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National Day May 9, 2014 of HONOUR AFGHANISTAN



During CFB Esquimalt's National Day of Honour ceremony May 9, service members stood proudly as they reflected on the contributions and sacrifice made by Canadians during the 12 year campaign in Afghanistan. See pages 8 and 9 for more.

Photo by Kara Tibbel, Lookout

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Mobile bike shop visits base

Shawn O'Hara
Staff Writer

With Bike to Work Week just around the corner, cyclists at CFB Esquimalt can look forward to getting their ride some on-the-spot love and care.

The Vélofix Mobile Bike ProShop will be onsite at the base's Bike to Work Week breakfast May 26 from 6:15-8 a.m., offering bike adjustments to event participants.

Vélofix features all the amenities of a professional bike shop in the back of a van. Going wherever they're called, the Vélofix team offers professional tune-ups, repairs, and maintenance.

Chris Guillement, who founded Vélofix with Davide Xausa and Boris Martin in Vancouver in 2013, says, "Vancouver is a very bike-friendly town and we realized a lot of people would need some mechanical help when they wouldn't be able to get it. With Vélofix, people can get bike work done when and where they need it."

Cyclists can make reservations online at www.velofix.com to have the bike shop come to them. All the customer's mechanical needs are met at their location, or the

bike is picked up and returned later.

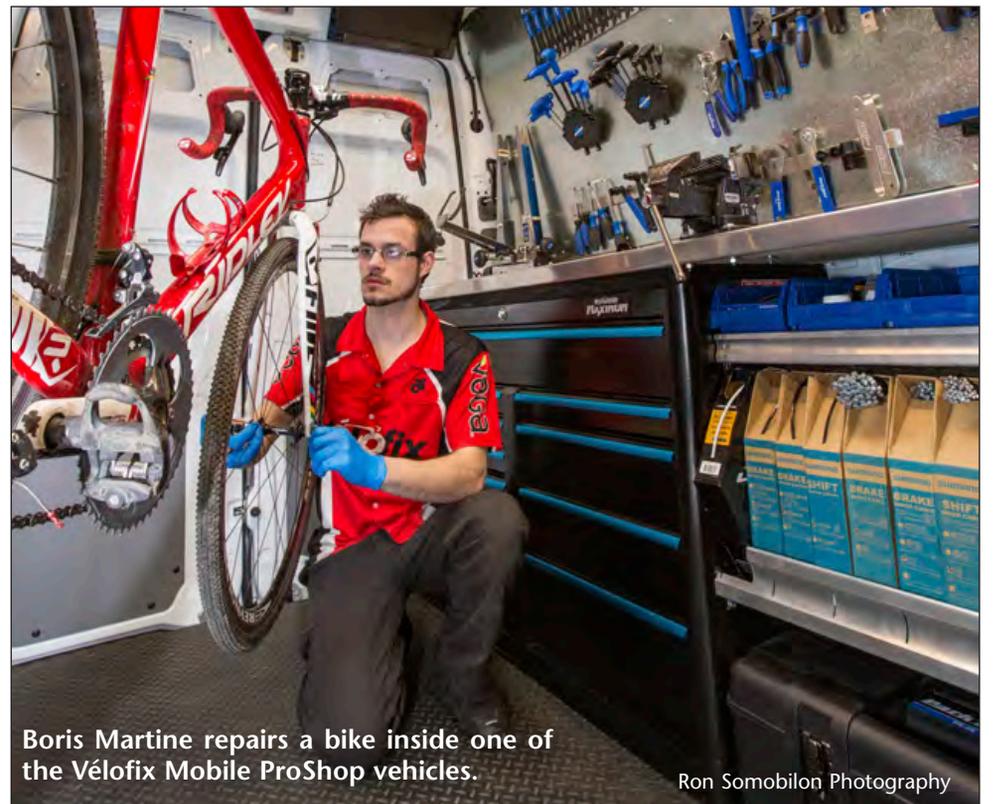
"There wasn't really anything like Vélofix in Vancouver, or anywhere we could find so we knew we were onto something," says Guillement. "It's been great, and we've grown so much in the last few years."

Vélofix now has franchises open in Vancouver, the Lower Mainland, and Vancouver Island. The Victoria operation has attracted some prestige, being co-owned by Simon Whitfield, former professional triathlete and Olympic Gold and Silver medalist.

"It's great having someone like Simon involved in our little enterprise," says Guillement. "Obviously, he's a big proponent of cycling and having his name and passion behind Vélofix has been amazing."

Guillement says he's excited to have Vélofix showcasing its services at CFB Esquimalt's Bike to Work Week Breakfast, which will take place in Naden's CANEX parking lot.

"We love supporting events like Bike to Work Week because it promotes the sport and the lifestyle," says Guillement. "The more bikes there are on the roads, the less cars there are, the less pollution, and the more exercise. It really is a no-loss situation."



Boris Martine repairs a bike inside one of the Vélofix Mobile ProShop vehicles.

Ron Somobilon Photography



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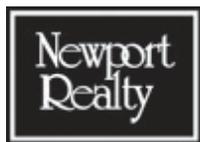
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Remembering the Battle of the Atlantic

A/SLt Melissa Kia
Base Public Affairs

The Battle of the Atlantic was commemorated on May 5 to honour the men and women of the longest continuous military campaign of the Second World War.

Running from September 3, 1939 to May 8, 1945, the battle pitted the Royal Canadian Navy, the Royal Navy, and Merchant shipping against German U-boats and the Italian Royal Navy in a pitched fight to keep Britain and its allies supplied and capable of fighting throughout the war.

The name "Battle of the Atlantic" was

in first coined by Winston Churchill in February 1941 to illustrate its importance to victory in Europe.

The Battle of the Atlantic was a dominating factor for success for allied forces in Europe. Ultimately, victory or defeat was largely determined by the successful transport of supplies to Britain, Europe and Russia. Britain required more than a million tons of materials each week for its citizens and its forces to survive and fight during the war.

This campaign involved more than 1,000 single ship encounters and more than 100 convoy battles.

In Canada, its impact was felt most

acutely on the East Coast, and more specifically in Halifax. At the beginning of the battle the tiny naval port of Halifax boasted 3,500 naval personnel and six ships. By the last months of the war in 1945, the Royal Canadian Navy had grown to more than 95,000 personnel with 434 commissioned vessels. Canada had the third largest navy in the world and had escorted more than 25,000 ships carrying more than 165 million tons of supplies to Britain and its allies.

Most of the 2,000 Royal Canadian Navy sailors who perished in action lost their lives during combat this pivotal battle. One in every seven sailors who served

on Canadian and Allied merchant vessels were either killed or wounded on the Atlantic crossing.

Allied victory in the Second World War would not have been possible without the valorous actions of the Royal Canadian and Merchant Navies. The courage and sacrifice by all those who participated in the Battle of the Atlantic ultimately served to bring victory, peace and freedom to Europe.

Commemorating this epic battle every year gives us a chance to pause and remember that the freedom we enjoy was hard won on the cold waves of the Atlantic.



Top: Sailors, soldiers and air force personnel, alongside veterans of the Canadian Armed Forces and the Canadian Merchant Navy, braved the foul weather at the B.C. Legislature Cenotaph on May 4 to pay tribute to the fallen of the Battle of the Atlantic, the longest running military campaign of the Second World War.

Above: Members of the Colour Party, made up of Cadets, Canadian Armed Forces members and Canadian Merchant Navy veteran volunteers, march along Government Street.

Left: A sailor stands vigil at the cenotaph.

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matters of OPINION

A spring time challenge, perfect french macaroons

A/SLt Melissa Kia
Base Public Affairs

Flowers and blossoms aren't the only things blooming this season. It's around this time of year that people get ambitious with spring cleaning, new sports and in this case, new pastry techniques. What could be more perfect to go with all the lovely buds in the garden than the pastel colours of French macaroons?

As all of my professional recipes are measured by weight, you will need a scale and an electric mixer. These deceptively simple looking delights are actually quite complex to make, so don't be surprised if you have a bit of a learning curve. They are made in three steps and take the better part of a day, so put aside about three hours and enjoy how this little pastry can be a challenging treat! A note to all of you: never attempt to make these when it's raining. They will take all day.

The secret to making successful macaroons is preparation. This is a technical recipe so get all your materials ready before you start. You will need a household fan, baking sheets lined with parchment and weighted with magnets so they don't stick to your macaroons, a piping bag (1 per colour), an 8-10mm tip for each, and a lot of time.

Sift the icing sugar and almond powder together into a large metal bowl. I put this combination into a food processor to ensure it is well incorporated and then sift it again a second time just to be sure.

With the whisk attachment on the kitchen mixer, whip the egg whites to foam and then start to incorporate the sugar until the peaks are stiff and shiny.

You want to add your colours here. Traditionally macaroons are pastels so be gentle with the colour you choose.

Take the stiffened and coloured whites and place them like a cloud on top of the icing sugar and almond powder mix. The next step is actually where macaroons get their name. The action of a "macarooner" is when you take a large spatula and lift the powder into the whites. The movement lifts from the bottom of the bowl allowing the pastry to come together without deflating the whites until the pastry looks incorporated and shiny.

Macaroon Recipe

The Shells

400g sifted icing sugar
250g sifted almond powder

Italian Meringue

225g egg whites (about 10)
100g sugar
Food colour

Fillings (Just a suggestion)

180 g fruit puree (like lemon or raspberry or my favourite passion fruit)
300 g white chocolate
50g unsalted butter
15g honey (optional)

A note to all you aspiring chefs out there; if you want to make more than one colour then do another batch by halving the ingredients of this one. If you make two batches at once, by the time you have piped your first colour, your second batch will have deflated.

Using the spatula, spoon the macaroon pastry into your waiting pastry bag and commence piping. Start from the top of your pan farthest away from you and make the macaroons into loonie sized bubbles on the parchment. It should look like the photo below.

When you have finished piping, leave the uncooked macaroons on the counter and turn on your fan allowing the macaroons to form a skin that you should be able to touch with your finger without them sticking to you.

While your macaroons are setting you can make your favorite fruit filling by placing a metal bowl over, but not touching, a pot of boiling water. Add the white chocolate, honey and butter,

then mix them until they melt. Add the purée of your favorite fruit and mix until all the ingredients are well incorporated. Cover the filling (or fillings if you're feeling ambitious) and let them cool.

The actual baking of macaroons is a bit of an art form. Pre-heat your oven to 220F or 120C. You must wait until your skins are formed to place your uncooked macaroons in the oven. Monitor them closely to ensure they are not rising too quickly. If they rise too quickly the tops will crack and all your efforts will be in vain. If your macaroons are rising too fast, open the oven door to dissipate the heat for a few seconds. It will take 10-12 minutes for the macaroons to rise properly and form a "foot" (that's the bubbly bit they will stand on.)

Once this "foot" has grown, you will want to leave them another 15-20 minutes to dry. This time frame is extremely variable as it will depend on the humidity. You know that your macaroons can come out of the oven if you can lift one from the parchment without the insides ripping away from the top of the crust. They should peel away from the parchment like mini hamburger buns.

Cool the macaroons on their sheet and parchment when they are sufficiently cooked. Once cooled, flip them over and fill half of them with a piping bag full of your favorite cooled filling, or in my case Nutella!

I wish you the best of luck with these tricky but rewarding tidbits of French heaven. I wish you all courage in your seasonal culinary experiment!

Your Itinerant Chef,
A/SLt Melissa Kia



Your uncooked macaroons should look like this as you pipe them out into the parchment.

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NATO delegates visit CFB Esquimalt

MARPAC Public Affairs

Forty-five delegates from the NATO Parliamentary Assembly, which provides an essential link between NATO and the parliaments of NATO nations, visited CFB Esquimalt on Friday, May 2 to discuss security developments in the Asia-Pacific region and their significance for Canada.

The delegation was led by President Hugh Bailey from the United Kingdom and Sub-Committee Chair Neemo Knip from the Netherlands. It was hosted by Cheryl Gallant, Conservative MP for Renfrew-Nipissing-Pembroke, Chair of the Canadian NATO Parliamentary Association.

The delegations' visit to CFB Esquimalt began with presentations and discussions. Dr. Jim Boutilier, Special Advisor for International Engagement, led a discussion on the growing importance of the Indian and Pacific Oceans, and the impact of strong navies in Japan, China and India on international foreign policy.

"The delegation members were suitably struck by the brittle maritime environment in East Asia waters," Dr. Boutilier noted. "One of the challenges currently facing NATO is how to enhance ties and develop a stronger presence in Asia."

Since its creation in 1955, the NATO



LS Zachariah Stopa, MARPAC Imaging Services

Capt(N) Bradley Peats explains the role of Orca class vessels to delegates of the NATO Assembly, during their visit to CFB Esquimalt on May 2.

Parliamentary Assembly provides a specialized forum for members of parliament from across the Atlantic Alliance to discuss and influence decisions on Alliance security. The Assembly facilitates parliamentary awareness and understanding of the key issues affecting the security of the Euro-Atlantic area, and supports national parliamentary oversight over defence and security.

As stated by our Prime Minister, Canada's economy floats on salt water, hence the growing importance of the maritime security of this region.

Following the morning's discussions, the delegates boarded two Orca Patrol

Craft Training (PCT) vessels, and the vessels' capabilities were showcased during a tour of Esquimalt Harbour. RAdm Bill Truelove, Commander Maritime Forces Pacific and Joint Task Force Pacific, hosted a group of delegates on PCT Raven, while another group was led by Base Commander Capt(N) Luc Cassivi in PCT Renard. The Orcas, utilised by the RCN for training, are known for their speed and manoeuvrability.

At the end of their day, members of the delegation claimed that their visit to CFB Esquimalt was the highlight of their trip to North America.

Nurses bring a lot to health care team

Donna Hooper
CF HSvcs C(P)

Canadian Health Services Centre (Pacific) (CF H Svcs C(P)) marks National Nursing week, May 12-18, by highlighting it's skilled and diverse team of nurses.

Nurses are traditionally employed in a variety of clinical and non-clinical settings and roles. They are adept at change and they have played an important roll throughout Canadian Armed Forces history.

At CF H Svcs C(P), under the command of LCol Joane Simard, military and civilian nurses work as part of a diverse multidisciplinary team in support of both Regular and Reserve Force members and their families. In addition to patient care, the nursing staff play a role in the implementation of government and DND policies, which over time have led to significant enhancements in the care and support provided to men and women in uniform.

There are currently four commissioned Royal Canadian Medical Services Nursing Officers employed at the clinic. Throughout their military careers these nurses will work in out-patient care, care delivery units, in a civilian tertiary care facility and military facilities including field hospitals.

Our military nurses participate in regular academic and

skills development in preparation for service in operational units (field ambulance, field hospital or aeromedical staging unit). Although Canada is no longer actively engaged in an operational mission in Afghanistan, the opportunity for future deployments on overseas operational missions is ever present. Working in direct support of military operations, the small but mighty team of military nursing officers includes Lt(N) Derek Carter, Capt Laura Stewart, Capt Iphigenia Morales and Lt Laura Guevremont.

Recently, Lt(N) Carter was deployed to Hawaii and provided frontline mental health support to HMCS *Protecteur* personnel. The diversity of career opportunities and high state of readiness is appealing to this group of nurses. Alongside their military nursing colleagues, the civilian nurses employed at CF H Svcs C(P) are at the forefront of support and are key to the implementation of the priorities and policies of CFHS.

Our primary care nurses, Sherry Clarke, Dianne Johnston and Tina Jesso work in the Care Delivery Units providing frontline nursing care services. This includes pre- and post-operative care, teaching, provision of specialized nursing care and procedures such as complex dressing changes, organization of home care and a variety of other tasks as required.

Our immunization nurse Marlene McKay is a valuable member of the nursing team and most members will have personally met with Marlene to ensure that their "yellow books" (immunizations) are current.

Additionally, primary care nursing is provided by a dedicated group of nurse case managers including Donna Hooper, Dianne Keoughan, Lise Bardon and Pat Whiteley. Each of these nurses manage complex care and assist members with transition to civilian health care, and liaison with IPSC and VAC to ensure timely access to benefits and continuity of care.

A key priority of the defence team this past year has been support and a focus on the mental health of military personnel. The mental health nursing staff, comprised of Nadine Lawless, Pat Wignall, Kathy Blich and Anita Van Dyck along with Lt(N) Carter, currently play a key role in ensuring that crucial mental and physical health issues are approached with understanding and compassion.

When questioned, all of our civilian nurses at the clinic would tell you that even though they don't wear a military uniform, they stand just as proud to provide for the CAF community. Because they will not be posted to different bases, they are in a unique position to provide long-

standing continuity of care. Every day, nurses embrace new technologies, resolve emerging issues, and accept ever-changing roles in their profession. They lead the way for their patients, colleagues, organizations and the health care industry as a whole. Every May 12, since 1965 the International Council of Nurses and the Canadian Nurses Association celebrate Florence Nightingale's birthday to remind everyone that nurses work to guarantee high quality health care for all.

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New this year Velofix will be attending the event with their mobile bike repair truck and will provide FREE inspections and small adjustments to your bike, make sure to stop by as you don't want to miss this opportunity!

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ICEX 2014: Arctic submarine exercise a surreal experience

Shawn O'Hara
Staff Writer

Floating on a chunk of ice in the middle of the Arctic Ocean, United States Navy (USN) and Canadian Armed Forces (CAF) personnel learned that Mother Nature doesn't always accommodate military schedules.

From the waterborne "Camp Nautilus", about 100 kilometres north of Prudhoe Bay, Alaska, groups of USN and CAF personnel monitored submarine manoeuvring, surfacing, and logistics exercises from Mar. 17-27 during Submarine Laboratory Ice Exercise 2014 (ICEX14).

"It was a very surreal experience working out on a huge piece of ice," says Lt(N) Kristina Gray of Canadian Submarine Force Sustainment, an organization dealing with logistics and long-term planning for Canada's submarine force, with a headquarters based at CFB Esquimalt. "When I got there all you could see was ice in every direction and a camp made out of plastic and plywood. It was strange."

During her time at Camp Nautilus, Lt(N) Gray worked as a Range Safety Officer, monitoring submarine movement beneath the arctic ice of their camp. Using a hydrophone suspended from the flow through holes in the 9-foot-thick ice, sensors tracked movement by USN submarines USS New Mexico and USS Hampton as they manoeuvred in the arctic waters.

"The subs are moving together and conducting surfacing exercises so part of that is making sure their separation space is sufficient and everything is moving like it's supposed to," she says. "For things to go smoothly we had to make sure everyone was directed to the appropriate waterspace at all times. Without that information, things could get really bad."

While doing their work with ICEX14,

Lt(N) Gray and her Assistant Range Safety Officer MS Gregory Fillmore of CFB Halifax lived in the plywood "hooch" village - habitats resembling wooden shipping containers with bunks, and furnaces for heating.

"It would get so warm inside the hooches with just the furnace on, but if anything liquid was on the floor it would freeze solid. It was tough to balance it sometimes," says Lt(N) Gray. "We ended up drilling a bunch of holes in the ceiling for ventilation, and carved a big window out. It was hot and cold at the weirdest times. It really drove home the strangeness of where we were living."

The troubles of living on something as temperamental as ice were prevalent during the exercise, with the camp's real estate shrinking by the day.

"The day we arrived we had to help fix a crack that formed in a runway. It just got worse from there," Lt(N) Gray says. "The temperature would change so drastically that the ice would melt and shift in places, causing cracks to form all over the place. A crack went from six feet across to over a hundred feet across. One of the submarines surfaced through the crack."

"With an environment as volatile as an ice flow it's

hard to plan for everything," says Lt(N) Gray. "We did all the work we could to the best of our ability for as long as we could, but the environment was working against us."

Back at Maritime Forces Pacific Headquarters, with her arctic adventure behind her, Lt(N) Gray says she's richer for the opportunity to operate in such a unique environment.

"I wouldn't say no to another trip up there; it was definitely a surreal experience," she says. "It's not a part of the world people get to see very often and it's something I'll keep with me for a long, long time."

We did all the work we could to the best of our ability for as long as we could, but the environment was working against us.

-Lt(N) Kristina Gray
Canadian Submarine Force Sustainment



Lt(N) Kristina Gray, LS Gregory Fillmore and CPO Mick Golby (RN) (left to right) stand in front of USS NEW MEXICO not long after she surfaced beside Camp Nautilus.

Local Nijmegen team raising funds

Shawn O'Hara
Staff Writing

On May 15, the trainees for the 2014 CFB Esquimalt Nijmegen March team will be at the gates of Naden and Dockyard, boots in hand for a fundraising Boot Drive.

Eleven Canadian teams will be heading to this year's march, which takes participants on a four-day 160 km trek through the Dutch countryside.

The 11 teams are hoping to raise \$28,000 which will be donated to Soldier On and the Military Family Resource Centre.

"I think we can make our goal, and I think we can surpass it," says PO1 Josh Barnes, team leader for the local Nijmegen team. "We're supporting two great causes, and when it comes to supporting our own and our communities the military more than steps up."

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Operation Palaci: soldiers battled a challenging winter

Michael Nugent
Army Public Affairs

"I am in awe each time we fire our guns, sometimes over distances of up to five kilometres. I still hold my breath momentarily as I watch our shell's impact, hear its shockwaves resounding throughout the area, then sense the power we have unleashed," said Lt Jérôme Pelletier, Troop Commander of the soldiers of 5e Régiment d'artillerie légère du Canada deployed on Operation Palaci.

He was referring to the controlled avalanches that his task force of 15 soldiers from Valcartier, Quebec, strategically trigger during the Canadian Armed Forces' longest running operation, dating back to 1961.

Operation Palaci is the world's largest mobile artillery avalanche control program. Each year from November to April, Canadian Army soldiers patrol this 40 kilometre section of the Trans-Canada Highway in the Roger's Pass area of British Columbia, deep in the heart of Glacier National Park. The area has the highest avalanche hazard of any stretch of road and rail in North America.

Led by avalanche experts from Parks Canada relaying exact coordinates, the Army soldiers fire on those coordinates from one or

A three-week period of cold, dry weather early in the season established a weak layer of snow that later created dangerous slab avalanche conditions.

-Jeff Goodrich
Senior Avalanche Officer,
Parks Canada

more of 17 gun positions along the highway covering 270 artillery targets and 134 avalanche paths.

Their weapon of choice is a modified 105 mm Howitzer C-3. The 14.7 kilogram shells streak across the landscape at 560 metres per second, pounding into the deep packed snow, seeking to effectively neutralize avalanche hazards.

This year, they battled against nearly 48 feet of snowfall, 2.74 per cent higher than the average. More than 440 avalanches were triggered and 883 rounds fired, 109 per cent more than in 2012-2013.

"This has been a challenging winter," said Jeff Goodrich, Senior Avalanche Officer for Parks Canada. "A three-week period of

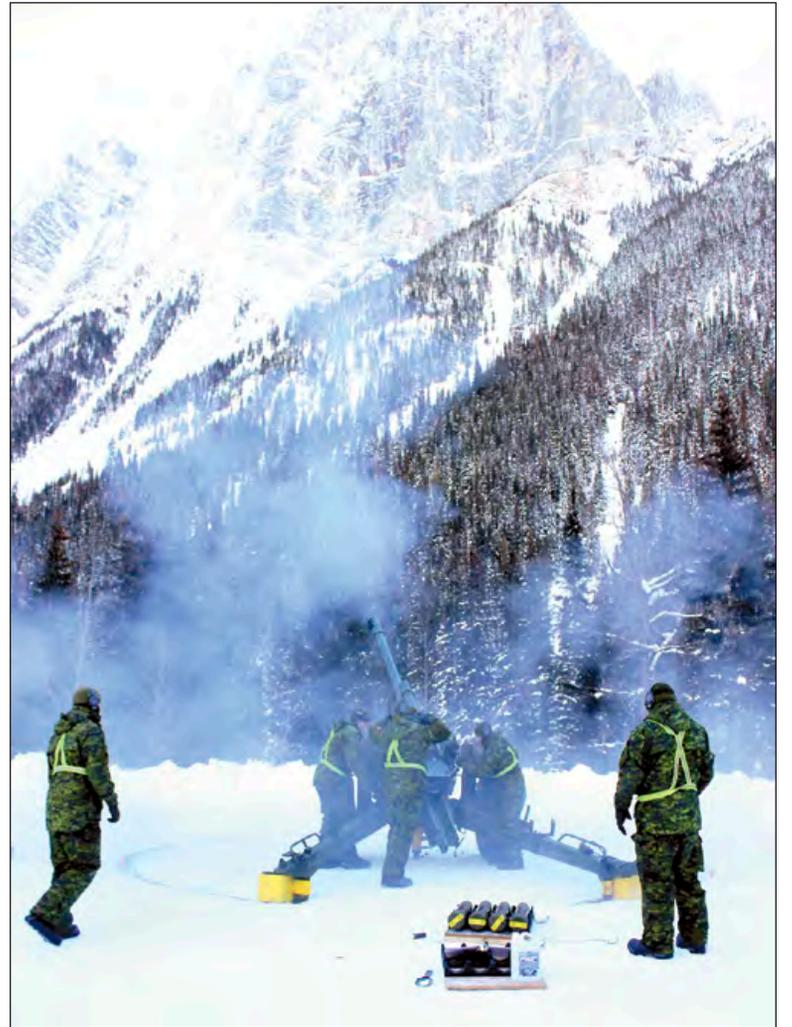
cold, dry weather early in the season established a weak layer of snow that later created dangerous slab avalanche conditions. The weak layer could not support the heavy snow that came in February and March, and avalanche control operations were critical for keeping the transportation corridor open and safe from avalanches."

Up to 4,000 vehicles and 40 trains can travel through Roger's Pass each day during the winter months. The annual value of goods being transported is estimated to be in the billions.

"We arrive out here, well-prepared by the very nature of our training as artillery soldiers. We do receive additional training focusing on alpine operations," said Lt Pelletier. "The culmination of our training and experience ensures that we remain consistent, achieving complete precision in hitting our target in a realm where there is no room for error."

"I am proud of the way we responded effectively to each tasking assigned, and worked well with the avalanche experts from Parks Canada," he said.

While this year's operation ended April 30, the battle never ends; another group of soldiers and avalanche officers will return in the fall for another round with Mother Nature.



Soldiers fire the modified 105mm Howitzer to neutralize an avalanche hazard.

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Service before self is a concept that Canadian Armed Forces personnel strive to personify. Too often, we pass up the opportunity to highlight the achievements of our colleagues by thinking of their efforts as just doing their jobs. In the spirit of remembrance, let us take a few minutes to shine light on some significant achievements, some stellar efforts, not only above and beyond the call of duty, but of the ilk that exemplifies service before self and makes the world a better place, even if for just a moment, for those less fortunate than us.

In October 2010, those selected for ROTO 11 of Operation Athena, the Mission Transition Task Force, received notification of selection and headed to CFB Edmonton for pre-deployment training. Among this group was Cpl Jay Riddolls, a Canadian Military Police Member in 11 Military Police Flight, 1 Military Police Squadron. He was selected as a heavy gunner and assigned to the International Military Police (IMP) at Kandahar Airfield (KAF) in Afghanistan as a trainer and IMP liaison. His boots first touched desert sand on June 22, 2011.

In most cases, it is the first responders who take in the effects of Indirect Fire (IDF) Attacks. They are expected to assess the situation and do everything within their power to mitigate the damage and human suffering. According to a letter of performance submitted to his chain of command by his NATO Flight Chief, in just shy of six months "Corporal Riddolls responded to more than 20 IDF attacks with quick and flawless reactions ensuring that injured personnel received immediate first aid." It goes on to say that Cpl Riddolls conducted not only his airfield policing



Cpl Jay Riddolls, a Canadian Military Police Member in 11 Military Police Flight, 1 Military Police Squadron.

duties, but was instrumental in training, maintaining and establishing law enforcement amongst IMP colleagues.

Assigned to cover all zones and first response on Aug. 16, 2011, Cpl Riddolls and his patrol partner Staff Sergeant Janec were the first on scene of an IDF attack involving multiple casualties. Cpl Riddolls immediately assisted by providing First Aid to eight wounded military personnel by stabilizing and evacuating the injured from the scene, as soon as ambulances arrived. The two then continued to secure the location and move the remainder of personnel to safe areas within the compound. Once the point of attack was cordoned off, they assembled a response team to search the compound for secondary Improvised Explosive Devices (IED). As Cpl Riddolls came around the side of the building that had been struck during the attack he noticed that a part of the building and some material outside were on fire. He quickly extinguished the fire and was able to hand over the affected area to the Kandahar Airfield (KAF) Fire Department once they arrived on scene. No secondary IEDs were located following a secondary search.

Later that day Cpl Riddolls was stopped by a

local worker on KAF who said he had found an IED in a trench that was under construction. The IED was next to a blast wall between Canadian and American compounds. Cpl Riddolls immediately assessed the situation where a 107mm rocket IED was found. He assumed command, directing SSgt Janec to begin cordoning off the area while he began the evacuation. With only two IMP members, Cpl Riddolls called for assistance from IMP, Explosive Ordnance Disposal (EOD) and Canadian Military Police and remained in command as more personnel arrived. He continued to push out the cordon while securing the location. By evacuating nearby Canadian and American personnel, they ensured the continued safety of the area. With assistance from IMP, EOD and Canadian Military Police, the pair was able to evacuate more than 1,500 military personnel. After over two hours of continuous efforts the situation was contained and the IED was removed without incident.

On Oct. 31, 2011 Cpl Riddolls received the IMP Commander's Commendation for Excellence in Policing and the IMP Commander's Coin from IMP Commander LCol Maloney, in recognition of his actions in theatre on Aug. 16, 2011 and his overall efforts in policing KAF. Cpl Riddolls' Commendation cited, "His selfless actions ensured no further injuries were sustained and the scene was safe. He is a credit to himself, ISAF, and Canada."

Later the same day, Cpl Riddolls was awarded the Commander KAF Headquarters Commander's Coin from the KAF Commander, USAF Brigadier General (BGen) Kindell, for his overall performance and assisting in saving the lives of the eight injured US Soldiers – simply above and beyond.

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Top: Spectator at the National Day of Honour ceremony waves his Canadian flag patriotically as Canadian Armed Forces service members parade before him.

Left: Service members await direction at the National Day of Honour ceremony.

Bottom: Family members of local fallen soldier gather at the National Day of Honour ceremony to reflect and pay tribute to the many who made the ultimate sacrifice in Afghanistan.

Photos by Kara Tibbel, Lookout



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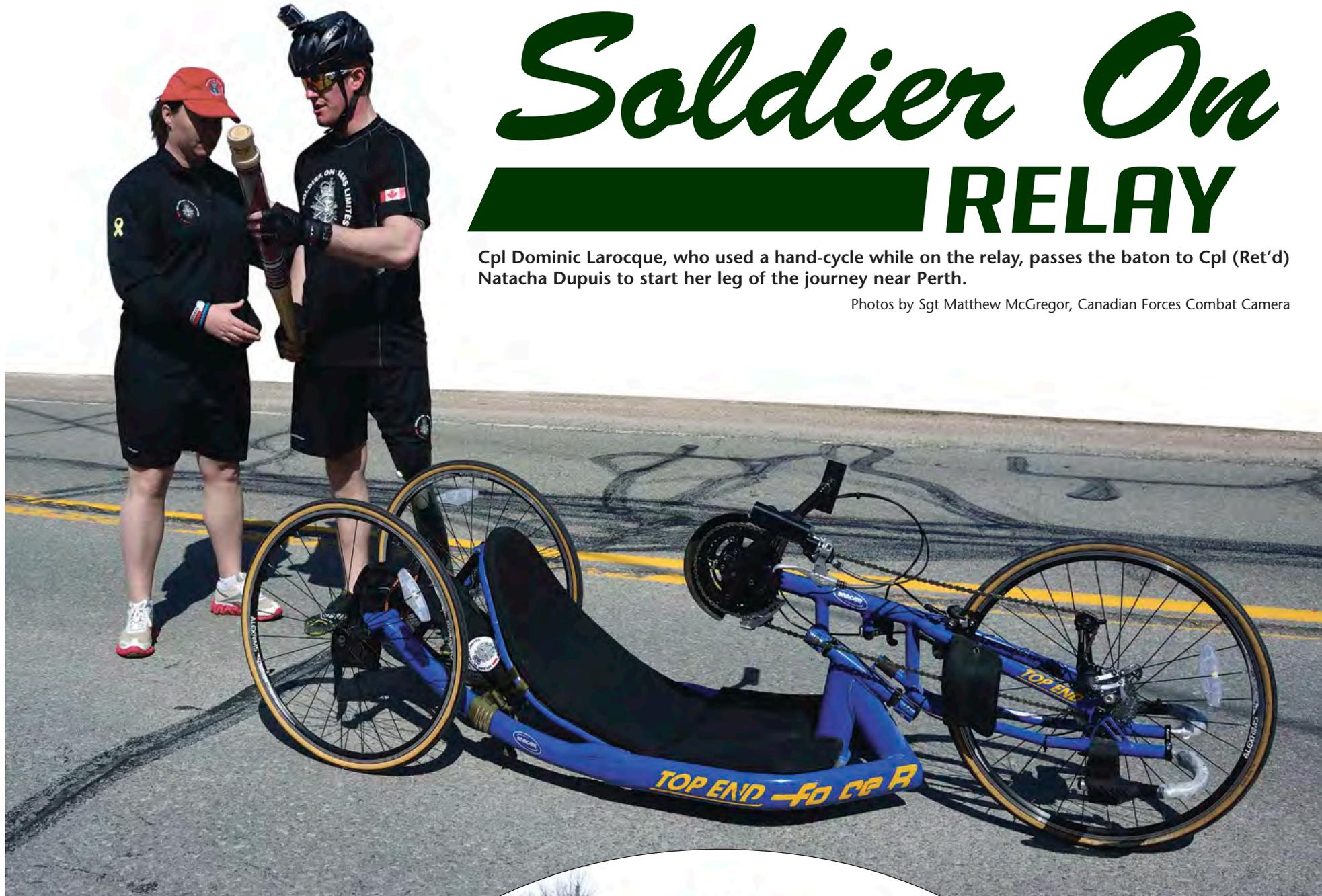
Canada

Soldier On

RELAY

Cpl Dominic Larocque, who used a hand-cycle while on the relay, passes the baton to Cpl (Ret'd) Natacha Dupuis to start her leg of the journey near Perth.

Photos by Sgt Matthew McGregor, Canadian Forces Combat Camera



The Soldier On Afghanistan Relay took place May 5 to 9, with 19 Canadians who suffered an illness or injury in Afghanistan carrying the last Canadian flag to fly at the International Security Assistance Force Headquarters in Kabul, Afghanistan. The Relay team ran, walked and wheeled the flag from Trenton to Ottawa, Ontario, as a way to thank Canadians for their support throughout the mission, to honour the sacrifices of our nation, and to raise awareness of the support available to ill and injured members and veterans.

The relay commenced, following a ceremony at the Afghanistan Repatriation Memorial in Trenton, at the beginning of the Highway of Heroes, which runs from Trenton to Toronto.

The Canadian flag arrived on Parliament Hill for the National Day of Honour Ceremony on May 9, 2014, and was presented to Prime Minister Steven Harper, who accepted the flag on behalf of all Canadians.



Capt Simon Mailloux (centre) is flanked by LGen Marquis Hainse (right), Commander Canadian Army, and CWO Michael Hornbrook, Canadian Army Sergeant Major, during his leg of the relay in Richmond, Ontario.

Quick Facts

- The Soldier On program is an important element of the Department of National Defence and the Canadian Armed Forces' commitment to supporting the recovery, rehabilitation, and reintegration of serving and retired members with visible or non-visible illnesses or injuries.
- Canada's military engagement in Afghanistan came at a significant cost: 158 Canadian Armed Forces personnel, one diplomat, one Canadian contractor, and one Canadian journalist were killed during our military engagement in Afghanistan. Thousands of others were injured in the line of duty. Their sacrifices and those of

- their loved ones will be remembered and honoured.
- Soldier On Afghanistan Relay members took turns carrying a baton holding the last Canadian flag to have flown at the International Security Assistance Force Headquarters in Kabul, Afghanistan.
- Since its inception in 2006, Soldier On has helped more than 800 ill and injured members acquire sporting or fitness equipment and gain access to high-level training from world-class instructors. Further, Soldier On supports their participation in a wide range of structured activities from alpine skiing to fishing to

- adventure expeditions. This re-introduction to an active lifestyle provides them with opportunities to develop new skills and build confidence in their abilities. Many ill and injured members credit Soldier On with helping them to realize their full potential and to move forward in life.
- Learn more about the Soldier On Afghanistan Relay at www.SoldierOn.ca
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Cdr Bonnar honoured by Swim Canada

Shawn O'Hara
 Staff Writer

Anyone can buy a cup, shirt, or hat that says "#1 Dad", but Cdr Todd Bonnar is now officially certified.

Cdr Bonnar was named Swim Canada's Parent of the Month for April, due to his volunteer work with Swim Canada and the support he's shown his two daughters during their time as competitive swimmers.

"I like to show my kids I support their passions in any way I can," says Cdr Bonnar, who volunteers by officiating at competitions, participating as a member of the Board of Directors, helping out at events, and promoting Swim Canada. "It's important, as a parent, to foster your child's talents and passions so they grow into the person they're most comfortable being."

Cdr Bonnar's two daughters, Kamryn and Lauryn, have both been swimming since they were six months old. Since then Kamryn, 13, has become a competitive "AAA" level swimmer with the Tyee Aquatic Club, while Lauryn is a diver with Boardworks.

When it comes to the girls' early introduction to the sport, Cdr Bonnar says it was a good way to spend time with his kids while promoting the healthy, active lifestyle he himself subscribes to.

"I've always been so proud that my daughters take their activity this seriously," he says. "The lessons they've learned, the discipline,



Cdr Todd Bonnar with his two daughters, Kamryn and Lauryn. He's a proud father who supports these two competitive swimmers.

and the dedication to fitness and activity, really are hugely beneficial."

As for his award, Cdr Bonnar says while he is thankful for the award he believes it is the message at the core of the Parent of the Month that is most important.

"Believe in your kids and what they're passionate about," he says. "With the love and support of those around them, kids have unlimited potential, and it's important to foster that potential in any way you can."

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Cdr Dave Coulombe (centre) receives his new rank from Cmdre Auchterlonie, Commander Canadian Fleet Pacific, as Cdr Coulombe's wife Heather stands by.



LS Zachariah Stopa, MARPAC Imaging Services CPO1 Doug Parsons receives a Bravo Zulu for his initiative in spearheading the renewal of the Maritime Forces Pacific (MARPAC) Honours and Recognition program from RAdm Bill Truelove, Commander MARPAC.



LS Aaron Frizzell (centre) is promoted by Cdr Jeffrey Climenhaga (left).



AB Trevor Moe (centre) is promoted by Cdr Jeffrey Climenhaga (left).



Cpl Julie Lalonde receives her promotion from CFH Svc C(P) Commanding Officer, LCol Simard.



Capt Laura Stewart receives her promotion from CFH Svc C(P) Commanding Officer, LCol Simard.



Olivia Wade receives the Star of the Month award from CFH Svc C(P) Commanding Officer, LCol Simard, for her excellent work, including her input into the reorganization and functioning of sick parade during the transition ensuring timely and effective patient care.



LCdr Lucas Pang (centre) receives his promotion from Cdr Jeffrey Climenhaga (left) and then-LCdr Dave Coulombe (right).

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