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LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

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Maritime Task Force - OP Reassurance, DND
 A marine systems engineer repairs a diesel generator on board HMCS Fredrickton during exercises with Standing NATO Maritime Group Two ships in the Black Sea during Operation Reassurance on March 6.



CADETS GATHER:

Spring break brings challenge through training

Above: Natai Willms (788 RCACC Penticton) works on her tenor drum technique while John Yoon (2277 RCACC Langley) keeps a steady beat during a practice session of the Pipes and Drums in Vernon.

See pages 10-11 for the whole story.

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 B Jetty Prime Consultant: Stantec
 Rendering Provided by: Amec Foster Wheeler
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DOCKYARD WATERFRONT SET TO TRANSFORM

Rachel Lallouz
 Staff Writer

Plans are well advanced to transform the Dockyard waterfront at CFB Esquimalt into a modern site for ship berthing.

Two projects are now beginning to move through the government's project approval process: replacing "A" and "B" jetties in Constance Cove, and removing contaminated sediment from the harbour seabed.

When the design work and the necessary regulatory reviews are finalized, and once project approval is in hand, the A/B Jetty Recapitalization Project and the Esquimalt Harbour Remediation Project (EHRP) will hire the necessary contractors to start the work.

Clive Orford, Project Director for Naval Infrastructure in Ottawa, explains the projects are part of the broader master plan for renewal of infrastructure at the base that's been unfolding over the past two decades.

"The A/B Jetty Project is a massive redevelopment of dockyard that has been anticipated for a generation, and is finally about to come to fruition once the

final project approvals are in place in Ottawa," he says.

As part of their good neighbour philosophy, DND is holding a Public Information Session for neighbours and those wanting to learn more about the projects on March 25, from 7 to 9 p.m., at the Songhees Wellness Centre, 1100 Admirals Road. Questions may be posed to representatives of the project team from both Ottawa and Esquimalt. Also available for viewing at the session will be the artist rendering, and information panels on the two projects.

"A" and "B" jetties, originally built during the Second World War, are over 70 years old, which is well beyond their service life, and have many operational limitations. Both structures are made of creosote-treated timber piles and beams, which, due to their age, have structural condition issues.

The A/B Jetty Recapitalization Project, which was announced by then Defence Minister Peter MacKay in February 2013, will provide structurally sound and technically appropriate berthing facilities for Canada's current and future Pacific Naval Fleet. Once complete, the new jetties will improve naval

The new jetties are being designed such that they should be able to withstand the forces of an earthquake or a tsunami.

Clive Orford, Project Director for Naval Infrastructure in Ottawa

response preparedness, and increase operational efficiency for berthed vessels.

"The new jetties are being designed such that they should be able to withstand the forces of an earthquake or a tsunami," says Orford.

The jetty recapitalization project involves the demolition of the existing jetties, and removal of the jetty cranes, utility services, and certain small buildings in the vicinity. As the structures are removed, the seabed will be dredged and bedrock blasted within the construction zone to achieve sufficient water depth for ship berthing. "B" Jetty will be replaced first, then "A" Jetty,

Once the steel-encased

concrete pile substructure, retaining walls and concrete service access tunnels have been built, the new concrete jetty decks will be added. The future "A" Jetty will be 305 metres long, with a 22 metre wide deck, and it will be connected at its eastern end to "B" Jetty by an expansion joint. The future "B" Jetty, slightly shorter in length at 274 metres long, will have a 26 metre wide deck. In addition to the jetties, electrical substation buildings, a jetty services building, and two rail-mounted cranes will be delivered.

As the jetties are being rebuilt, the Esquimalt Harbour Remediation Project will be working in close coordination with the jetty construction project towards long-term health improvements of the marine environment in Esquimalt Harbour. Contaminated seabed sediments at various locations will be dredged and near-shore contaminated sediments and soils capped. All material removed will be transported for disposal at a facility authorized to accept it.

"Our still very active industrial harbour has been the location of naval operations for over 150 years, meaning that past practices

have contributed to current contamination," says Orford. "Past practices of bygone days are not what they are at present and DND is very conscious today of being a first line environmental steward of the harbour."

In support of the Esquimalt Harbour Remediation Project and jetty recapitalization project, CFB Esquimalt constructed a series of underwater reefs in 2012, compensating for any temporary disturbances to the marine habitat that may occur during the remediation and construction work.

"The EHRP is an example of DND's ongoing management of the environmental health of the seabed and surrounding waters," says Mike Bodman of the Formation Environment office, who is the Deputy Project Manager for the EHRP. "Once implemented, the EHRP will reduce the exposure of marine life to contaminated sediment, and the re-built jetty structures will create a new habitat for diverse marine communities."

While the construction and dredging work is under way, qualified environmental monitors will be present on site to help minimize sedimentation

effects, as well as checking for fish and mammal presence. The use of silt curtains during jetty removal, dredging, and blasting will assist in limiting sediment movement, while bubble curtains and fish exclusion methods will protect wildlife during blasting of the bedrock.

In-work water activities will be highly monitored, and will occur only when fishery conditions are deemed acceptable for the work.

Duane Freeman, the Formation Environment Officer, hopes that the upcoming public information session will allay the typical concerns that neighbours might have about the projects.

"We believe the impact on the general public will be limited, as the construction and dredging work itself will take place far from areas utilized by the public. We will be adhering to local noise bylaws and no negative health impacts are expected. As well, it will remain safe to swim, boat, or sail in Esquimalt Harbour outside of the marked safety zone," he observed.

For updates on the jetty recapitalization project or EHRP, visit www.esquimaltharbour.ca.

Ship's galley heart of the ship

Lt(N) Paul Pendergast
MARPAC Public Affairs

According to Master Seaman Ben Critchlow, HMCS Nanaimo Chief Cook, the galley is the morale center of the ship.

"The entire crew comes to us three times every day for their meals, and the positive attitude we project will spread throughout the ship," he says.

The ship carries 21 days of frozen and dry foods and 14 days of fresh foods such as dairy and fruit. Within

those limits, there is plenty of room for variety and creativity. There are theme nights featuring Italian, Mexican, or Asian style cuisine. There is always a vegetarian or fish option, and while they strive for healthy meals they occasionally serve pub style food. And of course, they always have soup at 10 a.m., a navy tradition.

Serving almost 150 meals a day from a galley no bigger than an apartment kitchen is no easy task. But the galley staff in Nanaimo

makes it look easy.

"We offer a different fresh-baked dessert every day, and we do our best to accommodate food restrictions such as lactose or gluten free, as well as religious requirements," said MS Critchlow. "And we are always open to special requests for a favorite meal."

The galley staff of three also includes Leading Seaman Justin Campbell and Ordinary Seaman Dylan St. Laurent, who both came from Halifax Class frigates to Nanaimo for the Operation Caribbe deploy-

ment, and will return to their home units when the ship returns to Esquimalt.

"With a smaller crew, you get to know everyone better, and the crew is more close-knit than on a larger ship," said LS Justin Campbell.

"This deployment has been a blast so far," said OS Dylan St. Laurent.

If the smiles on the faces of the crew lined up for their meals is any indication, the galley strategy for maintaining morale is working exactly as planned.



Photos by Lt(N) Paul Pendergast
Left: MS Nick Podolsky receives a custom-made wrap from HMCS Nanaimo's lunchtime sandwich bar.

Below: Crewmembers of Nanaimo line up for the traditional Thursday steak night. LS Justin Campbell selects one that is done just right.



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- 26 - Movie Night - **WHIPLASH** **M**
- 29 – Kid's Movie - **Big Hero 6** **Kids m**

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WHAT SAY YOU

People Talk

Lookout asked this question to members of the Four Seasons Musical Theatre Society: *If you could act in, or work as part of any musical production, what would it be and why?*



I love "Meet Me in St. Louis. My dad and I used to do a lot in musical theatre, and we bonded over it a lot.

Jessica Bambrough,
Member at Large



It would be "Phantom of the Opera". It's the one that made fall in love with theatre.

Veronica Harland,
Voice of dragon in Shrek production



"A Chorus Line". There's a song in that show that is one of my favorites... it's just amazing.

OS Nancy Blais,
Volunteer



I'd like to do the "HMS Pinafore"; it's just so well-known and has a lot of great songs.

WO Stephen Martinelli



For me, "Rosencrantz and Guildenstern Are Dead." I've directed it and performed it in professionally. It has to be my favorite show.

Terry Rowsell, President of the Board of Directors, Four Seasons

LETTER FROM THE EDITOR

Cyclists need to learn the rules of the Goose

Have you ever been along the "Goose" and nearly been hit by a passing cyclist?

Spooked by them because they can't be bothered to let you know they are present?

Have you ever been frustrated by a cyclist that is using the whole lane of a road? Or had a cyclist show up out of nowhere when you are trying to turn?

You aren't alone.

These are all too common occurrences and as a concerned road user, motorcycle instructor and cyclist I decided to read up on the Motor Vehicle Act and the "Goose" website to see exactly what is expected.

Under the Motor Vehicle Act Chapter 318 Part 3 Section 119 Definitions a "cycle" means "...a device having any number of wheels that is propelled by human power and on which a person may ride ..."

The term "roadway" means the portion of the highway that is improved, designed or ordinarily used for vehicular traffic, but does not include the shoulder....."

The "Goose" is a regional trail by definition and falls under the city it passes through to maintain and regulate.

In Oct 2014, the Times Colonist wrote an article citing Victoria city councillors were concerned that a pedestrian would get "smoked" after 11 collisions were reported for that year. The article refers to Councillor

Shellie Gudgeon saying there is a huge safety concern on the trail and widening, twinning and posting more signs were options to be reviewed.

But it's not the pedestrians that need to look out for cyclists, although it is worth it. Under Trail Etiquette and Tips section on the Goose website it states: "Cyclists yield to pedestrians, control your speed and warn other users before passing."

Further to the cycling community at large, what is wrong with calling out "On your left" or "Passing on your left", so I know where you are and can ensure my child or animal will not impede your progress?

To city council I recommend safety first. Make it a bylaw or petition the provincial government to make it mandatory that a sound device such as a bell or horn be mounted that can be heard at a distance of 25 metres to signal a cyclist's presence. If a bicycle is going to be legislated by the Motor Vehicle Act why not mandate sound devices?

Further, put a group restriction on the Goose to no more than four to a group with an exception for families.

183(1) Under Rights and Duties of an Operator: "In addition to the duties imposed by this section, a person operating a cycle on a highway has the same rights and duties as a driver of a vehicle."

On the road cyclists must, "...subject to paragraph (a), ride as near as practicable to the right side of the highway...."

To the budding cyclist that means you cannot occupy an entire lane. Where there is no bike lane you are allowed three feet from the curb. Cyclists need to keep their head and eyes up to read the traffic before making their move. I recommend to cyclists to use the rule of thumb; Officers of the Watch at sea use "Might is Right", the bigger the vehicle, the more right of way it gets.

In summary, all road users fall under the Motor Vehicle Act. Avoiding collisions is everyone's responsibility. It cannot be presumed that if in a collision with a car, the car is fully responsible. When training new motorcycle riders I emphasize shoulder checks, and patience needs to be habitual. If we were all more patient, all road users could be more vigilant.

It probably wouldn't hurt cyclists and drivers alike to review the ICBC Learn to Drive handbook once in awhile at www.icbc.com/driver-licensing/driving-guides/Pages/Learn-to-Drive-Smart.aspx.

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Newly posted military find home at musical theatre

Rachel Lallouz
Staff Writer

Shannon Delaney, a military spouse; Stephen Marinelli, a Warrant Officer; and Nancy Blais, an Ordinary Seaman, all understand the challenges experienced when facing a new posting. But all have found solace in the same organization not traditionally associated with the military – musical theatre.

Delaney, WO Marinelli, and OS Blais are newcomers to Victoria who have been volunteering with the Four Seasons Musical Theatre Society's latest production: *Shrek: The Musical*, slated to run from May 22 to 31 at the Isabelle Reader Theatre in Langford.

Delaney, wife of Warrant Officer Scott Miller, says Victoria is her husband's fifth posting, having recently been transferred from Cairo, Egypt, in July 2014, where he worked at the Canadian Embassy.

As a dance teacher, Delaney's work is portable, and she says it led her to explore the theatre community once the couple arrived in Victoria. But in searching for work, she was also looking to join a community.

"With the military, there's always that built-in community; so whenever we're posted, my husband has no problem finding his groove right away. He's with a familiar group of people, even if they are new to him. Theatre is similar to that. Even if you've never met a group of theatre volunteers before, you instantly have something in common with

them. You find that sense of home and common passion."

She works as the show's choreographer, where she teaches over 30 cast members, from children to adults, different dance routines, investing upwards of 10 hours a week of her time. Her 11 dances featured throughout the show range from large patterns and formations of characters to smaller dances with just two or three characters involved.

She says her time spent teaching dance to the cast has made her feel as though she has a family to fall back on.

"You might be having a bad day, but when you show up at rehearsal, everyone is just so welcoming, and they care about you. There are a lot of huggers," she says. "It's instant happy."

OS Blais, a clerk in *HMCS Regina*, also sought out a community organization to help ease the posting transition process, having just moved to Victoria from Ottawa in January.

"I come from a very artistic family," says OS Blais, who has been involved in musical theatre for 34 years. "So I figured it was a good way to meet like-minded people who have similar interests to me."

As a jack-of-all-trades for the production, she has been helping with the costume department, and will be assisting backstage and ushering during the show.

Like Delaney, OS Blais joined the production in hopes of joining a supportive community with a family-style feeling.

"Even though you're not

actually blood family, you become family with everyone else who is volunteering, and the energy of it all is pretty amazing."

WO Marinelli, who is currently employed at the Regional Cadets Support Unit, was posted to Victoria in December 2014, and began volunteering with Four Seasons shortly after, designing and constructing the set. Though his background is in engineering and aircraft mechanics, WO Marinelli was prompted to join the theatre by friend Helen Edley, the show's producer.

"It's the team building aspect that I like," he says. "Bringing together an assembly of people where most people don't know each other and watching and helping a show rise up into its full production, it's really satisfying to see that come into fruition, and I like to feel like I'm actually contributing something to the community."

Terry Rowsell, President of the Board of Directors for Four Seasons, says the group has always had military members involved in the shows. Rowsell worked for 15 years in professional theatre before joining the military, working as an officer in the navy for five years. When he became part of Four Seasons in 2007, he used his connection to CFB Esquimalt to draw in military members. But he says many military members haven't had extensive experience in the theatre.

"That's the great thing about Four Seasons," explains Edley. "It's a good



(Back, from left) WO Stephen Martinelli; Terry Rowsell, President of the Board of Directors for Four Seasons Musical Theatre; Helen Edley, Producer of *Shrek: The Musical* **(Front, from left)** Ordinary Seaman Nancy Blais, and Jaymes D. Goodman, Stage Director, pose in front of stage props designed for *Shrek: The Musical*, slated to run at the Isabelle Reader Theatre from May 22 to 31.

place to start if you think you might want to get involved with the theatre, but don't know if it would be a good fit for you. You can come try here, learn the ropes. We do welcome all volunteer involvement."

Edley and Rowsell acknowledge that their orga-

nization runs with people of all different backgrounds and skill sets.

"Everybody knows that to set a ship to sail requires a huge team in the background," says Rowsell. "It's the same thing with putting a jet overseas, or anything else like that. The reality

is there's a large group of people here building sets, doing marketing, helping with costumes – you name it. All of us work together as a team to get that show done and out there."

To purchase tickets for the show, visit www.fsmtheatre.ca.

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NEWS Nuggets

Canadian soldiers welcomed to Poland

Members of the Canadian Armed Forces (CAF) participated in a special ceremony hosted by the Polish Army March 16 in Glebokie, Poland, to welcome them to their home base.

Since their arrival in May 2014, CAF members have been involved in a number of partnership engagements with European allies in collective training exercises in Poland, Germany, Lithuania and Latvia.

Approximately 200 soldiers predominately from November Company of the 3rd Battalion, The Royal Canadian Regiment, are headquartered in Glebokie Training Area, situated

in the area of Drawsko Pomorskie, Poland.

The Central and Eastern Europe exercises enhance Canada's operational readiness and interoperability with our allies and security partners, as well as strengthen their collective capability to respond in a timely and effective manner to a variety of operational contingencies in Europe and around the world.

Canadian troops join French-led NATO training exercise

Approximately 30 soldiers from the Canadian Army's 1 Canadian Mechanized Brigade Group based in Edmonton, Alberta, took part in Exercise Citadel Kleber at

the Mourmelon Training Area in France, from March 3 to 20.

Exercise Citadel Kleber is a NATO Command Post Exercise led by the Rapid Reaction Corps - France as they prepare to take the lead at NATO Response Force Joint Task Force Headquarters in 2017. In addition to Canadian and French participants, troops from Belgium, Spain and the Netherlands also participated in the exercise.

This exercise gave soldiers an opportunity to plan and execute a NATO Crisis Response Operation and Command and Control, as well as sharpen their interoperability with allies.

Navy celebrates future home of HMCS Carleton in Ottawa

Builders, architects, sailors and dignitaries, joined by Minister Poilievre and Rear-Admiral Lloyd, gathered March 13 at *HMCS Carleton* to lay the ceremonial keel of the new building for the Naval Reserve Division in Ottawa. During the ceremony, a cylinder was placed in the "quarter deck" of the stone frigate. A commemorative coin and a piece of lumber from the original building were placed in the cylinder and sealed with glass for viewing.

The new building will replace the existing facilities that were built during the Second World War.

Military swimmers brings home medals

Canadian military swimmers reached a milestone last month, medalling for the first time in individual categories at a Conseil International du Sport Militaire (CISM) swimming competition.

The Canadian Armed Forces (CAF) team, consisting of eight athletes and four staff members from across the country, garnered nine medals, plus a number of fourth and fifth places

and personal bests.

Held in Fontainebleau, France, from Feb. 2-6, the CISM Swimming and Para-swimming Open saw both able-bodied and para athletes from 11 countries compete together for first time at a CISM swim event.

CAF results were:

- Men's 50m breaststroke: Silver, Master Seaman Doug Young, CFB Halifax (personal best)

- Men's 100m breaststroke: Silver, MS Young
- Men's 100m medley: Silver, MS Young
- Men's 100 m medley: Bronze, Sergeant Marc Prud'homme, 21 Electronic Warfare Regiment Kingston, Royal Canadian Regiment
- Men's 50m backstroke: Bronze, Sgt Prud'homme
- Men's 4x100 freestyle relay: Bronze, MS Young; Sgt Prud'homme; Sub-Lieutenant Nicholas Lightbody, Canadian Forces Naval Engineering School Halifax; Captain Dugald Thomson, Trinity Halifax
- Women's 200m breaststroke: Bronze, Leading Seaman Marlee Palmer, HMCS *Nonsuch*, Edmonton
- Women's 200m freestyle: Bronze, Capt Jacinda Smith, 407 Squadron Comox
- Women's 4x200m freestyle relay: Bronze, LS Palmer; Capt Serena Palmer, Wing Operations Greenwood; SLT Emily Wood, HMCS *Calgary*, Esquimalt; and Capt Smith
- Women's 4x100m freestyle relay: Bronze, LS Palmer, Capt Palmer, SLT Wood and Capt Smith



LS Marlee Palmer, a naval reservist from HMCS *Nonsuch* in Edmonton, competes in the 100m breaststroke at the CISM Swimming and Paraswimming Open, held in Fontainebleau, France.



98.5

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Auditions held to find new musical talent

Katelyn Moores
MARPAC HQ

Two weeks ago, the Naden Band of the Royal Canadian Navy hosted live auditions for musicians interested in joining the Canadian Armed Forces (CAF) Music Branch.

The live auditions are the second phase of a lengthy audition process that includes both solo and ensemble performance assessments.

This year, there were 60 applicants in the first phase of auditions, with only 20 candidates making it through to the live auditions in Esquimalt.

"We're looking for flexibility in musical styles," said LCol Stephen Murray, Supervisor of Music for the Directorate of History and Heritage. "It's a small branch, so it's all hands on deck."

In most cases, applicants are seasoned musicians with degrees or diplomas from renowned colleges, conser-

vatories and universities. Their ability to play a variety of music styles, and for some even multiple instruments, is essential because all CAF bands must be able to play anything from military marches and jazz, to chamber music and rock.

"Applicants are already at a high calibre," said LCol Murray. "We are not teaching them how to be musicians. We are teaching them how to be leaders – how to be members of the Canadian Armed Forces."

With a long and distinguished history within the military, music fosters morale while serving to preserve military customs and traditions. Military bands bring Canadians together at countless events every year, including Remembrance Day ceremonies and Canada Day parades.

The history behind the music is what attracted Matt MacLean to audition this year. An accomplished

trumpet player, MacLean is currently finishing a master's degree at the University of Victoria.

"The music means something to the audience," he says. "It moves them. It would be an honour to do that for my country."

As an air cadet, MacLean played in the service band in Cold Lake, Alberta; however, he didn't know he wanted to join a CAF band until, as a member of the University of Victoria's Wind Symphony, he had the opportunity to play with the Naden Band during a performance in support of the Naden Band Scholarship in Music Performance.

Since 1994, the scholarship has been helping support many budding musicians at the university who demonstrate excellence in performance in the areas of brass, woodwind, and percussion.

"As a musician in the Forces you get to play with a group of talented musicians every

day, and you get to travel while doing what you love," says MacLean. "It's a great career."

After completing basic training, successful candidates can serve in any of the Regular Force bands across the country as positions become available. MacLean isn't worried about the prospect of moving if he gets offered a job.

"If the other bands are anything like this one, I'll be happy anywhere," he said.

The Naden Band, who is celebrating its 75th anniversary this year, has 35 members and is one of six full-time Regular Force bands. There are also 53 part-time Reserve Force bands and 15 voluntary bands throughout the country. Together a total of 1,400 musicians provide support to the CAF, the Department of National Defence and the Government of Canada at a variety of events, ceremonies and concerts throughout the year.



Rachel Lallouz, Lookout

Above: A member of the Naden Band participates in rehearsals.

Below: Image of the new cover for the band's latest musical offering. Design by Lookout's designer Carmel Ecker.

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Comox: Cadets from 655 Royal Canadian Air Cadet Squadron in Richmond get a briefing from a 442 SAR Tech on the medical equipment they commonly carry. Cadets were in 19 Wing Comox over the Spring Break on CAF familiarization tours.



Lt Megan McConnell gives Kyle Dermann (3005 RCACC Saanich) and Daniel Mengesha (2483 RCACC Esquimalt) a lesson on drum maintenance during the Spring Concentration in Vernon.



Vernon: Cadet Warrant Officer Lyly Pei of 2472 RCACC in Vancouver offers some advice to Cadet Yooson Kim of 788 RCACC in Penticton during the Spring Rifle Competition in Vernon. The competition uses the .22 rifle and leads to a spot on the National Cadet Marksmanship Team, and eventually a chance to shoot at Bisley, U.K.

Cadets spring into action over March break

Captain Cheryl Major
Regional Cadet Support Unit (Pacific)

More than 400 air, army and sea cadets from B.C. participated in Spring Break training in Vernon, Comox and Victoria March 14 to 21.

They spent the week gliding, sailing on the navy Orca vessels, training to be small craft rescuers, competing in marksmanship, and playing amazing music.

The intense training period started with the Provincial and National Cadet Marksmanship Championships in Vernon March 14 and 15. On the

Saturday, 13 teams, winners of zone competitions, shot the Daisy 853C air rifle in hopes of being chosen for the national championship the next day. Scores were measured using the new Sius Ascor Electronic Score Targets.

The 907 "Black Knight" Royal Canadian Air Cadet Squadron (RCACS) team, from White Rock, advanced to nationals, along with cadets from 2812 Royal Canadian Army Cadet Corps (RCACC) in Surrey, 2483 RCACC in Victoria, and three cadets from 676 RCACS in Sidney.

Vernon also hosted a junior cadet band workshop, two Master Cadet Leadership

workshops and a Spring Rifle competition, shooting the .22, that leads to the National Rifle Team and a chance to shoot in Bisley, U.K.

Meanwhile, four sea cadets and two CIC officers were in Naden completing the Small Craft Rescue Course. This two-day course qualifies them to serve in the rescue boat for cadet on-water activities such as canoeing and sailing. The training week for sea cadets continued throughout the week with CANSAIL 3/4 and CANSAIL Instructor courses at the Royal Victoria Yacht Club.

Two groups of air cadets spent time touring 19 Wing

Comox for Canadian Armed Forces familiarization. They visited 442 Squadron, the Fire Hall and several other locations throughout the base. They even got the opportunity to try out some SARTech equipment and toured Regional Cadet Air Operations to see how their gliding familiarization comes together. Other air cadets spent time in Washington touring the Boeing Factory and the Museum of Flight.

All together it was a busy week for cadets in the province and the staff that support them. See videos of the activities on the Cadetsca YouTube channel.

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Medical team returns from Sierra Leone

DND

On March 6, the first group of Canadian Armed Forces (CAF) personnel on Operation Sirona arrived home to Canada.

Thirty-seven members of the team returned following a detailed handover with the second group of CAF doctors, nurses and medics, who continue to work alongside their British counterparts in

Sierra Leone treating those who had been exposed to the Ebola virus disease.

Operation Sirona is the military component of the Canadian whole-of-government contribution to fighting the Ebola outbreak in West Africa. CAF personnel are augmenting efforts undertaken by the United Kingdom to combat the spread of the Ebola virus disease in Sierra Leone.

The group had been deployed to the UK's Kerry Town Treatment Unit in Kerry Town, Sierra Leone, located south of the capital city of Freetown. Their work is being continued by other CAF medical personnel, until the governance of the treatment facility can be transferred to non-governmental organizations working in Sierra Leone.

Since deployment com-

menced in Sierra Leone at the Kerry Town Treatment Unit, there have been 44 confirmed and suspected patients with the Ebola virus disease that range from international and local healthcare workers to local national patients.

Op Sirona clinical staff continue to work hard to ensure that every patient admitted to the facility is given the best care possible.



The first group of Canadian Armed Forces personnel from Operation Sirona disembarks from a CC-150 Polaris aircraft after completing their mission in Sierra Leone. MGen Derek Joyce, Deputy Commander Military Personnel Command, CWO Pierre Marchand, Military Personnel Command Chief Warrant Officer, and BGen Jean-Robert Bernier, Surgeon General, welcome the team home.

Cpl Pierre Habib, Canadian Forces Support Unit (Ottawa)

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Woman mountaineer: an inspiring ascent to health

Meagan Sylvester
Army Public Affairs

On May 19, 2012, Nathalie Fortin – an Ottawa-based environmental advisor with the Canadian Army – would accomplish what seemed nearly impossible just four years before.

After eight weeks of grueling ascent, the tall French-Canadian athlete would crest Earth's highest peak on Mount Everest. And while four of Fortin's six teammates would eventually reach the summit, the long-time mountaineer had much more to celebrate than just the magnificent view at 8,848 metres above the ground.

In 2008, four years prior her two-month expedition, Fortin says she unwillingly entered the darkest period of her life. Despairing that she may never climb again, Fortin was nearly bedridden – working only two to three half days a week – for approximately eight months due to excruciating back pain. The agony, caused by years of athletic exertion, seemed to have little or no relief in sight.

Fortin began sinking into a severe state of depression. But one vision kept the experienced alpinist from losing all hope: the dream of one day climbing the highest and most unforgiving mountain on the planet, one that has claimed the lives of 248 people (161 Westerners and 87 Sherpas) from 1924 to 2013, according to Alan Arnette, a leading Everest researcher.

"Every night, even when the pain prevented me from getting out of bed, I was envisioning myself on the last ridge to the Everest summit," Fortin said during an interview in late February. "And when I was finally there, it was exactly what I saw in my dream four years earlier."

After months of failed treatments from various specialists, Fortin final-

ly discovered a remedy that began to ease the crippling pain. Slowly but surely, life seemed to go back to normal – except for one final step in her recovery. On a whim, Fortin contacted the Montreal and Quebec-based clinic that nursed her back to health to seek sponsorship for a landmark expedition. Three weeks later, Fortin would have \$45,000 and a ticket to realize her dream.

Although Fortin was the only woman on her team, she did meet several other Canadian women along the trek who were just as mesmerized by Everest's astounding beauty. The experience also garnered the opportunity to meet like-minded climbers from around the globe and learn more about the Nepalese Sherpas, an ethnic group renowned for their high altitude acclimatization and ability to fix lines, ferry supplies and guide visitors through the Himalayas.

But despite not knowing what might happen on the rough terrain, Fortin – who manages projects at the national level – says her career with the Army prepared her well for the journey. In the end, both aspects of Fortin's life require meticulous problem solving skills and the ability to find solutions.

"A female army officer once asked me 'Aren't you afraid when you climb the mountain?' And I asked her in return, 'Aren't you afraid when you go on a mission?'" Fortin responded, noting the parallels of army life and mountaineering.

"I said 'No, I'm not afraid because I'm prepared,' just as the army would prepare its troops before sending them into harm's way. It's a question of knowledge, of mental and physical stamina and having experience on the terrain. Like military personnel, some conditions in the environment will force a change of plans. You have to wait for the right moment and you need judgment."



Above: Nathalie Fortin, an environmental advisor with the Canadian Army, poses with the south summit of Mount Everest behind her on May 18, 2012. Fortin is shown at approximately 7,800 metres above sea level, with nearly 1,048 metres to go before reaching the final summit. Fortin's six-person team would arrive at Camp 4 later that day and embark on the final push around 9 p.m.



Left: Nathalie Fortin, shown with a mountain of prayer flags, celebrates her final ascent on Mount Everest.

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Musician writes songs for Canadian soldiers of the past

Rachel Lallouz
Staff Writer

"I've thought about what happened at Dieppe for a long time," says Michael Moore, a Canadian songwriter, musician, and teacher based in Toronto. "The fact that 6,000 soldiers, when they were crossing, had no idea what was coming, and how the Germans were entrenched in the shore ahead of them. They didn't know what was about to happen."

For Moore, 6,000 is a precious number. His most recent song, "6,000 Soldiers" refers to the number of allied forces that fought at Dieppe on Aug. 19, 1942. The 5,000 Canadian troops, 1,000 British Commandos, and 50 American rangers that fought the battle are honored in the lyrics of the song, recorded in February of this year in Nashville, and released on YouTube the morning of March 10.

Moore has been a musician since he was in seventh grade, where he began playing the trumpet in band class. He continued to play throughout high school and his post-secondary education, eventually graduating from the University of Toronto with a degree in music. Though he was trained as a trumpet player, he plays the keyboard and a range of other band instruments.

Moore, however, prefers craft-



A screen shot of Michael Moore's website where you can go to listen to his music.

ing songs to performing on stage.

"I mostly like to write," he says. "I do perform at smaller venues occasionally, but it's the writing I really enjoy. I'm quite happy to let others do the singing."

Lead vocalist William Ray's soulful voice helps give the song a country feel, fitting with Moore's

preferred music genre, a blend of folk and country.

Moore was raised in Petawawa, Ontario, home to the Garrison Petawawa base. Though he didn't grow up in the military community, he says he's always had an interest in Canadian history, and in particular, the wars that

Canada has fought. As a music and history teacher, Moore says he emphasizes the importance of the Dieppe battle in his classes.

He is always surprised by the number of people who have never heard of Dieppe, and hopes that his song will bring about awareness as to what happened that day.

"I just have a keen sense that younger people need to be more aware of Canada's role in some of these events, the blood that we have spilled, and the contributions we have made."

Though he wrote the song, in part, to reach younger audiences who are less aware of Canada's history, Moore also wrote the song for veterans, and for those whose relatives saw action at Dieppe.

"I think, really, that I wrote the song for all Canadians," he says. "I remember hearing a quote one day that said: 'this country is thirsting for songs about its identity,' and I thought about that when I wrote this."

Numerous listeners have reached out to Moore to thank him personally for his work, including a brother and sister who had a relative die during the Battle at Dieppe.

What really touches him about the Dieppe battle is the utter shock the Allies faced that day.

"It was the element of being

surprised – how the Canadians and the British and the Americans were surprised – that strikes me most. They walked into something completely unexpected - 907 Canadians died, 586 were wounded and almost 2,000 were captured. It was a Canadian military tragedy."

His sentiment is reflected in his favorite lyrics: "At 5 a.m. we landed, and then the fire and mortar rained down."

"Those lyrics are where the rubber hits the road for me. They encompass exactly what happened," he says.

He says the song-writing process was especially slow. He completed in-depth research on the experience of the soldiers in order to accurately capture their emotions and the emotions of their loved ones. Then, he poured that feeling into the crafting of his lyrics. He put his pencil to paper in September 2014, working on and off throughout December to polish the song, finally sending it to the studio in January.

Another song of Moore's, "Forever You'll Be", honours the Canadian soldiers at rest in the Holten Canadian War Cemetery in Holland, and was recently granted permission to be used in the 70th liberation ceremonies held at the cemetery in May.

To hear Moore's music, visit www.michaeljmooresongwrite.com.

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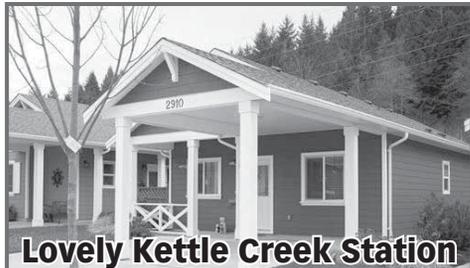
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SHARE YOUR RECREATIONAL INTERESTS this fall by supporting a person with a disability to become more active! By donating only 1-2 hrs a week you have the opportunity to change someone's life while having a great time doing it. To get involved or for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

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