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Volume 60 Number 10 | March 9, 2015

LOOKOUT

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Special events at the Pacific Fleet Club! See page 15.

Outstanding citizens



LS Derek Cheetham and LS Christopher Boyd received the Victoria Police Department Civic Service Award for saving the life of a suicidal civilian. The two received the award last Thursday, March 5, at the police station.
Read the full story in next week's Lookout.

Photo courtesy of Victoria Police Department



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Comox says farewell to gentle giant, Sgt Mark Salesse

Major Mary Lee
19 Wing Public Affairs

Best described as awe-inspiring, the military funeral of Sergeant Mark Salesse drew hundreds of people to 442 Transport and Rescue Squadron at 19 Wing Comox on Saturday, Feb. 28.

On a clear, sunny afternoon, the squadron hangar was filled with family, friends and colleagues, both military and civilian, from near and far, who gathered together to pay their respects to a fallen aviator.

Sgt Salesse, 44, was killed during a military training exercise at Polar Circus near Banff, Alberta. He and three other search and rescue (SAR) techni-

cians from 435 Transport and Rescue Squadron, Winnipeg, Manitoba, had completed their ascent and were on the way down when an avalanche swept Sgt Salesse off the side of a narrow cliff on Feb. 5. His teammates were not affected by the avalanche.

Banff Parks Canada led a six-day search that was hindered by continuous poor weather. The mission was reduced from a rescue to a recovery as Parks Canada came to realize neither the conditions, nor the probable fall could be favourable for survival.

A motorcade of approximately 20 vehicles was met by the pallbearer party consisting of eight SAR technicians, proudly wearing the SAR orange

beret, who gently received the casket and marched smartly to the center of the hangar floor. The men were Sgt Salesse's SAR technician course mates (Course #38), and came from across Canada to be with their brethren.

Described by many as a gentle giant, Sgt Salesse was genuine, honest and giving to all, as evidenced by the emotional comments from his mother, Liz Quinn, his best friend, and Canadian Army colleague, Denise Byrne, and members of the SAR community.

"Sgt Salesse had a physical presence that made people notice him, but it was his natural tendency to reach out and help others that made him a

person others could call a brother or a friend," said Chief Warrant Officer Jeff Warden, the commandant of the Canadian Forces School of Search and Rescue, located at 19 Wing Comox.

"Some of you knew Mark better than others, but you're here today because he had an impact on your life, and you want to honour that. Because he did affect you in some way, it's not going to be easy to say goodbye."

Sgt Salesse was a native of Bathurst, New Brunswick, and was stationed in Winnipeg; the family's preference for a formal funeral on Vancouver Island was a reflection of his passion for the mountains, adven-

ture and outdoor sport. It was in Comox that he fulfilled his career aspirations by graduating into the SAR technician profession in 2005. He invested his passion beyond his career into his community, volunteering in the Comox ground SAR organization and with Mount Washington Ski Patrol. And it was in Vancouver where his military career in the Canadian Army began with the British Columbia Regiment (Duke of Connaught's Own). His life indeed came full circle in and around the mountainous region.

"Mark was a friend to everyone. He was the loving threads that held the colourful quilt of friends together," said Liz Quinn

during the funeral service for her son. "And by the many gathered here today, he saw beauty in each of you, and you in him."

The service concluded with a fly-past of a SAR aircraft in front of the wide open hangar bay with the pristine mountains spread across in the backdrop as the piper played the Lament.

Sgt Mark Salesse returned to his hometown of Bathurst, New Brunswick, on March 1 for the internment and an intimate service to allow his father, Maurice Salesse, who was unable to travel to British Columbia, as well as other family members, a chance to pay their respects and say good-bye to the gentle giant.



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New Minister of National Defence visits dockyard, tours Calgary and Chicoutimi



Photos by Cpl Malcolm Byers, MARPAC Imaging Services
Above: Defence Minister Jason Kenney speaks with a member of the Guard of Honour at Duntze Head.

Below: Minister Kenney operates the periscope in HMCS Chicoutimi.



Katelyn Moores
MARPA Public Affairs

Defence Minister Jason Kenney had his first official visit with the Royal Canadian Navy (RCN), and first look at the modernized Pacific Fleet, at Maritime Forces Pacific (MARPA) on Friday, Feb. 27.

This first-hand look at the RCN allowed the Minister to see the extensive modernization happening throughout the fleet. A tweet put out by the Minister showed HMCS Vancouver, the newest Halifax-class frigate to have completed the modernization/frigate life extension (HMC/FELEX) program, returning from a week-long sail just as the Minister was arriving on base.

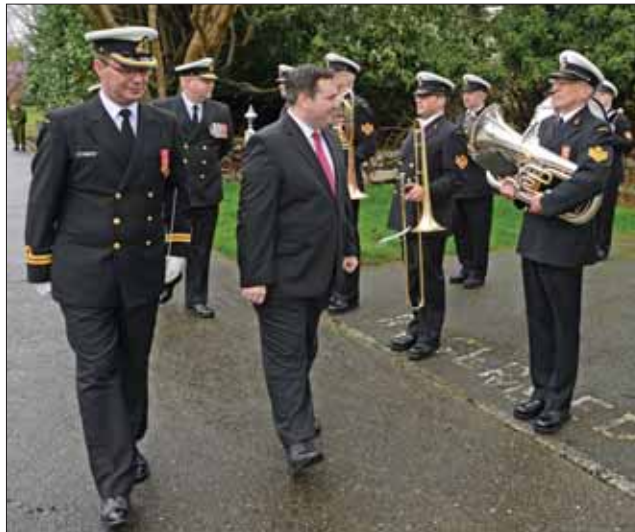
On his arrival to the base, Minister Kenney was met by a 50-person Guard of Honour and members of the Naden Band. He was then escorted to a lunch at the Submarine Support Facility where he met with senior leadership, including Commodore David Craig, Commander of the Naval Reserve.

Following the lunch, Minister Kenney toured HMCS Chicoutimi, one of the three Victoria-class submarines now in a steady state, which is set to return to the water this month.

From there he was taken on a tour of HMCS Calgary, a Halifax-class frigate which, like HMCS Vancouver, has recently been updated through the HCM/FELEX program. Calgary was the workhorse of the Pacific Fleet last year, spending more than 250 days at sea.

"It was truly remarkable to see first-hand the hard work and progress made by the RCN in this period of modernization and fleet renewal," remarked Minister Kenney.

The RCN's fleet upgrades weren't the only thing that impressed the Minister during his visit. In a news release he stated, "While having the best equipment available is important, even more important are the men and women of the RCN who, through their dedication and professionalism, exemplify the best qualities of our Canadian Armed Forces."



Defence Minister Kenney inspects the Naden Band of the Royal Canadian Navy.



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WHAT SAY YOU

Sexual Misconduct Strategic Response Team established

In April 2014, I ordered an independent external review to look into sexual misconduct in the Canadian Armed Forces following a number of media reports on the subject, and following an Internal Review.

It was clear to me that the issue of sexual misconduct within the Canadian Armed Forces required closer examination.

Madame Marie Deschamps, a former Supreme Court of Canada Justice, was asked to conduct this independent external review, work that began last July.

In researching the issue, she met with hundreds of Canadian Armed Forces members and stakeholders across the country.

She has concluded her research and is now

finalizing the report, which is expected this spring.

In advance of receiving Madame Deschamps' report, I have directed the immediate establishment of the Canadian Armed Forces Strategic Response Team on Sexual Misconduct.

The team will be led by MGen Chris Whitecross, who will be supported by Chief Warrant Officer Helen Wheeler to form the leadership team.

Its mandate will be to conduct a detailed review of the final report produced by Mme Deschamps, and to develop an action plan to address the report's recommendations.

As one of Canada's most trusted institutions, the Canadian Armed Forces has an obligation to ensure a

respectful, healthy, professional environment for all of its members.

Operationally, our continued success depends on unwavering trust and cohesion among members, regardless of circumstance, ethnicity, gender, background or persuasion.

Sexual misconduct of any kind is abhorrent behavior that has no place in the Canadian Armed Forces. Our institution's culture of personal and professional respect is non-negotiable.

As I committed to from the outset of this initiative, you will be informed of all pertinent developments as the report is received, reviewed and implemented.

General Tom Lawson,
Chief of the Defence
Staff

CORRECTION



MCpl Chris Ward, MARPAC Imaging Services
PO2 Richard Green receives the First Clasp to the Canadian Forces Decoration from Capt(N) Steve Waddell, Base Commander. PO2 Green was incorrectly identified in last week's Bravo Zulu section of the Lookout.

People Talk

Lookout asked this question to those who work for the Military Family Resource Centre:

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Gaynor Jackson
Executive Director



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Cheryl MacQueen
Social Worker, MFRC



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Ekaterina Gregory
Information & Referral
Assistant



The MFRC brings together a lot of resources for military families, and we are the people dedicated to caring - if people fall, they won't fall far with us around.

Krysty McIntyre
Information & Referral
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I'm Francophone, so I can help any families who are posted from Quebec.

Lynne Bouchard
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Naden Band mentors high school music students

Rachel Lallouz
Staff Writer

"Make music matter. If you love it, do it."

These are the words of wisdom Lt(N) Matthew Clark, Naden Band Director of Music, passed on to a visiting Grade 9 concert band class from Alberni District Secondary School

Margot McNally, the high school's music teacher and conductor, arranged for the class to visit the Royal Canadian Navy's Naden Band on the morning of Feb. 27 as an educational field trip to provide students with a first-hand experience playing with professional musicians.

"Any school can come and visit," says PO1 Karen Shields, who manages Naden Band's outreach. "They just need to put in a request through the Admiral's office at marpac@shaw.ca, and then we try to accommodate the class into our schedule."

McNally's students packed into the rehearsal room on the base to watch the band seamlessly play a few pieces conducted by Lt(N) Clark, who quickly invited two students to take a stand on the conductor's box themselves. But the students were itching to meet their musical Naden Band counterparts, and after McNally and Lt(N) Clark set them free, students jostled to take their seats with their mentors of the morning.

Once the students joined

The students are very inquisitive. It's great because you can see they want to learn – they're just amazed hearing what a professional band sounds like – and it's inspiration for them to improve.

PO1 Karen Shields
Naden Band member

in, instruments in hand, the band appeared to nearly double in size. Two electric guitar players now stood side by side, a handful of young flute players joined in the woodwind section, student drummers took their place behind percussion players, and others crowded around the piano and the gong.

"The students are very inquisitive," said PO1 Shields. "It's great because you can see they want to learn – they're just amazed hearing what a professional band sounds like – and it's inspiration for them to improve."

Lt(N) Clark stepped aside to let McNally conduct the merged band, now ranging from beginner musicians with only a couple of years of experience, to the Naden professionals who have been playing for much of their lives.

McNally, who played the clarinet as a younger musician, says her motivation to bring students stems from her own experience as a novice, when she was given the opportunity to observe a professional clarinet player.

"When I first heard a professional play, I couldn't even believe it was the same instrument I was playing," she says.

Kimberley Norn, a clarinet student with McNally's class, says it was exciting to see other musicians playing her instrument so well.

"I'd never seen a clarinet player that close before," she says. "They are insanely fast and just really inspiring."

After rehearsing with the Naden Band, the high school students put down their instruments to observe, up close, the band play their instruments.

Wind instrument students watched the professionals breathe, percussion students took note of the drummers' regulation of beat, and everyone studied the body language of the band as they played together in perfect harmony.

In his closing speech to the class, Lt(N) Clark continued to urge the students to pursue music in a professional band setting.

"It's teamwork, it's energy, it's practice – all of the things worth working on," he said.



Lt(N) Matthew Clark, Commanding Officer and Director of Music for the Naden Band, addresses Port Alberni District Secondary School Grade 9 Concert Band.



Members of the Alberni District Secondary School Grade 9 Concert Band class interact with, and observe, their musical counterparts from the Naden Band of the Royal Canadian Navy.



A student from the Alberni District Secondary School's Concert Band learns how to conduct from Lt(N) Clark.



Students from the Alberni District Secondary School Concert Band join the Naden Band in performing a piece of music.

Photos by Rachel Lallouz, Lookout



Rachel Lallouz, Lookout

MS Philippe Burton holds a photograph of his veteran father's merchant ship, the John W. Mackay.

Veterans and serving members recall service through stories

Rachel Lallouz
Staff Writer

A framed photograph of merchant navy cable ship John W. Mackay docked in the frigid waters of Halifax during the 1940s might appear unremarkable to the unknowing eye.

But on the back of the photograph is a scrawled inscription that marks this artefact as deeply important to one man.

It reads: *Philippe, fate had that I should survive the Battle of the Atlantic and become your father.*

The owner of the black and white image is MS Philippe

Burton. His father Alexander is a Second World War merchant navy veteran.

Knowing the importance of keeping veterans' stories alive, both father and son are actively involved in the Memory Project's Speakers Bureau. The program, founded in 2001 and run by Historica Canada, provides veterans and currently serving Canadian Forces members with a nationwide platform to communicate their stories of service to Canadians of all ages.

The educational initiative maintains a bank of 1,500 volunteer speakers who collectively make 1,000 visits to classrooms, businesses, and community groups year round, at no cost to the audience.

The diverse network of speakers tell their stories of service from a variety of missions and operations, including the Second World War, the Korean War, peacekeeping efforts, NATO missions, Afghanistan, and domestic service. Speakers have reached over 1.5 million Canadians to date, due to the financial support of Veteran's Affairs Canada.

MS Burton, who has spent 15 years in the navy and three years in the Air Force reserve, was first introduced to the Speaker's Bureau in 2004 when he joined his father via satellite phone from *HMCS Algonquin*, 400 miles off the coast of California. The senior Burton was speaking at an elementary school in Toronto.

"It was November, and I didn't know if I'd see my father for Christmas, so I wished him happy holidays and told him I loved him, and then the satellite cut off."

Weeks later, MS Burton received thank-you letters from the students. One eight-year-old student wrote: *I thought it was really nice you said that to your dad. None of us could imagine not being with our parents for Christmas.*

In addition to the speaker's bureau, there is an online bilingual archive of oral interviews and digitalized artefacts relaying veteran stories to the public, funded by Canadian Heritage. The Toronto-based archive was founded in

2009, initially focusing on collecting stories from Second World War veterans, but then expanding to include stories from veterans of the Korean War. The free online resource has become an especially valuable resource for educators and students at all levels of academia.

Jill Paterson, Senior Project Manager of the Memory Project, says one of the organization's main goals is to expand Canada's history to a personal level.

"You'll always have the textbooks with names and dates, but it is so important to hear how it actually felt to be in the service, how it felt to go overseas – what it was like to serve at that time."

mentary and middle school classrooms over the years, talking about his involvement in NATO operations and the interception of the Tamil Tiger migrant vessel while serving in *HMCS Regina*.

"When I'm doing speaking engagements, I try to disarm any initial perceptions as quickly as possible, because I'm standing at the front of a room in full uniform, complete with my medals and badges, and I want to connect to each person there on an individual level."

But he makes a special point to pass on his father's stories.

"The main reason I do this is to provide recognition for what my

It's a lucky time when we are still able to speak to Second World War veterans personally. There is a real sense of urgency to hear those stories now, while we still can.

-Jill Paterson
Senior Project Manager of the Memory Project

Paterson emphasizes the necessity of actively collecting and archiving veteran's stories.

"It's a lucky time when we are still able to speak to Second World War veterans personally. There is a real sense of urgency to hear those stories now, while we still can."

Given the sense of urgency, The Memory Project has been organizing panel discussions across Canada to help recruit new speakers. One such event was held in Victoria on Feb. 4, where experienced veteran speakers MS Philippe Burton, Second World War veteran Gordon Quan, Cold War veteran Richard Blackwolf, and peacekeeping veteran Frank Graves discussed their experiences as a speaker with other veterans.

"When you're listening to a veteran speak, you can see they have gone back to that place – the past – in their mind," says MS Burton, thinking mostly of his father's recounting.

The sailor has frequented ele-

father has been through. I tie our stories together."

His father and a close friend, Jack Ebsary, left Newfoundland together at the age of 17, looking to get more involved in the war. The two ended up on the docks of Halifax, where Alexander Burton was swept up on the Mackay, whose mission was to steal 450 miles of enemy undersea cable. Ebsary was picked up by the crew of another ship. While MS Burton's father went on to serve for another four years, his friend wasn't as fortunate – Ebsary's ship was later torpedoed.

For MS Burton, sharing stories always takes him back to that scrawled inscription on the other side of his framed photograph, the one that amplifies his good fortune to have his father home.

To become a speaker, book a speaker, or hear the stories of other veterans, visit: www.thememoryproject.com.

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Obtaining an eye exam

To get your eyes tested, please report to your CDU first.

- Your CDU will give you a CF 2007 consult form and a DND 2363 form.
- Take the CF 2007 and DND 2363 to an optometrist of your choice
- Obtain a copy of your optical prescription from your optometrist at the conclusion of your appointment.
- Report back to your CDU with your optical prescription and receipts, if applicable, (see note below).

Note: if you see an optometrist that is not registered with Blue Cross, you will have to pay for your eye exam and submit your receipts to your CDU for reimbursement.

Entitlement to Glasses

With the release of CANFORGEN 002/15

CMP 001/15 051637Z on Jan. 15, entitlements for glasses have changed. Once eligibility has been determined by the clinic, personnel can obtain eyeglasses at a provider of their choice, within the financial limits set out below.

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- Safety glasses (when approved) \$275
- Sunglasses (when approved) \$375
- Respirator and ballistic inserts will be made at specific locations. (TBD)
- Lenses only (new lenses in existing frames) is the amount listed above less \$150.

Obtaining glasses

To get your glasses, please report to your CDU first.

If you do not have a current optical prescription, please see previous section on obtaining an eye exam.

If you have a current optical prescription, please bring it to your CDU. Your CDU will provide you with a DND 1615 that you must take with your prescription to a glasses provider of your choice.

- Within the financial limits outlined here, have your glasses made. Any costs above what is covered by DND will be at your own expense.
- If the provider is not registered with Blue Cross, you will have to pay for your glasses and report to your CDU with your receipts.

Important information

- Purchasing glasses from on-line providers will not be reimbursed.
- Repairs will no longer be authorized, except in exceptional circumstances. Ballistic eyewear is to be worn when damage can be predicted.
- Computer glasses are no longer an eligible benefit.
- Personnel who cannot tolerate progressive lenses will require special approval for separate reading and distance glasses.
- If you choose to have new lenses fitted into old frames, the cost of this fitting must fall within the limits prescribed above.

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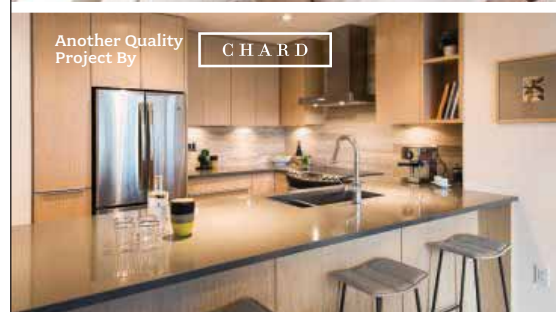


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HARANERO HOMES



Fourteen members from the crew of HMCS Algonquin attended live fire training at the Emergency Response Training Fire School in Nanaimo in February.

HMCS Algonquin members train at live burn towers

Rachel Lallouz
Staff Writer

In a rare opportunity, 14 crew members from HMCS Algonquin attended a live fire training day with a burn tower at the Emergency Response Training School in Nanaimo.

Lt(N) H.W. (Bob) Kang, Marine Systems Engineering Officer, organized the Feb. 2 training day.

He worked to have select members of Marine Systems Engineering Department attend the advanced training session, based on the individual likelihood of members needing the skills for future use.

"The basic firefighting principles learned through land-based training apply on board a naval warship," says Lt(N) Kang. "Understanding these principles can really help you understand what and how we firefight onboard."

The training school in Nanaimo houses a burn tower – a multi-level brick and cement building that can be repeatedly set on fire. The structure is also used in basic training for civilian firefighters, providing realistic practice for confined space maneuvering and high angle rescues. Inside, fire-retardant panels and treated steel encapsulate heat within the building, allowing training fires

to be ignited easily on multiple occasions throughout a day. The burn tower is meant to represent a limited or non-combustible building, as opposed to the fire-combustible wood frame and heavy timber buildings that comprise the majority of older structures.

"One of the reasons why I wanted to do this training was because it gives crew members a real appreciation of what being immersed in a fire is like," explains Lt(N) Kang.

The military's firefighting simulation is propane gas controlled, meaning a shut-off valve allows the fire to be turned off instantly – preventing firefighters from realistically training through the entire arc of a fire's progression. The burn tower allows firefighters to witness and feel through the stages of fire life and familiarize themselves with fire behavior – the ignition stage, the growth stage, the fully developed stage, and the decay stage.

Participant MCpl Nigel Gregg says while the propane-based simulator is a useful training platform, the burn tower provides a different, and yet very critical training value.

"In a propane fire, there is no real smoke. You can still see very clearly, and the heat doesn't press down on you in the same way. With the live burning wood pallets in the burn tower,



Military firefighter MCpl Nigel Gregg, a crew member from HMCS Algonquin, poses in his firefighting gear.

the smoke actually began to build up and obscure our vision – you feel the difference of what you will be facing, and this gives us a different appreciation for what we're really going to be walking into."

When developed, class A combustibles – like the wood pallets – produce thermal layers that a propane based fire does not, and the firefighters experience the rising of heat

and smoke, which ends up filling multiple compartments and levels. With no shut-off valve, training firefighters learn how to put out a fire as well as how to control a fire and establish a defensive posture. The tower also enabled Lt(N) Kang's crew to practice hydraulic ventilation, in which hose streams were sprayed out of the open windows of the structure, sucking the trapped smoke

out with the water.

Before they were able to begin practicing their skills, firefighting basics were emphasized. Each crew member donned a fire-retardant bunker jacket, helmet, visor, and a 35 pound oxygen breathing apparatus.

"Everybody knew that a real fire will burn you even if you are a trainee unless you protect yourself properly," said Lt(N) Kang.

The crew entered the building for a cold start at 8 a.m, lighting the fire as they stood inside the burn tower, using a horned tiger torch to cook the pallets until they were flaming. As smoke filled the first compartment, crew members began to stoop, eventually almost crawling in order to maintain visibility and protect themselves below the thermal smoke layer.

For the next seven hours, groups of crew members rotated between various teams – rescue team, attack team, backup team, and ventilation team – multiple times over. Within each team, crew members rotated among different roles – attack team leader, and rescue man, to name a couple. Members took turns operating the hose as nozzle man, and back up man – the person responsible for placing their hand on the nozzle man's back, bracing them from being pushed back by the force of

the water at the nozzle and the weight of the hose.

Secondary searches and casualty retrievals were practiced as teams moved through their rotations.

At one point during the training, Lt(N) Kang says he pointed the Thermal Imaging Camera at the structure's ceiling, coming away with a reading of 976 degrees Celsius.

As soon as the fire reached the decay stage, more pallets were brought in, and the fuel load was re-lit. The repetitive nature of the drills aims to produce a reactionary behavior in the firefighters during a real-life crisis. It was only after completing a full seven runs that the team was done for the day.

"As we were coming home on the bus, I don't think I heard a single word," says MCpl Jason Gordon, a firefighter with over 20 years of experience. "We were exhausted in the best way."

Lt(N) Kang says the skills developed during the training session are essential not only for Algonquin, but for any sailors in the Fleet.

"This is an excellent professional development opportunity for our sailors that other Command team or MSEO could consider in the future," he says. "And going through this intensive training together has strengthened our overall morale, too."

HMCS Fredericton sailors pay homage to the fallen

"Greater love hath no man than this, that a man lay down his life for his friends."

MCpl Andrew Shain
HMCS Fredericton Air Detachment crew

Members of the ship's company of HMCS Fredericton visited the Agira Canadian War Cemetery in the Sicilian countryside Jan. 23 to pay respects to the sailors, soldiers and airmen who fought and died during the Sicilian Campaign of the Second World War.

The weather was humid with a slight chill that early morning, as the crew members transited by bus through the beautiful Sicilian hills to the tiny town of Agira. Rolling mountains and steep inclines were punctuated by small farms and vineyards.

The bus navigated the final hairpin turns as it approached the cemetery. On the side of the road, a small wooden sign had fallen into disrepair

over the decades it had been there, giving a false impression of the cemetery's condition. Upon arriving at the cemetery, however, opinions quickly changed.

A low sandstone wall with an embedded white marble sign identified our destination with the engraved words "Agira Canadian War Cemetery."

Beyond the wrought iron gate were steps that passed clipped rosemary hedges to a landscaped grassy hill lined with white marble headstones. It was evident the site was a worthy final resting place for our country's war dead, who gave their lives for our freedom.

The beautiful scenery painted a grim picture of a battle fought across barren mountains where an entrenched enemy clearly had the advantage.

The ship's company took a few moments to wander

the site and pay personal homage to the young men who came before them. In all, 490 Canadians lay atop the hill, six of whom are unidentified. Citations on the headstones that marked the dead gave feelings of love, friendship and grief for those who made the ultimate sacrifice. The mood of those present reflected the somber event.

Padre Francesca Scorsone led a short ceremony. The Commanding Officer, accompanied by the Coxswain, laid a wreath marking the visit by HMCS Fredericton. Upon completion of the ceremony, a few members took the time to sign the visitors' book, already filled with names of other Canadians who also made the special trip to remember the sacrifices of these great Canadians who helped preserve the peace and freedom each of us knows and enjoys today.



Following a short ceremony, members of the ship's company of HMCS Fredericton laid a wreath to pay respect to the sailors, soldiers and airmen who fought and died during the Sicilian Campaign of the Second World War.

Below: Crew members take few moments to wander the site and pay personal homage to the fallen.



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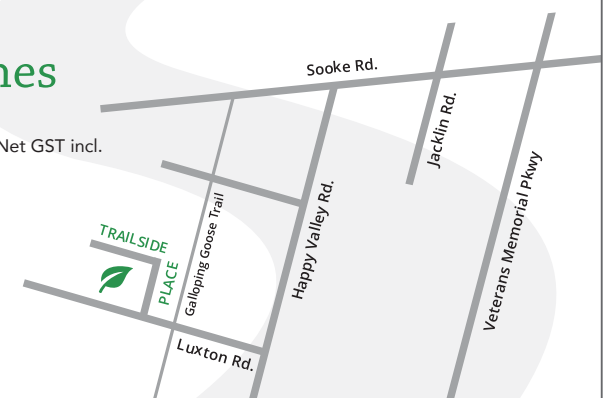


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MS Philippe Burton (far right) joins his fellow Soldier On members in Whistler at the Allied Winter Camp, with Whistler Adaptive Sports Staff (green jackets) in attendance.

Soldier On sends injured to Whistler

Rachel Lallouz
Staff Writer

After injuring his leg and shoulder on duty, Master Seaman Philippe Burton was nominated to join a group of 11 serving and retired Canadian Armed Forces members and 16 Allied personnel to spend 10 days in Whistler, from Feb 15 to the 26, to enjoy a range of winter sports as part of Soldier On's Allied Winter Camp program.

Despite coming from across Canada, with allies from Australia and Britain, participants had one thing in common – to attempt a return to an active lifestyle.

Soldier On is an integral program of the Canadian Armed Forces that supports former and currently serving members with a visible or non-visible illness or injury to adopt an active lifestyle through sport and physically chal-

lenging activities.

Since 2007, Soldier On has supported over 1,000 ill and injured serving and retired members through participation in Soldier On Sport Camps, such as the Allied Winter Sports Camp and individual equipment and activity grants.

MS Burton says he stumbled across the program while surfing Facebook one day, and sent a request form in as soon as he could – he decided that if he got it, his main mission on the trip would be to ski.

"I used to ski, race, and teach 10 years ago," he says. "But I ended up being fitted with a leg brace. When I found I was actually able to ski again that was big for me."

Apart from skiing, participants were given opportunities to snowboard, play sledge hockey, cross country ski, zipline

and bobsleigh, all with the facilitation of the Whistler Adapted Sports Program staff, and led by Ottawa-based Soldier On staff Maj Jay Feyko and PO1 Joe Kiraly.

"The trip was about getting us active again – there was specialized equipment and a physiotherapy specialist to make sure we could have fun in a safe way," MS Burton says.

Sit skis were available, and Capt Adam Hannaford, from CF Health Services Centre (Pacific), provided help or physiotherapy that was required.

The day after bobsledding, MS Burton says Hockey Canada graciously donated everyone with a "game worn" Team Canada jersey. "We were like kids at Christmas."

He adds the most rewarding aspect of the program was the close-

knit feel of the group.

"Being with those people, the bond between us troops, sailors, and air men and women, more than anything else, held a healing quality. We ended up like a big family."

The group was put up on a single floor at the Whistler Athlete Center, and when they weren't on the mountain or at the other venues, they relaxed in the common room together, discussing their experiences as injured members of the Forces.

"The feeling at the time was not a rank structure. Most of us didn't know who was what rank, and we kept it that way," says MS Burton. "The whole experience made me want to take a look at going back to hockey. Not quite contact hockey yet, though. If I could do a Soldier On event again, I would go back in a heartbeat."

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Left to right: Canadian Forces Maritime Experimental Test Ranges employees Bill Cooper, Owen Taylor and Phil Ross with the MR 219 Moving Coil Projector housed under the hand-built tow body.

Undersea sensors refurbished at CF Maritime experimental test ranges

Terry Berkley
Range Engineer, CFMETR

The Canadian Forces Maritime Experimental and Test Ranges (CFMETR) at NanOOSE Bay, British Columbia, has re-activated a unique capability that now stands ready to support the testing and force generation needs of Canadian Armed Forces undersea sensors.

The listening sonars of Royal Canadian Navy ships and submarines, Royal Canadian Air Force maritime aircraft, and Canadian Joint Operations Command seabed arrays,

all rely on a suite of underwater sound test sources for verifying their effectiveness and training their operators.

The MR 219 Moving Coil Projector housed under the hand-built tow body is one of very few sound sources capable of operating at frequencies below 100 Hertz and being towed at 100 meters depth.

The previous system was more than 25 years old and required a complete rebuild. The sound source itself was refurbished by the manufacturer, but the rest of the effort was completed in-house, including the new diving

tow body, new tow cable, recovery winch refurbishment and the complete verification/calibration at sea.

CFMETR employees Bill Cooper, Owen Taylor, Phil Ross and Ted Hix all made significant contributions to the effort.

The sound source was successfully towed by Canadian Forces Auxiliary Vessel Stikine at a speed of four knots and at a depth of 80 meters for more than 100 nautical miles in order to help Defence Research and Development Canada's Atlantic Research Centre test the effectiveness of a seabed array.

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Above: LCdr Daryl Gervis receives the Victoria Class Submarine Bridge Watchkeeper ticket.

Below: LS Nicolas Rainville receives his Submarine Dolphins.



Bravo ZULU

HMCS Victoria awards

Cdr Alex Kooiman, Commanding Officer of HMCS Victoria, made several presentations to crew members.

Below: MS Brandon Ensom, the Fleet Master Seaman, receives the Honorary Submariner Certificate.



Above: AB Serge Lacasse (left) and OS Nolan Barkhouse (right) receive their Submarine Dolphins.

Below: CPO1 Michel Vigneault, Fleet Chief, receives the Honorary Submariner Certificate.



Photo by University of Victoria Photo Services

Top left: Former Fleet Maintenance Facility Co-op student Silvia Penkova is presented with the University of Victoria's Co-op Student of the Year Award by Susan Fiddler, Co-op coordinator, Engineering and Computer Science/Math Co-op Program and Career Services, during an Employee Appreciation Dinner on Feb. 24.

Top right: Sgt Elliott is promoted to Warrant Officer by Cdr Wes Golden and CWO McLaughlin.



Bottom left: Lt(N) Anna Dupuis receives her new rank from Cdr Wes Golden, Base Administration Officer.

Bottom right: LS Gionet is promoted to Master Seaman by Patrol Craft Training Unit Commanding Officer, LCdr Nelson, and Executive Officer, LCdr Cobb.



New leader for HMCS Calgary



Left to right: Cdr John Wilson, outgoing Commanding Officer, Cmdre Bob Auchterlonie, Commander Canadian Fleet Pacific, and Cdr Julian Elbourne, incoming Commanding Officer, sign the certificates during HMCS Calgary's Change of Command Parade held on Feb. 27.

Inset: PO1 Chris Carisse, Senior Naval Communicator, presents Cdr Wilson with the Commissioning Pennant.

Photos by LS Zachariah Stopa, MARPAC Imaging Services

Primary Leadership Qualification Graduation Parade

Base Commander Capt(N) Steve Waddell, Reviewing Officer, presented graduates of the Primary Leadership Qualification course 0047 with certificates and awards during the graduation parade on Feb. 24.

Images by LS Zachariah Stopa, MARPAC Imaging Services



LS Kirk Allick receives his graduation certificate.



Cpl Malcom Byers receives his graduation certificate.



Cpl Troy Campbell receives his graduation certificate.



LS Hazel Chevrier receives her graduation certificate.



MS Derrick Cote receives his graduation certificate.



MS Anthony Gamble receives his graduation certificate.



MS Curtis Gillies receives his graduation certificate.



LS Scott Hudson receives his graduation certificate.



LS Darren Knoll receives his graduation certificate.



LS Danylo Kostirko receives his graduation certificate.



LS Jeff Leitch receives his graduation certificate.



MS William Mackenzie receives his graduation certificate.



LS Shawn Martin receives his graduation certificate.



LS Ryan Medal receives his graduation certificate.



MS Matt Parker receives his graduation certificate.



LS Marcy Rhynold receives her graduation certificate.



LS Ed Rous receives his graduation certificate.



LS Christopher Stone receives his graduation certificate.



LS Terry Thompson receives his graduation certificate.



MS Matthew Towle receives his graduation certificate.



Cpl Siobhan Parr receives the Top Student Award from Don Cook, representing the Chiefs and Petty Officers Association.



MCpl Fredrick Wrobel receives the Formation Chief Petty Officer Award from CPO1 Mike Feltham, Formation Chief Petty Officer.



MS Aaron Kamiel receives the Primary Leadership Academy Drill Trophy from CPO2 Sylvain Jaquemot, PLQ Senior Instructor.



MS Mark Orban receives the Canadian Forces Joint Operation Coin from Capt (N) Waddell.

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11,18, 25 – Games Night

12,19, 26 – Karaoke

19 – Poker

13 – St. Patrick's Day Party
– See above for more info!

14 – UFC 185 info below

26 – Movie Night - **WHIPLASH**

29 – Kid's Movie - **Big Hero 6**

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MCDVs sail the rough seas



Photo by Cpl Blaine Sewell MARPAC Imaging Services


HMCS Whitehorse conducts maneuverability exercises with HMCS Nanaimo off the northern coast of California during transit south to participate in Operation Caribbe on Feb. 16. Operation Caribbe is an ongoing international task force aimed at drug interdiction and counter smuggling operations in the Caribbean Sea and along the Pacific coastline of North, Central and South America.



Canadian Blood Services presents:

BLOOD DONOR CLINIC

March 10 • 9 am - 2 pm
Chief & POs Mess



HMCS ALGONQUIN 1973-2015

After 42 years of dedicated service, HMCS Algonquin will be paid off. To preserve memories, Algonquin memorabilia will be available for purchase:

**Golf Shirt • Hooded Sweatshirt • Ring
Embroidered Ship's Crest • Paying Off Coins**

An order form and catalogue link will be on the notice board.
Email Jennifer.Kliem@forces.gc.ca, if you can't access the notice boards.

Dinner, Dance & Auction

To support Rainbow Kitchen, which provides free nutritious lunches for the hungry in our community.

Saturday, March 28, 2015, 6 p.m.
Royal Canadian Legion
Esquimalt Dockyard Branch 172
622 Admirals Road, Esquimalt BC
\$75 (tax Receipt for \$40)

Contact Deborah Hunt at 250-213-5646 for tickets or more information about the event or about the Rainbow Kitchen

Register now at esquimalt.ca/5K



5K + 1K

KIDS FUN RUN

Esquimalt, BC
March 28, 2015













Use coupon code: **MARPAC**
to save \$3 when registering online
by March 15th