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Volume 60 Number 11 | March 16, 2015

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Child's wish granted

Photo by SLt Ellie Aminaie, HMCS Calgary

The wish of Liam Elder, 10, was granted last week by the crew of HMCS Calgary and senior naval leadership. The ailing boy was given the opportunity to see the ocean and tour a warship, and even work his way up the ranks from Ordinary Seaman to Honorary Captain (Navy). Read the full story on page 7.

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Sailors receive award for life saving actions

Rachel Lallouz
Staff Writer

While walking through the James Bay neighbourhood on Jan. 8, LS Christopher Boyd and LS Derek Cheetham noticed a parked truck, still running, whose lit cab was slowly filling with exhaust.

Upon closer inspection, the two saw that piping had been attached to the exhaust and was being filtered into the truck, while a lone occupant sat inside.

"We noticed him before heading out to a Victoria Royals hockey game, when he was working on something at the back of his vehicle. It looked weird - we weren't sure what was going on," said LS Boyd.

It was only when they were returning from the game that the two could see the full extent of what had been constructed; the man had built a metal and pipe contraption to funnel exhaust fumes into his cab.

The sailors called emergency response services immediately, and, as instructed by the emergency response

operator, opened the passenger and driver doors. LS Cheetham quickly removed the piping from the exhaust, and they both backed away. The two were lucky; if the doors had been locked, their next set of instructions involved smashing the cab's windows.

"The man inside was still awake," said LS Boyd. "He was stunned."

Emergency personnel arrived to find the man in medical distress, but still alive.

After learning of the rescue, the Victoria Police Department awarded LS Boyd and LS Cheetham with Victoria Police Department Civic Service Awards at an honors ceremony on March 5. In attendance were Victoria Police Department Acting Chief Steve Ing and Victoria Mayor Lisa Helps.

"The Victoria Police Department's Civic Service Award was created as a way of recognizing officers or community members who have stepped up and done the right thing in challenging situations," said Constable Mike Russell, Social Media Officer.

"This definition certainly fits with the actions of our two newest recipients. If not for the selfless actions of LS Boyd and LS Cheetham, this person surely would have perished."

Acting Chief Ing, who presented the awards to the sailors, emphasized Russell's sentiment.

"It is an absolute privilege to be able to offer our thanks to these fine young sailors, who acted with such professional caring in a time of need," he said. "It seems obvious in today's world to say that we police officers can't do it alone. We depend upon the good people of the community to step up and do the right thing."

Mayor Helps, who is also the Co-Chair of the Victoria and Esquimalt Police Board, expressed her gratitude on behalf of the Victoria city council.

"Thank you for your courage," she said. "Thank you for leaping into action. And thank you, most of all, for not thinking that your uniform is only for one form of service, but that you're here to serve our community as well."



Rachel Lallouz, Lookout

LS Christopher Boyd (left) and LS Derek Cheetham at the Victoria Police Department on March 5 to receive their Civic Service Awards during an Honours Ceremony.

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Photo by PO1 Benoit Plante

HMCS Goose Bay follows Motor Vessel Leda Isabel during a recent boarding operation.

Canadian warships help seize drugs during Op Caribe

DND

HMC Ships *Goose Bay* and *Shawinigan*, in collaboration with the U.S. Navy and in support of the U.S. Coast Guard (USCG) assisted in seizing more than 1,000 kg of cocaine while patrolling in the Caribbean Sea, as part of Operation Caribe, on March 1.

Following the initial search of a suspect vessel by a boarding team from United States Ship (USS) *Kauffman*, HMCS *Goose Bay* was tasked to conduct an additional inspection. A subsequent boarding and search of the suspect vessel by the USCG Law Enforcement Detachment (LEDET) embarked with *Goose Bay*, supported by *Shawinigan*, resulted in the seizure of 1,017 kg of cocaine.

Crew members onboard the suspect vessel, along

with the seized shipment, were taken into custody onboard USS *Kauffman*. The entire operation lasted more than 36 hours.

This marks the first narcotics interception in 2015 for Royal Canadian Navy assets deployed on Operation Caribe. On Feb. 2, a deployed CP-140 assisted the U.S. Coast Guard in the seizure of approximately 530 kg of cocaine off the west coast of Guatemala.

Operation Caribe is Canada's contribution to Operation Martillo – a multinational, joint, combined, and interagency effort by the nations of the Western Hemisphere and Europe to prevent illicit trafficking in the Caribbean basin, the eastern Pacific Ocean and the littoral waters of Central America.

Canadian Armed Forces (CAF) assets deployed on Operation Caribe act in a



Members from HMCS *Shawinigan* in the Rigid Hull Inflatable Boat offer security from the water to a U.S. Coast Guard law enforcement detachment on board Motor Vessel *Leda Isabel*.

support role. While operating in international waters, their tasks are to locate, track, and approach suspect vessels. USCG LEDET per-

sonnel embarked on Royal Canadian Navy ships may further proceed to board and conduct law enforcement operations.

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Regional volleyball championship results

The men's and women's Regional Volleyball Championships were held on March 10 and 11 at the Naden Athletic Centre, with the Esquimalt Tritons playing against the Comox Totems.

In the first women's round, the Comox Totems won three games against the Tritons.

The second women's round saw the Comox Totems winning another three games, with the Tritons winning a single game.

This round resulted in CFB Comox

being awarded the Regional Women's Championship.

In the first men's round the Tritons took three games, with the Comox Totems winning two games. In the second men's round, the Comox Totems won three games, with the Tritons winning two games.

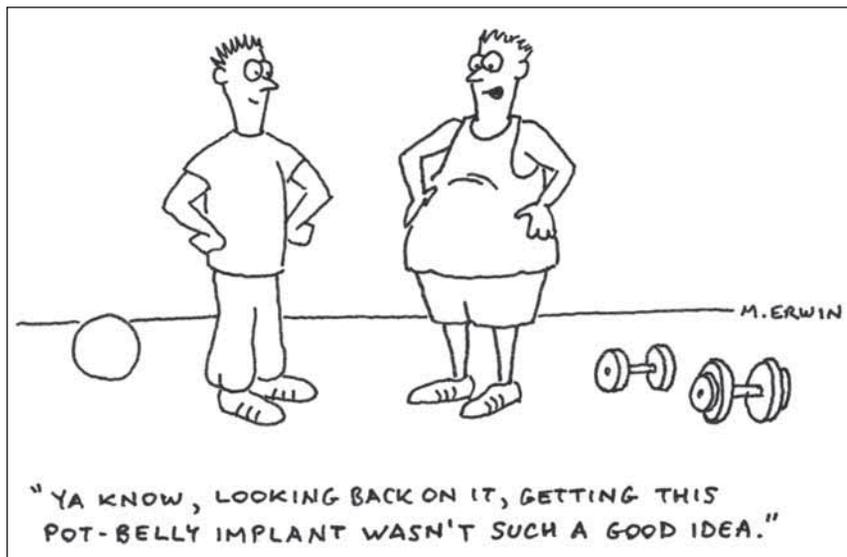
The ensuing third men's round saw the Tritons win three games, and the Comox Totems win two games.

CFB Esquimalt was consequently declared the Men's Pacific Regional Volleyball Champions.



Photo by Rachel Lallouz, Lookout

The Esquimalt Tritons men's volleyball team won the Pacific Regional Championships against the Comox Totems.



People Talk

Lookout asked Cadets visiting from Vancouver on March 5:

What is the best thing about being a cadet?



I'd have to say my favorite thing is the range. That's our shooting practice.

Able Cadet Rebecca McCracken, 9



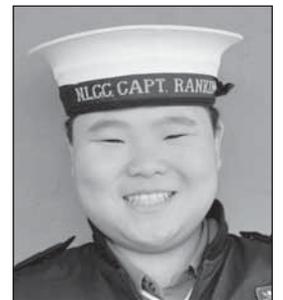
We get to learn a lot of new stuff, and go sailing.

Leading Cadet Ariel Lin, 12



All of the virtues we learn, like leadership, courage, compassion, and responsibility.

PO1 Samson Cai, 12



I really enjoy being a cadet because of the traits we have - friendship mostly!

CPO2 Tom Marco, 12



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Senior naval leadership greeted employees on the morning of March 10, handing them servings of vegetables as they passed through the dockyard gate. On hand to promote Nutrition Month were RAdm Bill Truelove, Cdr Nord Mensah, and CPO1 Mike Feltham, all members of the MARPAC Health and Wellness team.

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New identifiers showcase healthy options

CFMWS

The National Standardized Cycle Menu has now been rolled out across all Canadian Armed Forces static dining halls since the beginning of November 2014.

So far it has been very successful and quite popular with diners; of note is the availability of a healthier choice and vegetarian options. While these options were available through the D Food Services Choice and Quantity Standards in the past, they were never truly defined against a set criteria, or sufficiently showcased so diners were aware of these options.

As the National Standardized Cycle Menu development moved forward it became evident that in order for these choices to become part of diners daily routine, identifiers that were easily recognizable and take the guess work out of meal selection were needed.

Part of leading a healthier lifestyle means fueling the body properly. The Healthier Choice Entrées would need



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to meet a set criteria consisting of the following:

- Total Fat = 15 grams
 - Saturated = 10 grams
 - Unsaturated = 5 grams
- Sodium = 600 milligrams
- Energy = 400 Kilocalories

The recent updates to the CAF's "duty to accommodate" policy for the Religious and Spiritual Accommodation has set the National Standardized Cycle Menu to meet that goal. Food Service Officers are to provide food service support for a much more culturally diverse population in the CAF as it must truly be representative of the population that

it represents.

Where a member's faith prohibits specific foods, it may be possible to meet their dietary needs by ensuring alternative choices are available.

Where the member's faith prescribes stringent requirements for the preparation and service of food, consideration should be given to the procurement of commercially prepared meals, where this is a reasonable option.

The provision of a vegetarian diet will meet the needs of the most common religious and spiritual restrictions. The National Standardized Cycle Menu provides a vegetarian entrée choice at each meal with recipes that ensure the restrictions are met (recipes are to be followed and criteria respected).

Within the next few weeks these symbols will start appearing in local Base/Wing/Garrison kitchens either on menu boards and serving areas in order to assist diners in making choices that meet their dietary needs.

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LIAM ELDER WINS THE HEARTS OF CALGARY SAILORS

SLt Elle Aminaie
HMCS Calgary

It has always been 10-year-old Liam Elder's dream to see the ocean, board a navy ship and see the shipyard, as his mother, Christine Harkin, used to serve with the navy.

During their visit to Victoria on March 6, Liam's dream was fulfilled.

From the moment he set foot on *HMCS Calgary*, he made quite an impression to those onboard.

Liam visited the ship along with his parents and his nine-year-old brother Benjamin. He came in Naval Combat Dress with the rank of Ordinary Seaman; however, his naval knowledge was so impressive that he was immediately promoted to Leading Seaman and presented with his Bosun's Call.

He toured the ship and watched a demonstration of the 57mm gun, followed by a naval boarding party display. The tour ended with him becoming an honorary member of the ship's dive team. He displayed great skills as a sailor and was quickly promoted through the ranks throughout the day. By the end of the visit, he was promoted to the rank of Commander, and then appointed Honorary Captain (Navy) of *HMCS Calgary*.

Liam was diagnosed with a rare form of Leukemia in March 2011 at the age of six. He underwent harsh chemotherapies every three to four weeks, and in-between he was admitted to hospital many times for bacterial, viral and fungal infections, pneumonia and anaphylaxis, due to his compromised immune system.

He completed his protocol in late October

2013 and was completely medication free for nine months.

However, Liam relapsed in July 2014 with the same type of cancer, and chemotherapy began immediately. The plan was to bring him to Sick Kids Hospital in Toronto for a bone marrow transplant once the cancer was in remission. However, a rare, life-threatening fungal infection was discovered in his nose and palate, which led to having two-thirds of his palate removed, as well as the septum in his nose. Further surgeries removed a tear duct and the sinus cavity between his eyes.

In December 2014, the infection spread to Liam's spine and resulted in another surgery that fused and cemented parts of his spine. Throughout all of this, Liam remained in high spirits and continued with his cancer protocol with the intent of moving towards bone marrow transplant this spring.

Unfortunately, it was discovered two weeks ago that the infection has spread to Liam's brain. Doctors at the Children's Hospital of Eastern Ontario, Toronto Sick Kids Hospital, and other world-renowned hospitals are trying to come up with options to save his life, but without treatment, Liam has about a month to live.

During their tour of *Calgary*, Christine had a chance to reflect on her time onboard a frigate and to showcase the life of a sailor to Liam. He especially enjoyed the RHIB ride of Esquimalt Harbour and was very keen to catch a fish for dinner.

Many members of CFB Esquimalt, such as the Military Police and the firefighters at the fire hall also had the privilege of meeting this extraordinary young man who undoubtedly left a lasting impression on everyone. His strength and perseverance is an inspiration to us all.



HIS STRENGTH AND PERSEVERANCE IS AN INSPIRATION TO US ALL.

Photos by SLt Ellie Aminaie

Bottom left: Liam Elder, Honorary Captain (Navy) of *HMCS Calgary*, with his brother, Benjamin, mom, Christine and dad, Peter on the flight deck of *HMCS Calgary*, preparing to embark on a RHIB ride of Esquimalt Harbour.

Below: The young sailor is piped aboard *HMCS Calgary*.



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The ship's company of HMCS Hunter, led by Lt(N) Catherine Micallef, marches off concluding the flag lowering ceremony at the old Hunter building.

HMCS Hunter lowers the flag at iconic building

SLt Kris Procyk
HMCS Hunter

On a blustery Feb. 14, the ship's company of *HMCS Hunter* gathered outside the old Hunter building to lower the flag for the last time and officially close

the building.

Blizzard conditions were a fitting tribute to an iconic building that has housed and trained sailors for the last 74 years.

The Naval Reserve Division at Windsor, Ont., was established in March 1940 and formally commissioned on Nov. 1, 1941, as *HMCS Hunter*, named after a British vessel that served on the Great Lakes in the War of 1812.

Since 1941, the iconic old building of *HMCS Hunter* has enjoyed a long and proud history serving the community of Windsor in varying capacities from community service, recruiting events, parades and training, to preparing young sailors to protect Canada.

It originally housed and trained newly enlisted sailors preparing for the duties of life on board ship during the Second World War. The building's top deck contained sleeping and living quarters, the middle deck contained classrooms, and the lower deck contained a gun battery, diesel trainer and a rifle range, all with the intended purpose of

preparing the young men for war.

Sailors spent an average of three to six months in *Hunter* before assuming their duties on a Royal Canadian Navy (RCN) ship, primarily supporting convoys during the Battle of the Atlantic. In peace time, countless personnel trained and grew up at *Hunter*, either in the role of cadets or as members of the Royal Canadian Naval Reserve.

During the Battle of the Atlantic weekend this May, *Hunter* will commission its new state-of-the-art facility. The new building is designed for a capacity of 250 personnel and has many modern features and amenities not found in the old building. These will provide our sailors with a modern, ergonomic and efficient training platform that brings *Hunter* full circle and into the next century.

In order to preserve the history of the old building, many artefacts have been brought over and will be incorporated and displayed throughout the new building. One prominent artefact

is the original battle ensign from HMS General Hunter, the unit's namesake. This iconic flag flew during the War of 1812 and saw action in the Battle of Detroit and the Battle of Lake Erie, where subsequently General Hunter was captured by the Americans and repurposed as a troop carrier. The flag itself has evidence of battle with grape shot holes, and embodies the spirit of the RCN, a modern organization steeped in the rich traditions of the past.

As *Hunter* moves forward in 2015, the ship's company leaves one old building and enters a new, more efficient one. This brings the unit into a modern state-of-the-art training platform designed to provide our sailors with the very best in terms of preparation, training and combat readiness requirements. However, the traditions, lessons and history of the old building will not be forgotten, but incorporated into the spirit and body of the new building and into the lives of a new generation of *Hunter* sailors who have always been, and will remain, "Ready Aye Ready".

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CPO2 Dale Crewe prepares to sweep the Base Commander's Ceremonial First Rock to open the 40th Annual Pacific Region Logistics Invitational Curling Bonspiel.

Issel Rink victor in 40th annual Logspiel

After the Ceremonial First Rock was thrown by the Base Commander, it was all serious competition to determine the overall champion of the 40th Annual Pacific Region Logistics Invitational Logspiel.

When the ice chips settled, Issel Rink prevailed over

Lidstone Rink to claim bragging rights this year.

The Reimer Rink from Comox edged out the "Thirteenth Man," or Turner Rink to win the B event.

The Holden Rink captured the C event in a dual against the Pope Rink and "Air Force One," and the Whyntott Rink

took the D event over the Long Rink.

The organizing committee worked hard to ensure the 40th was a resounding success, and a heartfelt thank you goes out to all of our volunteers.

The Logspiel Committee would like to thank all of our

competitors for making the event a resounding success.

All participants would like to extend thanks to the sponsors for their generous donations, specifically Houle Electric and Boyd's Leathercraft for being our A and B event donors respectively.

SLt Knai dubbed Phenomenal Woman

Rosalee van Stelten
MFRC

The Phenomenal Woman Award was presented at the Pacific Women's Day, held at Royal Roads University, Saturday March 7, to SLt Marianne Knai of CFB Esquimalt.

"Nominations this year were the most we have ever had," said Jackie Carlé, Community Engagement Manager at Esquimalt MFRC, which sponsors the event. "Truly women of distinction."

The award recognizes Maritime Command Pacific women in the military, National Defence or from military families for significant achievements or contributions, initiative, pio-

neering spirit, mentoring, and commitment to both their military and civilian communities.

SLt Knai bicycled 3,000 kilometres from Victoria, B.C., to Tijuana, Mexico, to promote awareness of mental health issues. On her journey, she raised in excess of \$10,000 for mental health programs across Canada.

"I am very humbled," she said when she received her trophy. "I had one of the best months of my life. It is odd for me to accept an award for something that was such an amazing experience."

On her solo ride this past December and January, she had conversations with people from seven

to 70 who shared their life experiences on mental health issues, from cyclists, skateboarders, surfers, seniors, church youth, to Boy Scouts and people in bars. She posted their talks and photos on her facebook page, Ride for Mental Health www.facebook.com/pages/Ride-for-Mental-Health/355264964647774

When asked "What is mental health?" a seven-year-old California Boy Scout told her, "It's the inside of you. Like your heart, your emotions and how you talk to your parents and stuff."

To donate to SLt Knai's GoFundMe page, every dollar of which goes to mental health charities, please see www.gofundme.com/Mental-awareness.

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NEWS Nuggets

Pedestrian gate open until April

Due to impending construction and upgrades to Admirals Road, the Colville Road pedestrian gate (behind MPU(E)) will be open to pedestrians and cyclists, Monday through Friday from 7 - 8 a.m.

The gate will be used in this manner until at least the end of April, when the construction project will have implemented a bicycle lane on Admirals Rd to the Naden gate entrance. One hundred percent ID check will be enforced.

HMCS Whitehorse.

The standing court martial will take place at 9:30 a.m. on March 18 in building 30-N, CFB Esquimalt.

LS Fletcher has been charged with the following offence under the National Defence Act (NDA):

A. 130 NDA - an offence punishable under section 130 of the National Defence Act, that is to say, assault causing bodily harm contrary to Subsection 267(b) of the Criminal Code.

Spectators are encouraged to attend. Military spectators are to wear the dress of the day and are to be seated by 9:30 a.m.

The trial will be conducted in English.

Fredericton deploys

HMCS Fredericton has arrived in the Black Sea to participate in joint NATO training exercises and maritime situational awareness operations with warships from several allied and partner nations.

During the month of March, Fredericton and the five other allied warships currently assigned to Standing NATO Maritime Group 2 (SNMG2) are in the Black Sea to enhance maritime security and stability in Central and Eastern Europe. Their presence demonstrates Canada's and NATO's steadfast commitment to allies and security partners in the region, especially in the context of Russia's continued aggression towards Ukraine.

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Notification of trial - standing court martial LS J. Fletcher

A standing court martial (SCM) has been ordered to try LS J. Fletcher of

Standing together - join MARPAC's day to eliminate racial discrimination

International Day for the Elimination of Racial Discrimination reinforces values of inclusion, diversity and equality.

MARPAC is committed to ensuring a respectful, healthy and professional environment for all of its members. By strengthening diversity, members can improve team cohesion and overall mission effectiveness.

This annual day recognizes the many positive aspects of living in a multicultural society and acknowledges

the need to end racial discrimination.

Come join the conversation!

On March 25 from 10 a.m. to noon, MARPAC and the Defence Visible Minorities Advisory Group (DVMAG) will recognize International Day for the Elimination of Racial Discrimination with a workshop entitled, "Succeed with Diversity" at the Chief and Petty Officers' Mess (Rainbow Room).

All Defence Team members are encouraged to

attend.

For more information, please contact the Acting Employment Equity Officer, Cindy Leblanc at 250-363-7855 to register.

Tasty Fare

In collaboration with DVMAG and CFB Esquimalt Base Foods, an International Buffet will be served March 25 from 11 a.m. - 1 p.m. at the Wardroom, Nelles Block and NOTC Venture galleys. Cost is \$10.

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Members of Fleet Diving Unit (Pacific) stand around the entry and exit hole on an ice diving expedition at Lac Des Roches, north of Kamloops.

Photo by LS Hector Ladron De Guevara

Dive unit explores depths of a frozen lake for training

Rachel Lallouz
Staff Writer

After suiting up in a drysuit, Clearance Diver LS Hector Ladron De Guevara slipped feet first into the icy waters of Lac Des Roches, just North of Kamloops, B.C.

For almost an hour he explored the underwater terrain, going as far as his 45-metre umbilical cable would allow. Above him, a frosty pane of ice served as a lid on the lake. His only way out, a hole carved through the ice.

The sailor, a member of Fleet Diving Unit (Pacific), took part in this ice diving excursion with 18 other divers. They set up a temporary camp on the ice Feb. 15; their goals: skill development and proficiency training.

Lac Des Roches was picked due to its notoriously solid ice build this time of year.

A four hour set up preceded the dives, during which three members, all wearing life jackets, went out to the middle of the lake to test for ice thickness.

The front individual, wearing a harness, dug a hole and measured the thickness. When the minimum six inches of ice was found, the trio cut a triangular hole through the ice using a chainsaw.

Once the hole was cut, the remainder of the team ventured from the shore to set up a military tent around the triangle to protect divers and gear from the wind and weather.

LS Ladron De Guevara said the newer divers enjoyed their first forays into ice diving while the more experienced divers honed skills and refined equipment requirements for the labour intensive activity, one necessary for rescue or retrieval missions.

Divers entered the water in teams of two, wearing a full-face mask supplied with breathing gas by a 45-metre hose (umbilical), which also includes communications ability. Each diver also had an emergency air tank to get him to the surface if his umbilical failed.

"The umbilical is our air hose," LS Ladron De Guevara says. "It's our lifeline."

Dry suits, rather than wetsuits, were used to keep the divers as warm as possible.

"It was just a little colder than the ocean," says LS Ladron De Guevara. "But you can definitely feel it."

Because divers are connected to their air supply at the surface, the duration of the dive is not limited by what breathing air the diver is carrying. Most divers on the trip opted to stay under for about 30 minutes, or for as long as their supervisor dictated.

In case of an emergency, there was a team of support on the surface ready to assist, including a standby diver at the entry point who stood ready to enter the water if one, or both, of the divers signaled distress.

As an extra precaution, the standby diver's umbilical reached a length of 60 metres, meaning he was able to swim past the distance regular divers are afforded.

"The amount of support we have for that kind of diving makes it some of the safest diving out there," says LS Ladron De Guevara.

He felt comfortable using the full length of his umbilical, which he used to make wide circles in the water around the entry and exit hole.

"Once in the water, I had relatively good visibility – about 15 or 20 feet," he says. He attributes this to the ice above, which allowed for

more sunlight to reach the water.

Given his extensive experience diving in open water, he says being able hear the ice on the lake cracking and adjusting was a surprise.

"It's a really deep sound. You can see the cracks in the ice, and where your air bubbles are channeling after you breathe out."

Unlike ocean diving, LS Ladron De Guevara says ice diving is slightly more restrictive, considering the fact that divers can't surface in the way they are used to.

"With this, there is only one way in and one way out," he says. "There's no way to break the ice. If there was a problem with our system, we couldn't surface."

After four days of taking turns exploring the lake, the team wrapped up their expedition on February 19, heading back to CFB Esquimalt with their newly polished skills.

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Goalie LS Josee Cholette scoops national sportsmanship award

Rachel Lallouz
Staff Writer

"I'm a fighter – so I always want to win," says LS Josee Cholette, 43, goalie for CFB Esquimalt's women's hockey team. "I always want to give 100 per cent."

LS Cholette, who began playing hockey when she was eight years old, is this year's recipient of the Sportsmanship Award, presented to her at the National Women's Championships in Borden, Ontario, on Feb. 26.

The team played against the other four regions – Quebec, the Prairies, Ontario, and the Atlantic.

LS Cholette was posted to Esquimalt in 2011, but missed nationals from that year until 2012, when she was deployed.

She says she had no idea she would win the award, but guesses it may have something to do with the 40 to 50 shots she blocked on average at every game.

"I think I won the award because I never give up," she says. "Even when the

other team scores, I'm ready for the next shot, and then the next."

Though CFB Esquimalt placed fifth at nationals this year, LS Cholette isn't disappointed.

"Yes, we lost, but we're still happy," she says. "When we play together, we have the best team spirit – we know that everyone gave it their best."

The Sportsmanship Award is given to the best team player out of the five regional teams, and is traditionally awarded to "skaters".

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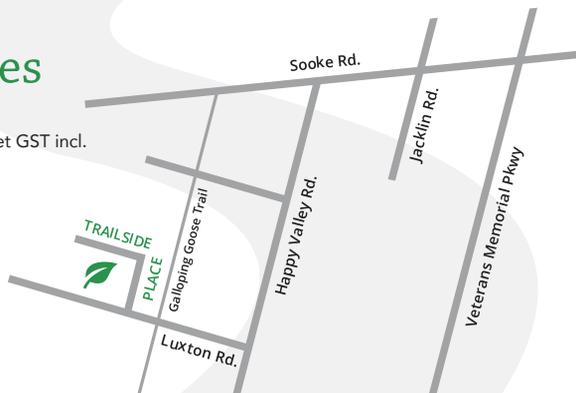



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Rachel Lallouz, Lookout

Goalie LS Josee Cholette holds her newly awarded Sportsmanship Award, received at the National Women's Hockey Championships at CFB Borden in February.

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Photo by Cpl Levarre McDonald, 8 Wing Imaging
A Repatriation Ceremony is held at 8 Wing Canadian Forces Base Trenton for the return of fallen soldier Sgt Andrew Joseph Doiron on March 10.

Sergeant Joseph Doiron returns home from Iraq

DND

The remains of Sergeant Andrew Joseph Doiron, from the Canadian Special Operations Regiment, based at Garrison Petawawa, Ontario, returned to Canada last week.

He was killed March 6 in Iraq in a friendly fire incident when members of the Special Operations Forces were mistakenly engaged by Iraqi Kurdish forces following their return to an observation post behind the

front lines.

Three other members were injured in the incident and are receiving medical care for their injuries.

"We have lost another invaluable member of our family. A soldier and a warrior, Sergeant Doiron was a consummate professional appreciated by all. His sacrifice will not be forgotten. Our thoughts and prayers are with his family and friends. I am grateful for his service and dedication. He will be missed,"

said General Tom Lawson, Chief of the Defence Staff.

Members of Canadian Special Operations Forces Command are in Iraq to participate in Operation Impact, the Canadian government's efforts to provide assistance to Iraqi forces as they face threats posed by the extremist militant group ISIL (the Islamic State of Iraq and Levant).

Operation Impact is the Canadian Armed Forces' contribution to the

Middle East Stabilization Force, the international coalition assisting security forces in the Republic of Iraq who are fighting against ISIL. Canadian Special Operations Forces Command's role in Op Impact, with the support of other Canadian Armed Forces elements, is to provide military advice and assistance.

Approximately 600 personnel, including aircrew support elements such as command, control and

logistics, are participating in Operation Impact. This includes 69 members of the Canadian Special Operations Forces Command already working in an advisory and assistance role by providing strategic and tactical advice to Iraqi security forces.

"Every member of Canada's Special Operations Forces Command feels a great loss at Drew's passing. He was a gifted special operator and a great leader. He

loved his job and the people he soldiered with. We grieve with Drew's family and extend our condolences to them. Our thoughts are also with our three injured operators. We will bring Drew home with all dignity and wrap our arms around our injured Brothers and we will carry on with our important mission in Iraq," says Brigadier-General Michael Rouleau, Commander of Canadian Special Operations Forces Command.

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Fleet Maintenance Facility Cape Breton Awards

During a ceremony at dockyard building 250, Fleet Maintenance Facility (FMF) Cape Breton Commanding Officer, Capt(N)Christopher Earl, presented several awards to FMF employees.

Photos by Cpl Brandon O'Connell, MARPAC Imaging Services



CPO1 Paul Fenton receives the Information Management Merit Award.



Rick Doyle and Connal Whyte receive the 35 year Long Service Awards.



Mark Baxter receives the 25 year Long Service Award.



Keith Clayards receives the 25 year Long Service Award.



Christopher Day receives the 25 year Long Service Award.



Ron Durdle receives the 25 year Long Service Award.



Cory Eilertsen receives the 25 year Long Service Award.



Michael Gill receives the 25 year Long Service Award.



Michel Godin receives the 25 year Long Service Award.



Tara Laursen receives the 25 year Long Service Award.



Michael Lacroix receives the 25 year Long Service Award.



Joseph Lima receives the 25 year Long Service Award.



Alison McKenzie receives the 25 year Long Service Award.



Frank Mikkers receives the 25 year Long Service Award.



Andrew Scholz receives the 25 year Long Service Award.



Richard Turnbull receives the 25 year Long Service Award.



Lawrence Young receives the 25 year Long Service Award.



Lisa Kruk receives the 15 year Long Service Award



Michael O'Connor receives the 15 year Long Service Award. He also received a Certificate of Appreciation during the ceremony.



Charles Smith receives the 15 year Long Service Award. He also received a Certificate of Appreciation during the ceremony.



Charles Wood receives a Certificate of Appreciation.



David Moores receives a Certificate of Apprenticeship.



Dal Minhas receives an Employee of the Month Certificate.



Christopher Young receives the 15 year Long Service Award.



MS Timothy Jensen receives a Certificate of Appreciation.



Fabrizio Lozupone receives a Certificate of Appreciation.



Jared Radsma receives a Certificate of Appreciation.



Darren Redman receives a Certificate of Appreciation.



Steven Ringma receives a Certificate of Appreciation.



Jasbir Singh receives a Certificate of Appreciation.



Steve Stobbart receives a Certificate of Appreciation.

Regional Cadet Support Unit (Pacific)

Regional Cadet Support Unit (Pacific) Commanding Officer Cdr Andy Muir presented several clasps and Canadian Forces Decoration medals.



WO Jeff Sprague receives the second clasp for the Canadian Forces Decoration.



Lt(N) Carl McLean receives the second clasp for the Canadian Forces Decoration.



Lt(N) Aubrey presents LS Moreau and LS Hill with the Robb Franklin Memorial Trophy for outstanding performance and dedication during HMCS Vancouver's work ups.



CPO1 Murielle Arsenault receives the third clasp for the Canadian Forces Decoration.



Sgt Phil Lemire receives the second clasp for the Canadian Forces Decoration.

**Go the extra mile with your unit recognition.
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Email photos to melissa.atkinson@forces.gc.ca
Include all relevant information including names, ranks and positions of recipients and presenters



MARPAC Honours and Recognition

RAdm William Truelove, Commander of Maritime Forces Pacific made several presentations during the Maritime Forces Pacific (MARPAC) and Joint Task Force (Pacific) Honours and Recognition Presentation.
 Photos by LS Zachariah Stopa, MARPAC Imaging Services



CPO1 Mike Feltham, Maritime Forces Pacific Chief Petty Officer, helps present Lt(N) Colin Dudeck with the United States Joint Service Achievement Medal. The medal is awarded to a member of the military service of a friendly foreign country who has provided meritorious service in either combat or noncombat situations.



CPO2 Keith Morley receives the Canadian Forces Decoration Third Clasp, marking 42 years of service.



Malcom Barker receives the Commander Royal Canadian Navy (RCN) Commendation in recognition of his continued and ardent support for the RCN. He also received the Submarine Centenary Citation for his invaluable support to the submarine program.



Lt(N) Harry Learning receives the Commander Royal Canadian Navy Commendation for the assistance he provided to the South family following LS Brandon South's passing.



PO2 Deborah Chamberlin receives the Commander Royal Canadian Navy Commendation for her selfless and exemplary volunteerism over the past 14 years.



PO2 Richard Hussey receives the Commander Royal Canadian Navy Commendation for the leadership and effort he displayed in the restoration of the Captain James Cook Monument.



MS Eli Langley receives the Commander Royal Canadian Navy Commendation for his exceptional leadership and extensive knowledge of submarine engineering systems while assisting Fleet Maintenance Facility Cape Breton to complete close to 2000 hours of maintenance during a defect rectification period.



Maj Kevin Lablond receives the Commander Canadian Joint Operations Command Commendation for his superb leadership while embarked in HMCS Regina throughout her deployment in the Indian Ocean and Mediterranean Sea.



Capt Stephen Galipeau receives the Commander Canadian Joint Operations Command Commendation for his time spent in the Kabul Military Training Centre Training Advisory Group.



Lt(N) Sandy Shearer receives the Commander Canadian Joint Operations Command Commendation for his contribution to the expedient and complex transition from Maritime Security Operations in the Indian Ocean to North Atlantic Treaty Organization Operations in the Mediterranean Sea.



CPO2 Simon Paquette receives the Commander Canadian Joint Operations Command Commendation for his extraordinary composure and dedication as Acting Coxswain during the repatriation of the remains of a deceased shipmate and the ensuing bereavement onboard HMCS Regina.



PO1 Tracy Tkachuk receives the Commander Canadian Joint Operations Command Commendation for his initiative and persistence which enhanced HMCS Regina's excellent reputation while conducting Maritime Security Operations throughout the deployment to the Indian Ocean.



Don Kehl receives the Maritime Forces Pacific Bravo Zulu for his consistent and outstanding dedication in maintaining the Naval Combat Operator Trainer.



CPO1 Timothy Blonde is presented with his Chief Petty Officer Warrant by his wife, Micca Hart, and RAdm Truelove.



CPO1 Lloyd Smith is presented with his Chief Petty Officer Warrant by his wife, Sherri Smith, and RAdm Truelove.



PO2 Mark Laughland receives the Commander Canadian Joint Operations Command Commendation for his efforts as second-in-command of HMCS Regina's Naval Boarding Party while deployed to the Indian Ocean.



Lt(N) Hyung-Wook Kang receives the Maritime Forces Pacific Bravo Zulu for his outstanding work as military co-chair of the Defence Visible Minority Advisory Group.



Sgt Oswald Keats receives the Maritime Forces Pacific Bravo Zulu for his exceptional leadership in the aftermath of a significant air incident.



Left: LS Ben Warrener is presented with the Maritime Forces Pacific Bravo Zulu alongside his parents William and Dee Warrener.

Right: LS Tyler Newman, LS Cole Wood and LCdr Chad Naefken, on behalf of the Fleet Diving Unit (Pacific) Maritime Explosive Ordnance Disposal Team, receive the Joint Task Force Rim of the Pacific (RIMPAC) 2014 Commander's Commendation.



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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.

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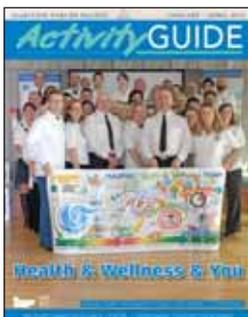
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HABITAT FOR HUMANITY AND THE RESTORE are seeking volunteers to help out with customer service, warehouse and driver assistants. We are also looking for ambassadors for special events. Please contact Nancy @ volunteer@habitatvictoria.com or 250-480-7688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



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- Michael and Gina

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Join the conversation

twitter.com/Lookout_news

www.facebook.com/lookout.newspaper



Estate Sale ASKING \$184,500

<http://CanadaFinds.com/RichardKozicki/h/71847>

Distant water & city views. Enjoy your morning coffee on this sunny 21' x 5' glassed-in deck with S.E. views. Top floor unit, sky lights, 2 bdrm, built in Vac. Walk to shopping or use bus stop outside. One of the best kept buildings. **Don't wait, act fast before it's gone!**

R. Cozy - Sutton Realty
250.479.3333 - cozyr@telus.net **Sutton**



Sell your home in the Lookout

Call 363-3014 to advertise

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

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

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

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

SELLING BELOW ASSESSED VALUE

\$178,500

TOP FLOOR - SUNNY & BRIGHT

2 bdrm condo. Boasting over 1000 sq ft. Large glassed in 21'x5' deck. Outlook over the city and distant water views. Short stroll to all amenities or catch the bus outside the complex. One of the best kept buildings, self managed.

Photos at Google
canadafinds.com/richardKozicki/h/71847

Sutton **CALL Richard Kozicki**
250-479-3333

Up close look



Photo by LS Zachariah Stopa, MARPAC Imaging Servi

HMCS Victoria hosted a day sail on Feb. 26, an event designed to showcase the inner workings of a Royal Canadian Navy submarine to invited journalists. The Victoria-class submarine fleet is now operational with three out of four submarines available for operations.

**2015
Esquimalt
Women's
Base Slo-pitch team**



**ALL INTERESTED PLAYERS MUST
SUBMIT THEIR NAME
NLT 2 APR 15.**

WANT YOU

THE ESQUIMALT WOMEN'S SLO-PITCH BASE TEAM
IS LOOKING FOR

KEEN AND INTERESTED SLO-PITCH PLAYERS TO JOIN OUR BASE TEAM
ALL CF WOMEN'S {REG FORCE AND CLASS B & C RESERVISTS}
ARE ENCOURAGED TO COME OUT AND TRYOUT/JOIN OUR TEAM

The practices will be held on Tuesdays and Thursdays from 1600-1800 hrs
AT

Colville Sports Field located beside the base hospital starting MID April 15.

Details to follow :

For more info or to submit your full name, rank, unit and phone #, please contact
Switch Rousseau ASAP via e-mail at: switchrousseau@gmail.com.

BOOK NOW

see the
**Vancouver
Canucks**
in action at
**ROGERS
ARENA!**

**Tues. March 24
VS
WINNIPEG JETS
7PM**

**Mon. April 6
VS
LA KINGS
7PM**

Two Pick up locations:
CPAC and Esquimalt CANEX
Leave the driving to us!

The trip will be heading over to Vancouver on the 11 a.m. ferry and return the following day on the same ferry.

COST:

BASE RATE PER PERSON:

- Single Rate \$310.00 + tax
- Double Occupancy \$260.00 +tax

FAMILY RATES:

1. Family Rate #1 \$500.00 + tax
1 Adult & 1 Child Under 11
2. Family Rate #2 \$520.00 + tax
1 Adult & 1 Child 11 and over
3. Family Rate #3 \$520.00 +\$185.00
for each child + Tax
2 Adults & Children under 18 yrs

COST INCLUDES:

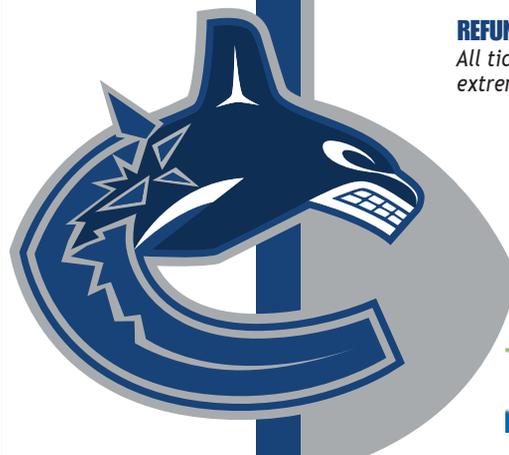
- Transportation from Victoria to hotel
- Ferry
- Hotel (Sandman - 2 Blocks from Rogers Arena)
- Hockey Tickets (Upper Bowl)

REFUNDS:

All ticket sales are final except for extreme situations.

BOOKING:

- Book your trip through PSP Recreation!
CALL 250-363-1009!
- Don't hesitate, as they are going fast.



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ENTERTAINMENT PACKAGES