put aboard more than 500 teenage girls and 250 women.

More information on Sisters Under Sail, as well as how to apply, can be found at www.sistersundersail.org.



Girls from the 2012 Sisters Under Sail program relax on the deck of Unicorn during some downtime.



The tall ship Unicorn will be the home of Sisters Under Sail for two weeks sailing on the Great Lakes.

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Prepping for the *Pageant*

Shelley Lipke
Staff Writer

The next Miss Universe Canada could be CFB Esquimalt's Fawnia Robitaille.

The 25-year-old works at Personnel Support Programs as administrative assistant to the manager.

Strutting down the runway in Canada's top pageant is familiar terrain for the brown-haired, brown-eyed beauty. She put herself under judge's scrutiny in 2010 in the same competition. While she didn't win, it didn't deter her from slipping on a gown again in hopes of a tiara, and a chance at the world title.

"Doing pageants builds character," she says. "It keeps me motivated to achieve a goal, whether it's to improve my fitness, to look good in a bathing suit, or to improve my public speaking during the interview with the judges."

The road to the May 25 competition has been a testament to self control.

Most after-work hours are spent at the gym – almost three hours, and every day she considers her meals, choosing small healthy choices to boost her metabolism over alcohol and fast food.

She'll know April 15 if it paid off when she gets fitted for her gown.

"The gown is sponsored by Victoria Bridal Boutique and after a meeting with them we mutually decided on a few dresses. I won't go into detail about the dresses so as not to spoil it, but they are gorgeous dresses and I am very excited to wear one of them during the Miss Universe Canada pageant. The bathing suit is the same for all delegates, and we receive those once we arrive in Toronto."

And which does she prefer – gown or bathing suit?

"Both. The gown is what iden-

tifies me and my flavour for fashion. Being in a bathing suit shows off the hard work I put in at the gym."

More than 60 Canadian beauties will compete in the week-long event in hopes of moving on to the Miss Universe International pageant held in Las Vegas in December.

"During the competition we are judged on swimsuit, formal gown and are interviewed by the judges on charity and humanitarian work we do," says Robitaille.

She is working hard to raise money for the pageant's two charities: Operation Smile, which provides surgeries for children with cleft lips and cleft pallets, and the SOS Children's Villages, a non-profit organization that provides a safe home environment for children.

"The delegate who will be crowned will promote these two charities during her run as Miss Universe Canada," she says.

Bikram Westshore is helping her in this charitable pursuit by donating funds from their next Karma Class on Friday, April 12 at 7 p.m. to help SOS Children's Village.

And what's it like to be judged on her appearance and poise?

"I keep focused and breathe. I'm lucky that I experienced it in 2010, so I know what to expect this May. But basically I need to have a clear mind and set goals so I'm not nervous when I am on the spot and being judged," she says.

For this part, she trains once a month in Vancouver with the regional director, and the Miss Universe Canada runway trainer flies in from Toronto to coach them on their walk and stances.

Of course, the toughest part of the competition, the one that has everyone holding their breath, is the question.

"The interview portion of the competition takes place

in Toronto. To prepare for the interviews, I will be reading the news to keep track of politics and other relevant world issues. I will also prepare with my public speaking skills by having my family and friends ask me questions and critique me on my answers."

Whether she wins or not, the journey is what she says she'll remember the most. And to those young women watching wide-eyed at the event on TV, dreaming of one day wearing a sash and gown, Robitaille says "compete with your whole mind and heart."

"It is a great growth opportunity for character growth. Also, ensure that you have fun leading to and during the competition, as it is a unique experience."

The Victoria-born Robitaille is a University of Victoria graduate, earning a Bachelor of Science degree in Psychology with a minor in Public Administration. She is currently doing her Masters in Exercise Sciences at UVic.

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Vancouver heads into mid-life refit

Shawn O'Hara
Staff Writer

When you reach middle age in the navy, it's time to get a little work done.

HMCS Vancouver has reached that half-way point, and will be handed over to Victoria Shipyard May 7 for upgrades, as part of the Frigate Life Extension Program (FELEX).

"A lot of work goes into preparing for something like FELEX," says Lt(N) Lucas Pang, engineering officer in Vancouver. "There are a million moving pieces that need to be accounted for."

About 30 percent of the crew has been posted out, bringing the total from 220 personnel to a modest 120. Most of the posted out crew are from "hard sea trades" such as boat-swains and combat operators.

"We really only need those trades when we're actively at sea, so when we're alongside they're not necessarily fully employable," says Lt(N) Pang.

During times of re-fit, hard sea trades sailors are either sent to other ships, or given time to upgrade their education.

"It's a better use of their time and their skills," says Lt(N) Pang.

While most of Vancouver's crew will be posted to other ships before the frigate returns to MARPAC's custody in 2014, a core group of personnel will be maintained at the shore office in Dockyard.

"It's more of a hands-off job for us at that point," says Lt(N) Pang, who will be working from the shore office. "Without the ship in our custody, it's more about ensuring the refit is going well and preparing for when the ship is back."

Lt(N) Pang and other engineering officers will still have a hand in ship's refitting, albeit in a less direct capacity.

"We'll attend weekly



meetings with Victoria Shipyard personnel to make sure the work is going according to schedule," says Lt(N) Pang.

With no crew to feed, the ship's supplies have to go somewhere too.

Canned goods, sealed alcohol, and non-perishable foods currently on the ship will be packed up and distributed among the fleet, ensuring little goes to waste.

The main focus of FELEX is to update the ship's capabilities to standards of the day. Some parts of the ship will be gutted, and equipment not being switched out will be packed in crates and shipped off to a warehouse at Work Point. "Every piece of equipment on the ship will be in that warehouse or returned to the stores system," says Lt(N) Pang. "Once we get the ship back in 2014 we'll bring all the bits and pieces back and fill the ship up again."

Lt(N) Pang says when the ship returns to the navy, with new equipment and capabilities, it provide new experiences for the ship's engineers.

"It's a chance to play with state-of-the-art equipment," he says. "Not just in the Canadian Fleet, but in the world. It's going to be really cool."



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Mustard Seed at the heart of philanthropic endeavours

Shawn O'Hara
Staff Writer

When it comes to helping the community, Paul Latour takes it to the extreme, and that's a good thing.

He and his program Hero Work are putting hammer to nail with a \$300,000 renovation for the Mustard Seed Food Bank.

"The Mustard Seed does so much for the people of Victoria that I thought it was time someone did something for them," says Latour.

The makeover begins May 24 and is expected to be done by June 2. Latour says no part of the Mustard Seed's downtown Victoria headquarters will go untouched.

The building will get an electrical overhaul, new floors, new lighting, a new

storage room, new furniture and appliances, and new reception areas and offices for staff.

During the planning phase of the renovation Latour went to the people who would know best what the food bank needed- the Mustard Seed staff

"We want to help make their jobs easier and more comfortable," he says. "By working with the staff to see what they needed, wanted, and deserved we're getting in position to really improve their ability to help those in need."

Latour is currently raising money, services, and supplies for the renovation through contributions from people and companies in Victoria.

"People have been so supportive of the project,"

says Latour. "The people of Victoria are really very selfless. It seems whenever there's work to be done there's no shortage of hands."

The renovation will go hand in hand with a fundraising project Latour calls the Convoy of Awesome. The convoy looks to raise monetary and food donations for the Mustard Seed, to be presented on the day of the renovation reveal.

"I didn't want to do all this work on the building, but still have them be on their own when it came to feeding 7,000 people next month," says Latour.

The convoy will happen June 1 at various sites around Victoria, ending at CFB Esquimalt's lower parking lot on Esquimalt Road at 11 a.m. Food donations will be loaded into a truck and presented to the Mustard Seed following the renovation.

"We wanted to give them a little added bonus as far as the donations go," says Latour. "The renovation is the real project. The donations are the icing on the cake."

If you are interested in volunteering or donating to the renovation or to the Convoy of Awesome, go to www.herowork.com.

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GETTING READY FOR THE FORCE PROGRAM

Personnel Support Programs (PSP) staff are showing military members elements of the new Force Fitness evaluation for the month of April. On May 1 the evaluation will replace the EXPRES test.



Photos by Shelley Lipke, Lookout

Above: Fitness and sports instructor Alicia Whyte assesses Nicole Ker's pull ups as part of her training for the FORCE evaluation.

Middle: Fitness and sports leader Hilary Hodge assesses Michael Gribble's sand bag pull.

Far right: LCol Brenda Joy lifts sand bags.

Right: Whyte spots Chris Oliver on the bench press as he prepares for the FORCE evaluation.

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April is Oral Health Month

Visit Nelles Block next Thursday

WO Marla Buchanan
1 Dental Unit
Detachment Esquimalt

The month of April is Oral Health Month and an important part of this celebration is National Dental Hygienists Week™, April 7-13.

Focusing on the importance of maintaining good oral health practices, and helping Canadians understand how collaborating with dental professionals will contribute to good oral health.

Research clearly links oral health to overall health. There are millions of bacteria in the mouth and ignoring oral health routines can lead to inflammation causing these bacteria to grow and spread at alarming rates and to find their way into the bloodstream. Unchecked plaque on your teeth can result in gingivitis, periodontal disease and tooth decay.

Research suggests that periodontal disease (bone loss around the teeth) is a risk factor contributing to serious life-threatening illnesses such as lung and heart disease, stroke and diabetes.

There are five easy steps to good oral health:

- 1) Brush your teeth at least twice a day with a fluoridated toothpaste,
- 2) Floss between your teeth daily,
- 3) Rinse using an antiseptic mouthwash,
- 4) Make healthy food choices (nutritious food low

in sugar is good for both oral and overall health), and

5) Visit your dentist and dental hygienist regularly.

The dental hygienists of 1 Dental Unit Detachment in Esquimalt will participate in this worthwhile event by having an oral health display at Nelles Block on Thursday, April 11 from 10 a.m. to 2 p.m.

Drop by our display and pick up some free gifts, plus enter our draw for a free Oral-B electric toothbrush.

Remember to brush, floss, rinse and eat healthy foods – every day.



Winners of Nutrition Month

Krista Durand
Health Promotion Manager

During the month of March, Health Promotion in conjunction with Food Services held a contest to promote Nutrition Month. This year's theme was "Plan, Shop, Cook."

Many people get overwhelmed when first thinking about making changes to their diet. The information and choices are plentiful. It is easier to eat nutritious meals when we prepare for it, because when we are hungry our brains go on automatic pilot and we grab what is available. Simple planning can make good choices

available for you and your family.

Formation employees were asked to submit a narrative that describes how they plan, shop and cook for health meals. Many great stories and tips were submitted and here are the winners of a Keg gift certificate: Cpl Amanda Willis, LS Jeffery Breadner, and Karen Thompson-Greif. Find their tips on the splash screen. Honourable mentions go out to Danielle Kobierski, Gloria McDormand, OS Kyle McCann, LS Amy Young, and Claire Grant.

If you would like further information about healthy nutrition choices please contact your Health Promotion Department, 250-363-5621.

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MCpl Tricia Morley, Records Clerk for RCSU(Pac), displays her new rank with her partner PO1 Jeff Hagans (left) and commanding officer RCSU(Pac), Cdr Bates.



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AB Jessica Spence is promoted to Leading Seaman by Cdr Dave Mazur, Commanding Officer of HMCS Vancouver, and CPO2 John Clairmont, Supply Chief.



LS Dan Sanders is promoted to Master Seaman by LCdr David Coulombe, Executive Officer of HMCS Vancouver, and CPO2 Chris MacDonald, Chief Boatswain's Mate.



LS Bryan Hanlan is promoted to Master Seaman by Cdr Dave Mazur, Commanding Officer of HMCS Vancouver, and Lt(N) Clayton Erickson, acting Combat Officer.



AB Cuyler Narraway is promoted to Leading Seaman by Cdr Dave Mazur, Commanding Officer of HMCS Vancouver, and Lt(N) Curtis Pang, Engineering Officer.



OS Geoff Harris receives his Cert 1 Machinery Watchkeeping Certificate from Cdr Dave Mazur, Commanding Officer of HMCS Vancouver.



PO2 Greg Buckle receives his Cert 3E Machinery Watchkeeping Certificate from Cdr Dave Mazur, Commanding Officer of HMCS Vancouver.



MS Amanda Dagenais is promoted to Petty Officer Second Class by Cdr Dave Mazur, Commanding Officer of HMCS Vancouver, and Lt(N) George Szabo, Deck Officer.



SLt Rowan Wilson receives his Phase VI MSE Watchkeeping Certificate from Cdr Dave Mazur, Commanding Officer of HMCS Vancouver.

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Conference explores pharmacists' role in emergencies

Capt Sadie Quintal
Contributor

In early October 2012, one of CFB Esquimalt's Pharmacy Officers had the opportunity to participate in the International Pharmaceutical Federation's (FIP) Centennial Congress. FIP holds an annual conference in which pharmacists from various countries and backgrounds congregate to share experiences, discuss the future of pharmacy and work together to ensure that patients in all parts of the world benefit from the best pharmaceutical care available.

Capt Sadie Quintal of Canadian Forces Health Services Centre (Pacific) attended the congress as a member of the Military and Emergency Pharmacy section (MEPS), a small and specialized section of FIP. Also present was the Pharmacy National Practice Leader for the Canadian Forces, Cdr Sylvain Grenier.

During humanitarian crises, emergency response pharmacists and military pharmacists often work in collaboration with international relief organizations

such as the Red Cross, Pharmacists Without Borders or Doctors Without Borders. The annual MEPS meeting and working groups provide a valuable venue for information exchange and co-operation between the pharmacy arms of these organizations and nations.

The many presentations given by MEPS members focused on the role of the pharmacist in emergency response and in the provision of humanitarian services. Access to medication and medical supplies in times of emergency is an important topic for Canadians and the Canadian Forces alike; at any time, Canada may have to respond to situations at home or outside our borders. Domestically, the floods in Manitoba and the risk of tsunami off Vancouver Island serve as salient examples, and one of the hallmarks of disaster is its unpredictable nature.

MEPS hopes to facilitate the development of a National and Global Emergency Response Plan for pharmacists and pharmacies as a framework upon which to ensure individual countries are pre-

pared in the event of an emergency. Information sharing between countries is imperative so that we can apply international lessons learned to our own operations.

Canada is also well known for providing humanitarian relief in the event of international disasters. The Canadian Forces Disaster Assistance Response Team's (DART) most recent mission was in Haiti, where they delivered basic medical care, provided safe drinking water and helped repair basic infrastructure. The Pharmacy Officer on deployment with DART has an important role to play as a medical logistician. He or she must allocate and organize medical supplies, liaise with non-governmental organizations or foreign military forces and oversee the clinical aspects of pharmaceutical care.

The opportunity to learn from the experiences of other emergency response pharmacists, such as those working for the Red Cross or the militaries of other nations, is invaluable to ensure that our Forces are enhancing the care that we



Forging New Friendships: Pharmacy officers Captain Quintal (CAN) and Major Bartz Cashmore (USA) enjoy the warm hospitality and new friendship of Major van der Linden from host country The Netherlands.

can provide in the event of an emergency.

What can you do to minimize the impact of a potential disaster on your own medical care?

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current medications.

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Educate yourself and your family about any existing medication condi-

tions, medications or special needs, as they may be your only immediate help in an emergency.

Capt Sadie M Quintal attended UBC's Bachelor of Science in Pharmacy Program, enrolling in the CF in 2009. She has served as Pharmacy Officer for 33 CF H Svcs C Kingston and most recently, CF H Svcs C (P) Esquimalt.

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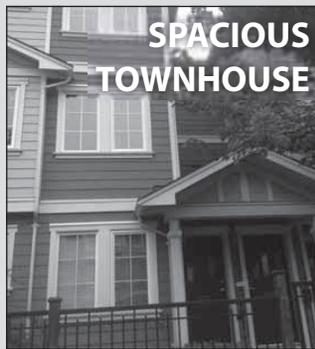
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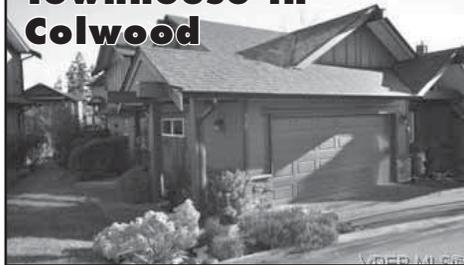


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Townhouse in Colwood



\$414,900

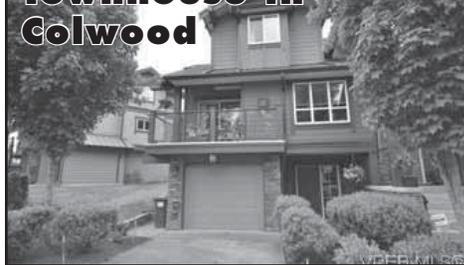
The moment you enter this level entry, end unit townhouse you will feel at home. From the vaulted ceiling in the livingroom with gas fireplace, through to the spacious kitchen with kitchen island, eating area and adjoining family room will be the centre of family gatherings. The Masterbedroom on the MAIN features ensuite with heated floors and walk in closet. Laundry room and 2 piece powder room also on the main. Two more good size bedrooms (14x11)(13x13) and four piece bath up. Gleaming bamboo flooring throughout the main floor. Westridge Townhomes in Royal Bay is a natural setting with many walking trails nearby.

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Townhouse in Colwood



\$388,400

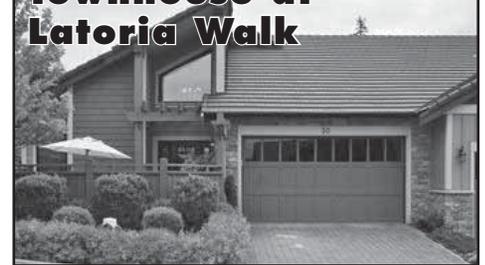
This spacious 3 bedroom- 3bath END Unit Townhome located in Royal Bay boasts 2021 finished sq.ft. boasts NEW CARPETING & FRESHLY PAINTED. This three level townhome features bright open kitchen with abundance of cabinets & counterspace, convenient eating bar, eat in kitchen, adjoining familyroom, sliding doors to private patio surrounded by greenspace. Livingroom with gas fireplace, diningroom with patio doors to front balcony to enjoy glimpses of city/ocean views. Downstairs you will find an office/computer room and a tv/rec room for the whole family to enjoy. Minutes to Esquimalt Lagoon, Balance of 2-5-10 home warranty. Truly a must see.....

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Attention ship crews! Bragging rights at Navy Run



Shelley Lipke
Staff Writer

To encourage unit participation and esprit de corps, organizers of the Navy Run have developed a Fleet Challenge for the June 23 event.

"The message we want to get out is involvement and participation," says Fleet Challenge coordinator PO1 Chris Fraser. "The Fleet Challenge is a contest to see which unit can demonstrate the best participation, team spirit and the best support and camaraderie."

Points will be awarded on the percentage of unit participation, plus there are categories for best costume and best team spirit.

"We are hoping people will come up with a unit-oriented aspect to their costumes. It's about going out and feeling as if you are a part of a team," said PO1 Fraser.

The annual run was formerly known as the Navy 10K, but was changed to the Navy Run as it offers both 10 and five kilometre distances, and a children's fun run.

Participants are encouraged to go at their own pace, be it walking or running.

One other added element to the run is Cock of the Walk, where units and ships compete for end of year sports champion bragging rights.

"Fastest times will be

used towards the Cock of The Walk, while the Fleet Challenge is based more on involvement," said PO1 Fraser.

Each team will receive their own colour Navy Run t-shirt, a separate colour from general entries.

"We are hoping team members can help motivate and encourage each other to achieve their best and have fun at the same time," he said.

Many units signed up already and each unit has their own representative responsible for promoting and collecting registrations.

To find your unit representative contact PO1 Chris Fraser 363-2430.


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