

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

newspaper.com

Diving with Santa



Photo by: Santiago Gutierrez Manzano

The Aquarius Dive Club joined the Rockfish Divers to kick off the Christmas season Saturday Dec. 7 by hosting a Dive with Santa. Divers of all ages joined the drop-in dive with Santa and one of his elves. A special photographer was on hand to take the photos with Santa underwater! A print of the photo, as well as a digital copy were available

for a \$10 donation. All proceeds were donated to the Vancouver Aquarium Marine Mammal Rescue Program. The photos were taken during the 40-minute dive along the Rockfish Divers House Reef off the Brentwood Bay Marina. This reef is known for numerous Octopus sightings. While only one was sighted deep in its den, their pres-

ence was evident by the numerous crab carcasses scattered along the ocean floor. Divers and non-divers alike also enjoyed the open house, tour of Rockfish's new dive charter boat Inde, treats and hot drinks. For more information on events like these, checkout the Base Dive Club's website at www.aquariusdiveclub.com.



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Navy bans alcohol at sea.

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Brandon and Yellowknife home for the holidays

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Navy's alcohol policy undergoes major change

Shawn O'Hara
Staff Writer

In a bold move to curb alcohol related incidents with sailors, the Commander of the Royal Canadian Navy has prohibited the consumption of alcohol on board Canadian warships at sea.

The Dec. 12 announcement was made following an internal review led by Commodore Craig Baines, Commander Canadian Fleet Atlantic.

He reviewed whether there are appropriate mechanisms in place to ensure proper personal conduct in the ships, and to ensure that clear expectations and direction regarding conduct are understood and enforced.

Among the recommendations was a move to modernize the navy's alcohol policy, and bring further limitations to an existing set of strict rules regarding alcohol consumption on board Canadian warships.

"This review has outlined the steps we will take as an institution to

ensure our people are better informed and prepared to meet the expectations set out for our modern professional fighting force," said Vice-Admiral Mark Norman, Commander, RCN.

The order prohibits the consumption of alcohol on ships while at sea, unless alongside or during special occasions, such as holidays or celebrations.

The price of alcohol in messes will also more closely reflect shore messes, and a trained server will now be required to serve alcohol.

"The responsible consumption of alcohol does not lead to misconduct, but unfortunately many instances of misconduct do involve alcohol," said VAdm Norman, during a press conference. "This is not about alcohol, but rather the conduct of our personnel. But alcohol is a factor we couldn't ignore."

The review was prompted by a series of incidents, including three allegations of drunkenness and misconduct involving

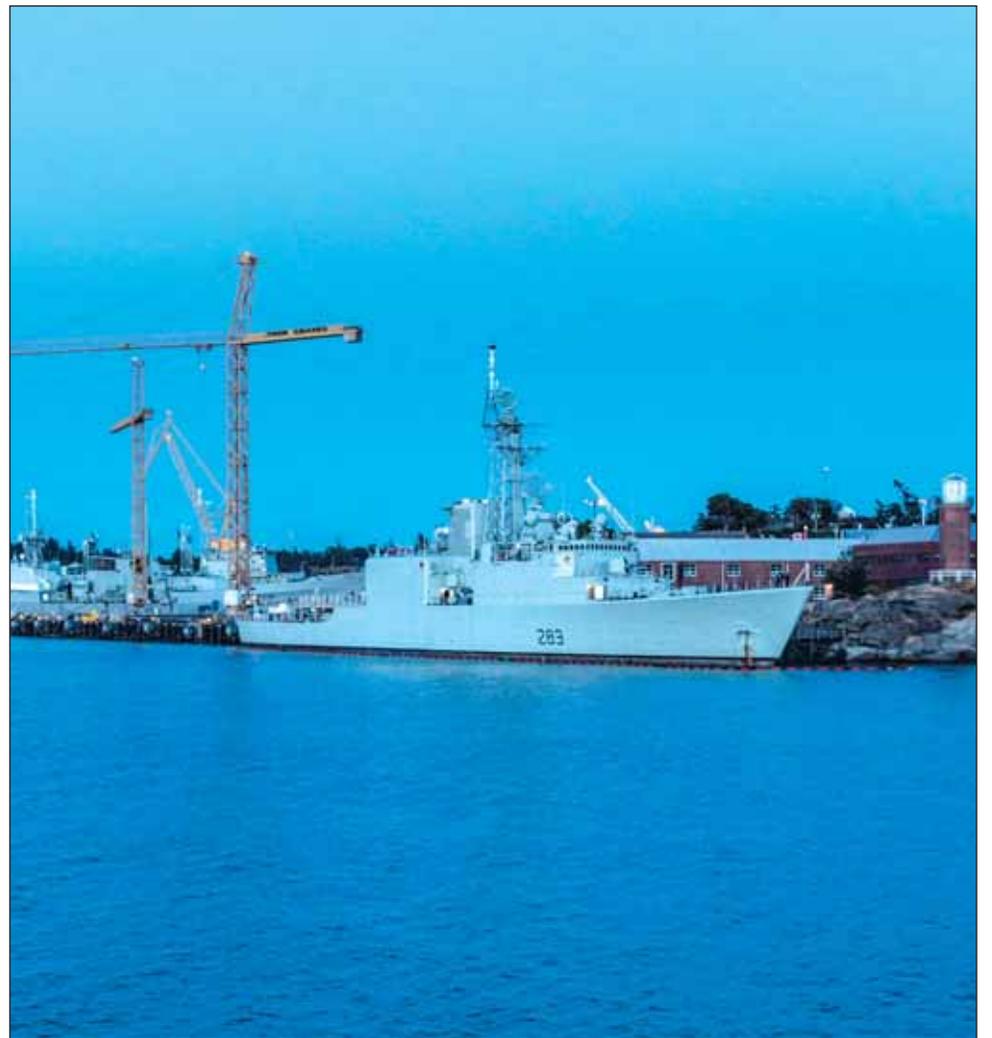
HMCS Whitehorse sailors while in San Diego.

In addition to the prohibition of alcohol, the review calls for the establishment of an RCN Code of Conduct that would be contained in the Naval Order (NAVORD).

"There are expectations for conduct for personnel across the RCN," says VAdm Norman. "This Code of Conduct will more strongly exhibit the level of excellence expected of RCN personnel, and also lay a ground work for stronger disciplinary action should those expectations not be met."

VAdm Norman says the decision to prohibit the consumption of alcohol reflects the policies of many allied navies, such as the United States, New Zealand, and Australia.

"This is not a new idea," he says. "We're merely setting conditions for improvement in our personnel, and setting the framework for more punitive actions when misconduct is committed. It's about moving forward and modernizing."



Corporal Malcolm Byers, MARPAC Imaging Services
HMC Dockyard Esquimalt during the early evening.

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Left: David Lowther
Right: Irene Lloyd

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Sailor bikes for mental health

Shawn O'Hara
Staff Writer

Mental health awareness will be at the fore of every push of the pedal when SLT Marianne Knai bikes along the coast of North America.

The sailor, a social worker at CF Health Services Centre (Pacific), will set off Boxing Day for a 3,000 kilometre journey from Victoria to the Mexican border to raise awareness on the issue.

"I got the idea for the ride during the popular Ice Bucket Challenge," says SLT Knai. "I didn't agree with wasting water, which is a valuable resource; so I thought there must be something more I can do for charity."

Her goal is to raise money for mental health organizations, and foster discussion about mental health. The stigma associated with mental illness issues is one that needs to be dissolved as quickly as possible, she says.

"We need to talk about mental health the same way we talk about physical health; openly and productively. We need more resources for civilians," she says. "In the military we're very lucky. We have access to mental health professionals

and can get an appointment in a matter of weeks, which would take a civilian months or even a year. That has to change."

The ride will take around four weeks to complete. For the first week she will ride with her spouse, but for the final three weeks she will be completely unsupported, carrying her own gear and supplies, and camping between rides.

"I'm not worried about being by myself, I'm pretty self-sufficient," she says. "Also, generally on bike tours you tend to meet a lot of great people who are very helpful and supportive. I'll have access to a lot of great locally sourced food along the coast, so I'll be fine."

To prepare for her cross-continental journey, SLT Knai, an experienced cyclist, spent almost every day of the week astride her bike. Beyond commuting to and from work, she also headed out on hill rides, and longer rides on the weekends.

"It's a lot of time on the bike, but I have to be prepared for this ride," she says.

With her Facebook page "Ride for Mental Health" garnering 180 likes, and her Go Fund Me page raising

I really hope we can get talking about mental health in a healthy way, rather than in a stigmatizing one, as well as contribute to creating resources for those in need.

-SLT Marianne Knai

\$6,700 in donations already, SLT Knai is just excited to get started.

"I'm getting tired of 'there and back' while I'm training, I want to get on the road," she says. "I really hope we can get talking about mental health in a healthy

way, rather than in a stigmatizing one, as well as contribute to creating resources for those in need."

You can follow her ride on "Ride for Mental Health" Facebook page or www.gofundme.com/mental-awareness.



SLT Marianne Knai pauses for a photo as she prepares to bike to Mexico.

CANEX shopping has arrived online

CFMWS

There is another valuable addition to the morale and welfare services available through CFMWS in support of the CAF One Community – One Million Strong – CANEX online.

"Modernizing CANEX operations and offering an e-commerce online shopping platform will allow CFMWS to better meet the needs of the CAF members, their families and the community, particularly those who do not live in close proximity to a CANEX store," explained

Commodore Mark Watson, Director General Morale and Welfare Services.

Some of the features CANEX.ca e-commerce shopping site provides:

- A compelling selection of military affinity products, Pride of Association merchandise from participating kit shops/canteens, military accoutrements, optional military uniform clothing, and Support Our Troops products.
- Merchandise that the community is used to seeing in CANEX stores, as well as access to an "extended aisle" in certain categories to a broader assort-

ment of merchandise not typically available at CANEX stores.

- Free shipping on orders of \$75 or more (some restrictions apply; on order size, weight and destination) and discounted shipping rates with flexible options.

This has been a significant business undertaking and CANEX is committed to developing the site and improving the overall customer experience. Visit often, as new merchandise, promotions and deals will be continuously added.

Check it out at www.canex.ca

Lookout wishes you all the best during this holiday season. Celebrations include Christmas, Bodhi Day, Hanukkah, Kwanza, Pancha Ganapati, Yule/Winter Solstice, Festivus, and many more not mentioned. Enjoy!



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Mental Health	Open: Full Service	Crisis/Emergency Only (See Above)
Diagnostic Imaging	Open: Full Service	Closed: Direction will be provided to members as required.
Laboratory Services	Closed: Direction will be provided to members as required.	Closed: Direction will be provided to members as required.
Pharmacy	**Closed from 19 Dec 2014 – 4 Jan 2105** See below.**	**Closed from 19 Dec 2014 – 4 Jan 2105** See below.**
Physiotherapy	Open for pre-booked appointments.	Open for pre-booked appointments.
Orderly Room	Open	Open
Fleet Support Medical Office	Closed	Closed

** Pharmacy: The last day to pick up refills will be Friday, 19 December 2014. Members that receive a new prescription during the time that Pharmacy is closed are to proceed to a civilian pharmacy and use their Blue Cross Health Card.**

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WHAT SAY YOU

MARPAC Health and Wellness: guidance over the holiday season

**LCI Nick Withers
Maryse Neilson
MARPAC HW**

It has been another exceptionally busy year within the Formation, and it is important to recognize and counter the potential health effects that result from extended periods of cumulative stress. While the frantic pace of the Holiday Season can sometimes add to our daily stress, if managed, it can also be very positive, and provide us the opportunity to recharge and prepare for the challenges that await in the New Year.

The MARPAC Health and Wellness Team are offering a few suggestions to make the holidays healthier and a little more manageable.

Active Living

Although it is tempting to sit at home and eat potato chips and watch TV, we must balance

relaxation with maintaining regular exercise. The recommended 30 minutes four days a week for adults should be achievable for most, even during a busy leave period (see the Public Health Agency of Canada's recommendations www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/03paap-eng.php.) Activity doesn't have to be in the gym, and can be achieved by a brisk walk or hike with your family and friends. It will keep you mind and body healthy while helping to keep those unwanted pounds off.

Addictions-Free Living

Responsible use of alcohol should be the goal for the Holidays. The Canadian Centre on Substance Abuse provides some excellent tips on safe alcohol (see link www.ccsa.ca/Resource%20Library/2012-Canada-Low-Risk-Alcohol-Drinking-Guidelines-Brochure-en.pdf.) If you drink – don't

drive. And of course, those that use tobacco should get ready for their next attempt at kicking the habit.

Healthy Nutrition and Weight

With tasty temptations abundant during this festive season, the key is moderation. Enjoying a chocolate or two is not a problem, but when the entire box disappears, it will likely lead to more weight gain than desired. Maintaining a balanced diet including plenty of fruit and vegetables will leave less craving for the high calorie and low nutrition sweets. The easiest pound lost is the pound not gained.

Social and Mental Health

Whereas many look forward to time off with their loved ones, there are some in the Formation that may not enjoy the same family and social support.

The Holidays can be very difficult, and it is critical that we wel-

come into our homes those who may be struggling with a recent loss, mental health condition or social difficulties. The military culture is often described as one big family – make sure no family members are left alone during the Holidays.

Canadian Forces Health Services Centre (Pacific) will continue to provide walk-in and mental health services during the Holidays. While closed on weekends and stat holidays, Care Delivery Unit 3 and the Mental Health Department will be staffed over the Holidays, specifically Dec. 22-24 and Dec. 29-31, as well as Jan. 2. Those with health needs outside these periods should utilize local resources such as walk-ins or emergency departments.

Happy Holidays from the MARPAC Health and Wellness Team. (See page 3 for Health Services holiday hours.)

WURTELE ARENA CHRISTMAS SCHEDULE Shinny – Casual Skate & Sticks and Pucks



December 17, 2014

January 4, 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14 Casual 1430-1600hrs	15 Shinny 1130-1300hrs	16 Casual 1130-1300hrs	17 Shinny 1130-1300hrs	18 Casual Skate 1130-1300hrs	19 Shinny 1130-1300hrs	20 Sticks and Pucks 1430-1600hrs
21 Casual 1430-1600hrs	22 Shinny 1130-1300hrs	23 Casual 1130-1300hrs	24 Shinny 1000-1300hrs	25 Merry Christmas CLOSED	26 BOXING DAY CLOSED	27 Sticks and Pucks 1430-1600hrs
28 Casual 1430-1600hrs	29 Shinny 1130-1300hrs	30 Casual 1130-1300hrs Shinny 1600-1800hrs	31 Shinny 1000-1300hrs	HAPPY NEW YEAR 1 CLOSED	2 Shinny 1130-1300hrs	3 Sticks and Pucks 1430-1600hrs
4 Casual 1430-1600hrs						

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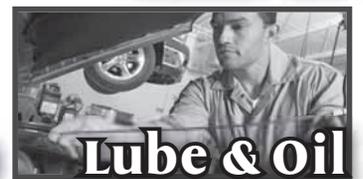
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Corporal Malcolm Byers, MARPAC Imaging Services

Rear-Admiral Bill Truelove, Commander of Maritimes Forces Pacific (MARPAC) and Joint Task Force Pacific (JTF(P)), and Capt(N) Steven Waddell join stewards from throughout the formation during the annual Formation Christmas Reception in the Wardroom at Canadian Forces Base Esquimalt on Dec. 13.

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Captain Denis "Cheech" Beaulieu (foreground), from 425 Tactical Fighter Squadron at 3 Wing Bagotville, Quebec, is one of Santa's escort pilots for 2014, and Master Corporal Daniel Boucher is his crew chief.

Photo by Leading Seaman Alex Roy

Canadian NORAD region names Santa's escort pilots

The Canadian North American Aerospace Defense Command (NORAD) Region (CANR) is set to track and escort Santa Claus during his annual visit to Canada.

Santa trackers, and four CF-18 pilots and their crews, have been selected for the high-profile mission.

- Captain Denis "Cheech" Beaulieu and Captain

Steven "Bunt" Nierlich are Santa's escort pilots from 3 Wing Bagotville, Quebec.

- Master Corporal Daniel Boucher and Master Corporal Marc-André

David have been selected as the CF-18 Hornet crew chiefs to support the Bagotville pilots.

- Major Yanick "Crank" Gregoire and Captain Thomas "Toast"

McQueen are Santa's escort pilots from 4 Wing Cold Lake, Alberta.

- Corporal Sébastien Morin and Corporal Andrew Shields have been selected as the CF-18 Hornet crew chiefs to support the Cold Lake pilots.
- Santa Trackers from 21 Aerospace Control and Warning Squadron based at 22 Wing North Bay, Ontario, will also keep a watchful eye on Santa's sleigh.

"Every day, every hour, the men and women of the Canadian NORAD Region keep watchful eyes over North American airspace," says Major-General David Wheeler, the commander of CANR. "This capability also enables us to escort Santa safely into Canada on December the 24th. Ensuring that Santa's worldwide journey of goodwill and cheer arrives

safely and on time is a particularly gratifying mission for the dedicated men and women of CANR."

Starting at 12:01 a.m. MST on Dec. 24, website visitors can watch Santa make preparations for his flight. NORAD's "Santa Cams" will stream videos on the website as Santa makes his way over various locations.

Then, at 4 a.m. MST (6 a.m. EST), trackers worldwide can speak with a live phone operator to inquire as to Santa's whereabouts by dialing the toll-free number 1-877-Hi-NORAD (1-877-446-6723) or by sending an email to noradtrackssanta@outlook.com.

Any time on Dec. 24, Windows Phone users can ask Cortana for Santa's location, and OnStar subscribers can press the OnStar button in their vehicles to find Santa.

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-Maj Gen David Wheeler
Commander of CANR

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Operation Ho Ho Ho brings smiles to kids

Cpt Karmen Hill
400 Tactical Helicopter
Squadron

It was an honour for all of us at 400 Tactical Helicopter Squadron—located at Canadian Forces Base Borden, Ontario—to participate in the 11th annual Operation HO HO HO on Dec. 3.

Early in the morning, 400 Squadron was a bustling with activity. Military personnel, including eight squadron members dressed as Santa's elves, packed up squadron vehicles with 574 toys for the children at Sick Kids Hospital in Toronto.

We drove as a convoy to downtown Toronto where we were met by the Toronto Police Department who, in turn, escorted us to the hospital.

We were greeted in the hos-

pital atrium by several media outlets and six children. We then went upstairs to distribute holiday spirit and presents to the children who are, unfortunately, hospitalized for the holiday season.

Squadron members gave out the presents, played bingo with children, assisted with arts and crafts and, whenever possible, exchanged smiles and holiday warmth.

The squadron has a long standing affiliation with the Hospital for Sick Kids. It is life changing experience for those involved in Operation Ho Ho Ho because there is nothing more magical than children during the holidays. This operation allows us to bring smiles in spite of pain.

400 Squadron raised nearly \$5,000 with help from residents throughout the Simcoe County Region.

Photo by Sergeant Kev Parle

Above: 400 Squadron personnel pose in one of the squadron's CH-146 Griffon helicopters before heading to Toronto with gifts to deliver to children at Sick Kids Hospital.



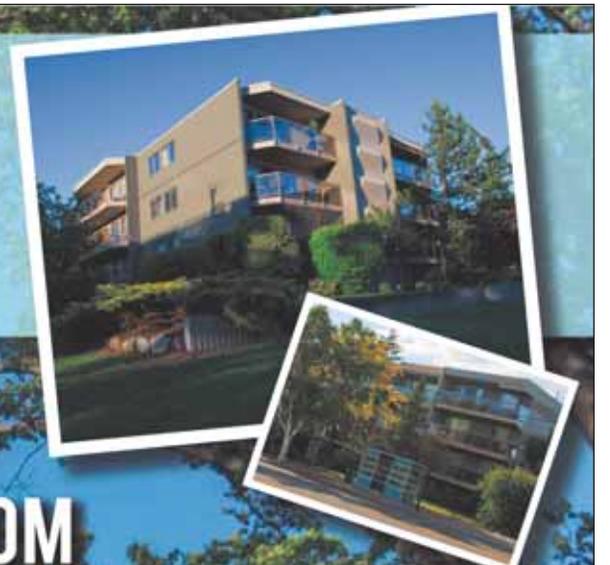
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HMC Ships Brandon & Yellowknife welcomed home



Her Majesty's Canadian Ships *Brandon* and *Yellowknife* returned to CFB Esquimalt Dec. 12 after deployment on Operation Caribbe. *Brandon* and *Yellowknife* were deployed on Operation Caribbe between Oct. 27 and Dec. 3.

Operation Caribbe is Canada's contribution to the multinational campaign against illicit traf-

ficking by transnational organized crime in the Caribbean basin and the eastern Pacific.

Brandon and *Yellowknife* were at San Francisco Fleet Week 2014 in early October, after which they participated in Task Group Exercises alongside the United States Navy and the Japanese Maritime Self-Defense Force from Oct. 20-31.

Images by: Cpl Blaine Sewell, MARPAC Imaging Services
HMC Ships *Brandon* and *Yellowknife* arrive home to waiting family and friends at Esquimalt Harbour on Dec. 12, after participation in Operation Caribbe.



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Photos by Gillian Larsen

More than 150 children with their parents enjoyed skating and swimming at the Wurtele arena and Naden pool, snacks, and a visit from Santa. The Skate and Swim with Santa day is an annual PSP Recreation hosted event, proudly and generously sponsored by SISIP Financial Services.

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Photo by Lt(N) Jeff Brooker.

PROTECTEUR AND WINNIPEG BRING SANTA TO SHIP

SLt Aaron Hawkins
Base PA Office

The holiday season got a little brighter for a few young Victoria-area residents on Friday, Dec. 12, as *HMCS Protecteur* celebrated its 29th annual hosting of the Community Kids Christmas Party.

With both Santa and Mrs. Claus on hand to greet children from four area schools, smiles were wide and eyes glowed brightly as presents were handed out and Christmas goodies were shared by all.

Due to *Protecteur's* status alongside in Esquimalt, this year's Christmas party was moved to *HMCS Winnipeg*, which graciously offered its time and resources to *Protecteur* staff. Despite the "new digs", the result was as festive as ever, with *Protecteur* sailors and officers guiding the kids and their

adult chaperones around *Winnipeg*, showing off her post-HCM FELEX facelift and receiving a warm welcome from ship personnel onboard the Canadian Patrol Frigate (CPF).

Winnipeg galley staff concocted a fan-favourite lunch of jumbo hot dogs, chicken fingers and fries for the kids, and that set the scene for Santa Claus' grand entrance in the Junior Ranks Mess as everyone was finishing up their meals. One by one, each of the children in attendance got the chance to sit with Santa, remind him of their wish lists, and receive a special Christmas present to take home with them.

As is customary with the Community Kids Christmas Party, Esquimalt Lions Club members were on hand to provide support and to share their own stories of holidays past. The event owes

much of its continued success to their significant role in liaising with local schools and working with *Protecteur* staff to make the day run smoothly, and the strong bond established between the Lions and the Navy on the west coast over the years has allowed children from across the region to get to know their Navy and have a unique day of holiday fun at the same time.

For members of *Protecteur*, the event was a welcome reminder of the positive impact the Royal Canadian Navy and its local partners can have in the community at this time of year.

"It is a privilege for me to be a part of this," said Sergeant Kathryn LeBlanc, event organizer and Dental Technician in *Protecteur*. "Seeing the joy expressed in the kids' faces and the excitement in

their eyes as they get called up to meet with Santa confirms to me the importance of this event and the need to continue to build on these types of encounters with our local community."

Commander Julian Elbourne, *Protecteur's* Commanding Officer, agreed.

"This is the 29th year for the Community Kids Christmas Party, and in cooperation with the Esquimalt Lions Club we're able to share a little bit of the holiday spirit with these deserving children. I think too that it reminds our personnel of the reasons why we go to sea and why we do what we do – nothing can be more important than making sure these kids, and future generations of kids, get the chance to enjoy this special time of year in a free, safe and happy setting."

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OPEN	CLOSED	OPEN	OPEN	CLOSED	CLOSED	OPEN	OPEN	OPEN	OPEN	OPEN
9 - 6		9 - 7:30	9 - 7:30			11 - 6	9 - 6	11 - 6	9 - 7:30	9 - 7:30

<p>2014 FORD FIESTA SEDAN SE MSRP \$22,140</p> <p>YEAR-END PRICING CLEAROUT</p> <p>YEAR-END CLEAROUT SAVINGS \$4,000</p>  <p>\$109 B/W* OR \$18,140</p> <p>PLUS COSTCO MEMBERS GET \$750 REBATE</p>	<p>2014 FORD FOCUS SE SEDAN</p> <p>YEAR-END PRICING CLEAROUT</p>  <p>\$129 B/W* OR \$21,414</p> <p>PLUS COSTCO MEMBERS GET \$750 REBATE</p> <p>Plus get 0% financing up to 72 months</p>	<p>2014 FORD FUSION ENERGI TITANIUM MSRP \$49,979</p> <p>YEAR-END PRICING CLEAROUT</p> <p>YEAR-END CLEAROUT SAVINGS \$8,248</p>  <p>\$251 B/W* OR \$41,731</p> <p>PLUS COSTCO MEMBERS GET \$1000 REBATE</p>
<p>2014 FORD FOCUS TITANIUM SEDAN</p> <p>YEAR-END PRICING CLEAROUT</p>  <p>\$177 B/W* OR \$29,429</p> <p>PLUS COSTCO MEMBERS GET \$750 REBATE</p> <p>Plus get 0% financing up to 72 months</p>	<p>2014 FORD ESCAPE SE FWD MSRP \$29,099</p> <p>YEAR-END PRICING CLEAROUT</p> <p>YEAR-END CLEAROUT SAVINGS \$4,250</p>  <p>\$150 B/W* OR \$24,849</p> <p>PLUS COSTCO MEMBERS GET \$1000 REBATE</p>	<p>2014 FORD MUSTANG GT COUPE PREMIUM MSRP \$48,404</p> <p>YEAR-END PRICING CLEAROUT</p> <p>YEAR-END CLEAROUT SAVINGS \$10,563</p>  <p>\$227 B/W* OR \$37,746</p> <p>PLUS COSTCO MEMBERS GET \$1000 REBATE</p>
<p>2015 FORD EXPLORER LIMITED 4WD</p> <p>YEAR-END PRICING CLEAROUT</p>  <p>\$323 B/W* OR \$53,699</p> <p>PLUS COSTCO MEMBERS GET \$1000 REBATE</p> <p>Plus get 2.99% financing up to 60 months</p>	<p>2014 FORD F150 SUPERCREW FX4 4X4 MSRP \$60,649</p> <p>YEAR-END PRICING CLEAROUT</p> <p>YEAR-END CLEAROUT SAVINGS \$6,000</p>  <p>\$328 B/W* OR \$54,649</p> <p>PLUS COSTCO MEMBERS GET \$1000 REBATE</p> <p>Plus get 0% financing up to 72 months</p>	<p>2014 FORD F350 CREW CAB XLT 4X4 MSRP \$74,099</p> <p>YEAR-END PRICING CLEAROUT</p> <p>YEAR-END CLEAROUT SAVINGS \$10,500</p>  <p>\$382 B/W* OR \$63,599</p> <p>PLUS COSTCO MEMBERS GET \$1000 REBATE</p> <p>Includes Lift/levelling kit/wheels & tires</p>

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Bravo ZULU

Primary Leadership Qualification 0046 graduates

Rear Admiral Bill Truelove, Commander Maritime Forces Pacific, was at the Naden Drill Shed Dec. 2 to present certificates to graduates of Primary Leadership Qualification.

Cpl Blaine Sewell, MARPAC Imaging Services



LS Loisel (center) is promoted to Master Seaman by RAdm Truelove and CPO1 Mike Feltham, Formation Chief. LS Loisel also received his graduation certificate.

LS Charlton (center) is promoted to Master Seaman by RAdm Truelove and CPO1 Mike Feltham, Formation Chief. He also received his graduation certificate.

LS Lyon (right) receives the Primary Leadership Academy Drill Trophy from CPO2 Sylvain Jaquemot, PLQ Senior Instructor. The recipient of this award has demonstrated the highest standard of military drill throughout the course. He also received his graduation certificate.



MS Wells receives his graduation certificate.

LS Starcevic receives his graduation certificate.

LS Loisel (right) receives the Formation Chief Petty Officer's Award from Formation CPO1 Feltham. The recipient of this award is selected by their peers and is presented to the graduate who displays exceptional qualities of leadership, enthusiasm, team spirit and personal integrity.



LS Ahl receives his graduation certificate.

MCpl Starling receives her graduation certificate.



LS Charlton (right) receives the Top Student Award from Don Cook, representative of the Chief and Petty Officer's Association. The Top Student Award is presented to the graduate who obtained the highest academic standing and displayed exceptional leadership throughout the course.

MS Vaillancourt receives his graduation certificate.

MS Percy receives his graduation certificate.



LS Clarke right receives her graduation.



MS Coulombe receives her graduation certificate.



MS Croft receives his graduation certificate.



LS Hall receives his graduation certificate.



LS Delisle receives his graduation certificate.



MS Dewar receives his graduation certificate.



MS Hill receives her graduation certificate.



LS Livesey receives her graduation certificate.



LS Halbert receives her graduation certificate.



MS MacDougall receives his graduation certificate.



MS Rajotte receives her graduation certificate.



MS Hamilton receives his graduation certificate.

Order of Military Merit investiture ceremony

His Excellency, the Right Honourable David Johnston, Governor General and Commander-in-Chief of Canada, presided over an Order of Military Merit investiture ceremony at Rideau Hall, on Friday, Nov. 7. The Governor General bestowed the honour on three Commanders, 10 Officers, and 37 Members. Created in 1972, the Order of Military Merit recognizes meritorious service and devotion to duty by members of the Canadian Armed Forces. The Order honours them for their commitment to Canada, according to the following three levels of membership: Commander (C.M.M.), Officer (O.M.M.) and Member (M.M.M.). Pictured here are the Maritime Forces Pacific recipients.

Credit: Sgt Ronald Duchesne, Rideau Hall, OSG



Commander Patrick Montgomery, O.M.M., C.D.



CPO1 Derek Kitching, M.M.M., C.D.



CPO1 Michael Miller, M.M.M., C.D.



Chief Warrant Officer Cathy Gaudet, M.M.M., C.D.



PO1 Line Laurendeau, M.M.M., C.D.

MARPAC HQ Award and Promotions



Cpl Blaine Sewell, MARPAC Imaging Services A/SLt Jenna McGrath is promoted to Sub Lieutenant by Commander Lori McAllister, Commanding Officer, Maritime Forces Pacific Headquarters.



Cpl Blaine Sewell, MARPAC Imaging Services Private (B) Cornlious is promoted to Private (Trained) (Pte(T)) by Commander McAllister, Commanding Officer, Maritime Forces Pacific Headquarters.



Cpl Blaine Sewell, MARPAC Imaging Services Lt(N) Stewart is presented with a Commander's Commendation for his efforts during RIMPAC 2014 exercises by Commander McAllister, Commanding Officer, Maritime Forces Pacific Headquarters.

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MOVEMBER 'STACHES

While deployed for Operation Caribbe, HMCS Brandon sailors took part in the annual Movember fundraiser for the fourth consecutive year. They helped raise more than \$150 to be directed to Prostate Cancer Canada through the GCWCC. The Movember campaign was just one of many fundraising efforts for this year's GCWCC campaign.



LS Magalie Kelly is promoted to her current rank by Cdr Jeffery Climenhaga, Commanding officer of HMCS Vancouver.

HMCS Vancouver Promotions



MS James Moncrieff is promoted to his current rank by Cdr Jeffery Climenhaga, Commanding officer of HMCS Vancouver.



Cdr (for the day) Daniel Daye and CPO1 (for the day) David Easson carve the ceremonial turkey for the crew's Christmas Dinner.



MS Darrell Block is promoted to his current rank by Cdr Jeffery Climenhaga, Commanding officer of HMCS Vancouver.

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FEB	19	2015
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MAR	19	2015

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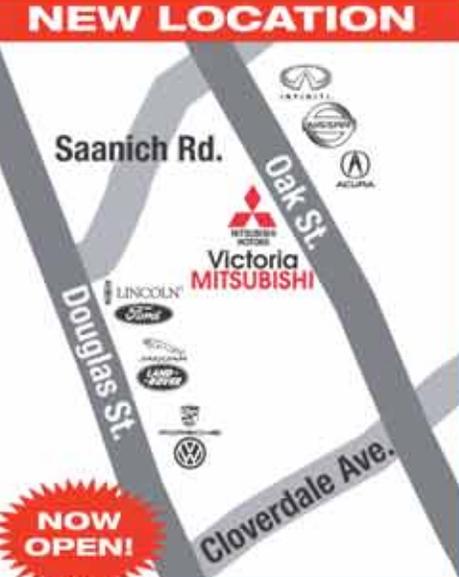
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