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Volume 58 Number 17 | April 29, 2013

LOOKOUT

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Navy on Display



HMCS Victoria docks alongside the pier at Canada Place in downtown Vancouver. Ships from Canada's Pacific Coast navy, including the submarine, were anchored alongside Canada Place in Vancouver, and Burrard Pier in North Vancouver from April 25-28. Royal Canadian Navy ships were joined by United States Ship USS Lake Champlain for their four-day port visit. During the port visit, sailors conducted goodwill activities in the Greater Vancouver region.

Photo by Cpl Blaine Sewell, MARPAC Imaging Services

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Photo by Shawn O'Hara, Lookout

Military doctor Lt(N) Jodylynn Dans gives Cpl Rhonda Tiekenheinrich a check up at the Base Clinic.

Doctor shortage being tackled by CF

Shawn O'Hara

Staff Writer

The lack of family doctors in Canada has had a direct impact on Canadian Forces families across the country.

The shortage has become such a concern for military leadership that finding a solution has been made a priority.

"We have a lot of families, many of whom are in the point in their life when they're having children, or are raising young kids that have health care requirements," says LCol Nick Withers, Pacific Formation Surgeon. "We want them to have the care they need."

A 2011 study called "An Examination of Canadian Forces Spouses' Access to a Family Physician" determined that 27 percent of Canadian Forces families do not have a primary care physician

compared to the national average of 16 percent (StatsCan 2010). LCol Withers says this is because of the transient lifestyle inherent to CF families.

"Many CF families will move every few years to another posting," he says. "Because of this it's all but impossible for many to get to the top of a family doctor waitlist, and it's a concern that their health will suffer as a result."

To combat the shortage, Health Services and the National Defence have been working with the national medical community to find a solution.

"We want to work out a way to expedite the process for CF families, since the shortage affects a much higher percentage than the average population," says LCol Withers. "We've had some good feedback so far from medical professionals. Hopefully we can come to an agreement."

LCol Withers says one proposed solution would be a "save-the-space" type of plan, wherein if a CF family on a waiting list were deployed another CF family could take their place on the list.

"It would help get CF families the care they need without impacting the local community too much," he says.

Health Services Centre (Pacific) has also been working with local practices to see if any have space and are willing to take on CF families.

"We've got 250 military families in Victoria alone looking for medical care, so at this point anything will help."

Going forward, LCol Withers remains optimistic CF families will find the care they need.

"We already have a few practices on board in Victoria," he says. "If we can spread the word to doctors across the country I think we'll see a real change."

FORMATION
HEALTH & WELLNESS
&
CHALLENGE

It's coming: May 1, the CF National Health & Wellness Challenge! National prizes from SISIP and CANEX! Local prizes from Oak Bay Bikes, Helijet, Park Inn, and the Keg. Get your logbooks at the Naden Athletic Centre at the PSP Open House on May 1 between 1100 and 1300 hours or contact Krista Durand at 3-5532. **Take the Challenge and make healthier behaviour choices during the month of May!**



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May 2013

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PSP Personnel Support Programs

TRAWLER DAMAGES DOCKED WARSHIP

Shelley Lipke

Staff Writer

Last Tuesday, just after 8 a.m. Colours, HMC Dockyard's normally calm environment was turned into one of tension when the Seattle-based fishing trawler American Dynasty slammed into the docked bow of HMCS *Winnipeg*.

The sound of the collision echoed throughout C jetty and a large spray went over the bow of *Winnipeg*. The force of the impact pushed her stern into the jetty.

Minutes later the area was transformed into an emergency response scene with the military police and firefighters managing

the location.

Several people were sent to hospital, but no serious injuries were reported.

Dockyard workers stood behind the military police barricade wondering what had happened to create this bizarre mishap.

"Nobody knows exactly what happened," said Brian Carter, president of Seaspan Shipyards. "The fishing trawler American Dynasty was being moved into the Esquimalt Graving Dock for normal maintenance, and two tug boats operated by Seaspan Marine were manoeuvring the ship when it collided. Details will surface after an investigation is complete," he said.

"Safety and care of our employees are

core values at Seaspan and we are committed to understanding what happened in this incident so we can make sure it never happens again," he added.

Winnipeg is in the final stages of the Halifax Class Modernization (HCM) Frigate Life Extension (FELEX). Before the collision there were 65 Victoria Shipyard employees on board *Winnipeg* working alongside some of the ship's crew.

It took the majority of the day to investigate and formulate a plan to dislodge the embedded trawler from *Winnipeg*'s bow. The ships were finally separated at 5:30 p.m.

An investigation from the Transportation

Safety Board is currently being conducted.

"At any Transportation Safety Board (TSB) investigation there are three phases," explains TSB spokesperson Chris Krepski. "Right now we are in the data gathering phase where investigators go to the accident site and document the state of the vessels involved. They interview the crew, and gather information from sources and witnesses. We are in the preliminary stage right now, and we will decide if we must conduct a full investigation."

The Navy is in the preliminary stages of its own investigation.

Note: This is the latest update as of press time.



Photo by Shelley Lipke, Lookout
Above: Seattle-based fishing trawler American Dynasty took a bite out of HMCS *Winnipeg* last week.



Photos courtesy of Transportation Safety Board
Above & right: Both vessels suffered extensive damage from the allision.



matters of OPINION

HMCS Vancouver receives lithograph from 442 Squadron Comox

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Published each Monday, under the authority of Capt(N) Bob Auchterlonie, Base Commander.

Le LOOKOUT est publié tous les lundi, sous l'égide du Capt(N) Bob Auchterlonie, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in CFAO 57.5. Views and opinions expressed are not necessarily those of the Department of National Defence.

Le Rédacteur se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies, ou annonces publicitaires pour adhérer à l'OAFAC57.5. Les opinions et annonces exprimées dans le journal ne reflètent pas nécessairement le point de vue du MDN.



Circulation - 4,500

One year subscription - \$35.³¹

Six month subscription - \$17.⁶⁶

Prices include tax.

A Division of Personnel Support Programs
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Victoria, BC V9A 7N2

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in October 2012. Last week, nine others were led on a tour around the dockyard and on board *Vancouver*, although the ship is in disarray due to the ongoing Frigate Life Extension (FELEX).

442 Squadron's Honorary Colonel Stephen Millen presented Cdr Mazur with a lithograph of the CH-149 Cormorant helicopter and CC-115 Buffalo aircraft.

Maj Troy Kelly, Aircraft Maintenance and Engineering officer for 442 Squadron, said, "These visits provide an excellent opportunity to get an appreciation of the actual ship itself - occasionally the aircrew fly over the ships and pick up personnel from the deck but don't have opportunities to actually get on the ship."

Cdr David Mazur said he welcomes any opportunity to keep the connection to 442 Transport and Rescue Squadron alive.



As a sign of cooperation and friendship between ship and squadron, Honorary Air Force Colonel Stephen Millen from 442 Squadron Comox presented Commander David Mazur of HMCS Vancouver with a lithograph depicting the Cormorant and Buffalo aircraft.

WHAT SAY WE

Anxiety: what's normal? When is it too much?

A little anxiety is normal and can even be useful. Uncomfortable feelings of worry and nervousness are common reactions to stressful situations – for example, the tension one might feel before a job interview. This anxiety is usually manageable and goes away when the stressor goes away.

Sometimes anxiety becomes difficult to manage and begins to interfere with daily life. Persistent, disproportionate anxiety that is not necessarily related to a specific stressor may be a sign that anxiety is problematic.

Some signs that anxiety may be becoming problematic include:

- Worrying about everyday activities (without reason)
- Feeling exhausted/drained from constant tension, worry, being on edge
- Fear that something bad is going to happen
- Worry about embarrassing oneself
- Intense fear or terror without cause
- Difficulties concentrating
- Feeling depressed or hopeless
- Troubles sleeping; having nightmares
- Tense; easily startled
- Feeling restless
- Upset stomach or digestion problems

An anxiety (or panic) attack is a sudden surge of arousal that can occur without warning or in response to experiencing (or even just thinking about) a stressful event. Anxiety attacks often leave people feeling frightened and worried about the possibility of experiencing another attack. Symptoms of an anxiety attack:

- Hot or cold flashes
- Trembling or shivering
- Light-headed or dizzy
- Shortness of breath
- Pounding or rapid heart beat
- Fear of dying or losing control
- Feelings of unreality
- Tingling in hands and feet

Anxiety can often be found alongside depression and can sometimes exist with other health conditions. Anxiety can often be resolved if the existing condition is dealt with or treated successfully.

If you are worried about your level of anxiety make an appointment with your family doctor, talk to a trusted friend or colleague, or contact the EAP at 250-363-7968, and visit the website <http://esquimalt.mil.ca/eap/index.htm>.

Some strategies to cope with anxiety:

- Write down your worries.

- Set aside "worry time" 10 minutes once or twice a day, with the goal of the rest of your day being anxiety free.

- Adopt a healthy diet and exercise regime
- Get enough sleep
- Regularly practice relaxation techniques such as mindfulness meditation, progressive muscle relaxation, and deep breathing

To learn more about anxiety and its different disorders:

www.cmha.ca/mental-health/understanding-mental-illness/anxiety-disorders/

To get help if you are in emotional crisis: Health Canada's 24 hour Crisis Assistance & Access to counselling:

1-800-268-7708

Vancouver Island Crisis Line:

1-888-494-3888

To learn more about how some disorders occur together:

www.heretohelp.bc.ca

To access your own level of anxiety:

<http://mindcheck.ca/mood-stress>

For a full resource list of Base and Greater Victoria numbers that can help, call:

The MFRC at 250-363-3050

Information in this article is for guidance purposes only. It is not intended to replace professional counselling.

NEWSnuggets

Ending the financial feud - couples and money

The first of two online workshops from the Credit Counselling Society (CCS) has arrived. In *Ending the Financial Feud - Couples and Money* couples will learn about each other's money values, triggers and goals, and work together to create a manageable and tensionless plan.

Location: Online
Wednesday May 1
1:20 p.m.
Free
or
CPAC or online
Wednesday May 1
6:30-7:30 p.m.
Free

The CCS has a long-standing commitment to helping Canadians strengthen their financial knowledge and skills. They provide consumer education and resources, including the new specialized workshops online. Visit their website to register at www.mymoneycoach.ca/military-workshops. Call 250-363-2640 if you'd like to attend the

evening webinars at CPAC, if you need help registering for the online sessions or have any questions. Learn about the June workshop at www.esquimaltmfrc.com/social-work/workshops-groups.php#credit.

Send us photos of a healthy and happy you

Health Promotion wants to recognize and congratulate your achievements. We will post photos and narratives in the Naden Gym on our Health Promotion Recognition Wall.

Milestones could include healthy choices from the health and wellness challenge: social wellness, addiction wellness and prevention, nutritional wellness and injury prevention and active living, such as:

- I resolved a personal conflict constructively
- I learned a new skill
- I chose to quit smoking
- I refrained from or reduced my drinking
- I did not drive my vehicle after consuming alcohol

- I planned my meals ahead
- I tried a new healthy recipe

• I went for a swim, hike or worked out at the gym?

Please send photos to Health Promotion and include a narrative so you can share and inspire others to broaden the general understanding of what true well-being encompasses!

Contact the Health Promotion Administrative Assistant 363-5621 Claire. Grant@forces.gc.ca

Intersection Ball Hockey Starts June 4

Calling all interested ball hockey players and referees.

In order for this intersection league to run we need players and referees to sign up. Referees will be paid. Open to military members only.

Where: NAC Arena

When: June 4-July 11 Tuesday and Thursday 4-6:30 p.m.

For more info: contact the sports office, 363-4068 or 363-4540.



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Camping lessons at Fort Rodd

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Fort Rodd Hill and Fisgard Lighthouse National Historic Sites, in collaboration with Mountain Equipment Co-op, is inviting families to a first-time camping experience.

Learn-to Camp will teach

camping basics such as how to set up a tent, how to cook outdoors, what to pack, and other real Parks Canada and Mountain Equipment Co-op staff tips to make your camping adventure a success.

The Learn-to Camp event at Fort Rodd Hill and Fisgard Lighthouse National

Historic Sites will take place on June 22 and 23.

To register to this overnight camping experience, call 1-888-773-8888.

For additional information, please visit the Learn to Camp section under Learn and Discover on the Parks Canada Website at www.pc.gc.ca.

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Major exercise set to unfold

DND

More than 1,100 sailors, soldiers, airmen and air-women of the Canadian Armed Forces will participate in Trident Fury 13 off the West Coast of Vancouver Island, British Columbia from May 3 to 19.

Trident Fury is a biennial joint and bi-national naval exercise hosted by Maritime Forces Pacific, and includes participation by the Royal Canadian Navy, the Royal Canadian Air Force, the Canadian Army, the United States Navy, the United States Air Force, the United States Air National Guard, and the United States Coast Guard.

"These joint and bi-national exercises provide

valuable opportunities for the Canadian Armed Forces to maintain operational readiness to deploy on joint operations in a rapid and effective manner alongside our allies," said Peter MacKay, Minister of National Defence. "We look forward to working closely with our American partners to keep our waters and areas of maritime jurisdiction safe from threats both foreign and domestic."

The naval component of Trident Fury 13 will include a contingent of five Canadian warships and one Victoria-class submarine from Canadian Fleet Pacific. *HMC Ships Algonquin, Ottawa, Nanaimo, Saskatoon and Edmonton*, and *HMCS Victoria* will be accompanied by USNS

Carl Brashear, and United States Ships Ford, Lake Champlain, and Spruance.

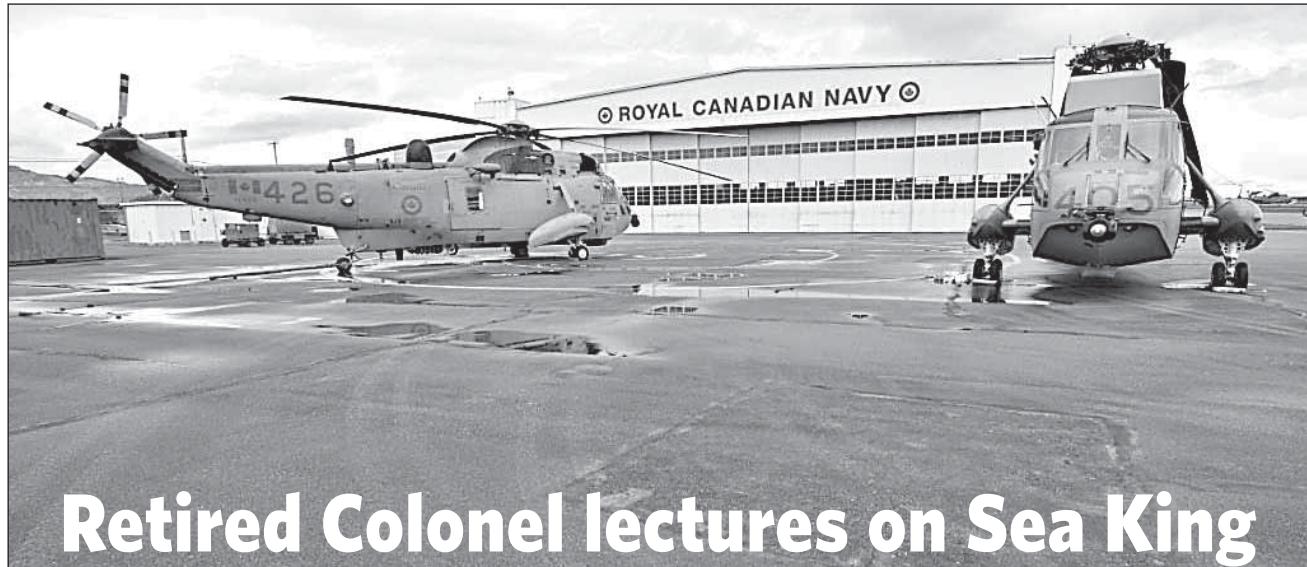
United States Coast Guard Cutters Rush and Canadian Forces Orcas will also participate.

The air component will consist of several Canadian and United States aircraft including the CP-140 Aurora, CC-130 Hercules, CH-124 Sea King, CF-18 Hornet, F-15 Eagle, Alpha Jets, the EA-6B Prowler, and the EA-18G Growler.

A portion of this year's Trident Fury exercise will be incorporated into a larger, joint, national-level exercise called JointEx 13. This exercise takes place from May 1 to June 8 and introduces a land component from the Royal 22e Regiment, clearance div-

ers from Fleet Diving Unit (Pacific), and various air and naval assets conducting littoral operations with the objective of achieving a joint, integrated, agile, and ready force.

"Our operational readiness depends on having the right mix of trained personnel, equipment, and resources in place to complete the missions assigned to us by the Government of Canada," said Vice-Admiral Paul Maddison, Commander Royal Canadian Navy. "Trident Fury is one of a series of multinational exercises designed to prepare our forces to work together in a wide range of potential operations from the provision of humanitarian aid and disaster relief to full combat operations."



Retired Colonel lectures on Sea King

Perseverance: Some Reflections on 50 Years of the Canadian Sea King

May 8 - Noon
Maritime Museum, Bastion Square
Admission by Donation

A public lecture on the remarkable record of the Canadian Sea King helicopter will be presented by Colonel (Ret'd) John Orr.

The Colonel has written the history

of the Canadian Sea King, drawing on official documents and published material, as well as more than 70 oral story interviews with those who have supported, maintained and flown this capable helicopter.

The Canadian Sea King saga began in 1963 with the acceptance of the first helicopter by the Royal Canadian Navy, a tale that is still being writ-

ten. Introduced as an anti-submarine helicopter, the Sea King served in that role throughout the Cold War and then, following the first Gulf War in 1990, was transformed into a flexible surface and sub-surface surveillance aircraft.

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Free Coffee Dockyard Gate, 0630-0800	BBQ Bldg D29, 1100-1230	Comedian, Victoria Maxwell Award winning actress and playwright, Chief & PO's Mess, Rainbow Room, 1030-1200 www.victoriamaxwell.com <i>Invite your friends and family</i> <i>*Limited seating, reserve early!</i>	Laughter-Yoga Matti Anttila Certified Laughter Yoga Teacher, Chief & PO's Pacific Station Rm 1100-1200 <i>Wear loose Clothing, all abilities welcome</i> <i>*Reserve a spot!</i> Depression Screening To make an appointment call Tracy, 3-3050 for a private session at the MFRC	Wacky, Tacky Hat & Shirt Day Submit your photo (taken at work) <i>Prizes to be won!</i>
Free Cookies Nelle's Block, 1100-1200	\$5.00: Burger, chips, pop <i>Proceeds will go to a local mental health initiative</i>			

*All events are free (except the BBQ)

*Resources & support available at each event

*To reserve your spot for Wednesday & Thursday's events, and to submit your photo:

sarah.lebrun@forces.gc.ca or (250) 363-4614

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Photo by Cpl Malcolm Byers, HMCS Toronto

The crew of HMCS Toronto participated in the Dubai Terry Fox Run on April 19.

Toronto honours Canadian hero

Lt(N) Mitch Dingwell

Operation Artemis

During HMCS Toronto's repair and maintenance period (RAMP) in Dubai, UAE, a Terry Fox Run was scheduled by the Foundation for April 19.

After learning of the event through the Canadian Embassy, members of the ship's company eagerly jumped at the opportunity to be involved.

With only two days notice, the ship was able to send 33 personnel to the event. The run consisted of two circuits, a 4.2 kilometre course and an 8.4 km course for those looking for more of a challenge.

This opportunity was a chance for sailors to show their competitive spirit, and do something other than run in circles on the flight deck. Some sailors

completed both courses.

Runners attended the event wearing jerseys showing off the ship's crest and Canadian-themed apparel they could find. The run had more than 4,000 runners, walkers, and volunteers, and raised more than \$500,000 AED, or approximately \$137,000 Canadian.

Toronto's involvement was announced at the beginning of the run by Judith Fox-Adler, Terry's sister, and the International Director for the organization. The following day she visited the ship with Canada's Consular General to Dubai, Ross Miller. She said she greatly appreciated the ship's involvement in the run and was happy to see her brother's dream live on far from home. Many sailors expressed that it was an honour and a privilege to be able to take part and show their support for the cause.

About Terry Fox:

The Terry Fox Run is an annual event that raises both awareness and funds for cancer research around the globe. Terry's dream to run coast to coast started after being diagnosed with cancer in 1977. He started his run on April 12, 1980, in St. John's, Newfoundland. Unfortunately, his journey was cut short by a second bout of cancer. His run stopped in Thunder Bay, Ontario.

During those 143 days, Terry ran a total of 5,373 kilometres. Although he was forced to stop because of his health, he left a lasting remark, saying, "Even if I don't finish, we need others to continue. It's got to keep going without me."

Terry died at the age of 22, but his dream and the Terry Fox Foundation carries on.

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Photo by Shelley Lipke, Lookout

Iron workers from Tycon Steel work on the Utilities Corridor project just beyond the main entrance to Dockyard.

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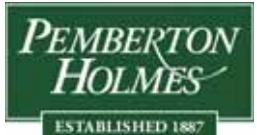
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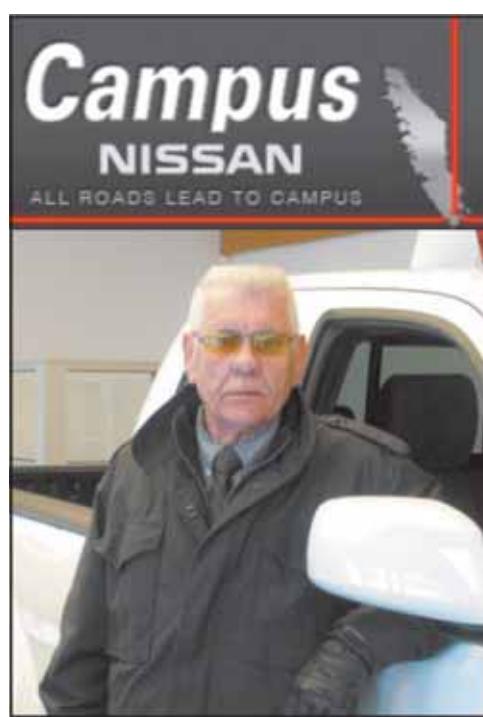
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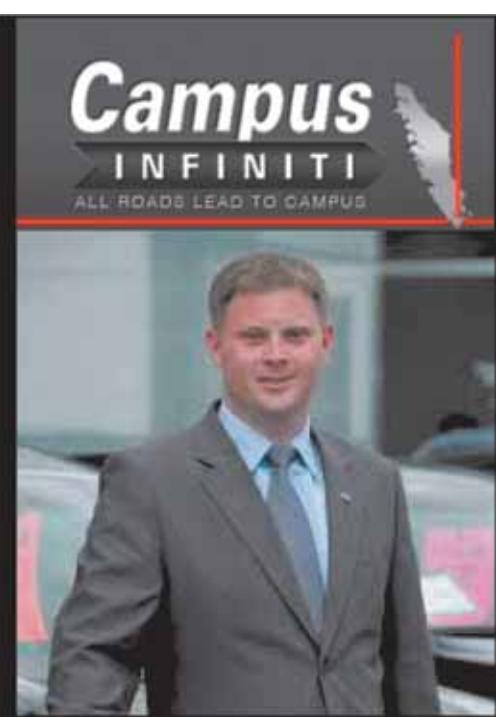
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Learn to save a life

Shelley Lipke
Staff Writer

First aid instructor Kevin Hughes says the training Canadian Forces members receive on first response care of a casualty is one of the best in Canada, and it works.

Five years ago he tested it in a real life emergency.

While driving to CFB Borden in 2008 he came across a car accident. The car had flipped on to its side, and he quickly switched from driver to first responder.

"I definitely felt the adrenaline rush as I was getting into the mode," he said.

Once the casualty agreed to first aid, Hughes steadied and supported his head and put a soaker dressing on him; he also bandaged his arms and assessed if he had internal injuries.

"Once I got into the emergency scene management the rest of it fell like clockwork until I passed the info to the ambulance. It took a half hour for the ambulance to show up, but once it all was done I thought 'wow the sequence really does work,'"

The emergency situation reaffirmed his confidence to handle any crisis situation, and the first aid training he received in the CF.

"I think everybody should take a first aid course, that way if you do come across a scene you will have the training and the skills necessary to deal with the emergency. Even taking the emergency one-day course is better than having no training at all," he says.

Each year the First Aid cell on base trains military and civilian members in a variety of first aid courses, which can range from day long to several weeks in length.

Typically, military re-certify every three years with the three day Military First Aid component.

Working in groups of two or three they receive hands-on training involving severe bleeding and bandaging, CPR, secondary surveys, life threatening situations, getting the casualty's history, giving paramedics vital signs information, breathing, pulse, skin condition and temperature are some components reviewed in the course.

Students also watch DVDs of emergency scenarios, and then discuss them

afterwards.

"It's very interactive," says Hughes about the course he teaches.

What sets the military course apart from civilian first aid courses taught in the community are the military components.

"The military components of the course assist with recognizing combat operational stress reaction, personnel health care, health care in topical locations, and self add-in combat situations."

First aid training is also available for civilian and family members of DND employees.

"We offer two courses a year for dependants that are done through the CPAC, and Scouting units can also use our facility for training," he said.

Hughes has been instructing first aid for 11 years.

"I like teaching the course and giving the student's life skills. If they come across an emergency they can potentially save somebody's life, and that I had a part in helping them remember the sequence of how to help the person they are assisting. It is gratifying for me," he said.



Photo by Shelley Lipke, Lookout

Above: First Aid instructor Kevin Hughes teaches the proper techniques of CPR during day one of a Military First Aid course.



Seen here, a class of students practice CPR.

Photo by Shelley Lipke, Lookout

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Remembering the forgotten war

**A/SLt Ron MacDougall
BPAO Trainee**

"The bullets that you hear whizz by aren't the ones to worry about because they've already gone by. Sure, you get a little lower to the ground, but it's the ones that you don't hear that you worry about." - Korean War veteran, Merve Sneddon.

At almost 80 years of age, Merve Sneddon can still drum up vivid memories of his service time during the Korean War conflict that spanned three years - 1950 to 1953. On the day he turned 19, as part of 1 Battalion, Princess Patricia's Canadian Light Infantry, he sailed out of Seattle, Washington, bound for Korea.

"When I think of Korea, I'm afraid most of it is not good thoughts," he says.

He spent 14 months battling the enemy, heat, cold, rats, and loneliness. He witnessed war in all its brutality, losing many comrades on the battlefield.

"I lost a very good buddy of mine to a mortar bomb. There were parts of him all over the bloody place... I only got blown up by a mortar once, but the tank beside me took most of the blast."

The Korean War, often known as the forgotten war, was an armed conflict between South Korea, backed by the United Nations, and North Korea backed by China. More than 26,000 Canadian soldiers were sent to Korea, with 516 of them leaving their lives on the battlefield.

This year marks the 60th Anniversary of the Korean Armistice Agreement (July 27, 1953) and is named the Year of the Korean War Veteran.

Sneddon enlisted in the army at the age of 17. So enthusiastic to be a soldier, he fudged the parental consent requirement by having a "buddy fix me up with a little note."

"I thought what the hell, might as well get at it. I come from a long line of military men."

After a year and a half of infantry

training, he was off to Korea and the reality of war. While he skirted death during the conflict, he did encounter many close calls.

"One time I was getting a ride back to the battalion headquarters in a jeep with the windshield down. Just before nightfall, we ran into the back of a tank hauler that was stopped on the road. I flew right into the back of it slamming against the steel ramps. Luckily, I landed on my shoulder instead of my head. I could have easily died. To fix me up they gave me two aspirin."

He was qualified to work with 81mm mortars, but got training on the ground in Korea on the Vickers 303 British 7.7 mm machine gun and driving M-3 halftrack armoured personnel carrier.

"Because we used it to haul mortar ammunition, you just hoped the enemy decided not to shoot at us, because we would have lit up the sky. But the dangerous situations came and went so quick it was hard to process it all."

Sneddon was also involved in one of the most famous conflicts of the war - Hill 355, also known as "Little

Gibraltar." During the fall of 1952, 283 Canadian soldiers died trying to ensure the United Nations-led forces maintained control of several highways leading to the south.

Even with 516 Canadian soldiers perishing in the war, there was little fanfare for Canadian soldiers when they returned home. Sneddon says perhaps because it was dubbed a police action at the very beginning of the conflict, it never really achieved the status of a war, at least here in Canada.

"When I came home, we were about 150 Canadians who landed in Seattle with a bunch of American soldiers. They were greeted with crowds and bands, while we got nothing. We continued on to Vancouver where it was the same."

When asked about the strongest impression he has of the Korean War, he spoke of his sweetheart, Evelyn, back in Canada to whom he sent gifts from Tokyo while on rest and relaxation leave.

He eventually married her and they have been together for 59 years.



Korean War Veteran Merve Sneddon stands in front of The "Wall of Heroes" at the Royal Canadian Legion in Esquimalt.

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Admiral tours Whidbey

LCdr Underhill

Contributor

In early April, RAdm Bill Truelove visited Naval Ocean Processing Facility Whidbey Island (NOPFWI) along with the Formation Chief, CPO1 Paul Helston, and Regional Air Component Coordination Element (Pacific), Col Carl Wohlgemuth.

It was an opportunity for the Commander of Maritime Forces Pacific to see firsthand how the Canadian Detachment (CanDet) works 24 hours a day, 365 days a year to maintain theatre undersea surveillance in the Pacific.

The group also reviewed a training flight for a Sea King crew who had to deal with an exceptionally busy airspace. Many in CFB Esquimalt might not realize it, but nestled on Whidbey Island, Washington, is Naval Air Station Whidbey Island (NASWI).

It is the USN's home for 14 squadrons of tactical electronic attack aircraft (EA-

6B Prowlers and EA-18G Growlers), as well as four Patrol and Reconnaissance squadrons (P-3s), two Fleet Reconnaissance squadrons (EP-3s) and even a Search and Rescue (SAR) squadron of two MH-60 helicopters. That leads to very busy airspace and a great challenge for the Sea King crew to work their way in.

As an aside, NOPFWI recently challenged the annual Tactical Readiness Evaluation (TRE), becoming the first Integrated Undersea Surveillance System site to be rated "Above Standards" – a tremendous achievement for everyone involved.

RAdm Truelove and his party were able to speak with the Commanding Officer and Executive Officer of NOPFWI, as well as Commander Undersea Surveillance before heading to the watch floor to see the battle problem still ongoing with a vast number of real and simulated undersea contacts being tracked throughout the Pacific.

They were also able to

see how thoroughly RCN personnel are integrated in NOPFWI, with several Canadian Sonar Operators in the team on the watch floor, another employed by the Training Department handling all the simulated contacts, and RCN WEng Techs supporting the NOPFWI mission.

RAdm Truelove and CPO1 Helston were able to recognize MS David Gilbert, MS Sabrina Keating, LS Sean Vaillancourt, and LS Rob McDonald for their outstanding performance at NOPFWI.

They also had the chance to speak with the Canadians who were busy on the watch floor, who all said they enjoyed the chance to practice their sonar operator skills in a challenging and complex environment.

RAdm Truelove noted the critical contribution of NOPFWI to the security of North America, and thanked the Canadians for their exceptional performance and hard work in this vital mission.

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Brigadier-General Guy Hamel, Commander of Joint Task Force (North) based in Yellowknife, Northwest Territories, addresses the members of Operation Nunalivut at the closing ceremony on April. Operation Nunalivut is one of the major sovereignty operations conducted every year by the Canadian Armed Forces in Canada's North. This year's operation exercised Canadian sovereignty and demonstrated the Canadian Armed Forces capability projection in the High Arctic during winter.

Photo by Cpl Pierre Letourneau, 19 Wing Comox

Military achieve goals during high Arctic operation

DND

Operation Nunalivut 2013, one of the major sovereignty operations conducted every year by the Canadian Armed Forces in the High Arctic, concluded April 24 with a closing ceremony and parade at Task Force Nunalivut Headquarters in Resolute Bay.

This year's operation took place in the north-western portion of the Arctic Archipelago, with long-range sovereignty

patrols by air, and over land and sea ice. The operation extended from Resolute Bay west to Mould Bay, Northwest Territories, and north to Isachsen, on Ellef Ringnes Island, Nunavut, and Tanquary Fjord, on Ellesmere Island, Nunavut.

The Canadian Rangers, experts in living and operating in this area, conducted sovereignty patrols between Resolute Bay and Isachsen, Nunavut, as well as in Griffon Inlet and Gascoyne Inlet on Devon Island. These patrols enabled the

Canadian Armed Forces to increase their collective knowledge of, and experience in, the challenging High Arctic environment.

The Royal Canadian Air Force's CC-138 Twin Otters supported the sovereignty operation by providing tactical airlift and resupply to Canadian Ranger patrols on the sea ice. The CC-138 Twin Otters also provided a platform for surveillance and reconnaissance missions.

"The unique knowledge and skills of

the Canadian Rangers to operate in this austere environment and the ski-landing capability of the Royal Canadian Air Force CC-138 Twin Otter were both integral to the success of this operation," said Brigadier-General Guy Hamel, Commander of Joint Task Force (North).

"Operation Nunalivut 2013 provided the perfect opportunity to enhance the capabilities that will allow Joint Task Force (North) to respond to any safety and security challenge in the High Arctic."

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Why Real Estate is a good investment.



By Vanessa Roman

Is Real Estate a Good Investment? (Answer: YES!)

Like all major purchases, when you look at the price tag, there's a moment you recoil in horror. Real estate is a prime example, particularly with the ever increasing costs of properties. So you might be wondering if it's really a good investment in the first place. Answer? Yes.

One of my jobs as a real estate agent is taking the fear away for customers, and this applies both to moving for personal reasons, and to making property an investment opportunity.

You need courage to take the plunge with either option, but

both are worth it. It can be rewarding financially and satisfying on a personal level to turn a property around as a potential home or business space for someone else.

But before you start looking at "for sale" signs, you need to figure out which type of properties best suits your needs and financial portfolio.

Property can be a fantastic investment – only if you choose the right property.

Ask yourself what kind of property do you want to invest in? Do you want to be a landlord? Do you want to buy commercial properties? Do you want to restore and resell residential homes? Do you want to develop land? There's a great many options out there. Consider each option carefully before reaching your final decision.

The next step is finding the property.

Different parts of Canada are experiencing different levels of growth, for different reasons, and that has a major effect on property values. Similarly, each community is reacting to development and investment in different ways, some with antisprawl laws, others with growth boundaries, and others with

high development fees. These are overall factors which will influence any potential project. Keep them in mind, pay attention to news stories about such topics and see what experts are saying. This is all part of the education process. Even with the professional help you should get – real estate agents, lawyers, mortgage brokers – the more you understand, the better prepared – and successful – you'll be.

When considering rental properties, don't buy anything that will not be cash positive. The rent you charge must cover all your costs in having, running, and maintaining the property, with a little left over for future repairs and upgrades. Plan for the unexpected and factor that in. When things go wrong, as often do in any home, you'll have to meet those costs and that eats into profitability. And remember, this is an investment over a period of time – it's not "flipping".

If you're restoring and reselling – the more accurate term for flipping – buy low and sell high. I know eh? Obvious. Be detached, methodical and efficient. Make sure you

have your team of people

ready before you buy an R&R property – lawyer, contractor, plumber, electrician, designer, and of course, real estate agent. The key is to get in, and out, quickly. Use the highest quality materials and craftsmanship to appeal to a wide spectrum of buyers. Investment means just that – you have to put in money to make money. The right people and materials will make sure you get a good return.

Commercial properties are all about the numbers – there is no room for emotion in this version of the property game. The income statement and expense reports are your key considerations for this type of investment – what is the property bringing in and what are the costs of running it? Work the numbers and see what properties would allow that high return for your investment.

Land development can be one of the most time consuming and expensive real estate investing options. Do a thorough assessment of the site then start talking to your municipal planning office. The planning office will let you know which permit and applications need to be filed before your development can be approved.

The most important and obvious factor in all property development is location, location, location. Just because you think you've found the right spot, doesn't mean someone else will. Do your homework! Find out about the neighbourhood you are purchasing in. What type of amenities are available, recreation facilities, school options, does the neighbourhood have any stigmas or a reputation which may hurt your investment potential? Are there any other developments planned for the area? Every detail can potentially mean the difference between a property that makes money and one that drains it.

Knowledge is power – it's a cliche but it's true. Investing in property, in any form, is worth the effort if done correctly. The better prepared you are and the more knowledge you have, the better the results.

Vanessa Roman is the host of HGTV's Reno vs Relocate and a licensed real estate agent in Halifax, NS. Vanessa has made a name for herself as a woman with incredible energy, saucy wit and Maritime charm.

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Bravo ZULU



Cdr Sheila Archer presents LCdr Heather Fogo with her General Campaign Star for her deployment in HMCS Regina as part of Operation Artemis.



Cdr Shiela Archer (left) promotes LCdr Ivan Elieff with help from Maj Edward Cottrill (right).



PO1 JP Jones was promoted to his new rank by Cdr Harrigan, and his father, retired Warrant Officer Terry Jones.



Julie Sweeney (far right) accepts the MFRC's Phenomenal Woman Award from military family community members Julie, Melanie and Jo. The award goes to a military spouse/partner, a CF member or a DND civilian that contributes to the quality of life of others, is a role model, demonstrates initiative and a pioneering spirit, and has commitment to her community.



SLt MacMillan was promoted to Lt(N) by Capt(N) Luc Cassivi, MARPAC N3.



The torpedo shop at Rocky Point will lose the national expert on lightweight torpedoes when foreman Paul Shields retires in May after more than 33 years in the business. From left to right: Pierre Canuel, Paul Shields, Mike Marshall, Terry Berkley, Richard Hearn, Nat Burgess and Matt Currie. The Mk-46 weapon in the photo is all ready for an RCAF exercise at CFMETR in May. Thank you Paul for more than three decades of outstanding support to the CAF.



SLt Smith was promoted to Lt(N) by Capt(N) Luc Cassivi, MARPAC N3.



PO1 Chris Fraser receives the Silver Seal for the Level II Award of Aerobic Excellence from Capt(N) Don Smith. This seal represents 22,000 aerobic units, equivalent to running 10k every single day for six years.



Lt(N) Jarrod Campbell receives his CSE HOD qualification and General Campaign Star Medal from Capt(N) Don Smith.



Left to right: Long Service Awards are presented to Paul Vis (35 years), Trevor Hill (25 years), Stephen Peabody (24 years), Miles Maxie (25 years), and David Mayzes (35 years) by Capt(N) Don Smith.



Left to right: FMF Apprenticeship Awards are presented to Lloyd Bailey (Rigger/Sailmaker), Norman Swan (Electroplater), Devon D'Argis (Sheet Metal), and Trevor Patrick (Rigger/Sailmaker) by Capt(N) Don Smith.



Dave Dronsfield receives a Bravo Zulu for his exceptional work on EC's and mission fit specifications for HMCS Calgary from Capt(N) Don Smith.



Left to right: John Daniel Paulraj and Jim Williams accept a Bravo Zulu on behalf of Shop 221 and 222 for the success of HMCS Victoria's EDWP.

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Warrior Rising - A Soldiers' Journey to PTSD and Back

Shelley Lipke
Staff Writer

LCol Chris Linford is using his experiences with Post Traumatic Stress Disorder (PTSD) to help others fight this illness through a book he penned.

Warrior Rising - A Soldiers' Journey to PTSD and Back is his way of passing on the information and tools used during his healing process.

"I wrote this book to help other veterans recover from this injury. I wrote it for their families and also for the clinicians who treat the injured veterans," he says. "My book touches on my deployments and recovery. It chronicles my traumas, how they made me feel and how they impacted my personality and my family."

His PTSD stemmed from two deployments: Rwanda and Afghanistan.

First, in 1994 as a nursing officer, he was deployed to Rwanda to help manage a cholera epidemic.

"Our personnel were not prepared to witness the amount of deaths and severe injuries we observed, and it was extremely difficult as most of the deaths were children under the age of five," he said.

After the deployment, and for the next 10 years, he suffered from PTSD. He knew he had it, but he was at a loss for what to do. He fought the stigma. Eventually the illness led him to insomnia. Finally, he sought medical care. He was put on medication while receiving treatment with the Canadian Forces for PTSD and depression. After a year and a half he thought he had beaten it.

Then his illness returned in 2009 during a seven-month deployment to Afghanistan as the Executive Officer of the NATO surgical hospital.

"I was exposed to significant trauma during this deployment. My style of leadership is to be where the hard work is being done by the troops. I was exposed on a daily basis to a significant amount of human carnage and death for a seven month period. By the end of my tour I knew my PTSD and depression had returned," he says.

The help he received after this deployment changed his life. He began one-on-one therapy with Dr. Kate Diskin, a CF clinical Psychologist.

"The therapy was difficult. It forced me to look back at all the traumas I had been exposed to in Afghanistan and Rwanda. This was truly painful, especially since I felt I had dealt with Rwanda, but apparently I had a lot of work still to do," he says.

After two sessions a week for more than a year and half, he learned new techniques to deal with the triggers of his traumas causing the PTSD, depression and anxiety.

"Over time I began feeling well again," he says. "But I also learned how this impacted my family. My wife had protected the kids

from me and my anger for years, and had played the middle role between us to ensure things stayed calm in the house."

With the suggestion of his physician he bought a support dog named Murphy to keep him company.

He learned about the Outward Bound veterans program where small groups of veterans participate in challenging activities and speak about their military experiences and traumas.

"I was impressed by this activity and how it made me feel, and I felt for the first time in a long time that I wasn't alone with my injury. I could actually help others and receive help as well," he said.

Dr. Marvin Westwood, from the University of B.C., ran the Veteran's Transition Program, and after LCol Linford took this program Dr. Westwood encouraged him to write a book about his journey to better health, drawing from his journal entries that chronicled Rwanda and Afghanistan.

"Dr. Westwood said this book wasn't about me, it was about those people I could help. That put the fire in my belly to get it done," he says. "Writing this book was very therapeutic. It made me think in extreme detail to build the context of the story. I had to set the scene for those who weren't there; I had to describe the trauma, the sights, smells and what I experienced, and told the story through the trauma. This book is intended to help veterans who have not yet come forward and who are suffering in silence. My intention is to show an example."

He began writing in January of 2012 and in six months he completed the first draft.

"I wrote seven days a week and essentially took it on as my job. My wife was very supportive, letting me do what I had to do. I felt very driven to get the book out. I wanted to send the message that you shouldn't feel shame about having this injury. Help is available."

Currently, LCol Linford is on transitional employment working for The Veteran's Transition Program out of UBC, which is a 10-day residential program for veterans with operational stress injuries such as PTSD.

After 25 years of full time service and eight years as a reservist, his military time is nearly over as he will be medically released later this year.

He will continue to help veterans suffering with PTSD through his work as a facilitator with the Veterans' Transition Program.

Warrior Rising - A Soldiers' Journey to PTSD and Back will be released this spring by Friesen Press and will eventually be available in French. More information about the release and background on this story is available on www.awarriorrising.com.

A portion of all proceeds from the book will go to the Veteran's Transition Program.

He is also writing a book about the combat medic in Afghanistan.

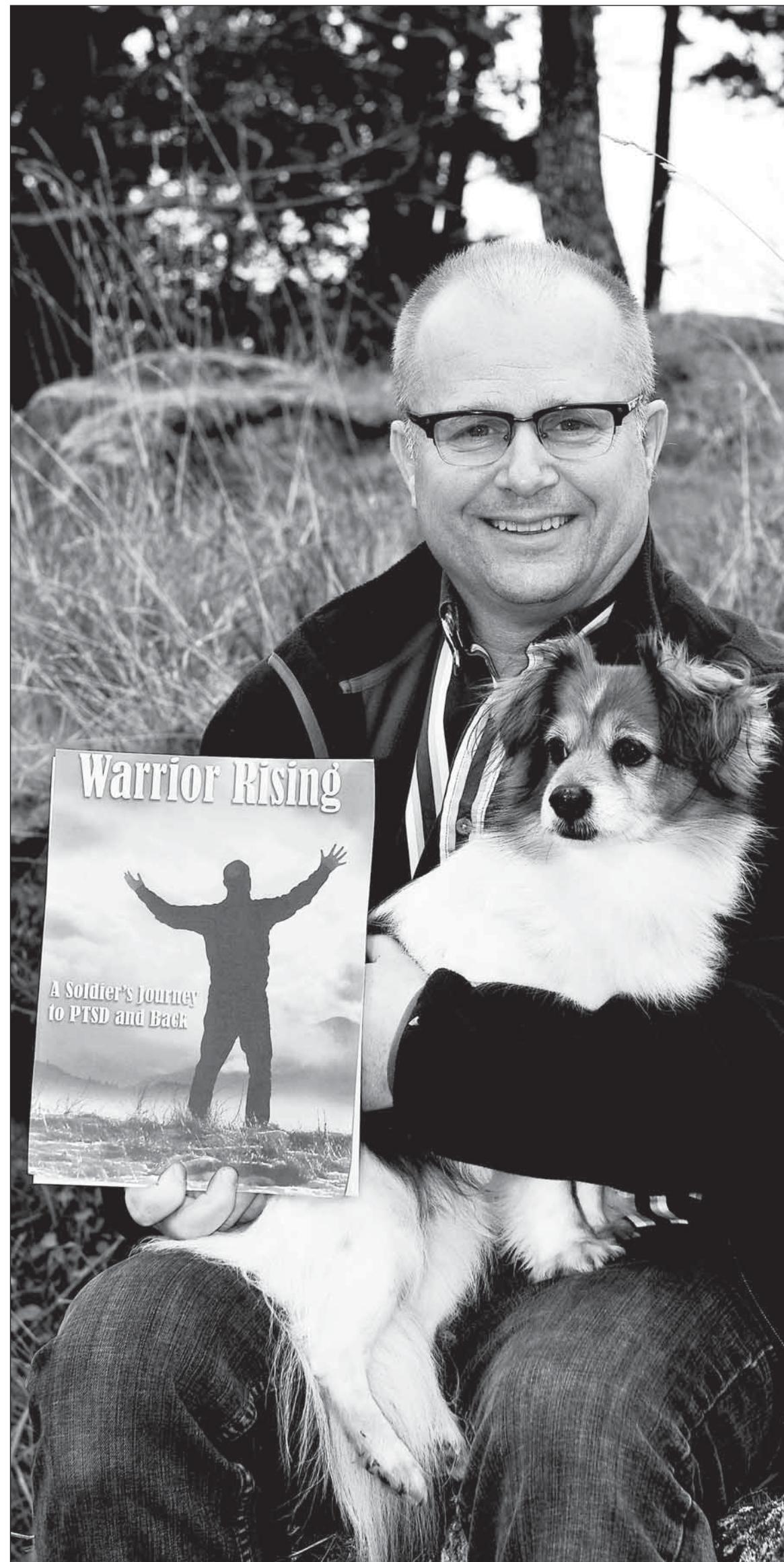


Photo by Shelley Lipke, Lookout
LCol Chris Linford wrote a book about his journey with Post Traumatic Stress Disorder (PTSD). This book called *Warrior Rising - A Soldier's Journey to PTSD and Back* will be launching this spring. Seen here he holds the book cover and his dog Murphy, who served as a comfort dog during his illness.

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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.

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.

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. Naniamo, BC: Vancouver Island Therapeutic Comm. on Sunday evening 7:15pm @ 10030 Thrid Street. General inquiries: Michael@LifeRingCanada.org

STV TUNA IS LOOKING for CF/Ex-CF/DND civilian members to join the forces offered sailing program. Any one interested in sailing or learning to sail is encouraged to join us. All skill levels are welcome. For more information about the program please contact Sgt Steve Wright 902-427-4417 or steven.wright@forces.gc.ca or check us out on facebook (STV Tuna) for more information.

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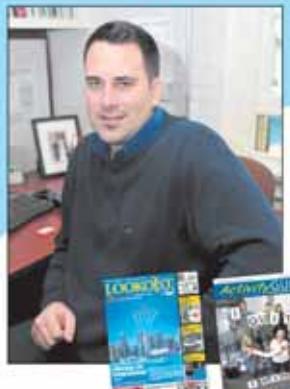
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