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Volume 60 Number 3 | January 19, 2015

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The Calgary Flames hosted their ninth annual Canadian Armed Forces (CAF) Appreciation Night at their game against the Florida Panthers on Jan. 9. The night honoured the crew of HMCS Calgary and the more than 450 CAF members, their families and veterans in attendance. The event included a ceremonial puck drop and a 50/50 draw with a portion of the proceeds going to the Military Families Fund. This year marks the 20th anniversary of the commissioning of HMCS Calgary, and the 35th anniversary of the Calgary Flames franchise.

Gerry Thomas, Calgary Flames Hockey Club
From left to right: Willie Mitchell, Florida Panthers; OS Alexander Hutchinson-Harris, the youngest member of HMCS Calgary; General Tom Lawson, Chief of the Defence Staff; Commander John Wilson, Commanding Officer of HMCS Calgary; and Mark Giordano, Calgary Flames, participate in the ceremonial puck drop.

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Base Construction Engineering transitions to new unit

LCol U.V. Honorio
Base Construction
Engineering Officer

The custodianship of all base infrastructure will transfer from the Royal Canadian Navy to ADM(IE) on April 1, 2015.

Directed by the Chief of the Defence Staff and the Deputy Minister, this transformation is in response to the need to improve the governance and management structure of DND real properties across Canada.

This means realty asset management and authority, in accordance with Treasury Board policy, will be transferred from CFB Esquimalt to the Real Property Operations Unit (Pacific) (RP Ops U(P)).

As the first of five RP

regions to be stood up, Real Property Operations Unit (Pacific) will be a regional unit under the CF Real Property Operations Group, a Regular Force formation housed in ADM(IE).

RP Ops U(P) will administer all DND land and infrastructure in the province of British Columbia. The other four regions, which will stand up in April 2016, will consist of West (the three Prairie provinces), Ontario, Quebec, and Atlantic for the eastern provinces.

Although not structured as separate units, real property in the National Capital

Region and across the North has been managed centrally by the CF Real Property Operations Group from Ottawa since April 1, 2014.

Base Construction Engineering (BCE), which currently manages all base construction and infrastructure maintenance on behalf of the Base Commander, will become known as Real Property Operations Section (Esquimalt) under the regional command of the Commanding Officer RP Ops U(P). The Section's mission will remain the same: providing infrastructure support to Maritime Forces Pacific to ensure the Formation can deploy, operate, and maintain combat-capable, multipurpose maritime forces to meet

Canada's national and international commitments.

Real Property Operations Section (Esquimalt) will be commanded by an Officer Commanding, responsible for the maintenance and repair of all CFB Esquimalt buildings and temporary facilities, including their integral components and utility services, such as electrical distribution systems, plumbing, intrusion alarms, fire alarms and suppression systems, HVAC and refrigeration systems.

As the landlord of the base's RP, the Section will continue to look after the upkeep of fuel farms, roads, tunnels, jetties, airfields, grounds, ranges and training areas.

Other services such as janitorial, solid waste and wastewater management, recycling, and emergency response to HAZMAT spills will also continue under its mandate.

My number one message is that there is very little impact to the day-to-day business of the people of CE. Today you maintain the infrastructure in Esquimalt, after 1 April you will do the same thing, using the same tools to maintain the Base, driving the same CE vehicles, drinking from the same coffee mugs.

- Col Darlene Quinn,
Commander of the CF RP Operations Group

RP Ops will remain responsive to the needs of the Formation, executing minor new construction, facility and accommodation coordination, and real estate transactions with other government departments, local jurisdictions and members of the community on behalf of the Crown.

Hosted jointly by the Base Commander, Capt (N) Steve Waddell, and by Col Darlene Quinn, Commander of the CF RP Operations Group from ADM(IE), a town hall took place in early November where BCE staff were given an update on the progress of this transformation. Civilian employees and military members of BCE were provided the opportunity to ask questions regarding the transition and how it might impact them.

Owing to government-wide rationalization initiatives and a restrained fiscal environment, many individuals might perceive this transformation as something that could lead to loss of jobs. Employees at BCE were reassured during the town hall that there is no workforce adjustment associated with this transformation.

Asked how this transformation will impact the way

they do their jobs, Col Quinn replied, "My number one message is that there is very little impact to the day-to-day business of the people of CE. Today you maintain the infrastructure in Esquimalt, after 1 April you will do the same thing, using the same tools to maintain the Base, driving the same CE vehicles, drinking from the same coffee mugs."

The same assurance is conveyed to all units, both integral and lodger, around the base. Capt(N) Waddell emphasized during the town hall that, "RP Ops will continue to be responsive to supported commanders," which will be embodied within one Service Level Agreement between the Commander CF RP Operations Group and the Base Commander CFB Esquimalt.

Infrastructure repair and maintenance requirements from integral and lodger units of CFB Esquimalt are to continue to be reported to BCE's Trouble Desk at 250-363-2009 or type +BCE-Trouble-Desk@BCEO@Esquimalt on the DWAN Address Book to send a trouble call via e-mail. Any future changes to this contact information will be announced accordingly.



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Changes to naval personnel training

Shawn O'Hara
Staff Writer

CFB Esquimalt is now home to the Naval Personnel Training Group (NPTG), and the future of Reserve and Regular Force training in the Royal Canadian Navy (RCN).

The change took place in November, as the Director of Naval Training and Education (DNTE) transferred responsibilities for individual sailor training to the newly formed NPTG.

"I think overall it's the right move," says Cmdre David Craig, Commander Naval Reserves. "Whereas before you had several

agencies with involvement in Reserve training responsibilities, now you've got one group with one function and that means more focus on the task at hand."

Cmdre Craig says the shift may lead to changes in training for Reserves, but they're all for the best.

"We have access to the database of training packages used for regular forces, which we've never had before," he says. "So now a training officer at NAVRESHQ can go in and find a package for training Comms Technicians, and utilize it for training reserves."

This expanded access to

training resources could lead to greater opportunities for reservists, says Cmdre Craig, something that will be necessary as the role of Reservists in the RCN continues to change.

"The new mandate of the Naval Reserve is to generate trained sailors and officers who can be employed at sea and ashore in a wide range of missions," say Cmdre Craig. "So what we need to do, and what we're looking at, is ensuring the qualification training within the occupations can support the ability to deploy Reservists across all the vessels."

The main focus of the

change, says Cmdre Craig, is that training will no longer differentiate between the Reservists and Regular Force. However, he adds, training will be the same as permitted by Reservist availability. This means that at more senior levels, the Reserve and Regular Force training will differ. This will lead to increased operability, teamwork, and force generation as more qualified Reservists are able to be deployed as needed.

"It's the vision of the One Navy system. One sailor, one task," he says. "Every sailor in uniform is valuable."

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WHAT SAY YOU

Annapolis sinking halted by court

As you are aware, the Artificial Reef Society of British Columbia (ARSBC) made arrangements for the sinking of the former HMCS Annapolis to proceed on Jan. 17, 2015. Unfortunately, a group of citizens from Halkett Bay has recently commenced legal proceedings to challenge the validity of the ARSBC's permit from Environment Canada.

They have asked the Court to prohibit the ARSBC from carrying out the sinking until the full legal proceeding is completed.

On Jan. 12, the Court made a temporary order prohibiting the ARSBC from carrying out the sinking until a full court hearing can be held to determine the issue of whether the project

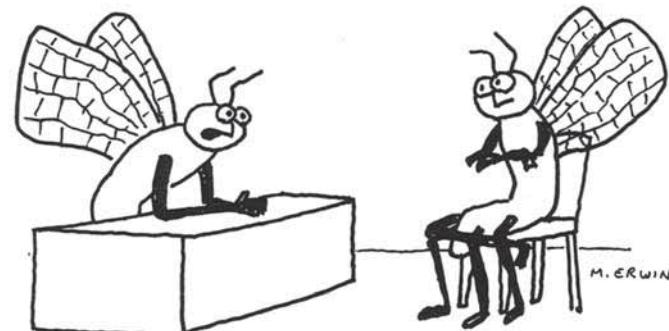
will be delayed to allow for a full review of the Environment Canada permit.

That Court hearing is scheduled for Jan. 27. It is possible that we will be able to proceed with the project shortly after Jan. 27, but at this point we are in the hands of the Court and it is not totally clear when we will be able to re-schedule the sinking.

I apologize for this late change of plans. I assure you that the ARSBC is doing everything it can to move matters along to successfully complete this project.

R. A. (Rick) Wall, LCdr (ret'd)
ARSBC Director
Membership / Annapolis Project
Navy Liaison

MAYFLY HIRING INTERVIEWS



"SO TELL ME, WHERE DO YOU SEE YOURSELF IN FIVE HOURS' TIME?"

SPORTS trivia

by PO1 Bill Sheridan
Contributor

QUESTIONS?

- What teams did Bobby Orr play for?
- 1. Who is fourth in career home runs behind, Bonds, Aaron and Ruth?
- 2. Who was nicknamed Night Train?
- 3. Where was the National Interscholastic Basketball Tournament held?
- 4. 'Between the Pipes' Is a book about which position in which sport?
- 5. Who was the first NFL quarterback to pass for over 5000 yards in a season?
- 6. Whose lyrics are 'Our coach really has the midas touch, our players are fast & strong & brave'?
- 7. In which sport would you find a Double Oxer?
- 8. Who was number 14 with the Cubs?
- 9. The Kraft Nabisco Championship is an LPGA tournament which started as what?

- 10. The Webb Ellis cup is a trophy for which sport?
- 11. What city was home to the first Olympics held in North America?
- 12. What is the weight class in boxing for the lightest weight?
- 13. What stadium is located at 2000 Gene Autry Way?
- 14. What sport was Volta derived from?
- 15. What is a yellow flag used for in NASCAR?
- 16. What teams announcer is Jim Carr?
- 17. Who was Senda Berenson?
- 18. Who do the Wild Card teams play in the first round of the playoffs in the NHL?
- 19. Who served overseas in the China-Burma-India Theater, scouting locations for B-29 bomber bases, was promoted to captain, served 47 months which was the longest of any MLB player?

- 20. The original Hammarin Hank, Henry Greenberg
- 19. Division Leaders
- 18. She originated the basketball rules for women
- 17. The Chiefs in the movie Slapshot.
- 16. Caution, cars must reduce speed, type of handball.
- 15. It was a game started by the fascists in Italy and was a lbs.
- 14. Angel Stadium of Anaheim
- 13. Minimum weight, Miniflyweight or Strawweight, at 105 lbs.
- 12. St Louis.
- 11. World Cup of Rugby
- 10. College Dinh Shore Winner's Circle.
- 9. Ernie Banks jumping ability.
- 8. It's an obstacle in show jumping testing the horses
- 7. Weird Al's Sports Song.
- 6. Dan Marino
- 5. Hockey goalie.
- 4. University of Chicago from 1913 to 1930.
- 3. Dick Lane, NFL Hall of Fame, defensive back for the Cards,
- 2. The Say Hey Kid, Willie Mays.
- the Black Hawks playing back to the GM.
- 1. Boston and Chicago, Orr's agent Eggleston didn't tell Orr about a contract offer from the Bruins and signed with the Cards.

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Women celebrated by MFRC

Shawn O'Hara
Staff Writer

This year will mark the 26th annual Pacific Women's Day, in which the Maritime Force Pacific (MARFAC) shows its appreciation for women in the defence community, those who are serving military members, family members and DND employees.

Taking place March 7 at Royal Roads University, the Military Family Resource Centre (MFRC) will host

workshops, speakers, a buffet lunch and activities to recharge, relax, and reenergize.

"It's important to recognize the work people do," says Jon Chabun, Communications and Marketing Coordinator for the MFRC. "Taking some time to de-stress and reenergized yourself is very important, and we want to give people an opportunity to relax with their friends, family, and colleagues."

Among some of the

day's events are yoga with Kundalini Yoga, classes on meditation, gardening, and music, wine tasting, Zumba, and a keynote speech by Patricia Galaczy on staying grounded in a stressful world.

Early bird registration for the event costs \$60, and \$65 after Jan. 23. If you buy your ticket by the early bird deadline, you'll be entered to win a trip to Seattle. For more information, or to register for the event visit www.esquimaltmfrc.com.

New process launched for eyeglasses

DND

Beginning Jan. 15, the Canadian Forces Health Services Group launched a new process for the provision of eyeglasses to Canadian Armed Forces members.

This process will not apply to CAF recruits in St. Jean where an onsite provider will remain in place for provision of eyeglasses to that population.

When a determination is made at the member's supporting health care clinic that new eyeglasses are required, the member

will report with paperwork from the clinic to an optical provider of their choice.

This will not include use of online providers due to an inability to guarantee prescription and initial fitting accuracy in that environment.

As with other medical corrective devices, a cost limit is set with the claims administrator and is based on reasonable and customary costs for eyeglasses. Costs over and above these amounts will be an individual CAF member responsibility, which is not unlike the current situation under

a contracted provider.

Further details on this process will be distributed by your supporting health care clinic when eyeglass provision is next required.

Note that members must report to the clinic prior to obtaining eyeglasses at a provider of choice to ensure eligibility for eyeglasses replacement or initial issue.

It is expected that this new process will increase CAF member choice in eyeglasses while reducing out of pocket expenses through individual exploration of cost effective options.

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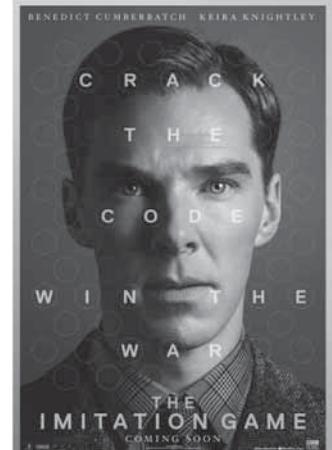
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Sailors lost 110 years ago remembered

LCdr Lewis-Simpson
CO HMCS Cabot

Members of *HMCS Cabot* and Canadian Forces Station St. John's marked the solemn centenary of the loss of three Royal Navy ships during the winter of 1915, and the Royal Naval Reservists (RNR) of the Newfoundland Division who were lost to the sea in them.

During a period of calm in a snow-storm on Jan. 13, a wreath was laid by Peter MacKay, Minister of Justice, and Jack Harris, MP for St. John's East.

They honoured 57 sailors from the colony of Newfoundland who were lost in the armed merchant cruisers HMS *Viknor*, on Jan. 13, 1915; HMS *Clan McNaughton* just over two weeks later on Feb. 3; and HMS *Bayano* on March 11. *Viknor* and *Clan McNaughton* are thought to have been sunk due to either heavy weather or mine strikes, and *Bayano* was torpedoed by the German U-27 off the coast of Ireland.

Most of the men were from small towns in Conception, Trinity and Bonavista Bays.

The simple ceremony was witnessed by members and supporters of the local naval community, and descendants of the First World War sailors, including Debbie Youden and Karen Youden Walsh, whose two great-great-uncles – brothers George and Thomas Youden from Bull Cove, near Brigus, Conception Bay – who were lost with HMS *Viknor*.

The loss of the Youden brothers was more keenly felt because in March 1914, Joseph Youden, brother of Thomas and George, was also

lost with all hands on the sealing vessel SS *Southern Cross*, in the same vicious storm immortalized as the Newfoundland Sealing Disaster. Three brothers in less than a year, all lost to the sea.

"Seafaring has always been a huge part of our family," said Ms Youden. "Our grandfather always loved the sea and he reminded us of our three uncles lost within a year. This was always significant to him and he passed that on to us. It is important to acknowledge these dates for all the people who had relatives lost at sea."

Two other brothers from Seal Cove, Conception Bay, also perished in these ships: Frederick died in *Viknor*, and John died three weeks later in *Clan McNaughton* on Feb. 3.

The memorial plaques at Beaumont Hamel, France, and the replicas at Bowring Park, St. John's, commemorate all Newfoundland and Labrador sailors lost in the First World War with no known graves.

Minister MacKay commented on how important it was to recognize the service of Newfoundlanders and Labradorians a century ago.

"We remember the 57 sailors whose lives were lost in service of Newfoundland, a colony as it was at that time, but in service of Canada and the great traditions of the Royal Canadian Navy and the Reserves in Newfoundland and Labrador."

It's fair to say that Newfoundland and Labrador is over-represented in our navy, over-represented because of traditions, of a great sense of service and special expertise and connectivity to the sea. And just as 100 years ago, we are all better for their

service. So, it is appropriate that we gather and remember.

At the turn of the twentieth century, the British Admiralty saw the numbers of inshore and deep sea fishermen in Newfoundland and Labrador as being a very rich source of potential recruits for a strategic naval reserve. Newfoundland was the first colony where such a reserve was formally established in 1902, and continued training sailors until 1922.

The majority of the sailors who perished were members of the Royal Naval Reserve prior to the outbreak of World War One. Many were experienced fishermen and mariners. Because of their experience in small boats, they were often employed as small boat coxswains and naval boarding party members during the war. Their seamanship skills were too valuable to be wasted ashore, and their loss was felt by the Admiralty when those three ships were lost in the winter of 1915.

The ledger sheets and service records of the Royal Naval Reservists are held in the Rooms Provincial Archives and at the Maritime History Archives, Memorial University. The Sailors of the Great War project headed by the Royal Canadian Navy will seek to digitize these records and make them available to the public. The ledger sheets of some of the men will be shared through social media throughout January, February and March as a mark of remembrance.

LCdr Lewis-Simpson is a historian currently digitizing the archives of the Royal Naval Reserve Newfoundland Division and the records of the Royal Canadian Volunteer Reserve held at the Rooms.



Photo by: LCdr (Ret'd) Bill Perks
Members of HMCS Cabot and CFS St. John's joined dignitaries in honouring the loss of Royal Naval Reservists who perished at sea 110 years ago.

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Worst day of the year untrue

Did you know January is said to contain Blue Monday?

MARPAC
Health & Wellness Strategy

Myth - Cliff Arnell developed a formula for identifying this gloomy day on the third Monday of January, which he labelled as "Blue Monday." This was popularized by the media, due to anecdotal evidence that January brings higher negative risks associated with mental health, physical fitness, and social wellness.

Busted - Arnell's formula has been discredited due to little scientific evidence to support this claim. However, many still feel this is a difficult time of the year. With the stress of returning to the routine, the burdens of post-holiday bills, and the continuation of short days and miserable weather, it is no wonder the "worst day of the year" is placed within January.

Many forms of depression are impacted by the short amount of daylight during the winter season, such as Seasonal Affective Disorder. Depression can be

compounded by workplace factors or personal stressors, making the winter season seem unbearable.

During this time it is important to know that within MARPAC there are different resources and supports provided to the Defence Team and their families to help them stay in the green.

These are located on the "Personal Help" page on the DIN <http://esquimalt.mil.ca/main/e/personalHelp.htm>.

There is a four-hour online course available through the Defence Learning Network, Mental Health in the Workplace for Managers, to help individuals recognize and manage mental health issues in themselves and others.

Also, Health Promotion Program offers the following courses: Stress: Take Charge! and Managing Angry Moments, which can be accessed through the following link <http://esquimalt.mil.ca/badm/psp/hp/>.

The Health Canada emergency contact number is available to all Defence Team members and families and can be contacted 24/7: 1-800-268-7708.

New software optimizes treatment

DND

The Department of National Defence (DND) / Canadian Armed Forces (CAF) have acquired new tablet-based software, called Client-Reported Outcome Monitoring Information System, or 'CROMIS', to optimize mental health treatment through the immediate and continuous tracking of an individual's mental health progress.

At the beginning of each mental health session, patients will describe their current state of health through an electronic questionnaire. The information, once reviewed with the clinician and compared with expected treatment responses, allows for immediate confirmation or modification of treatment, and the optimization of individualized care.

Also, a new addition to the Canadian Forces Health Information System, called Mental Health Notes, will allow CAF medical staff to enter mental health data directly into military

electronic health records, allowing clinicians wherever CAF members are serving to view assessments and results immediately in a secure and confidential manner. This will directly improve the mental health care members receive by enhancing communications between primary care clinicians and mental health professionals.

Furthermore, the capacity to digitize CAF member health records in general will be increased, to speed the transfer of medical documentation to Veterans Affairs Canada.

In addition to these technological advancements now being implemented, the following additional investments are being made:

Peer Support: The Operational Stress Injury Social Support program has seen an increase in demand for its services over the last decade. In order to address the demand, 15 new Peer Support Coordinator positions will be created across the country.

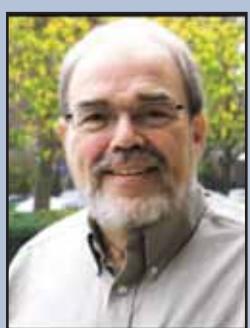
This program provides

outreach and confidential peer support from CAF veterans who have overcome their mental illness to other CAF members, veterans, and their families. There are no requirements for referrals to the Operational Stress Injury Social Support program.

Family Support: A new four-year pilot project was announced to expand access to Military Family Resource Centres to medically-releasing CAF personnel and their families for two years post-release.

The initiative will allow medically released veterans and their families to continue to access services and support through an already proven service model based on three access points: the 24/7 Family Information Line at 1-800-866-4546, familyforce.ca, and Military Family Resource Centres.

These services also anchor the military family community with networked service providers that can ensure a continuum of service for medically releasing veterans and their families during their transition period.



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Reservist police officer earns top traffic cop award

Shawn O'Hara
Staff Writer

If there's anything Maj Brendon Leblanc loves, it's serving his community.

The reserve soldier with 5th Field B.C. Regiment, is also a Victoria police officer. He had his civilian work acknowledged in a Nov. 19 ceremony when he was named 2013 Traffic Law Enforcement Officer of the Year in B.C.

"That was pretty awesome; I don't know how else to describe it," says Maj Leblanc. "It was nice to be recognized for my efforts, by both the B.C. Association of the Chiefs of Police, and by my peers."

Seconded to the RCMP-lead Integrated Road Safety Unit, Maj Leblanc headed up Operation Praesidium, a project aimed at the apprehension of "prolific drivers",

a category that comprises prohibited drivers, suspended drivers, and drivers that drive without a license, presenting a danger to road safety.

"There are people who continually drive without a license or on suspension," he says. "When they drive they're endangering the community, and breaking the laws, so we figured out a way to use the resources at our disposal to apprehend them."

Maj Leblanc and his team generated an internal database of prolific drivers known to police, and people on prohibitions for alcohol, speeding, licensing related offences. Utilizing community knowledge and information, they worked to apprehend these people while they were driving under their prohibitions. Since the integration

of Operation Praesidium, approximately 50 prolific offenders were taken into custody, a fact of which Maj Leblanc is very proud.

"It was the opportunity of a lifetime from a police perspective, to see a project go from an idea to the operations plan, to supervising resources at a roadside level, to seeing some convictions happen," he says. "It was fantastic."

Along with the success of Operation Praesidium, Maj Leblanc has been responsible for the arrest of 257 impaired drivers. Though an impressive number, Maj Leblanc is humble, reminding people that he didn't work alone.

"There are many people at work on Operation Praesidium," he says. "The award I received, I share with them. It was very much a team effort."



Maj Brendon Leblanc, reservist and Victoria Police Officer.

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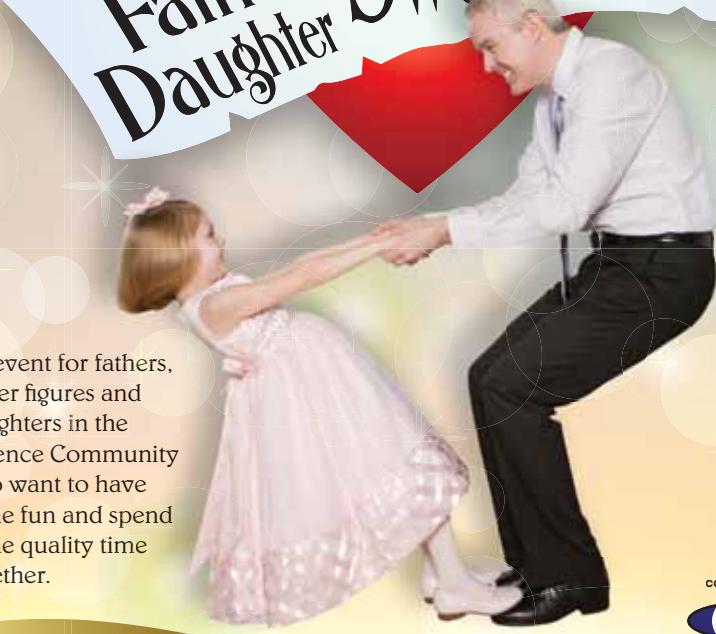
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REGULUS program keeps sailors' skills sharp

Jamie Cook
MARPAK PA

It's said that a ship is only as strong as its crew: skills, experience and proficiency are critical for all ranks and sea trades, and for the operational excellence of a navy as a whole.

When the Royal Canadian Navy (RCN) was anticipating limited at-sea experience for some sailors as the Halifax-class Modernization (HCM) program was kicking into gear, they looked to the REGULUS program.

"REGULUS is about getting young men and women of the RCN to sea during a period of reduced sailing opportunities," said Lt(N) Arthur Halpenny, REGULUS' new Personnel Coordinator.

Through personnel exchanges with friendly navies around the world, Canadian sailors hone their skills and gain valuable experience while sailing on board foreign vessels, strengthening the RCN's core competencies.

REGULUS addressed a challenge posed by the Halifax-class Modernization (HCM) program. With many of the RCN's Halifax-class frigates – dubbed the "backbone" of the Canadian fleet – going through modernization work, the RCN was challenged with keeping its sailors ready for operations as Canadian platforms became less available for training or deployment.

Since the REGULUS inception in 2010, more than 150 RCN personnel have been sent abroad to countries such as the United

States, New Zealand, Australia, the United Kingdom, and Chile.

"The exchanges are mutually beneficial. If possible, we'll place our sailors in billets that the partner navy may have trouble filling. Partner navies, in turn, often seek RCN training once they witness the talent and professionalism of our sailors."

But the benefits go beyond simply keeping sailors well-trained. In the 21st century, successful maritime operations depend upon partnerships and coalitions. Programs such as REGULUS build bridges between like-minded navies, allowing them to work together to confront and deter threats to maritime security.

"The young Canadian and allied sailors who bond on these adventures will be the institutional leaders of tomorrow," said Lt(N) Halpenny.

SLt Chris Sulyma participated in an exchange with the Chilean Navy in April of this year and found himself on board an auxiliary patrol ship tasked with fishery patrol, lighthouse resupply and search and rescue operations off Chile's southern coast.

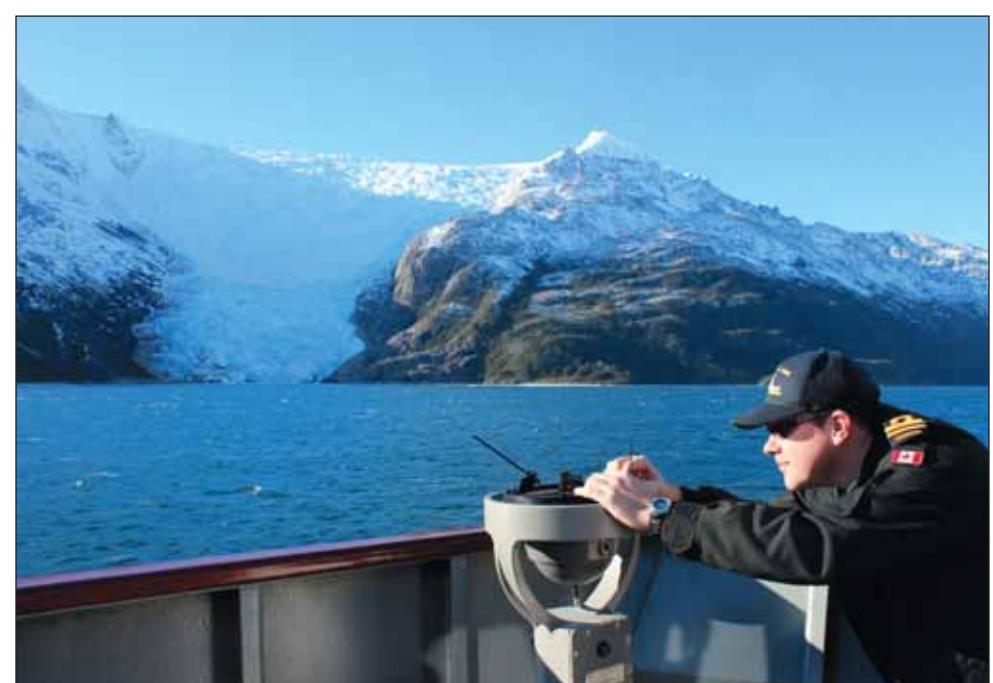
"I found the Chilean officers and crew to be extremely friendly, eager to help, and genuinely curious about Canadian culture," said SLt Sulyma. "The ship itself helped us celebrate Canada Day, and the local restaurant went so far as to learn how to make poutine for us... we also celebrated the ups and mourned the downs of Chile's soccer team in its drive for the World Cup."



However, working in a foreign country does bring with it some challenges. Many of those sent on exchange have experienced homesickness or culture shock to varying degrees, whether it's struggling to learn a new language or adjusting to a military culture different than the RCN.

"There were times where I questioned why I had volunteered, but I was down south with some great people, and made some amazing friends who I still speak to today on a regular basis," said SLt Sulyma of his experience.

With several frigates having completed their modernization work and the remaining pre-HCM ones beginning theirs, the HCM program is moving along at an impressive pace. However, due to its resounding success, REGULUS is slated to continue on for years to come.



Above: SLt Chris Sulyma takes a bearing while on board the Chilean Navy auxiliary patrol ship PSG-78 Piloto Sibbald in Beagle Channel, off Chile's southern coast.

Top: SLt Sulyma pauses for a photo with the auxiliary patrol ship in the background.

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New approach to healing an injured body

Carmel Ecker
Staff Writer

A military physiotherapist wants to improve the way the Canadian Forces Health Services (CFHS) and PSP approach rehabilitation and exercise.

CF Bases Esquimalt and Comox are among the first to test what Maj Daniel Crumback hopes will soon be a national program.

From Jan. 6-8, Maj Crumback, Physiotherapy Regional Practice Leader for Western Canada and team lead of the Physical Rehabilitation Department at CFB Edmonton, and Sara Eisenzimmer, Physiotherapy Assistant, were here to train local sports and fitness instructors and physiotherapy staff to deliver Functional Integrated Training (FIT) programs.

The FIT program has two major goals: to reduce re-injury rates and increase performance.

While it's currently being trialled as a rehabilitation program for injured members, Maj Crumback would like to see it used to prevent injury by screening people for indicators of underlying physical issues that could lead to injury, or negatively affect performance.

For now, the FIT program is focused on injured members. Once the program is up and running in four to six weeks, it will replace the reconditioning program currently being used by Esquimalt's Health Services and PSP team to get injured military members back to work.

FIT philosophy

The FIT programs are quadrant based: lower extremity,

which addresses traumatic knee injuries and ankle/foot injuries; upper extremity, which addresses the shoulder, neck and thoracic spine injuries; and spinal, which addresses the lumbar spine, pelvis, hip, and repetitive knee injuries.

Many of the injuries in the military are repetitive or chronic in nature, says Maj Crumback. These injuries are complex and usually involve several areas.

"Humans have an ability to adapt their movement to allow for limitations, but when the compensator breaks down, they no longer can function. That's when we get them," he says.

In other words, when one part of the body is damaged, another part will work harder to compensate and keep the whole body going. Eventually, though, the load becomes too much, resulting in further injury.

The FIT programs were designed to ensure all the components of a person's injuries are addressed.

It's a system that's more efficient than trying to create a separate rehabilitation program for each person or for a diagnosis, says Maj Crumback.

How it came to be

While the program is only now rolling out in other bases, it has been working well at CFB Edmonton for two years. The concept began seven years ago.

Working with the Canadian Special Operations Regiment (CSOR) in Petawawa in 2007, Maj Crumback noticed high numbers of soldiers experiencing recurring injuries. The pattern told him the root of many injuries weren't being addressed by cur-



Physiotherapist and Fitness Integrated Therapy Program (FIT) Program creator Maj Daniel Crumback instructs while Physical Therapy Assistant Sara Eisenzimmer demonstrates an exercise for Personnel Support Programs Sports and Fitness Staff and members of CF Health Services Centre (Pacific).

rent methods of rehabilitation.

"We were returning people to duty without ensuring that the injured structure(s) had been returned to a state that can tolerate the forces associated with return to work," he says.

With national, regional, and local support, Maj Crumback applied his training as a Sport Physiotherapist, Strength and Conditioning Specialist and a Certified Exercise Physiologist to design a program that would ensure members were offered the time, place, and programming necessary to fully recover from their injury.

"I specifically sought out further education in exercise, and exercise physiology, because I needed to know more about exercise prescription than what was provided to me in physiotherapy school," he says.

He created several programs for CSOR that now form the basis of the FIT program. Many updates were made at CFB Edmonton to make it the program it is now. Through the dedicated work of Sara Eisenzimmer and Physical Exercise Specialist Katie Riddle, the transitional phases of the programs were solidified, reviewed, and updated on a regular basis with the oversight of Maj Crumback, resulting in the program being trialled in Esquimalt and Comox.

The beauty of FIT is its simplicity, says Maj Crumback.

How it works

First, a physiotherapist refers a patient to the program based on a set of standardized inclusion criteria that ensure the member is ready for the program.

Baseline data is collected, which includes pain and functional scales, as well as objective intake

testing that includes movement, flexibility, and strength.

Based on the results of their intake testing, patients are placed in the appropriate phase of the training program. Patients are retested on a regular basis to measure improvement and determine if the member meets the requirements necessary to move to the next phase.

A team made up of a Physiotherapy Assistant with advanced training in exercise, and the Physical Exercise Specialist, delivers the intake testing and first two phases of the programs. After successfully completing Phase 2 testing, the patient moves to the gym to work with Fitness and Sport Instructors.

The change will mean most of the 70 people currently being cared for by PSP Esquimalt's two reconditioning staff members will now have 14 people to help them achieve recovery. This means even if a member can't make the designated training time, they can go to the gym when it's convenient for them and get help from any member of the fitness staff.

Time is another thing patients will have lots of with the new program. Depending on which quadrant their injury is in, patients will take between 12 and 15 weeks to get through all their phases.

Based on his experience with the program in Edmonton, Maj Crumback says that is a reasonable amount of time to go from illness to wellness.

"Graduated, phasic programming is the trick with this," he says. "A lot of our guys will be significantly more functional than they were even before their injury with this program."

That end result is every military member able to perform at his or

her peak physical capability.

"We devised a program with a functional end result first, and we went backwards and used movement-based exercise in order for the person to achieve the end goal."

It doesn't matter how fit the person is, he adds. The goal is performance.

"Performance is performance whether it's the ability to be able to do a power clean or it's the ability to work an hour at your desk with no low back pain. They are both related to your task and your military requirements."

Future goals

In addition to rolling out the FIT program, Maj Crumback is completing his Masters in Science on the use of movement-based clinical tests to predict future low back pain - a step toward his goal of using the current FIT programs to prevent injuries versus waiting for the inevitable.

"My feeling is these programs could be used as preventative programs if we can identify a cluster of tests that can identify and predict who's at risk of injury," he says.

It's a path that's important not just from an injury prevention perspective, but also from a performance perspective, he says.

"These same things will be your limiters to performance."

He would like to see a FIT team visit every unit once a year and complete a preventative screen. Those personnel identified as being at higher risk of injury or demonstrating performance limitations would dedicate a part of their physical training to prevention and performance.

"That's my goal for the future and is in line with the goals of CFHS and PSP," he says.



Sgt Monique Williams, a medic at CF Health Services Centre (Pacific), gets tips on a program exercise from Sara Eisenzimmer, a physical therapy assistant who works with FIT program creator, Maj Daniel Crumback.

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MCpl Michael Bastien, MARPAC Imaging Services MCpl Kevin Sutherland receives a Certificate of Appreciation for his outstanding performance during Exercise Kootenay Cougar 14 from Capt(N) James Clarke, Commander of Naval Operations at Maritime Forces Pacific Headquarters.



Sgt Mike Ward receives a Certificate of Appreciation for his outstanding performance during Exercise Kootenay Cougar 14 from Capt(N) Clarke.



Brenda Kipot is awarded a certificate in honour of 15 years of service to the Government of Canada from Capt(N) Clarke.



AB Billanes is promoted to Leading Seaman by Cdr Elbourne and CPO2 Clark.



LCol Simard, Commanding Officer of CFHSC(P), and SLt Sprenkle, GCWCC rep, present Brett Witthoeft with an iPad Mini he won.



LS Liam Chambers is advance promoted to his current rank by Cdr Jeffrey Climenhaga, Commanding Officer of HMCS Vancouver.



LS Kelly is promoted to his current rank by Cdr Barnard, Commanding Officer of HMCS Ottawa.



Lt(N) Madularu is promoted to his current rank by Cdr Barnard, Commanding Officer of HMCS Ottawa.



Lt(N) Seguin is promoted to her current rank by Cdr Barnard, Commanding Officer of HMCS Ottawa.



**Bravo
ZULU**

SLt John Pacquette is promoted to Lt(N) by Capt(N) C.S. Earl and LCdr D. Chouinard-Prevost.



LS Loughead is promoted to his current rank by Cdr Barnard, Commanding Officer of HMCS Ottawa.

Bravo ZULU

Retired Brigadier-General Jim Hanson was the reviewing officer for the ceremony to commemorate the return of the Royal Canadian designation to the Electrical and Mechanical Engineering (RCEME) trade at Canadian Forces Base Esquimalt on Dec. 11, 2014.

Images By: Corporal Malcolm Byers, MARPAC Imaging Services



Retired Brigadier-General Hanson inspects Corporal John Peele during the ceremony.



BGen Hanson presents Cpl Tony Philips with his new DEU shoulder insignias.



Sgt John Brent receives his new shoulder titles DEU shoulder insignias.



Commander Nord Mensah, Base Logistics Officer, presents Maj Heather Hynes with her new Canadian Army Officer Rank.



Cdr Mensah presents Capt Quinton Mimura with his new Canadian Army Officer Rank.



Cdr Mensah presents Lt Tyler Beaton with his new Canadian Army Officer Rank.



Cdr Mensah presents MCpl Anita Kwasnicki with her new Royal Canadian Corps of Signals (RCCS) insignia.



Cdr Mensah presents Richard Reimer with a Base Logistics Certificate Of Recognition Award Level 4.



BGen Hanson receives bronze and silver loyalty coins from Capt Quinton Mimura.



Cpl Jonathan Michel congratulates Richard Reimer on his receipt of a Base Logistics Certificate Of Recognition Award Level 4.



BGen Hanson and Lt Tyler Beaton cut the ceremonial cake.



443 MH Squadron Honorary Colonel Investiture Ceremony

Images by: Cpl Malcolm Byers, MARPAC Imaging Services



Members of 443 Maritime Helicopter Squadron form up in Hangar 17 during the Honorary Colonel Investiture Ceremony held on Dec. 8, 2014.



From left: Honorary Colonel Michael Sudul, LCol Patrick MacNamara, and HCol Jeffrey Morris sign the Honorary Colonel change of appointment scrolls. HCol Sudul officially assumed the appointment from HCol Morris during the ceremony.



Lt Marchessault received the commendation for her work related to the transition of 443 (MH) Sqn to its new hangar facility from Col Bourgon, 12 Wing Commander.



2Lt Jurski and 2Lt Morales received a coin for their work related to the transition of 443 (MH) Sqn to its new hangar facility from Col Bourgon.



CWO Michael Whitman, 12 Wing Chief, presents Sgt Guy Hebert with a Wing Chief's coin.



LCol Patrick MacNamara, 443 Maritime Helicopter (MH) Squadron Commander, presents Outgoing HCol Jeffrey Morris with a unit coin during the Honorary Colonel Investiture Ceremony.



LCol MacNamara and HCol Jeffrey Morris with a photo collage commemorating his time with the squadron.



Col Bourgon, 12 Wing Commander, inspects members of the squadron.

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ANNOUNCEMENTS

STV TUNA IS LOOKING for CF/Ex-CF/DND civilian members to join the forces offered sailing program. Any one interested in sailing or learning to sail is encouraged to join us. All skill levels are welcome. For more information about the program please contact Sgt Steve Wright 902-427-4417 or steven.wright@forces.gc.ca or check us out on facebook (STV Tuna) for more information.

3005 11 Svc Bn ARMY CADETS has a great, fun, safe, purposeful program. There is no cost and youth M/F 12-18 years of age are eligible to join. Weekend and Summer Camps, Band, First Aid, and Marksmanship are all offered. Thursday 6:30 - 9:00 pm, 724 Vanalman Ave Victoria. Call 250-363-3194 or email 3005army@cadets.net.

VIEW ROYAL READING CENTRE. Conveniently located at Admirals Walk Shopping Centre. We have books, audios, videos, & DVD's for all ages. Internet is also available. For hours of operation and other information please call 250-479-2723.

HAULING

Father & Son
need work, we'll do the job the others won't. Trash hauled from \$5. Plus dump fee. No job too small.

OAP rates
• Any weather
• Demolition
Refuse Sam
250-216-5865 or
250-475-0611
SAME DAY SERVICE

Bring ATTENTION to your business
Lookout Classifieds 363-3014

SERVICES OFFERED

CAREGIVING FOR SOMEONE with dementia? The Alzheimer Society of B.C. has support groups for caregivers. Contact the Alzheimer Resource Centre at 250-382-2052 for info and to register.

PIANO TEACHER WITH MORE THAN 30 YEARS EXP. Lessons are offered to all ages and levels. In home teaching is available. Celebrate your time! Or give a gift that lasts a lifetime! One month free to beginners. References are available. Phone 250-881-5549, and find me at musiciswaycool.com.

TIRES FOR SALE

GUARANTEED TIRES FROM \$10.00. WE SELL New and Used Tires. Full service auto repairs. 1-798 Fair View at Ellery. Proud members of the Military Discount program. 778-440-8473 Open M-F 9-5 Sat 10-4 citydiscounts.ca

MOTORCYCLES

SG Power A.T.V. CENTER
Honda, Yamaha, Kawasaki
382-8291 •
730 Hillside Ave.

VOLUNTEER

SHARE YOUR RECREATIONAL INTERESTS this fall by supporting a person with a disability to become more active! By donating only 1-2 hrs a week you have the opportunity to change someone's life while having a great time doing it. To get involved or for more info, please call Kim at 250-477-6314 ext. 15 or email volunteers@rivonline.org or visit <http://www.rivonline.org/Volunteering.htm>

HABITAT FOR HUMANITY AND THE RESTORE are seeking volunteers to help out with customer service, warehouse and driver assistants. We are also looking for ambassadors for special events. Please contact Nancy @ volunteer@habitatvictoria.com or 250-480-7688 ext. 105

We need MEN for MENToring.
Getting together is a great time for everyone and doesn't require a special occasion or expensive activities.

- Receive tickets to sporting events
- Participate in a variety of activities
- Meet twice a month for 6 months



www.bbbsvictoria.com

Base Library Catalogue Online

<http://library.esquimalt.mil.ca>

Unfortunately, holds cannot be processed online at this time. If an item you want to borrow is out, call 363-4095 or email irwin.sl@forces.gc.ca to place a hold.

REAL ESTATE • FOR RENT

New to Vic. On IR? 1 Br Fully furnished main floor, newly renoed suite close to base. Shared Indy, 1100. All included. Call 250-896-6730 or email mellor.k3@gmail.com

Avail 1 March 2015. 2 ground floor rooms w/ own bathroom & shared kitchen. \$800/month includes hydro, laundry, cable, internet. Email catscratch57@hotmail.com for more info.

Roommate Wanted to share 1100sqft shared living space w/vaulted ceiling. \$600/month incl. fully furnished bedroom, hydro, cable, wifi, shared laundry, veggie garden in summer, private entrance. Must be ok living with 2 cats. Must be a NON smoker. Email lisaj911@gmail.com for more info.

Devon PROPERTIES LTD.
www.devonprop.com

LARGE SUITES

855 Ellery

1 BDRM from \$700. Avail Feb 1
250-812-5234

Princess Patricia APARTMENTS

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14TH FLOOR LOUNGE

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VEHICLES FOR SALE**2014 MITSUBISHI EVO**

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Factory Body Kit
Lowered
Handling Pkg
Brand-new



\$500 Military Appreciation Discount.
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MUST BE SEEN!

 Victoria MITSUBISHI 3342 Oak Street (250) 220-8100 www.victoriamitsubishi.com

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to sell?

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get your stuff
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**Nice home for the \$\$**

Looks like a rancher, but is a 2 level.
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Value priced at \$379,900. Minutes
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16 Bases - One contact

250-363-8602 ext 2 • joshua.buck@forces.gc.ca

PSP SKI TRIPS 2014-2015

JAN 22 2015

FEB 5 2015

FEB 19 2015

MAR 5 2015

MAR 19 2015

REGULAR LIFT TICKETS:

ADULT: \$58

YOUTH (13-18YRS): \$48

CHILD (7-12YRS): \$33

****RENTALS:**

ADULT - SNOWBOARD/SKI RENTAL: \$37.25

YOUTH - SNOWBOARD/SKI RENTAL: \$37.25

CHILD - SNOWBOARD/SKI RENTAL: \$20.50

LIFT & LESSONS

(22 JANUARY AND ON):

ADULT: \$84.00

YOUTH: \$74.00

CHILD: \$59.00

SKI TRIPS TO MOUNT WASHINGTON are BACK!

BUS FARES

DEPARTS AT 6AM

AND RETURNS BY 6PM

(MINIMUM 25 PEOPLE FOR BUS TO RUN):

\$25/PER PERSON

Questions? Want to register?

Please call CPAC at 250-363-1009

**Please Note: When calling to book rentals we will require the following information for all members of your party who are renting gear: name, weight, height, age, shoe size, and type. For skiers: "type" refers to their level of ability - 1 being beginner and 3 being very experienced. For snowboarders: "type" refers to whether they ride with their right foot forward (goofy) or their left foot forward (regular).

 **PSP** Personnel Support Programs

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NO PAYMENTS FOR UP TO
WITH THE PURCHASE OF SELECT NEW VEHICLES²



Please ask us about our Military Rebate

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2015 LANCER SE AWC **\$190** **0%** **60** **\$24,798**
LIMITED EDITION



4886710

AWC
All Wheel ControlAvailable on Lancer SE AWC, Limited Edition AWC and GT AWC³

BI-WEEKLY WITH
PURCHASE FINANCING FOR

- ✓ POWER GLASS SUNROOF WITH SUNSHADE
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- ✓ EXHAUST FINISHER
- ✓ 10-YEAR / 160,000 KM POWERTRAIN LIMITED WARRANTY^{**}

**\$2,000 IN NO-CHARGE
EXTRA FEATURES!**

STARTING FROM
2015 MIRAGE **\$9,998** **+\$1,450** **\$11,448**
BEST VALUE ON THE MARKET*

WITH CLASS-LEADING FUEL ECONOMY AND A 10-YEAR POWERTRAIN WARRANTY.



Mirage ES model shown 5MR031598

BI-WEEKLY WITH
PURCHASE FINANCING FOR

INCLUDES \$2,500 CONSUMER CASH DISCOUNT

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- ✓ 7-AIRBAG SAFETY SYSTEM
- ✓ POWER FRONT WINDOWS
- ✓ POWER MIRRORS
- ✓ USB AUDIO INPUT
- ✓ REAR WING SPOILER
- ✓ DRIVER SIDE VANITY MIRROR

STARTING FROM
2015 RVR **\$158** **0%** **60** **\$20,458**



RVR GT AWD model shown 5RV601372

AWC
All Wheel ControlAvailable on RVR SE AWC, Limited Edition and GT models⁴**TOP SAFETY PICK**

Insurance Institute for Highway Safety

BI-WEEKLY WITH
PURCHASE FINANCING FOR

\$1,500 OFF FOR QUALIFIED RETAIL CUSTOMERS

- ✓ HEATED AND FOLDING POWER SIDE-VIEW MIRRORS
- ✓ HEATED FRONT SEATS
- ✓ CRUISE CONTROL WITH STEERING WHEEL-MOUNTED CONTROLS
- ✓ POWER DOOR LOCKS WITH REMOTE KEYLESS ENTRY
- ✓ 10-YEAR / 160,000 KM POWERTRAIN LIMITED WARRANTY^{**}

STARTING FROM
2014 OUTLANDER **\$206** **0%** **60** **\$26,798**



Outlander GT S-AWD model shown 5OU601374

BI-WEEKLY WITH
PURCHASE FINANCING FOR

\$1,000 OFF FOR QUALIFIED RETAIL CUSTOMERS

- ✓ HEATED FRONT SEATS
- ✓ BLUETOOTH[®] 2.0 HANDS-FREE INTERFACE WITH STREAMING AUDIO
- ✓ POWER DOOR LOCKS WITH REMOTE KEYLESS ENTRY
- ✓ CRUISE CONTROL WITH STEERING WHEEL-MOUNTED CONTROLS
- ✓ 10-YEAR / 160,000 KM POWERTRAIN LIMITED WARRANTY^{**}

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The Only 1 in B.C.!



0% O.A.C.

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MONTHS

OR **\$2500**

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