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Volume 59 Number 9 | March 3, 2014

LOOKOUT

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Kara Tibbel, Lookout

Howe Lee, a Cold War veteran, listens intently as King Wan addresses visitors during the opening of the new CFB Esquimalt Naval and Military Museum exhibit. During the opening, Wan talked of the obstacles Chinese Canadians had to overcome to be treated equally.

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Benjy Houser
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Wounded Warriors brave tough weather

Shawn O'Hara
 Staff Writer

After six days on the road and 600 kilometres traversed in running shoes, the Wounded Warriors made it home.

The running team, including Wounded Warrior Run B.C. founder PO2 Allan Kobayashi, crossed the finish line Feb. 21 in Colwood.

"It was a great experience. There were definitely some challenges but I'm proud of everyone," says PO2 Kobayashi. "We set out to raise some money for military members, and we surpassed even our expectations. I'm thrilled."

The event raised money for Wounded Warriors Canada, a non-profit organization that provides programs and connections for military personnel suffering

We did more than we ever thought we could.

-PO2 Allan Kobayashi
 Wounded Warrior Runner

from Post-Traumatic Stress Disorder (PTSD) and other work-stress injuries.

The run gained public attention as the miles wore on.

"We got a phone call from the president of Wounded Warriors Canada, who said he'd been directly receiving phone calls talking about our run," says PO2 Kobayashi. "We were making waves, and word was getting out. It was huge for us."

The team shattered the

fundraising goal of \$2,500, raising more than \$10,000.

"The money just kept rolling in," says PO2 Kobayashi. "We had schools donating money raised through lunch funds and little kids emptying their piggy banks. It was a very emotional experience."

Setting off from Port Hardy Feb. 15, the team encountered high winds, knee deep snow, and driving rain. PO2 Kobayashi says with the warrior spirit in their hearts nothing could stop them, not even nature.

"I was running my leg further up island and nature called. So I ran off to the side of the road and as I was finishing up I heard someone yelling at me from the support vehicle," says PO2 Kobayashi. "I turned around and there's this great big elk not 10 yards away. Luckily

he was more interested in crossing the road, but I definitely felt like I was intruding."

For the fit team the distance wasn't a problem. PO2 Kobayashi says after a while auto-pilot would take over.

"I always say I just stick my tummy forward and let my legs run," he says. "We knew what we were doing and who we were doing it for. We've all been there. It was about them, it wasn't about us."

With the monumental run now behind them, it's back to work for the team. PO2 Kobayashi says heading back to work knowing the difference they made and the work they did is more than enough comfort.

"We did more than we ever thought we could," he says.



The Wounded Warrior Run B.C. team gathers at the Mile Zero monument in Victoria after running 600 kilometres and raising more than \$10,000 for Wounded Warriors Canada.

Shawn O'Hara, Lookout

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Above: Honorary Colonel Rick Hansen greets Cpl Deborah Kerr, who followed alongside Hansen 29 years ago during his Man in Motion tour.

Left: HCol Hansen presents the Sacrifice Medal to Cpl Darryl Hansen.

Below: HCol Hansen signs a pink t-shirt for CFB Esquimalt's anti-bullying campaign.



Canadian legend PRESENTS SACRIFICE MEDAL

Shawn O'Hara
Staff Writer

The room buzzed with excitement, admiration, and inspiration when Canadian legend Rick Hansen entered the Joint Personnel Support Unit (JPSU) Feb. 26.

Hansen, an Honorary Colonel for JPSU, stopped by the base during a visit to Victoria and made a few presentations.

"It's an honour to be a part of this unit, and by extension a part of the Canadian Armed Forces," said Hansen, who inspired the world during his Man in Motion tour, which

saw him cross 40,000 kilometres across 38 countries, raising money for spinal cord research and quality of life initiatives. "People like you are what inspired me to become who I am," he said to the crowd.

HCol Hansen presented a medal to Cpl Darryl Hansen (no relation), who received the Sacrifice Medal for a deployment with the 2nd Battalion Princess Patricia's Canadian Light Infantry (PPCLI) to Afghanistan in 2008. While there he sustained a traumatic brain injury when an Improvised Explosive Device (IED) exploded.

"It was a real honour to have HCol Hansen present the medal to me. He's an inspiration to Canadians everywhere," said Cpl Hansen. "My time in Afghanistan was life changing in many ways, and it means a lot to have those experiences recognized."

MCpl Brett Trimble was also called forward to receive his Canadian Forces decoration from HCol Hansen for 12 years service to the military.

He also presented a quilt from Quilts of Valour, a local organization that provides handmade quilts to military service people and community members going

through hard times. One quilt was presented to Cpl Hansen, and another to Victoria local Beverly Hamilton.

"When you get down to it, organizations like the CAF are about helping people," said Hansen. "Whether it's helping their own recover from the effects of war or reaching out to the community and easing their burdens, that helping hand is always near and ready. I'm truly honoured to be a part of that effort."

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Belmont CANEX gas bar closes

For many who live in the Belmont Park community, the news earlier this month that the CANEX Expressmart was shutting down its gas pump operations on Feb. 21 came as a surprise.

Iris Shiplack, from the CANEX Expressmart, noted the decision to shut down the pumps was not an easy one to make for the CANEX management team.

Across the country CANEX gas bars have struggled to compete with hyper-competitive national chains and still generate revenue for the CF Morale and Welfare Services Program. The facilities located in Belmont Park were not immune to these market effects and over the past couple of years the CANEX gas bar has consistently lost money.

In the face of continuing losses, the decision was taken by CANEX to cease fuel sales at several bases including CFB Esquimalt, and the pumps at the CANEX Expressmart, located in the Belmont Park Residential Housing Unit complex were shut down when the fuel supply ran out.

Removal of the pumps and tanks will take place in the spring/summer time-frame. The other services offered by CANEX will remain unchanged.

Cdr Wes Golden
Base Administration
Officer

Minor injuries sustained in HMCS Protecteur engine room fire

Shawn O'Hara
Staff Writer

Several personnel are being treated for minor injuries following an engine room fire aboard HMCS Protecteur.

At approximately 10:20 p.m. Feb. 27, while making the trip back to CFB Esquimalt following operational duties in the mid-Pacific Ocean, a fire in Protecteur's engine

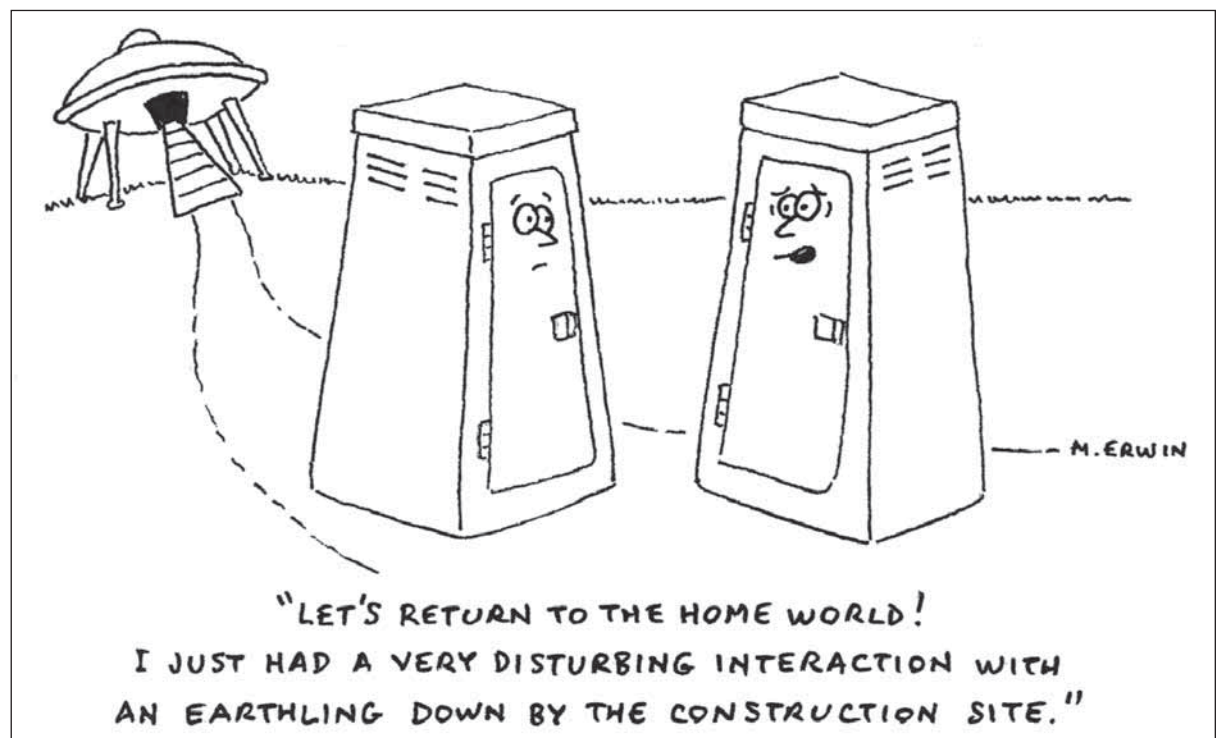
room was reported to the Regional Joint Operations Centre (RJOC).

The blaze was extinguished by on-board personnel, some of which suffered minor injuries and are currently receiving medical attention in Protecteur's medical bay.

Protecteur was located approximately 630 kilometres from Pearl Harbor, Hawaii, at the time of the incident, and will likely return to

the port for repairs and refuelling. A full assessment of the incident is being conducted to establish the extent of damages sustained in the fire, as well as the effects the damage will have on propulsion.

At press time all personnel were safe and those injured were being tended to. Families looking for information are urged to contact the Military Family Resource Centre at 250-363-3050.



SPORTS trivia by PO1 Bill Sheridan Contributor

1. During a game, what did Dave Hanson tear off Bobby Hull?
2. What was the first MLB team to have more strikeouts than hits?
3. What is also known as Octopus?
4. What future Hall of Fame coach led the ABA in assists from 1967-70?
5. The book called 'Driver #8' is about whom?
6. Who were the Fearsome Foursome of the NFL?
7. Who sang the national anthem at the inaugural Senators home game?
8. Who is Gunter Parche, and what did he do?
9. Whose number 1 was retired by the Minnesota Wild?
10. Who was Harry Christopher Carabina?
11. Who is awarded the WP McGee Trophy?
12. Who did Rafer Johnson (1960 decathlon Gold Medal Winner) and Rosie Grier (Giants and Rams player) subdue?
13. Who was the youngest NCAA basketball coach to reach, 300, 400 and 600 wins?

- ANSWERS
1. His toupee.
 2. 2001, Milwaukee Brewers; 1399 K's to 1378 hits.
 3. Underwater hockey.
 4. Larry Brown.
 5. Dale Earnhardt, junior.
 6. Originally it was the nickname given to the New York Giants defensive line, featuring Rosey Grier, Jim Katcavage, Andy Robustelli, and Dick Modzelewski. Later, other lines had the name.
 7. Alannis Morissette.
 8. He stabbed Monica Seles.
 9. Their Fans.
 10. Harry Caray, play by play announcer for Cards, A's, White Sox and Cubs.
 11. The Canadian International University Sport champions of men's basketball.
 12. After he shot Robert Kennedy, these two men took down Sirhan Sirhan.
 13. Bobby Knight.

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Base volunteers shred for veterans' care

Shawn O'Hara
Staff Writer

Shredding paper has put \$10,000 into caring for the elderly.

The cash was raised at the 2nd Annual Shred a Thon for Broadmead Care, through document shredding on Saturday Feb. 22.

Volunteers from Maritime Forces Pacific, Sea Cadets and Claremont High School dumped boxes of documents, magazines, old newspapers, and other paper products into a shredder for a donation.

"Last year's event had such a great reaction we wanted to give it another shot," says Kathy Baan, Director of Development for Broadmead Care, a non-profit organization that provides housing, and social and health service for seniors, veterans, and people with disabilities. Among the facilities run by Broadmead care are Nigel House, Harriet House, and the Lodge at Broadmead, where the event took place.

"These are members of our community who have contributed to our country in ways many of us cannot imagine," says Baan. "We want to do anything we can to get the community involved in giving back to them."

Money raised from the event goes directly to supporting social programs at Broadmead Care's facilities, such as creative arts. These programs forge connections and create positive moments for residents suffering from cognitive impairments.

"A lot of our residents suffer from Alzheimer's and dementia," says Baan. "With art programs we're able to engage them mentally, which can do wonders for the cognitive ability and emotional wellbeing. It really can change their lives, if only for a moment at a time."

Island Document Storage and Shredding was on site, filling ears with the sound of documents falling to the teeth of their churning



Above: Volunteers Blair Black (left), Cpl Chris Smith (middle) and OS Christina Blaskavitch (right) help pile up documents for the shredder.

Below: Island Document Storage and Shredder's mobile shredder truck chewed up documents for anyone with a donation.

machine.

"People bring all kinds of things," says Baan. "We're happy to provide a place to get rid of it all and help our residents along the way. It's a win-win for the community."

More than 10 military members joined LS Sylvain Dostie for the event. He has been volunteering at the Lodge at Broadmead for a number of years.

"My father is receiving care in a similar program back in Quebec and it's really helping him out," he says. "Since I'm posted here I wanted to give back in some way, so the Lodge seemed perfect. It makes me feel like I can help my father, even though he's on the other side of the country."

LS Dostie says helping out with community programs such as the shred-a-thon is a great way for military members to give back to their community.

"These are people who are in the same position we're in now. We've got to do whatever we can to honour their service and



sacrifices," he says.

More information on Broadmead Care's pro-

grams and facilities can be found at www.broadmeadcare.com.

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Chinese Canadian military veterans visit base

Kara Tibbel
Staff Writer

"I don't believe that the contributions of the Chinese community are yet fully realized by most Canadians. I am grateful to the Chinese Canadian Military Museum Society for allowing the exhibit to be displayed at the Base so that more people, including our current serving members, can learn about their valuable contribution to this country."

-Capt(N) Luc Cassivi,
Base Commander CFB Esquimalt

A travelling exhibit on Chinese Canadian military

history has made its way to CFB Esquimalt.

Last Thursday *One War, Two Victories* opened at the base Naval and Military Museum to an audience of Chinese veterans, defence team members and members of the public.

"We are so excited about this exhibit and really lucked out," said Debbie Towell, Museum curator.

The exhibition was presented in collaboration with the Chinese Canadian Military Museum Society, and explores the experiences of Chinese Canadians who served in the Canadian military and volunteer ser-

vices, and in Allied war efforts during the Second World War.

The travelling exhibit compliments the museum's collection of Mary Ko Bong's uniform and photographs, which were donated following her death.

"Mary had a truly inspiring story; she really was a wonderful woman and we can see that in the photos she left behind," says Clare Sharpe, Naval and Military Museum exhibit designer.

"Part of what makes the donation so great is Mary wrote on the back of all her images explaining where she was, who she was with, and what she was doing. Knowing these details really gives a sense of what her life was like," says Towell.

Ko Bong joined the CWAC in 1941 shortly after the Corps was created; she worked as an instrument technician, repairing compasses and binoculars. She was also one of a handful of Chinese-Canadian women to serve in uniform.

The incorporation into *One War, Two Victories* of her personal items enhances the understanding of this pioneering individual and the social context of her

contribution to her country.

King Wan, President Chinese Canadian Military Museum Society, opened the exhibit. He spoke of Chinese Canadians service to Canada in the Second World War.

"There were times where it was difficult for us as we questioned on who we were fighting for. Does Canada want us as allies? There were big issues of racism and discrimination," said Wan.

Though denied rights and subjected to widespread discrimination before the war, many Chinese Canadians volunteered for military service and related duties, helping to secure victory abroad and greater equality at home. The exhibition presents their contributions to Canada and to the Chinese Canadian community in war and in peace.

"Although many of the Chinese Canadian veterans of the Second World War have now passed away, they demonstrated their loyalty to Canada and desire to be recognized as citizens in the country of their birth," said Wan. "The Chinese Canadian veterans' contributions to the war effort and sacrifices helped the



Mary Ko Bong at Work Point in the Spring of 1946 with Wally Wallace and Joe Boyte.

Allies win the war and also changed societal attitudes towards race in Canada. The result, Chinese Canadians were finally granted the right to vote after the war and recognized for their contributions to the building of Canada. We hope

that many of the Canadian Armed Forces personnel, DND members and people in the community will visit the museum exhibit to learn about this little known chapter in our history."

The exhibit will be on display until May 30.

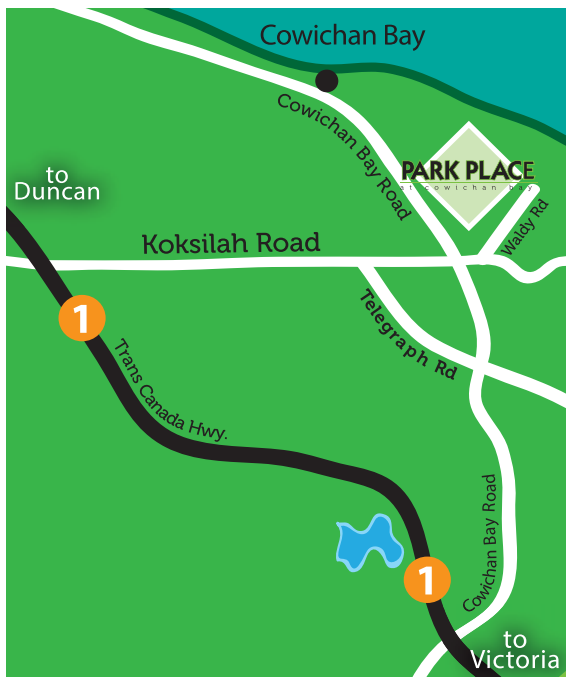


Visitors take in the information from the travelling exhibit.

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In fact, over 90 per cent of all global commerce, including two thirds of the world's oil, travels by sea via transoceanic shipping and trade. Any disruptions in maritime commerce in key regions such as the Asia Pacific would have serious consequences for economies around the world, especially if those disruptions occurred at key choke points such as the Strait of Malacca.

Canada is increasing its engagement in the Asia Pacific through enhanced cooperation and interoperability with military allies, other like-minded nations and multinational organizations in the region. These efforts are designed to improve a collective response to commonly perceived threats such as border conflicts, fragile states, humanitarian assistance and disaster relief, transnational criminal networks, and human and drug trafficking.

Deployments such as Operation Artemis provide crucial opportunities to strengthen key relationships with Canada's Asia Pacific partners in order to promote Canadian involvement in activities that would be mutually beneficial for the region and Canada.

During *HMCS Regina's* transit to the Operation Artemis joint operations area, the ship and crew were engaged in a number of high profile public activities and private functions in support of the DND Global Engagement Plan and the Canadian Armed Forces/Royal Canadian Navy engagement strategy in the Asia Pacific region.

The most high profile of these functions was a reception on *Regina's* flight deck at Changi Naval Base in Singapore on Feb. 9. The distinguished guest list included representatives of governments, heads of diplomatic missions, defence attaches, senior officers from various militaries, as well as important trade representatives and leaders in the business community.

"The reception on board *Regina* provided an important venue for all in attendance to get to know the key players in the region in a relaxed, informal setting," said LCdr Gordon Roy, Executive Officer of *Regina*.



Cpl Michael Bastien, MARPAC Imaging Services
Above: LCdr Gordon Roy, Executive Officer of HMCS Regina, welcomes Commander O'Connor, United States Navy, during a cocktail party hosted on the ship's flight deck in Singapore on Feb. 9.

Below: Canada's High Commissioner to Singapore, Heather A. Grant, gives a speech to distinguished guests.



"*Regina's* deployment for Operation Artemis demonstrates Canada's enduring commitment to promoting peace and security in the Asia Pacific region and across the world."

The day after the reception, Cmdre Scott Bishop, Commander of Canadian Fleet Atlantic, toured a number of military facilities and met with senior flag officers and military liaison offices throughout the day. These meetings provided opportunities to promote shared security principles, defence professionalization and capacity building

among the participating nations.

"The interpersonal and professional relationships that develop from these kinds of events will payoff in the future as we continue to strengthen preparedness and enhance interoperability with our Asia Pacific partners," said Cdr Dan Charlebois, Commanding Officer of *Regina*. "It also improves our collective capability to respond in a timely and effective manner to emerging threats to security and maritime commerce in the region and around the world."

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They queued quietly at first. Bathed in an unseasonably warm November sun, their anxious feet shuffling outside the police barracks, the policewomen's chatter heightened as the unveiling drew near.

They were about to take another step toward greater respect, higher morale and increased authority. Clad in traditional women's garb – ankle-length dresses topped by wrist-covering blouses and conservative hijabs revealing only their eager faces – the women waited patiently before hearing the first name called. Seconds later a beaming policewoman emerged with her new official police uniform raised over her head to the jubilant applause of her colleagues.

"When I go out, my clothes should exhibit that I'm a policewoman so people will know that I'm serious about security," said Pary Gull-s-Salime, a 22-year-old police administrator.

The uniforms – a set of trousers, a blouse, a pair of boots and matching hijabs for each policewoman – were a gift from a female filmmaker so impressed by the Afghan policewomen she was inspired to ensure they could don uniforms equal to the women's courage.

The recipients expressed subdued giddiness in a land where conservatism is the norm.

"This is a proud day for us," said Lt. Col. Najiba, who, like many people in Afghanistan, goes only by one name.

Courage concealed in plain sight

Scarcity defines vast stretches of this country.

Intermittent drought has turned the Earth barren in already achingly arid districts. Drinking water and food supplies suffer. Smoothly paved roads, power and sewer lines and conveniences taken for granted by so many are still in their infancy here. Enemies of a free Afghanistan hamper development efforts with attacks that strike at the most vulnerable here: women, children and the elderly. Security suffers.

Thankfully for the Afghan people, there remains an abundance of courage.

Nowhere is this valor more evident than in the brave faces of the women who've sworn an oath to protect their fellow citizens as police officers. The harrowing existence of Afghan women is extensive and well documented.

Against this backdrop, policewomen struggle for legitimacy, respect and, sometimes, the right



PO2 Ernesto Hernandez Fonte, US Navy

Above: Afghan National Policewomen sit in class in Kabul, Afghanistan.

Below: Karen Holowaychuk, a Canadian police officer with the Kandahar Provincial Reconstruction Team, mentors Afghanistan National Police female officers during a Law Enforcement Code of Ethics training session.

The situation is not good, but it is so much better than it used to be.

-Nubila Nuzara,
21-year-old officer



MCpl Pierre Thériault, Combat Camera

to exist.

The killing of a high-ranking Afghan policewoman earlier this year underscores the threat faced by women brave enough to don the shield. Despite the pride in their new uniforms, the policewomen acknowledge they will travel to and from work in civilian clothes, changing at the station into their new uniforms and boots.

They are jeered, ridiculed and sometimes threatened by men who know of their work. Yet they press on, steadfast in their determination to play their part in building a new Afghanistan.

"The situation is not good, but it is so much better than it used to be," said Nubila Nuzara, a 21-year-old officer between a regular flow of thorough pat downs of women entering the police compound. "We hope that we can one day have a society without a framework for what we can and cannot do."

These policewomen arrive at work each morning with vastly different backgrounds and expectations. Some are barely out of their teens, educated and aspiring. One spoke of a position with the police as a springboard to a career in law. Another hoped to serve as a recruiter, influencing other women to join the struggle for law and order. Others bore weathered skin of harsh winters and dry summers that speak of experience but not education. A former baker now spends long stretches in a cramped, barren room reserved for patting down female visitors. A bed with an exposed mattress tempered only by a threadbare sheet and a desk unfit for office work are all the amenities provide to comfort the three policewomen expertly yet respectfully searching visitors.

"This job allows me to do a good service while other jobs do not," said Rahima Ghulame, a 27-year-

old policewoman on the job only six months.

Lt. Col. Corine Van Nieuwburg, the gender adviser serving Regional Command North, was instrumental as a liaison between the benefactor – filmmaker Alison MacLean in Vancouver – and the recipients here in northern Afghanistan.

She spoke about the role female Afghan security forces will play at pivotal events pending in Afghanistan.

"The protection of the female voters at the polling sites and other public placed will be your honorable duty," said Van Nieuwburg. "This duty will have a place in the history of Afghanistan to enable the population of Afghanistan a fair and secure election."

Inspired into action

MacLean is a benefactor whose passion for improving the plight of Afghanistan's women is surpassed only by her creative dexterity for

the same. She made her first visit to Afghanistan more than 20 years ago, during the Soviet Union's occupation and the rising tide of fundamentalism from which the Taliban rose and flourished.

This perspective, coupled with what she described as the tremendous support she's received during two film making visits in the past several years, has made her among one the coalition's strongest partisans outside the Canadian military chain of command.

"I get so frustrated when I hear all the negative news about NATO in Afghanistan from people who don't have the perspective that I do," she said. "The truth is, the Americans and Canadians and British and so many others have done so much to improve the lives of the Afghan people, especially the women. It's amazing for me to compare what I witnessed when the Russians were there with what I witnessed during my last visit. And I'm so proud Canadian troops were part of that effort."

Bolstered by the progress she's witnessed and her desire to play a small part in improving the lives of Afghan women, she's raised thousands of dollars in the past several years and donated them all to supporting Afghan women. The recent batch of uniforms is her most recent contribution.

"I know what it's like to be a woman and to want to look good and professional and to also struggle juggling a career and family and all that we have to do," she said. "And then you add the cultural struggles these women face, the threat of violence and daily fight for respect. It's so extraordinary and I felt I had to do something to support them."

She's donated proceeds from two of her documentaries about Afghanistan to the effort, and has collected small donations from Canadians.

"I've spoken to breakfast clubs, lunch socials, business group dinners. I never knew so many people met for meals but they've been very generous with \$20 here and \$20 there and when you add it up it's real money," she said. For Lt. Col. Najiba and her unit of intrepid female police officers, it's adding up to a very real difference.

"Our job will never be easy, but this will make us more effective," she said.


Join the conversation


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Left to right: Sgt Barry Oxford, Capt Renee Milne, MWO Daniel Menard, Maj Michael Lemire, CPO2 Jamie Lone, Capt (N) Luc Cassivi, Ms. Hannah Smith, Mr. Lamont French, PO1 Tony Brooks, Sgt Jeff Eves, Capt Pamela Harris, MCpl Jodi Woolridge, WO Dave London, PO1 Rick Tucker, Sgt Mike Oliver, and Sgt Jason Forget.

Motorcycle ride raises money for local charities, cheque given

DND

The Military Police National Motorcycle Relay Ride (MPNMRR) is an annual charity event started in 2009 by a group of Military Police members who wanted to ride across the country on motorcycles while raising money for charity.

National riders cover more than 10,000 kilometres each year, stopping at all major military establishments across Canada, and this year's route will see riders travel between Victoria, B.C. and Gander, NL from Aug. 2 - 27.

In the past, money raised has been distributed to the

National riders cover more than 10,000 kilometres each year, stopping at all major military establishments across Canada.

Military Police Fund for Blind Children, Support the Troops, Wounded Warrior and Children's Wish Foundation. To date, over \$200,000 has been raised through donations from the

general public, local businesses, silent auctions, merchandise sales, national sponsors and the riders themselves.

On Jan. 24, Base Commander, Capt (N) Luc Cassivi, and the MPNMRR Chairman, Lamont French, presented Hanna Smith, the Development Coordinator for Children's Wish Foundation of Canada, with a cheque for \$6,847.62. This donation represents half of the funds raised within British Columbia during the 2013 MPNMRR.

For those looking for more information on the relay ride and how to get involved go to www.mpnmrr.ca



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HMCS REGINA at work and play

Above: The ship's company cheers on the Canadian Men's Hockey Team during the 2014 Winter Olympics.

Right: LS Joseph Pittet and Jeffrey Dunlop conduct maintenance on the Close In Weapons System.

Below: LS James McKenzie responds to a marine systems engineering drill.

Cpl Michael Bastien,
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Sailor undergoes tasty test at sea

SLt Noelani Shore
HMCS Protecteur

In preparation for the completion of her QL 3 Phase 2 trades training, OS Emily Thomas, a cook onboard *HMCS Protecteur*, put together a Confirmation Dinner for a few lucky crewmembers on Thursday, Feb 6.

Guests, including the Logistics Officer, the Padre, and the Commanding Officer, were treated to a five-course meal in the Commanding Officer's Cabin.

This Confirmation Dinner was the culmination of two years work, and was the final test for her package.

OS Thomas pulled out all the stops with this five-course meal, beginning with cream of tomato soup with a parmesan crisp as garnish, a caesar salad with hand-made croutons, followed by beef tenderloin with au-jus, as well as a side of glazed carrots, braised cabbage, and garlic mashed potatoes. The meal was topped off with hand-made pecan pie and a quenelle of whipped cream.

OS Thomas designed the entire menu, and then had six hours to prepare and serve the meal. It is customary for candidates to serve no more than six people, but eight crewmembers had the opportunity to support OS Thomas and enjoy a delicious, gourmet meal.

Guests then completed a survey and judged each component of the meal; however, there was nothing



Above: OS Emily Thomas serves up her tasty tomato soup concoction as part of her five course meal to be judged by her dining guests. The meal is the last test of her culinary skills before earning her QL 3 Phase 2 trades training.

Below: Diners congratulate OS Thomas on her elegant and yummy meal.



but high praise.

"This is one of the best meals I've seen in judging these confirmation dinners over the past five years,"

said CPO2 Colin Winkler, the Logistics Departmental Coordinator. "Sometimes candidates get themselves into trouble with overly

complicated menus, but I never had any doubt in OS Thomas' ability to execute this menu, and everything was delicious."



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Fire prevention safety tips

We have all seen and heard reports of home and apartment fires, happening around this time of year in our local and national news reports.

Heating equipment is the leading cause of home fire deaths. Almost half of home heating equipment fires are reported during the months of December, January and February. Some simple steps can prevent most heating related fires from happening.

Safety Tips

- Keep anything that can burn at least three feet away from heating equipment, such as the furnace, fireplace, wood stove or portable heater.
- Never use your oven for heating
- Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- Maintain heating equipment and chimneys by having them cleaned and inspected annually by a qualified professional.
- Turn any portable heaters off when leaving the room or going to bed. Only use portable heaters that have an automatic shut-off function, in the event of accidental tip over. We always stress how important this tip is for any office space or building around CFB Esquimalt.
- Only use heating equipment that has the label of a recognized testing laboratory.
- Make sure the fireplace has a sturdy screen to pre-



Ensure you test your smoke alarms monthly.

vent sparks from flying into the room and burn only dry seasoned wood. Allow ashes to cool before disposing in a metal container, which is kept a safe distance from the home.

- For wood burning stoves, install chimney connectors and chimneys following manufacturer's instructions or have a professional do the installation.

- Make sure all fuel-burning equipment is vented to the outside to avoid carbon monoxide poisoning.

- Install and maintain carbon monoxide alarms to avoid the risk of carbon monoxide poisoning.

- If you smell gas in your gas heater or anywhere in the house, do not attempt to light the appliance. Turn off all the controls and open doors and windows. Leave the house, call your local fire department and gas supplier.

- Test smoke alarms at least monthly. It is a great idea to have alarms that have a battery back-up function. Just in case the power goes out, we have all experienced losing the power at some point in time.

If you have any questions or concerns please contact the CFB Esquimalt Fire Rescue/Prevention Division at 363-1911.

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Base Logistics went all out for Anti-bullying day, many people donning much more than pink shirts.

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Above: Formation Safety and Environment staff.
Below: Maritime Forces Pacific Headquarters staff.



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Above: Everyone at Detachment Matsqui took part in Anti-bullying day.
Below: Pacific Fleet Club staff.



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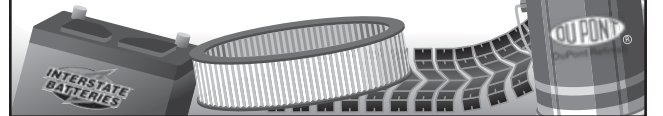
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