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LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

www.lookoutnewspaper.com



ORCAS ON PATROL

Shawn O'Hara, Lookout

Seven Orca-class Patrol Craft Training vessels performed formation manoeuvres off the coast of Victoria during a PhotoEx Feb. 14. The vessels gathered to perform sea readiness inspections before leaving on separate training missions. Read the full story on page 11.

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Sundae Sundays lift morale in HMCS Regina

Lt(N) Mark Fifield
Op ARTEMIS Roto 4 PAO

The weekends just became a little sweeter for *HMCS Regina* as the ship has now started Sundae Sundays during the overseas deployment for Operation Artemis.

Each Sunday evening, *Regina's* Command Team serves sundaes with all the fixings to the entire ship's company from the steam line.

"Sundae Sundays provide a little taste of home for the ship's company and it gives them something to look forward to every week," said CPO1 Janet Graham-Smith, *Regina's* Coxswain. "Sometimes it is small things that help make a huge difference in the ship's morale during a long deployment

such as Operation Artemis."

The importance of quality food services cannot be overstated in a Canadian warship at sea. *Regina's* galley produces a diverse menu that contains a selection of healthy choices, as well as some "comfort food" to keep sailors both healthy and happy, especially on a long deployment.

"Our cooks are doing a fantastic job of keeping everyone well fed and there is always delicious duff (desserts) available in all of the messes for those sailors who like to indulge their sweet tooth," said LCdr Gordon Roy, *Regina's* Executive Officer. "Well fed sailors are happy sailors and it is the least we can do considering how hard the crew has worked over these many months preparing for Op Artemis."



The Command Team of HMCS Regina serves sundaes to the ship's company from the main steam line during weekly Operation Artemis Sunday's Sundaes off the coast of India on Feb. 16.



Photos by Cpl Michael Bastien, MARPAC Imaging Services
LS Joseph Pittet conducts maintenance on the Close in Weapons System.



A Zodiac boat crew recovers a practice dummy during a man overboard exercise.



Capt Moley Mangana helps a child colour a picture at the Jamiyah Children's Home in Singapore during a community outreach event on Feb. 10.

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Stand up to bullying with Pink Shirt Day

Leslie Bragg
Employee Assistance
Program

What is bullying?

Bullying is described as an act(s) or verbal comment(s) that could mentally hurt or isolate a person in the workplace.

Sometimes, bullying can involve physical contact as well. Bullying can include, but is not limited to, repeated incidents or a pattern of behaviour that is intended to intimidate, offend, degrade or humiliate a particular person or group of people. It has also been described as the assertion of power through aggression.

Some examples of bullying are:

- Offensive jokes or comments
- Insults
- Belittling opinions
- Withholding necessary information or intentionally giving misinformation
- Excluding or isolating the target
- Physical abuse or threats of abuse

Bullying in the workplace is often more subtle, and harmful, than direct verbal and physical abuse. Bullying behaviours are toxic not only to the individual and their family and friends, but also to bystanders and the entire organization.

What to do if you feel bullied

There are a number of steps you can take if you are feeling bullied by someone at work.

If you feel safe doing so, talk firmly to the bully about stopping the unwanted behaviour. You may wish to arrange a witness to be present for this conversation.

Make sure you keep a factual journal with detailed descriptions of the events including date, time, witnesses, and outcome.

Ensure you keep copies of any written communication from this person.

Keep job appraisals and performance reviews.

If bullying persists, talk to a trusted supervisor, a union representative, the Good Working Relations Advisors, the Unit Harassment Advisors, General Safety Officers, or the Employee Assistance Program to make a plan of action, but do not retaliate.

What to do if you see others being bullied

Bullying behaviour thrives where co-workers do not get involved. Don't forget the bullying affects everyone in the workplace,



Cpl Blaine Sewell, MARPAC Imaging Services

Maritime Forces Pacific (MARPAC) Commanding Officer RAdm Bill Truelove (centre), with Formation Chief CPO1 Paul Helston (left), and MARPAC Chief of Staff Capt(N) Mike Knippel (right) show their support for Pink Shirt Day.

and the organization as a whole. If you see someone being bullied, you can:

- Offer support and compassion to the target.
- Encourage the target in reporting the bullying incident(s).
- Report the incident(s) yourself.
- Keep a record of bullying incident(s) that you are witness to.

Differences of opinion and occasional conflict will be present in the workplace, yet unreasonable behaviour that offends or harms any person should never be tolerated. We must work together to dismantle toxic bullying

behaviour in the workplace.

There are many internal and external resources available to you. You can visit the EAP website at <http://esquimalt.mil.ca/eap/index.htm> or the EAP library in D29, room 105, for resources and information on bullying. For further assistance, you can contact the EAP manager, Nora Johnson at 250-363-7968, or the 24-hr Member Assistance Program number at 1-800-268-7708. Additionally, you may wish to contact Frankie Spencer, with Formation Safety, at 250-363-7979, or visit <http://esquimalt.mil.ca/fse/>

Formation_Safety/FSafe_Programs_WEB_2010/Workplace_Violence_WEB_2010/Workplace%20Violence%20Prevention_WEB_2010.htm.

You can also participate in Pink Shirt Day, an anti-bullying campaign, by wearing something pink on Feb. 26, 2014, at CFB Esquimalt. If you do not have anything pink, you can purchase your pink t-shirt from any London Drugs location for \$9.80, plus tax. You can also purchase your pink shirt for \$10 from the Employee Assistance Program in Dockyard, building 29, room 105. All proceeds will be donated to local charities in the Victoria area.

Note: All information is intended for guidance purposes only; it is not intended to replace professional counselling.

Bullying behaviour thrives where co-workers do not get involved. Don't forget the bullying affects everyone in the workplace and the organization as a whole.

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People Talk

Lookout asked this question:

If you were an Olympic athlete, what sport would you participate in and why?



Men's hockey, because I just love the game so much and it would be really fun.

P02 Eric Lemay



Men's hockey, because I played my whole childhood and it would be amazing to play at that level of competitiveness.

LS Andrew See



Men's hockey, because it is our true Canadian sport!

P01 Steven Stacyszyn



Skiing, because I love to ski and think it would be really fun and exciting.

Bev Koch



Curling, because the woman's curling team is pretty darn cute!

MCpl Brad Axworthy

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 - Tune In: the Beatles, All these years Vol 1*
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 - Unsinkable: My Untold Story* by Silken Laumann
 - Crazy Town: the Rob Ford Story*
 - Through a Canadian Periscope (2nd ed.)* by Julie Ferguson
- Plus many more.

Looking for something?
Lookout Classifieds pages 18-19

SPORTS trivia by PO1 Bill Sheridan Contributor

- Who is the all-time winningest coach for the Vancouver Canucks?
- Who was the first reliever to be inducted into Baseballs Hall of Fame?
- What baseball slugger was nicknamed the Commerce Comet?
- What does the NBA rule book state the players must keep an inch above their knees?
- What was Newsweek referring to as the 'Axel of Evil'?
- Who won the most games as coach of the Raiders?
- What soccer team in England theme song is "you will never walk alone?"
- Who has won the most Masters and who was the oldest to do so?
- What NHL players have their number retired by two teams?
- Who are the Hotspur's?
- What trophy is Frank Eliscu known for creating?
- Who won the first Olympic Gold Medal on Canadian soil?
- Who is the general manager of the Dallas Cowboys?
- What is located at 500 South Capitol Avenue?
- What was the full name of the Boston Garden when it opened?
- What is billed as the Greatest Outdoor Show on Earth?
- What part did Kay Petre play in auto sports?
- What is the fictional newspaper that Ray Barone writes for in *Everybody Loves Raymond*?
- In Baseball, what does ERA stand for?
- What future Canadian Prime Minister played in the Spengler Cup while at Oxford?



- Alain Vignault.
- Hoyt Wilhelm.
- Mickey Mantle.
- Their shorts.
- Figure Skating.
- John Madden.
- Liverpool.
- Jack Nicklaus won six times and the last time he was 46.
- Bobby Hill, Gordie Howe, Wayne Gretzky, Raymond Bourque, Patrick Roy and Mark Messier, although 99 has been retired throughout the league.
- Tottenham soccer team in the English Premier League.
- Heisman Trophy.
- Alexander Biledeau.
- Jerry Jones.
- Lucan Oil Stadium in Indianapolis.
- Since being built by the MSG owner in NY, it was called the Boston Madison Square Garden.
- Calgary Stampede.
- Born in Toronto, she became a race car driver in England in the 1930's.
- New York Newday.
- Earned Run Average.
- Lester Pearson.

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Military members and their spouses are invited to a CANSOFCOM recruiting information session at the Collier Theatre at CFB Esquimalt on Tuesday March 4 at 10:30 a.m. and again at 6:30 p.m. Please bring your ID if you plan to attend in civilian attire.

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participating in tasks such as hostage rescues, maritime counter-terrorism, CBRN crisis response, and the protection of VIPs - CANSOFCOM is the place for you. Representatives will be present to answer questions and talk about the recruiting process.
Don't miss this opportunity on Tuesday March 4 to discover more about a career with CANSOFCOM.
For more information on CANSOFCOM please visit www.forces.gc.ca/en/operations-special-forces/index.page or the BPSO Office.

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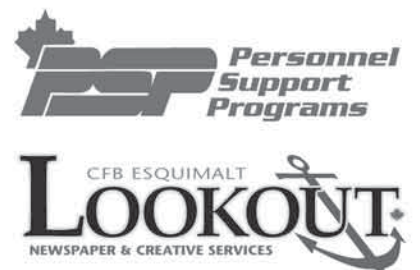


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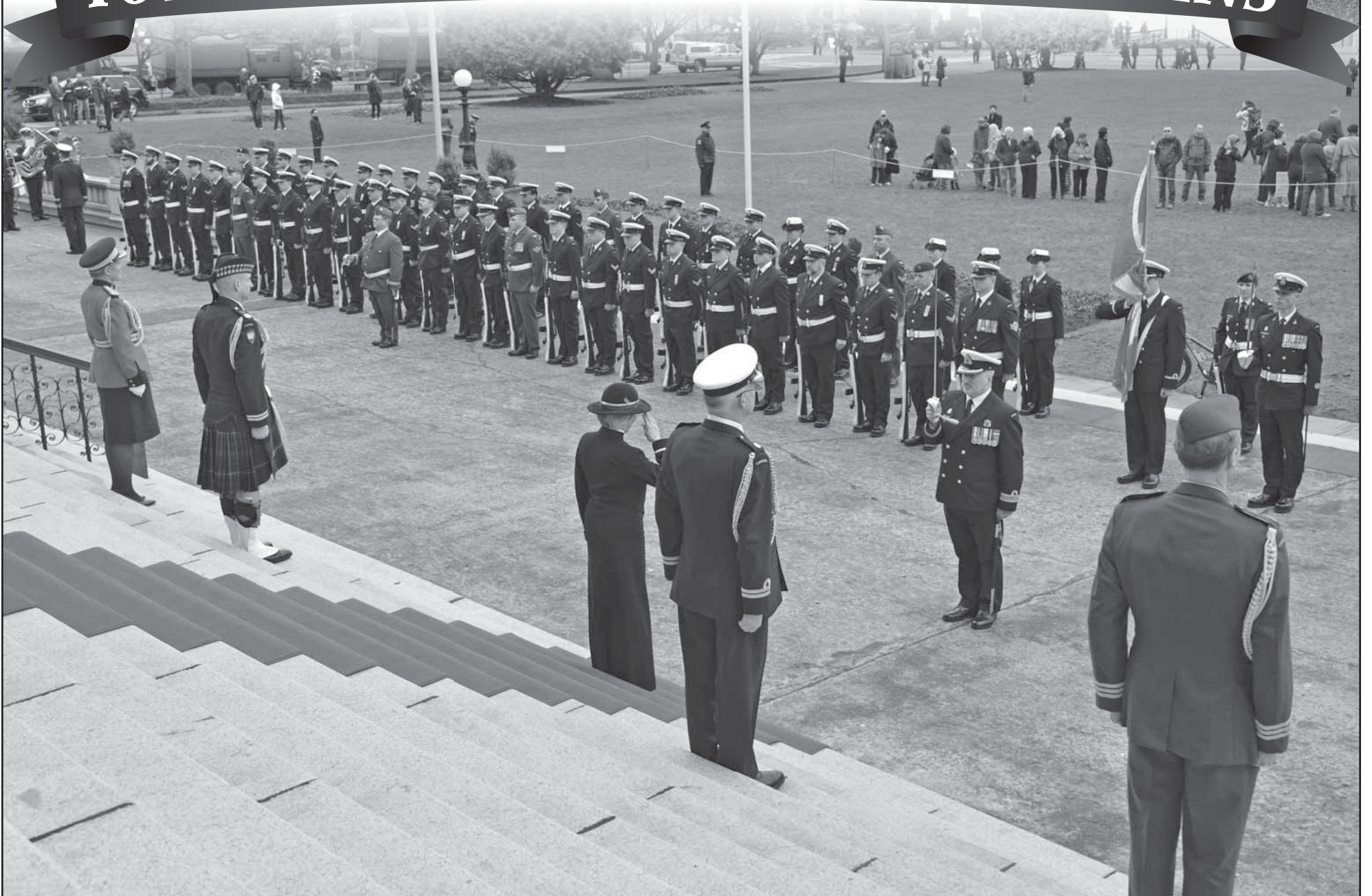
Above: Members of the Naden Band of the Royal Canadian Navy march along Belleville Street on their way to the B.C. Legislature for the opening of the second session of the 40th Legislative Assembly on Feb. 11.

Right: Gunner Kayla Ruiz fires the C3 105mm Howitzer cannon as part of the 15-gun salute for the Lieutenant Governor of British Columbia, Judith Guichon, as she arrived at the legislature.

Below: LGov Judith Guichon accepts the vice-regal salute from a formed Guard of Honour.



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Top soldier proudly accepts Defence Champion for Aboriginal peoples

Kara Tibbel
Staff Writer

Aboriginal people within the Canadian Forces can expect much support from their new Defence Champion, Lieutenant-General Marquis Hainse.

The Commander of the Canadian Army assumed the secondary duty earlier this year from LGen Devlin upon his retirement.

With 37 years of service and five operational missions abroad, the soldier has considerable insight into the inner workings of the Canadian Armed Forces, and what is needed to ensure an Aboriginal military member reaches his or her full potential.

"Aboriginal people have a respected history; they are well cultured and very well connected with the land. This history and expertise contributes greatly to the Canadian Armed Forces," says LGen Hainse, referring to their role as ally in the War of 1812, and in other conflicts where they supported Canada.

In today's military, Aboriginal people account for 2.2 per cent of the military force. LGen Hainse would like to see that percentage increase substantially.

"There are great advantages for Aboriginal Peoples in the military. Not only does it benefit the military,

but it benefits the Aboriginal community by giving opportunities to young men and women and paving a pathway to a respectable career," he says.

During his tenure as Defence Champion of Aboriginal People, he plans to promote military employment, but more importantly showcase the leadership path available to all. Brigadier General Jocelyn Paul of Aboriginal lineage is one inspiring example of what is attainable



LGen Marquis Hainse

through hard work and dedication regardless of heritage.

There are many programs available for Aboriginal youth to explore a military career.

The Forces offers three experience programs: Aboriginal Leadership Opportunity Year, Summer Training Programs and Canadian Forces Aboriginal Entry Program.

Aboriginal Leadership Opportunity Year enables Aboriginal people, who have a minimum of Grade 12, to attend the Royal Military College in Kingston, ON, as an officer cadet to learn military training and leadership development.

A series of summer camps (Blackbear in CFB Gagetown, Bold Eagle in CFB Wainwright and Raven in CFB Esquimalt) take youth on a summer journey through basic military qualifications.

The Aboriginal Entry Program gives hands-on experience and military training without any obligation to join the Forces upon completion.

With these three programs in place, Aboriginal Peoples can catch a glimpse into a possible career.

LGen Hainse says Aboriginal Peoples have contributed to this military greatly in the past and they will continue to do so. "A truly strong team starts with true diversity," he adds.

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Emergency exercise

AB Spencer Baldwin simulates a casualty in the Coxswain's Office on board HMCS Regina during an emergency flying station training exercise for Operation Artemis in the waters east of India on Feb. 15.

Cpl Michael Bastien, MARPAC Imaging Services

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Orcas gather to demonstrate manoeuvres

Cpl Stuart MacNeil, MARPAC Imaging Services

Left: Six Patrol Craft Training (PCT) vessels conduct a starboard turn in formation in the Strait of Juan de Fuca. The PCT vessels in the formation are: PCT Orca, PCT Raven, PCT Renard, PCT Wolf, PCT Grizzly and PCT Cougar.

Below: Orcas form up in preparation for PhotoEx manoeuvres.



Shawn O'Hara, Lookout

Shawn O'Hara
Staff Writer

The waters off the coast of Victoria were host to a rare sight Feb. 14: seven Orcas sailing in formation.

The Orca-class Patrol Craft Trainings (PCT) vessels set out from Esquimalt harbour before separating on different training missions.

"It was a great opportunity for a little visibility within the Royal Canadian Navy," says Capt(N) Bradley Peats, who rode in Orca PCT 55 for the morning. "There haven't been this many Orcas on the water at one time in quite a while, so we weren't about the

pass this chance up."

Six of the vessels were performing Sea Readiness Inspections in preparation for various training missions, such as MARS III and MARS IV officer training, and the Command Development Course that prepares senior officers for command, and the Orca Class Engineer and Senior Boatswain's Mate Course that trains Orca crews of the future.

"We want to make sure everyone can work as a team and this is how we do it," says Cdr Malcolm Musgrove, Officer in Charge of minor war vessel Sea Training. "Everyone is certified, everyone has taken their courses and has their tasks, but we want

Everyone is certified, everyone has taken their courses and has their tasks, but we want to make sure they can take their training and use it to help each other.

-Cdr Malcolm Musgrove
Officer in Charge of Minor War Vessel Sea Training

to make sure they can take their training and use it to help each other."

The Sea Readiness Inspection ensure crews are prepared and able to respond to emergency situations through simulated fires, floods, and medical emergencies.

"It's a valuable tool, and gives

crew the realism needed to drive a message home," says Cdr Musgrove. "Though each individual has their specific training, with this they are able to work towards the whole."

During the morning, the seven Orcas formed up and performed various manoeuvres in forma-

tion while a helicopter overhead recorded the event. Capt(N) Peats says opportunities like this are great for the Canadian Armed Forces as they provided visibility to the community.

"When the average Canadian sees us out there they see a Canadian flag and a grey hull," says Capt(N) Peats. "They don't distinguish between frigates, or Orcas, or anything. All they know is we're out there making ourselves seen and doing our job. It's important we make the connection and make sure the community knows we're working to make sure we can meet their needs and the needs of the government when we're called on."

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Shawn O'Hara, Lookout

CPO2 David Lowther stands on the deck of Patrol Craft Training vessel Orca. He recently became the first boatswain to be certified as an Officer in Charge of Orca-class vessels.

Boatswain first Orca pilot

Shawn O'Hara
Staff Writer

A small piece of history was made last December when CPO2 David Lowther was handed his tender charge ticket as an Orca-class Patrol Craft Training (PCT) Vessel pilot.

CPO2 Lowther is the first Boatswain to receive this certification, which allows him to act as Officer in Charge (OIC) of an Orca and its crew.

"You have to really want it," says CPO2 Lowther. "It's a lot of work and if you're not ready to put in the time it won't happen."

In December 2013 he completed a two-week training and assessment course netting him the unusual and uncommon qualification for his trade.

The path to the bridge of an Orca began with academic education that he completed via down-

loadable course, working on it in his spare time.

"It was a gradual process but I think it helped me soak it all up," he says. "Eventually I was able to work my way up to the on-the-water training."

At sea he learned navigation training, piloting, electronic systems, and damage control.

"It was like drinking water from a fire hose," says CPO2 Lowther. "When I got my tender charge ticket to pilot the Yard Auxiliary General training vessels in 2000 it was all chart work. Now everything is automated and electronic. It was a lot to take in."

After that one week at sea, with many exercises completed, he was finally ready to test his skills.

Cdr Lorne Carruth, Commander of Coastal Division, took the sailor for his two and a half hour long "check ride." CPO2

Lowther says he was all nerves.

"I didn't think I would pass, to be honest. I was just happy to get to opportunity to learn, and use that knowledge to maybe pass next time."

However, after backing the Orca into dock, just like the last manoeuvre to get a driver's licence, CPO2 Lowther was handed his charge ticket.

With his new certification CPO2 Lowther wasted no time taking to the water. He's already been out performing his duties as OIC of Orca PCT 55 for an Orca Certified Engineer and Senior Boatswain Mate course's sea phase.

"This is as far as it can really go, but it's great to have the certification," he says. "Being able to go out with a boat that, at least for a little while, I have command of is a really great feeling."

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NEWS Nuggets

Cock of the Walk tournaments coming up

Cock of the Walk Basketball Tournament will be held from March 19-21

Registration Deadline is March 7.

Games will be held in the lower gym and will commence after the FORCE test is complete (around 10 a.m.).

Teams can submit their interest to participate by

email to Les Alexander at Les.Alexander@forces.gc.ca

. Eligibility forms must be signed by the Commanding Officer, Executive Officer or the Coxswain and can be turned in prior to your first game.

Cock of the Walk Soccer Tournament is being held at Colville Field March 11-14.

Registration deadline March 3.

Teams can submit their intent to participate by email to Les Alexander at Les.Alexander@forces.gc.ca. Eligibility forms must be signed by the Commanding Officer, Executive Officer or the Coxswain and can be turned in prior to your first game.

Come celebrate International Women's Day

March 7 – 11:30 a.m. –1 p.m.

Recognition of International Women's Day Supported by the Defence Women's Advisory Organization (DWAO)

A 5km walk is planned to leave the Dockyard Main gate to Saxe Point and back; all Defence Team members are invited to join.

March 19 – 11:30 a.m. –1 p.m.

Recognition of International Day for the Elimination of Racism (March 21).

Supported by the Defence Visible Minorities Advisory Group.

A farewell reception in the Wardroom Upper Lounge is planned for the five Federal Internship for Newcomers (FIN) program employees currently working in the Formation. Their terms finalize March 31 and the intent is to present them with Certificates of Recognition from MARPAC. Their individual manager/supervisors will also be in attendance.

Base Foods will be offering an international style buffet at each of the Messes in recognition of this celebration; and all attendees of the function will proceed to lunch.

"Afghanistan - A Soldier's Story" for navy too

Naval personnel may participate in "Afghanistan - A Soldiers Story."

All serving and retired personnel who supported Canada's missions in Afghanistan and the Persian Gulf (Arabian Gulf) are requested to submit personal anecdotes between 300 and 600 words and images between 1 and 2 MB prior to the deadline of May 1, 2014 to: consult@mywrdrwx.com.

"Afghanistan - A Soldiers Story" is to be a compilation of the very human stories and photographs of Canadian soldiers, sailors

and air men and women. The aim is to create a commemorative album that will allow those who served an opportunity to share their experiences with the Canadian public. Net proceeds from book sales will go to the Boomers Legacy Foundation, the Military Family Resources Centre, the Military Families Fund, and the Soldier On Fund.

Currently there is insufficient content covering the significant contribution made by naval personnel and the editor has requested the RCN's assistance in support of this worthy

endeavour.

Please see the attached pamphlets in English and French:

Afghanistan - A Soldiers Story: <http://afghanistanacanadianstory.ca/wp-content/uploads/2012/02/Afghan-Book-Project-Updated-PAMPHLET-20142.pdf>

Afghanistan - L'histoire d'un soldat: www.afghanistanacanadianstory.ca/wp-content/uploads/2012/02/Afghan-Book-Project-Updated-PAMPHLET-2014-French.pdf

Additional information can be found at: www.afghanistanacanadianstory.ca

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Protecteur hosts special guest

SLt Noelani Shore
HMCS Protecteur

HMCS *Protecteur* received a distinguished guest on Wednesday, Feb. 12.

Admiral Harry B. Harris, Jr., Commander of the United States Pacific Fleet, took time out of his hectic week to tour the ship and meet with *Protecteur's* Command Team.

Adm Harris graduated from the U.S. Naval Academy in 1978 as a naval flight officer. He has logged 4,400 flight hours, including more than 400 combat hours, in maritime patrol and reconnaissance aircraft. He was promoted to Admiral and assumed com-

mand of the U.S. Pacific Fleet in October 2013.

His personal decorations include the Defense Distinguished Service Medal, Distinguished Service Medal (two awards), Defense Superior Service Medal (three awards), Legion of Merit (three awards), the Bronze Star (two awards), the Air Medal (one strike/flight), and the State Department's Distinguished Honor Award.

Of note, he has accepted an invitation to be the keynote speaker at this year's Maritime Security Challenges conference in Victoria, Oct. 6-9.

After a busy week at sea, the crew prepared the ship

for Adm Harris' first visit on board *Protecteur* where he was shown all aspects of the capabilities the ship provides a Task Group at sea. The tour included a look at one of the RAS (replenishment at sea) stations, the embarked Sea King helicopter, ammunition and dry goods storage capacity, a demo by the Naval Boarding Party, and finished with a small reception in the Commanding Officer's cabin.

Protecteur will continue to sail around the Mid-Pacific Region for the rest of February as the Duty MIDPAC Oiler and in support of the Submarine Commander's Course (SCC).

Go green for nutrition month

Vegetables and fruit are naturally low in calories and packed with vitamins, minerals and phytochemicals.

Any vegetable and fruit, particularly those bright in colour and high in flavour, help you power through and recover from your workouts; fight off cold and flu; combat the effects of stress; naturally and safely cleanse your body; provide natural defence against such diseases as cancer, heart disease, obesity, and diabetes; and greatly enhance mental and physical performance.

Yet, with all these benefits and vast choices, over 80 per cent of Canadian Armed Forces personnel are missing out by not eating the recommended seven to 10 combined servings of vegetables and three or

more servings of fruit every day. Two great ways to increase your intake are: start tracking and simply cook from fresh produce.

With "March is Nutrition Month", Strengthening the Forces is re-launching the Vegetable and Fruit Campaign, twice annually. Starting March 10 all DWAN users can register at: <http://cmp-cpm.forces.mil.ca/health-sante/ps/hpp-pps/nw-mn/vf-lf/vf-lf-eng.asp>. Join this Challenge, dust off your New Year's resolutions and make healthy eating a priority.

Also, in conjunction with Dieticians of Canada, Strengthening the Forces is launching "March is Nutrition Month" with a free serving of veggies and fruit at the Naden and Dockyard Gate March 3, 6:30 to 8:30 a.m.

Over 80 per cent of Canadian Armed Forces personnel are missing out by not eating the recommended seven to 10 combined servings of vegetables and fruit.

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Combat Divers unite in West Coast waters

Shawn O'Hara
Staff Writer

Diving is not just for the navy.

For two weeks in February army combat divers from army units across Canada and the globe went beneath the waters off Albert Head for specialized training.

Exercise Roguish Buoy 2014 tested divers' ability to plan and execute military operations underwater. Included in the training were underwater demolitions, construction, navigation and general proficiency from the surface to the seabed.

"It's a great opportunity for us to show off our Standard Operation Procedures and to see how the other teams work," said Capt Nicholas White from the Army Dive Centre in CFB Galetown, and Exercise Coordinator for Roguish Buoy. "Everyone has the tricks and tools they prefer, and it benefits us all to see how other divers get it done."

Divers from the United Kingdom, Holland, France, and Belgium shared their own unique protocols, equipment and strengths with the Canadian divers.

"The Dutch are more construction divers, so their expertise is going down with underwater tools such as the Broco cutting torch," said Capt White. "Teams who aren't used to that kind of work learned a lot and the Dutch got to show everyone what they do."

The exercise, which took place from Feb. 7-19, took divers to two distinct training sites: Albert Head and Whirl Bay in Metchosin.

In Whirl Bay, divers practiced using explosives at the Canadian Armed Forces Underwater Demolitions Range; at Albert Head they broke down and removed underwater rubble and debris.

"Divers used specialized equipment for these jobs such as the underwater chainsaw and jack hammer," said Capt White. "It's an interesting task because there are so many different ways to attack these targets. Every team came up with a different method and they were all successful in their own way."

Branching out to Canadian waters has brought about new relations and skills for the international divers.

"We've seen the planning and execution of Canadian divers' operations. It's been very beneficial," said Capt Adam Loots, 35 Engineer Regiment of the Royal Army's Royal Engineers based out of Paderborn, Germany. "For this exercise, we were all ostensibly one Canadian Engineering unit, working together, seamlessly integrated. As we were all parts of the single whole, we've learned and grown together."



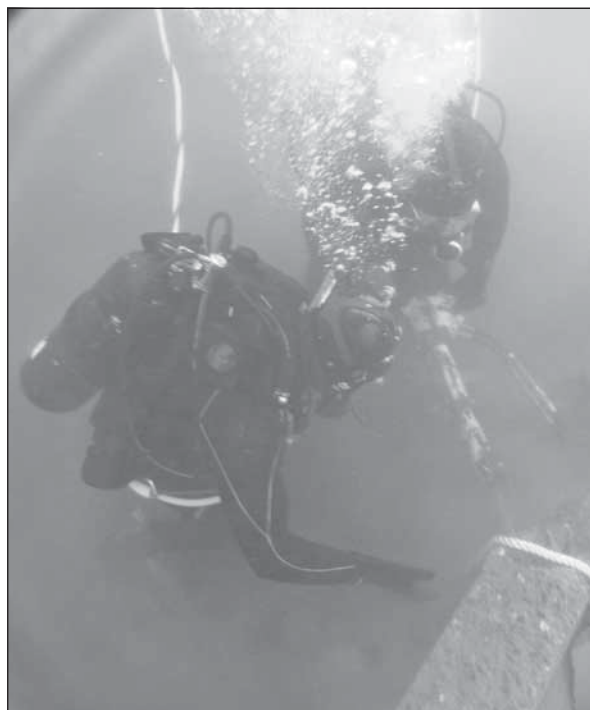
Above: In the murky waters off Whirl Bay, army divers test their skills.

Right: A diver places lifting bags on a concrete barrier in order to lift and move it closer to the working platform.

Bottom right: Divers prepare to enter the water at Whirl Bay, the underwater demolitions range.

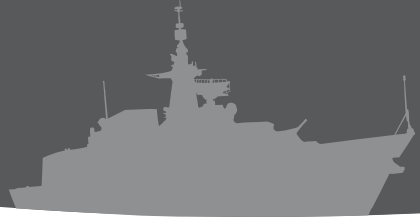
Below: Divers use an underwater jackhammer to break up concrete.

Photos by MCpl Eric Roberts



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Bravo ZULU

Rocky Point says good-bye to two employees



SLt Graeme Hill, centre, was promoted to the rank of Lieutenant (Navy) by Cdr Wes Golden, BAdm Branch Commanding Officer (left), and A/SLt Stephanie Flynn (right).



Jamie Allin retired last month after more than 35 years in the Public Service. Allin joined CFB Esquimalt Base Construction Engineering out of high school (1977) working for them until 1984. Upon learning of vacancies at CFAD Rocky Point he joined as an ammunition worker (AMW 5). He has diligently applied himself, progressing from an AMW 5 to a GT 04 senior ammunition technician supervisor. Allin was instrumental in the success of CFAD Rocky Point, with many noteworthy accomplishments. In 1989 and 1991, he participated in a program to train Civilian Ammunition Technicians with Military Ammunition Technicians completing the military TQ3, and TQ5 ammunition technician courses. In 2000, he was promoted to his present level of GT 04 senior supervisor and worked in many areas throughout Rocky Point. Allin will be transitioning from the Public Service to run his Auto Salvage Yard in Sooke.



Todd Genereux will transfer to Corrections Canada as a Clinical Social Worker. Genereux joined Rocky Point as a term GL AMW 5 in August 1997 and became an indeterminate in February 1999. He worked a variety of CAT position within the depot and was engaged as a First Aid trainer within the depot. Genereux was the Union President (UNDE) leading the employees for approx four years. He took an extended period of leave without pay to return to university to become an addictions councilor, and had a period of secondment with Correction Canada during his education period. Genereux will move to Regina, SK, to assume his new responsibilities.



WO Lisa Still became one of the first to be awarded the new Logistics Branch Occupation Coins. It was presented to her by the Divisional CPO1 for the C Navy NS Compt, CPO1 Clement Godin.

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