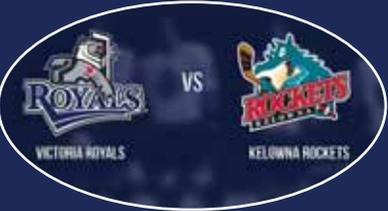


**DEFENCE TEAM
APPRECIATION NIGHT**



Details on page 6

Volume 59 Number 02 | January 13, 2014

LOOKOUT

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Shannon, Luke, and Ben Higgin share a hug with father and husband OS Brian Higgin before he sets sail on HMCS Regina as part of Operation Artemis.

Shawn O'Hara, Lookout

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Base Surgeon advice on flu prevention

Maj Ramzy Abdel-Galil
Base Surgeon

If you have been listening to news reports, there are now several areas where significant outbreaks of influenza have been recorded across Canada. It is not too late to get vaccinated against flu and it is highly recommended! Remember: just because you've had the flu shot in previous years or even been sick this year does not mean you're protected. The flu shot does not contain flu virus and there is no way to get the flu from receiving the shot.

Canadian Forces Health Services Centre (Pacific) – generally known as the Base Hospital – will continue to provide walk-in vaccination to any member who requests it. Because of the circumstances of this year's H1N1 strain of flu, we will also provide travelling clinics to interested units. If your unit will be participating in this effort, you should hear from your Chain of

Command on the dates and times.

DND employees and civilian family members are also encouraged to use local public health resources including flu clinics at community drug stores and public vaccine parades to receive this year's flu-shot.

Affects younger people

This year's H1N1 strain of influenza has produced more sickness in adults aged 20-64 years of age than in the elderly. Youth is no protection from the flu and our close quarters environments – indoor offices; confined ships quarters, busy shops – are all perfect places for flu virus to spread from person to person. The influenza vaccine is an important part of reducing your personal risk of illness and reducing the risk of bringing sickness home to family members.

Reducing risk of infection

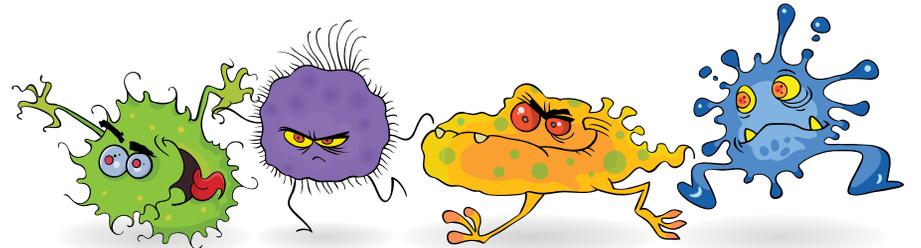
Flu is contagious very early after a person is infected – sometimes even before the earliest symptoms start. Therefore, one of the best infection control strategies is to limit exposure to others when sick to prevent spread of the virus.

As Base Surgeon, I would invite

commanders during this more challenging flu season to permit two sick days without reporting to work or sick parade. Similarly, all DND employee managers are encouraged to limit potential spread of illness by allowing ill members to phone in sick. Those still at work who feel unwell are reminded of the value of preventing spread of illness to others at work.

Limiting spread of disease can be done by following proper sneeze etiquette. Sneezing into one's shoulder or sleeve rather than hands reduces the chance of passing the virus with your next handshake. Also, more frequent washing of your hands or application of cleansers will serve you well in reducing your chances of getting sick and is probably one of the simplest and most effective strategies to keep healthy.

Flu vaccine is an important addition to the above steps to reduce your chances of getting sick and lowering your risk of bringing illness home to family members. More than previous years you are encouraged to get the flu shot for both your own health, the well-being of family and to ensure the continued operational effectiveness of a healthy Royal Canadian Navy.



Well Done to the MARPAC Defence Team and Thank You to All of Our Navy Holiday Village Volunteers

The 2013 Navy Holiday Village was a success and this was due in no small part to the tremendous effort put forward by a group of dedicated volunteers. With roughly 750 people from the local community and the defence team taking in the holiday village attraction, organizers are already looking forward to next year. Well done to the MARPAC Defence Team in showing your holiday spirit.

Mr. Ken Lidstone, BCE
Mr. Mark Hill, BCE
PO1 Rick Turner, POESB MP
Mr. Danny Branchflower, PSP
MWO David McLaughlin, Base Admin Branch
PO1 Stuart Blackbourn, HCM Felex West Det
Mr. Matt Carlson, PSP
Ms. Melissa Atkinson, PSP Lookout
PO2 David Brewin, Base Admin Branch
Sgt Shawn Oliver, Base Admin Branch
Sgt Laurie Elliott, Base Admin Branch
PO2 William Sullivan, Base Admin Branch
MS Hector Gutierrez, Base Admin Branch
MCpl Vincenzo Agius-Mantello, Base Admin Branch
MCpl Leonard Shearer, Base Admin Branch
Cpl James Furness, Base Admin Branch
Pte Samantha Rogers, Base Admin Branch
Pte Nathan Daudelin, Base Admin Branch
Ms. Vicki Laidlaw, Base Executive Branch
MS Justin Pike, FMF
CPO2 Daniel Campbell, MARPAC HQ

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Capt Robert Anderson, Base Information Services
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PO2 Line Laurendeau, RCSU
LCol Ted Leaker
PO2 William Sullivan, Base Administration Branch
Ms. Genevieve Beninger, NOTC
Mr. Dick Ronalds, Base Administration Branch

...and to countless number of volunteers who showed up to help, but wished to remain anonymous. Thanks to one and all for a job well done!

Judges awarded tree-decorating bragging rights to Base Construction Engineering for their holiday flair. Well done to the team!



Bon voyage HMCS REGINA



Cpl Stuart MacNeil, MARPAC Imaging Services

Above: Governor General of British Columbia Judith Guichon speaks with Carrie Venedam, whose husband is aboard HMCS Regina, during the ship's departure ceremony on Jan. 6.

Right: Nicole Anderson sneaks in one last good-bye to her father Lt(N) Jeffery Anderson as he sails away from home in HMCS Regina on Operation Artemis.

Below: Maritime Forces Pacific command team salutes Regina from Duntze Head as families wave a final good-bye. Regina will be on deployment for up to nine months.



Shawn O'Hara, Lookout



LS Alex Croskery, MARPAC Imaging

matters of OPINION

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THAT'S LIFE: Compliments come in surprises



Kim Bolduc
Contributor

It happened in the kitchen, the heart of the home. That warm, welcoming place where family gathers to enjoy a meal, catch up on everyone's day, and contrary to what the fashion industry would have you believe about 50 being the new 40, I discovered that I'm an old bird.

Well, at least that's the way it happened in my kitchen.

Having spent a pleasant afternoon at the hairdressers, I was sitting quietly at the kitchen table perusing my son Cameron's math homework, and wondering how many years I had before I no longer understood it. Then Trevor breezed in.

Taking note of my sassy new haircut, he flashed his best Hollywood smile and said "Wow! I like it! You look like a bird of prey."

Et voila! Just like that, I'm a falcon.

I didn't know what to do with that. Happily (for him), my teenager wasn't calling me an addle-brained old bird. No, quite the contrary. Welcome to Compliments 101 – Trevor-style.

As it turns out, Trevor likes my new haircut. He also likes raptors. Thus, when presented with the smooth waves and jaunty little flips of my new doo, thoughts of this majestic bird came to his mind. I suppose I should be thankful he's past the purple dinosaur stage.

Now if I'm being honest, I actually like Trevor's compliments; they make me smile. They also catch me off guard, and have done so with ever-increasing frequency. Two particular instances are especially noteworthy.

The first occurred just shy of his second birthday, when the only thing expanding more rapidly than my expectant belly was Trevor's vocabulary.

Being far along in my pregnancy with son number three, I awoke one morning to the realization that my clothes no longer fit. So with husband and children in tow, we were off to the mall.

A 20-minute drive and four gas station rest stops later, we'd arrived at the "you're-already-glowing-so-let's-plop-you-in-some-neon-spandex-and-make-you-a-new-mom-my-superhero-store." I, of course, am exaggerating – it was only three rest stops.

Squeezing into the tiny change-room, I wiggled into what can best be described as a salute to the '70's fashion statement. Thus sporting the latest in stylish lime-green lounge-wear, I sashayed through the change-room door, eagerly anticipating a shower of gentlemanly praise. Clearly, I was hyped-up on pregnancy hormones.

Trevor looked over, clapped his hands and with a heart-melting smile squealed, "Oh Mommy! You're beautiful! You look just like a Teletubby!"

The store clerk looked mortified, my husband burst out laughing and

I scurried back into the change-room. I did not buy the outfit.

But children grow. Those cute little "out of the mouths of babes" moments pass by, replaced by more thoughtful and well-worded sentiments. Or so I hear. I, myself, wouldn't know. For although Trevor has grown to be a thoughtful and well-spoken young man with an impressive vocabulary (evidenced during frequent disagreements with his brothers), he has yet to master the fine art form known as the compliment.

A fact, much to my chagrin, that he brilliantly demonstrated during the now famous faux pas of 2012, formally known as my husband's and my 19th wedding anniversary.

Accompanied by our children we were out for an evening of fine dining at one of our favourite restaurants. Having parked the car, I was floating across the parking lot in a happy little cloud when a now-teenaged Trevor made an astute observation. "Mom, you look nice tonight – a regular Lady of the Evening." He stopped to open the restaurant door. I stopped

to check my hemline.

And so continues my son's tentative forays into the realm of flattery.

We live in a compliment-driven society. From the moment we enter this world until we pass through the departure gates, we rack them up like verbal badges of honour. It's the method by which we judge our successes and evaluate our failures.

Thus you might be wondering how I took Trevor's questionable compliments.

Simple. Exactly as he meant them. "I see you through the eyes of love, therefore you are beautiful".

Compliments should be sincere. They should bring a smile to one's face, and long after when called to mind, continue to warm the heart.

Well how about that. Apparently, my son not only has mastered the fine art form known as the compliment – he excels at it!

William Shakespeare once penned the immortal words: "Shall I compare thee to a summer's day?" With all due respect to the famous bard, heck no! I wanna be a falcon!

People Talk

Lookout asked this question:

What will be the hardest part of this deployment?



My dad usually comes to all my soccer games, so having him away will be tough.

Kenan Blanchard



With our little girl here now, it's going to be tough to get any sleep without my husband around.

Casslyn Krohn



I love my husband dearly, so being away from him at all is always a challenge.

Ashley Tulloch



My boyfriend always makes me laugh. He's such a funny guy, so I'll miss his humour while he's away.

Heather Davies



We've been married for seven years, so I'm used to his emotional support, and having him around. It's always tough when he goes.

Ashley Goodwin

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The crew of HMCS Whitehorse and visitors from the City of Whitehorse gather on the ship's fo'c'sle for a photo.

Day sail brings special guests on board

Lt(N) Eric James
HMCS Whitehorse

With pre-sail checks completed in the early morning of Dec. 10, the crew of *HMCS Whitehorse* welcomed guests from the City of Whitehorse, including the ship's sponsor former senator Ione Christenson and Mayor Dan Curtis, for a day sail.

Whitehorse conducted the day sail after being alongside in a maintenance period in preparation for its upcoming deployment in support of Operation Caribbe.

Forty-five guests in total embarked—more than doubling the number of personnel typically on board a minor war vessel at sea.

As the ship slipped from Y-jetty guests looked on as recently appointed Executive Officer, Lt(N) Darren Sleen passed respects to other HMC Ships alongside in dockyard. The ship exited Esquimalt Harbour and began its transit south to Race Rocks lighthouse.

During the transit, guests were given tours that featured on and off-watch crewmembers explaining their duties and responsibilities on board, and a general introduction to life at sea.

"The real challenge was getting this many people around the ship to see the crew at work," explained Operations Officer Lt(N) Chris Shook. "We wanted our guests to get the most out of the day."

And the most of the day was what they got.

After a power trial to Race Rocks and back, the ship proceeded to Constance Bank and conducted a manoeuvring demonstration. Navigating Officer, Lt(N) Eric James, provid-

ed commentary while the Commanding Officer, LCdr Michael Sorsdahl moved the 970 tonne ship in sharp 90 and 180 degree course alterations to demonstrate the ships turning ability.

The famous "hockey stop" proved a crowd favourite as the ship stopped within its own length from 15 knots of headway while altering 90 degrees, akin to Crosby stopping on the ice.

And for members old enough to remember the namesake television show the ship conducted a "Rockford" turn - altering 180 degrees from moving forward, facing its own wake and transiting with astern propulsion. It was a fantastic

The real challenge was getting this many people around the ship to see the crew at work.

Lt(N) Chris Shook
HMCS Whitehorse Operations Officer

demonstration of the ship's capability at sea.

As the ship made its way into Esquimalt Harbour and back alongside Y-jetty, guests presented the ship with a copy of a book entitled, "The History of Whitehorse", which was signed by everyone who had visited. The ship's company gathered for a photo on the fo'c'sle and said their goodbyes.

The City of Whitehorse, being a frontier city in Canada's Yukon Territory, is populated by people who understand the challenges inherent in tough living conditions similar to life at sea. Reflecting on this reality, the ship's company of *HMCS Whitehorse* is proud to have the City of Whitehorse, and all of its residents, as its namesake city.

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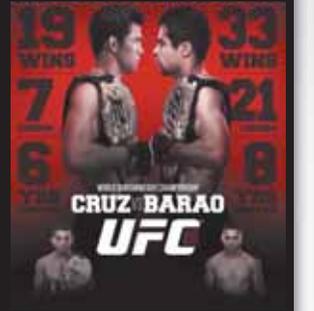
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POLAR TREK A TRIBUTE TO FALLEN COMRADE

Shawn O'Hara
Staff Writer

When MCpl Chris Downey stepped from the plane into the icy, hostile environment of Antarctica Nov. 25 there was only one thing on his mind: closure.

Along with fellow Canadian Armed Forces member Cpl Alexandre Beaudin D'Anjou and other wounded veterans from the U.K., the U.S. and Australia, he landed at the South Pole to tackle Walking with the Wounded 2013 - South Pole Allied Challenge.

A week later three teams embarked on one of the most high profile and toughest expeditions of modern times - walking 330 kilometres to the geographic South Pole in a treacherous environment.

But for MCpl Downey, it was also about remembering and saying good-bye to a fallen comrade.

"When I initially heard about the expedition through Solider On I couldn't pass it up," says MCpl Downey. "I've always had a thirst for adventure and after my time in Afghanistan I had a debt to repay, even if it was a personal one."

Three years ago, on May 3, MCpl Downey witnessed the death of his friend PO2 Douglas Craig Blake. The two were assigned to dispose of an improvised explosive device (IED) located 25 kilometres from Kandahar, Afghanistan.

The terrain was so rugged they had to leave their vehicle and hike to their destination. When the mission was complete, they began the walk back to their vehicle. For PO2 Blake one step would be his last. A nearby IED detonated and killed him. MCpl Downey was severely wounded. He suffered shrapnel wounds, burns and lacerations to his thighs, upper body and face, a

collapsed lung, a broken and shattered jaw and right hand, two aneurysms, the loss of his upper lip, all his front teeth, and upper gum, and the complete loss of his right eye.

"After that day I promised never to waste a minute of my life, and the gift Craig gave me," says MCpl Downey. "I took this as my opportunity to show Craig I was doing the most I could and I was moving forward."

The group's first point of contact with the "deepest south" was Novolazarevskaya Station, or "Novo" for short.

"When I first got there it was -5 Celsius, and I was struck with how normal everything looked," says MCpl Downey. "It wasn't until later it hit me my year of training had paid off and I was here. It was pretty emotional for me."

At that point the race was on.

The two Canadians were on Team Soldier On along with actor Dominic West of "The Wire" fame.

"He was hilarious. When we'd set up camp he'd have us all in tears we'd be laughing so hard. He's a great, down-to-earth guy."

As for the expedition's royal companion, MCpl Downey says Prince Harry, a member of the expedition's Team U.K., really was just another team mate.

"He's a really relaxed, personable guy," he says. "To us he was just Harry, just another

adventurer. If it wasn't for the fact we all knew who he was, you'd have no idea he was a prince."

MCpl Downey describes the trek itself as 14 days of exhaustion, wind, and freeze dried rations.

"They told us after a few days we'd dream of our tents, and I didn't believe them," he says. "But when you've spent the whole day cross-country skiing in a place where the sun never goes down, and the moisture from your breath is frozen to your face, you want nothing more than to curl up in your tent and sleep, even if it is in the 'day' light."

Setting up camp was a fairly simple, yet utterly integral process. If equipment was improperly prepared, or if the environment was able to get into the double lined tents, it could have lasting and even severe consequences.

"First thing we'd do after double checking the tents is drag in a block of ice or snow and start melting it," he says. "It's the only way you can get water up there, since it's too heavy to carry two weeks of it. With roughly three litres per day needed per person, and extra needed to boil your rations it can take quite a while."

As for the food, MCpl Downey says it was about what could be expected from Antarctic cuisine.

"It's all freeze dried, so it's as good as it

gets. Calories are what is important, so you eat what you have to," he says. "Beef jerky and noodles, dried fruit, whatever could keep for a long time. Our guide recommended we all carry one kilogram of butter for extra calories, so there was butter on and in everything for me."

For five days each team hustled through the barren ice and across the sastrugi, hoping to be the first to reach the South Pole. It was on the fifth day, when all three teams met at a rest point, event organizers announced the cancellation of the expedition's race aspect.

"At first my competitive side was disappointed, but it obviously made the most sense," say MCpl Downey. "We were all pushing ourselves pretty hard and there were more than a few injuries, so they wanted to take some of the pressure off us and focus on what was important, getting the 12 of us to the pole."

After the teams merged MCpl Downey says the mood shifted drastically. Instead of a white knuckle race to the bottom of the world, the trek became about teamwork, camaraderie, and the thrill of adventure.

As the team neared the South Pole, MCpl Downey struck out on his own. He had a goal to reach.

"I unhooked from everyone about a kilometre and a half from the pole," he says. "It was important to me that each step I took was Craig and mine alone. I basically spoke to Craig. I told him what I'd done, and what I was doing with my life. I thanked him for what he'd done and the gift of life he gave me."

The team knew MCpl Downey's intentions, and gave him space for what he had planned next.

MCpl Downey laid out a flag on his pulk and in the centre he placed a photo of PO2 Blake, a picture of himself while injured, a

diver's coin to honour PO2 Blake's career as a clearance diver, and a bracelet PO2 Blake had made, which MCpl Downey had been wearing in the blast and had worn every day since.

"I said goodbye, and thank you for giving me the gift of my life," he says. "It was difficult. It's been such a long road, but it was time to move on. Craig would have wanted me to move on."

After paying his respects, and hopefully leaving the pain from that chapter of his life behind him, MCpl Downey joined the rest of the team at the South Pole.

"We all joined hands around it, moved in, and touched it at the same time," he says. "It was a pretty great experience. We were all thrilled to be there."

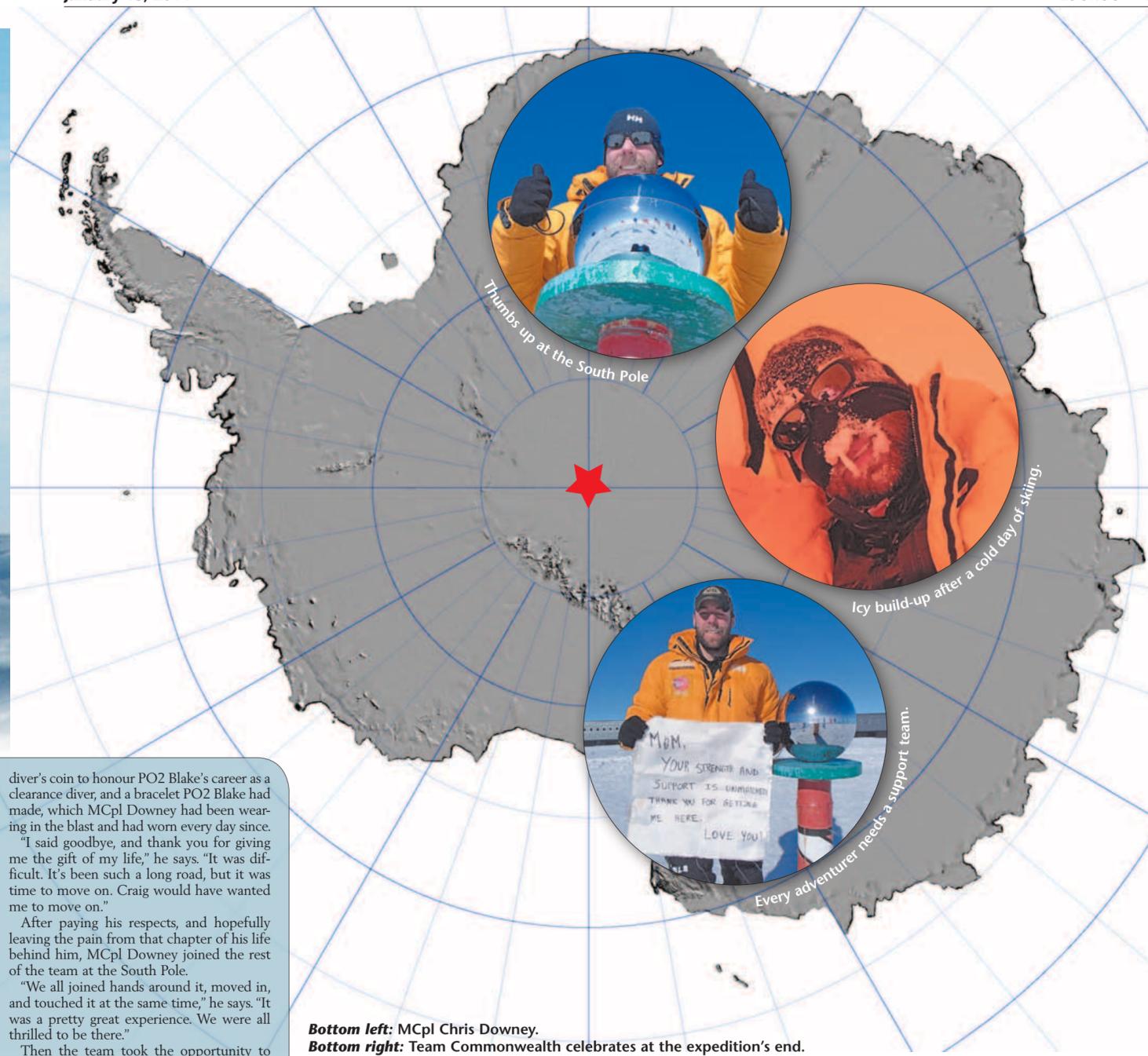
Then the team took the opportunity to take some silly photos.

"I ran around the pole, to say I ran around the world, and I did a headstand so it looked like I holding up the planet once the picture is upside down" he says. "It really was a chance for us to blow off some steam after a harrowing trip. It was such a great experience."

After reaching their destination it was time for the team to fly out of the South Pole and head back to civilization. After weeks in the barren south MCpl Downey says he was happy to reach home, and brought back a burning passion with him.

"Once you get a taste for adventure like that it doesn't go away easily," he says. "I've got plans in motion to make it to the North Pole in 2015, and a hundred more ideas swirling in my head already. It should make for a very interesting time."

More information on the South Pole Allied Challenge and blog posts written by team members including MCpl Downey can be found at www.walkingwiththewounded.co.uk.



Bottom left: MCpl Chris Downey.

Bottom right: Team Commonwealth celebrates at the expedition's end.

Opposite page: MCpl Chris Downey treks along the icy Antarctic landscape with his pulk. In the distance is a member of the U.K. team and the film crew.



Once you get a taste for adventure like that it doesn't go away easily. I've got plans in motion to make it to the North Pole in 2015, and a hundred more ideas swirling in my head already. It should make for a very interesting time.

- MCpl Chris Downey



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Former Royal Canadian Air Force officer receives prestigious Vimy Award

Capt Steven Dieter
 RCAF

For Brigadier-General (Ret'd) Don Macnamara, receiving the news that he was the 2013 recipient of the Vimy Award was perhaps more challenging than any other point in his career.

"We heard the news on Sept. 3 as we headed back home to Sidney, British Columbia, from Banff. As we left Revelstoke and entered the most difficult stretch of highway, approaching Rogers Pass, the phone in the car rang," recalled BGen Macnamara to the more than 650 guests at the this year's Vimy Dinner held at the Canadian War Museum in Ottawa on Nov. 8.

"I was told General Henault wished to speak to me. I explained that I was in the mountains on my car phone, but would take the call. I was advised to pull off the highway, to which I responded there was no place to pull over – unless it's a cliff."

Despite losing the phone signal, BGen Macnamara spoke, in turn, with General (Ret'd) Ray Henault, a former Chief of the Defence Staff; Chief Justice of the Supreme Court Beverley McLachlin; and General Tom Lawson, the current Chief of the Defence Staff.

"I don't really recall what I said but it is probably a good thing. I was frantically trying to control the car, control a stunned feeling, while my wife sat quiet beside me – but bouncing up and down in her seat and punching air with her fists, two thumbs up. She has said she has seen me speechless a few times, but never for so long."

The Vimy Award is sponsored by the Conference of Defence Association Institute (CDAI). Since 1991, the Institute has presented the award annually to a Canadian who has made a significant and outstanding contribution to the defence and security of Canada and the preservation of Canadian democratic values.

The accolades for BGen Macnamara,



Brigadier-General (Ret'd) Don Macnamara (second from the right) received the the 2013 Vimy Award on Nov. 8. General Tom Lawson, (left), Chief Justice Beverley Maclachlin and General (Ret'd) Ray Henault (right) made the presentation.

who served for 37 years in the Royal Canadian Air Force and Canadian Armed Forces before embarking on a career in the civilian world, flowed throughout the evening.

"In so many ways, big and small, Canadians are making a difference. In communities across the country, there are many examples of the generous spirit and ingenuity that have lifted our country to great heights," said Governor General David Johnston in a written statement that was presented during the dinner.

"Brigadier-General Macnamara (retired) is honoured for his steadfast dedication to the Canadian Armed Forces and to Canada's military community. At home and abroad, he is a staunch advocate for our men and women in uniform, and his generosity is held in high regard."

Following his military career, BGen Macnamara joined the faculty of the School of Business at Queen's

University in Kingston, Ontario. He was President of the Canadian Institute of Strategic Studies, of which he was a founding member, and led the establishment of the Lester B. Pearson Canadian International Peacekeeping Centre.

He is a former president of the Conference of Defence Association Institute, the chairman of the Board of Governors of the Royal Military College of Canada and a member of the Conference of Defence Association Institute's Board of Directors.

The Vimy Award is named in honour of the bravery and sacrifice of the Canadian soldiers who were victorious at the battle of Vimy Ridge in April 1917. Fighting together for the first time, the battle won by the four divisions of the Canadian Corps brought global recognition to the nation's military. As a result, Canada, a young nation, took its place at the Council of Nations.

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Sgt Angela Abbey, MARPAC Imaging

SLt Tyler Cole (centre) conducts routine preventative maintenance on the India Band radar with technicians MS Casey Clarke (left) and MS Nicolas Ferraro (right) on HMCS Protecteur.

Sailor puts skills to the test

SLt Noelani Shore
HMCS Protecteur

A lot can change in seven weeks, as members of HMCS *Protecteur* learned during their recent task as the duty tanker for SOCAL Oiler 2013.

There were the usual challenges of maintaining a 44-year-old ship, which the crew was up to managing; however, half-way through the trip the Combat Systems Engineering Department had to think outside the box to keep the ship navigationally safe due to the degradation of India and Foxtrot Band radars.

While alongside San Diego, CA, SLt Tyler Cole, a Phase 6 Combat Systems Engineer (CSE), worked closely with the Logistics Department on board and at home in Esquimalt to procure and install a new X-Band Furuno radar.

SLt Cole was particularly interested in this assignment. "It's not every day that I have the opportunity to be involved in such a big project," he said.

He has been in the military for two years, but his interest and experience in naval engineering stems from his time as a session professor at Memorial University.

The Combat Systems Engineering Department had to think outside the box to keep the ship navigationally safe due to the degradation of India and Foxtrot Band radars.

"I was completing my last year of my Masters in Ocean Naval Architectural Engineering under Dr. Wei Qiu in hydrodynamics. I taught Advanced Marine Ocean Vehicles and Marine Propulsion," he explained.

Before returning to complete his Masters, SLt Cole worked as a Project Engineer at BMT Fleet Tech, where he worked on the Ice Breaking Emergency Evacuation Craft Project as a junior engineer. Once he finished his schooling, he then worked for the Sustainable Technology for Polar Ship Structures Project at Memorial University under Dr. Claude Daley and Dr. Bruce Colbourne.

As a CSE, SLt Cole has the opportunity to use his educational background to learn new skills and work at maintaining different pieces of equipment. In procuring the new radar, he developed the statement of requirements for the purchase, and

then aided with the installation and assessment of the structural platform that was mounted on the ship, he said.

Installing the radar was relatively simple; however, there were some challenges because its integration with the ship's inputs to the radar and some of the other systems had to be assessed.

"Also, with added platforms, it had to be assessed as structurally sound, and a new radiation hazard policy had to be temporarily set up to ensure the safety of the ship's crew," SLt Cole said.

The X-Band radar's tracking capabilities are more accurate, and the radar picture is more detailed. It also ties directly into the Automatic Identification System, unlike the I-Band radar. The Officers of the Watch have easily adjusted to this new capability as it has an intuitive interface that makes it simple to use.

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Capt(N) Christopher Earl, Commanding Officer of Fleet Maintenance Facility Cape Breton (FMF) (centre) with military personnel and civilian staff who received awards for their hard work and dedication.

Photos by Cpl Blaine Sewell, MARPAC Imaging Services



Capt(N) Earl promotes PO2 Bucznski (centre) to Petty Officer First Class with assistance from LCdr Merz, Executive Officer of FMF.

Bravo ZULU

FLEET MAINTENANCE FACILITY AWARDS AND PROMOTIONS

DEC. 11, 2013



Capt(N) Earl awards Gaganjit (George) Nijjar with a 25 year Long Service Award.



Capt(N) Earl awards CPO1 Paul Fenton with a Fitness Award in Aerobics Excellence.



Capt(N) Earl awards Steve Fisher with a 35 year Long Service Award.



Capt(N) Earl awards Fred Oak with a 25 year Long Service Award.



Capt(N) Earl awards Dave Conconi with a 35 year Long Service Award.



Capt(N) Earl awards Roger Hodgkin with a 35 year Long Service Award.



Capt(N) Earl awards Darren Redman with a 25 year Long Service Award.



Capt(N) Earl awards David Castle with a 25 year Long Service Award.



Capt(N) Earl awards Tasso Borretta with a 25 year Long Service Award.



Capt(N) Earl awards Jiri Rol with a 25 year Long Service Award.



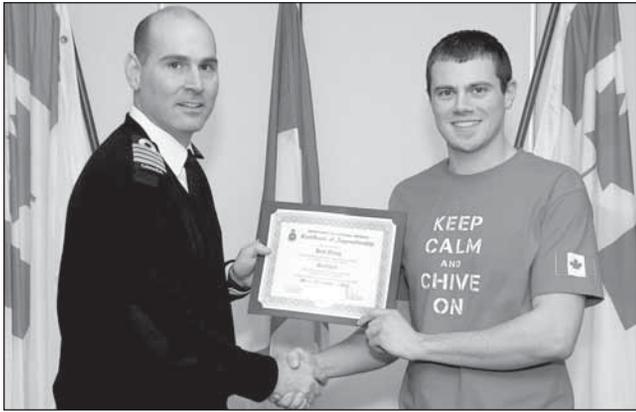
Capt(N) Earl awards John Crocker with a 15 year Long Service Award.



Capt(N) Earl (centre) with the military and civilian recipients of FMF's letter of appreciation.



Capt(N) Earl awards Golam Morshed with a letter of appreciation.



Capt(N) Earl awards Peter Fleury with his Apprenticeship Completion Certificate for Machinist.



Capt(N) Earl awards Leah Diston with a letter of appreciation.



Capt(N) Earl awards Paul Ouellette with a letter of appreciation.



Capt(N) Earl awards Shawn Mostad with a Unit Bravo Zulu and FMF coin.



Capt(N) Earl awards PO1 Y. Gagne with a letter of appreciation.



Capt(N) Earl awards Phillip Speed with a letter of appreciation.



Capt(N) Earl awards Annie Pelletier with a Unit Bravo Zulu and FMF coin.



Capt(N) Earl awards Phil Gensey with a letter of appreciation.



Capt(N) Earl awards Cal Campbell with a letter of appreciation.



Capt(N) Earl awards Brad Baston with a letter of appreciation.



Capt(N) Earl awards Tara Laursen with a letter of appreciation.



Capt(N) Earl (centre), presents the Unit Coin to Annie Pelletier (left) and Shawn Mostad (right).

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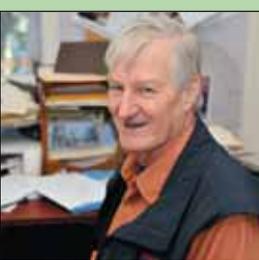
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Left to right: MWO Issa, Maj Smith and Ivy Burkhart from Base Logistics; Sgt Forget, Maj Lemire and MWO Menard from Military Police Unit Esquimalt.

MPs get new patrol cars

Major Smith and Ivy Burkhart, both from Base Logistics, officially signed over two new fully equipped police vehicles to Major Lemire, Commanding Officer of Military Police Unit (MPU) Esquimalt, on Dec. 18.

Sergeant Forget, the MPU Esquimalt transport representative, cut the ribbon and Burkhart provided the vehicle keys and required work tickets.

MPU Esquimalt received one Ford Taurus and one Ford Explorer Police Interceptor. These vehicles are equipped with a 288 horsepower, 3.5 litre V6 engine, with a standard all-wheel drive power train. Inside, they are equipped with laptops, speed radars, and card swipe for licences. The vehicles also con-

The new vehicle technology will not only increase MP safety, but also aid in investigations and successful prosecution in court.

tain a video/audio recording system, capable of visually recording areas around the vehicle, and a microphone system MP patrol personnel wear that can record conversations up to one kilometre from the vehicle.

The vehicles are the first completely re-designed police vehicle for the MP branch in almost 10

years. The program will wrap up this year with MPU Esquimalt receiving a total of four new police package type vehicles. The new vehicles are part of a new fleet that is managed by the Canadian Forces Provost Marshal.

The delivery and outfitting of the vehicles would not have been possible without Sergeant Forget with assistance from Burkhart in developing required statements of work to have the vehicles outfitted with the state-of-the-art communications, recording and labelling systems to meet national police vehicle standards.

The new vehicle technology will not only increase MP safety, but also aid in investigations and successful prosecution in court.

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