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Sunset at Royal Roads

Members of the Naden Band of the Royal Canadian Navy and Royal Military College of Canada Pipes and Drums Band march past the reviewing dais at Royal Roads University during the Sunset Ceremony held at the university on April 25 on the occasion of the institution's 75 anniversary. See more photos on page 6.

LS Ogle Henry, MARPAC Imaging Services

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Sexual misconduct action plan

Chief of the Defence Staff announces direction to address inappropriate sexual behaviour

DND

Last Thursday, Chief of Defence Staff (CDS), General Tom Lawson, released an action plan to address inappropriate sexual behaviour in the Canadian Armed Forces (CAF) following several recent incidents.

He also publicly released the independent external review authority's report into sexual misconduct and sexual harassment.

"For an institution such as the Canadian Armed Forces, one built on the camaraderie and trust, inappropriate sexual behaviour is utterly corrosive," said Gen Lawson.

He was accompanied at the news conference by Canadian Forces Chief Warrant Officer Kevin West; Madame Marie Deschamps, former Supreme Court of Canada Justice and the External Review Authority; and Major-General Chris Whitecross, who is leading the CAF Strategic Response Team on Sexual Misconduct.

"Inappropriate sexual behaviour is a complex problem, and quick band-aid fixes are unlikely to solve the many dimensions of the problem," said MGen Whitecross. "We need well-considered innovative change to arrive at a long-term and sustainable solution. The CAF action plan is a key step of the solution."

In April 2014, the CDS ordered an independent external review to look into sexual misconduct and sexual harassment cases involving CAF members following a number

of media reports on the subject, and a subsequent Internal Review.

Madame Marie Deschamps, a former Supreme Court of Canada Justice, began this review in June 2014 and completed it in March 2015.

The CDS directed the creation of the Canadian Armed Forces Strategic Response Team on Sexual Misconduct in February 2015. The initial mandate of the Strategic Response Team was to conduct a detailed review of the final report produced by the External Review Authority, and develop an action plan to address the report's recommendations.

The strategy released last week allows the CAF to deliver a decisive response, while allowing the organization to further understand and solve the more complex aspects of the problem and develop more comprehensive solutions.

Highlights of the action plan include:

- Engaging leadership at all levels to support and engage in the changes required;
- Examining what structure is required to centralize the responsibility for prevention, training, victim support, research, and reporting of inappropriate sexual behaviour;
- Assessing existing inappropriate sexual behaviour reporting processes with the aim of encouraging increased reporting by making the process easier to navigate for victims;

- A comprehensive review of all language and definitions associated with inappropriate sexual behaviour;

- Conducting a comprehensive review of all relevant policies associated with inappropriate sexual behaviour, with the objective of integrating them more coherently;

- Developing options to better inform victims of the complaint processes that are currently in place;

- Examining the delivery of support to members who come forward with allegations; and

- Updating the education and training curriculum both in terms of content and delivery.

Support and referrals for any member dealing with sexual misconduct or sexual assault are provided as required from the Military Police's Victims Assistance Program, the Canadian Forces Health Services, Canadian Forces Member Assistance Program, military chaplains, military family resource centres, and civilian social services.

"I'd like to personally thank Madame Deschamps for her considered perspective on the dimensions of this complex problem, and for her vision for how our institution can effect change going forward. Exemplary conduct is part of Canadian Armed Forces members' obligation to serve. We cannot accept anything less, and I will not accept anything less," said Gen Lawson.

Canadian warships leave for Exercise Trident Fury

DND

Seven Canadian and American naval vessels sailed from Canadian Forces Base Esquimalt today to participate in Exercise Trident Fury, a biennial multinational exercise taking place off the coast of Vancouver Island from May 4-15.

Trident Fury is a naval exercise organized by Maritime Forces Pacific. The exercise tests air and surface joint operations including maritime surveillance, live air and surface weapons firing, and anti-submarine warfare training.

Participants come from the Royal Canadian Navy (RCN), the Royal Canadian Air Force (RCAF), the United States Navy (USN), and the United States Coast Guard (USCG). More than 1,200 military personnel will participate in this exercise, which enhances the RCN's ability to operate in a task group environment with our allies.

"Exercise Trident Fury is critical in making sure that Pacific Fleet ships are ready to deploy with our allies on a wide range of operations. Interoperability is critical to working in a maritime environment," said Commodore Bob Auchterlonie, Commander Canadian Fleet Pacific.

Naval vessels participating this year include *Her Majesty's Canadian (HMC) Ships Calgary, Saskatoon, Winnipeg, and Yellowknife*, United States Ship Cape St. George, United States Coast Guard Cutter Active, and RCN Orca-class vessel Wolf.

Military aircraft participation include RCAF CP-140 Aurora Long Range Patrol Aircraft and CH-124 Sea King ship-based helicopters. American aircraft participating in the exercise include USN P-3 Orion Maritime Patrol aircraft, SH-60 Seahawk helicopters and EA-18 Growler electronic warfare jets.

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HMCS Calgary tests weapons capability

SLt Ellie Aminaie
HMCS Calgary

In less than 12 months, *HMCS Calgary* has fired a total of 12 missiles in support of the modernization of weapons capabilities of the Royal Canadian Navy (RCN).

Since *Calgary* achieved high readiness status last spring, post-Halifax Class Modernization (HCM), the ship and crew have played an integral part in testing the capabilities of the weapons systems and the enhancements that were fitted on board as part of the HCM upgrades.

The ship's most recent missile testing at the Pacific Missile Firing Range near Hawaii was the third installment of a series of live firing tests over the course of 2014-2015 that began upon completion of RIMPAC 2014.

"We were able to not only verify the capability of our own weapons systems, but also provide feedback to other units with identical upgrades, ensuring the lessons learned are passed on and applied," said Commander Julian Elbourne, *Calgary's* Commanding Officer. "In essence, our recent mission not only benefitted *Calgary's* weapons readiness, but has provided crucial data points for the navy in advancing the HCM fleet."

Calgary's Combat Systems Engineering Officer, LCdr Bobby Gilpin says the road to missile firing is complex and requires a close working relationship between MARPAC, PMO HCM/FELEX, and *Calgary*.

"The technical expertise developed during these three missile firings has laid the groundwork for future missile firings, and continued success in operations," he said.

Another milestone for *Calgary* is the upcoming 20th anniversary celebrations in May. Celebrations will include a day sail, the traditional annual Cowboy Up event at CFB Esquimalt, and a pancake breakfast for families and friends in the community.



In order to test the capability to defend the ship against an incoming small boat threat, *Calgary* used its .50 Caliber M2 Browning machine guns against a remote-controlled Hammerhead, which acted as a fast-moving attack craft.



Calgary's Bofors 57mm Mark 3 main gun is used to defend the ship from incoming surface and air threats.



Calgary's Multi Ammunition Softkill System (MASS) replaces the Chaff rockets of the legacy frigates. MASS is used to seduce and distract incoming missiles.

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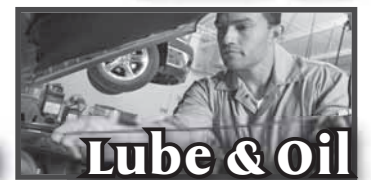
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BOOK reviews By Maj Chris Buckham

Insightful look into the history of "Command"

Command in War
Author: Martin van Creveld

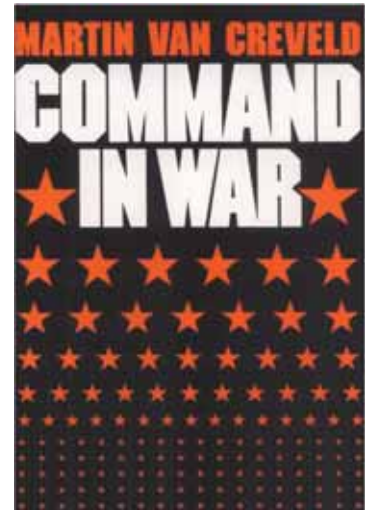
How is command exercised and what is the nature of command? This is the central premise of this seminal work by Martin van Creveld titled *Command in War*.

By recounting the development of command from a historical perspective spanning a period of 2,000 years, he is able to trace the inter-relationship between military strategy and the variety of challenges associated with commanding armies, from staff organizations through to logistics and technology.

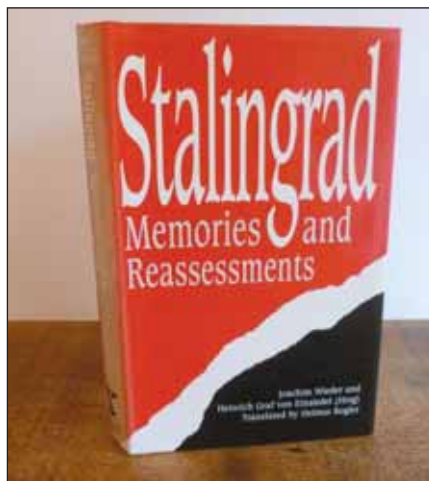
He suggests that despite the changes that have occurred in military thinking and technology, one constant remains: a commander's search for certainty be it environment, enemies' intent, or one's own forces' activities.

While advantages have come with the advance of technology, it has also brought additional limitations. It is the commander's ability to develop ways to transcend these limitations that have resulted in progress in command.

Through case studies, Creveld reviews the changing means of command and how they worked in practice. An excellent book and fascinating read.



Morality and military during Battle of Stalingrad



Stalingrad: Memories and Reassessments
Author: Joachim Weider (Translated by Helmut Bolger)

Memories and Reassessments is a challenging book. The Battle of Stalingrad and the toll it took in terms of dead, wounded, and captured for both the Russians and the Germans has become the stuff of legend.

The primary focus in other books has largely been the tactics and strategy of the battle itself, both locally and in the larger context of the War on the Eastern Front.

However, Joachim Weider's book is the first to place the actual battle in a secondary posi-

tion and address the issue of the political and moral responsibilities of the military leadership involved.

An actual veteran of the battle, he focuses on the fact that the German Army Command failed to act on its own responsibility, even in the final phases of the battle. This book shows the degree to which the "soldierly ethic" had been eroded. Every military leader has a responsibility to both their superiors and to their soldiers; the book explores how the generals involved in Stalingrad betrayed their obligation of loyalty to the men entrusted to them.

Maj Chris Buckham is a logistics officer in the RCAF. He maintains a blog of his reviews at www.themilitaryreviewer.blogspot.com

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Try the world of role playing board games

Karen Brandon
Lookout

With the ever growing "geek culture" becoming more mainstream than ever, young and old find themselves flocking to the nerd friendly fantasies of board games.

Pathfinder is a fantasy role-playing game (RPG) where players create a variety of fantasy characters and fight an array of monsters while trekking through different dungeons.

Pathfinder is also a modified and revised version of the popular predecessor, Dungeons and Dragons.

The game relies mostly on imagination. Players create stories for

each adventure and use miniature figures for either monsters or their characters, all while playing on a game board in their living room.

"I've met almost all of the people I play with through work in the military," LS Niall Kelly, who serves in HMCS Regina. "We play every Sunday. I took it up since there were so many people interested in it at work, and it sounded like a better idea to start playing games with close friends from my neighborhood as opposed to distant strangers over the internet."

Maintaining a good Pathfinder group can be hard, he says.

"Attendance in our group fluctuates a lot. With sailing schedules, duty watches, and

other busy life events there is rarely a time when we can have everyone there."

Having the right kind of members to a group can make it or break it, since the players need to cooperate while doing an interesting campaign.

"One of the main things that will make or break a Pathfinder group is the Dungeon Master (DM). They're the person who organizes everything and dictates the rules. When you have a DM who is knowledgeable, creative, and entertaining, it can be the difference between having stories at work the next day and spending the night texting under the table," he says.

Since Pathfinder is such an open concept game it can

be enjoyed in many different ways and can accommodate almost everyone's interests.

"There are groups who get really into the role playing aspect and talk through plots and character stories; other groups get into exploring dungeons, solving puzzles, and discovering treasure; and some just like to roll dice and try to coordinate just as they would kill a fire breathing dragon the size of a house."

LS Kelly also stressed the importance of having seasoned players to help newcomers through the game.

"Personally I really enjoy how much fun the newcomers bring to the game. You can see them really getting into it when it's all new, fresh, and exciting for them. Many will take their character sheets home and read up on as much as they can until they can play again."

If a newbie still feels overwhelmed with the enormous world that is Pathfinder, LS Kelly suggests bringing in small, less complicated games.

"Often when we're not feeling up for playing Pathfinder we turn to one of many board games that are easier to keep our evenings fun and sociable." So, whether one wants to step in on the realm of geekdom or just take a quick glance, there is certainly something for anyone.



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John W. Penner, John's Photography

SUNSET CEREMONY

at Royal Roads

The Sunset Ceremony, held April 25, celebrated 75 years of leadership and learning at Royal Roads University - 55 years as a military institution/college and 20 years of Royal Roads growth as a public university. The Ceremony took place on the former parade square, below Hatley Castle.

The ceremony showcased the Canadian Forces Snowbirds; officer cadets from the Royal Military College of Canada's Pipes and Drums Band; the Naden Band of the Royal Canadian Navy; the 50-person Vice Regal Guard of Maritime Forces Pacific; cadets from the United States Air Force Academy's Drum and Bugle Corp; an ex-cadet contingent comprised of ex-cadets who attended Royal Roads between 1940-1995; 105mm guns from the 5th (BC) Field Regiment of the RCA; and regional air, sea and land cadets.



John W. Penner, John's Photography



A gun salute was conducted by members of the 5th (British Columbia) Field Regiment; Royal Canadian Artillery.

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Members of the Canadian Forces Base Esquimalt Vice-Regal Guard stand at attention.

LS Ogle Henry, MARPAC Imaging Services

Conference develops cross-border response for large-scale disasters

Katelyn Moores
MARPAC HQ

More than 60 military and civilian stakeholders met in Esquimalt on May 1 to discuss cooperation between Canada and the U.S. in response to a natural disaster in North America.

This was the first time the entire family of emergency responders, such as Emergency Management B.C., the American Red Cross and the Canadian Red Cross Society, and military members from both Canada and the U.S., gathered to review current agreements and legislation regarding how cross-border disaster response would be carried out during an emergency.

Their goal is to align priorities and create consistent

direction between both nations to allow for a faster response in times of need.

"Natural disasters do not follow man-made borders," said Lieutenant-Colonel James Follwell, with Joint Task Force Pacific Plans and Operations. "This one-day conference provides vital opportunities for opening cooperative discussions between the U.S. and Canada prior to a large-scale disaster."

The conference began with a hypothetical disaster scenario to provide context for their discussion. Attendees then reviewed regional and international agreements related to disaster relief, such as the Canada-US Civil Assistance Plan (CAP) that provides a framework for the military of one nation to provide support to the military of the other

nation in the performance of civil support operations, once government authorities have agreed upon an appropriate response.

According to the CAP, upon the request of one nation, the military force of the other could rapidly deploy personnel and assets to respond to devastating events such as floods, forest fires, hurricanes, earthquakes and the effects of a terrorist attack, in order to save lives, prevent human suffering and mitigate damage to property.

In the event of a natural disaster, the Canadian Armed Forces can provide many capabilities including a large number of trucks, planes, helicopters and ships for transportation, and alternate communication channels if all other standard channels are lost.

"This is just part of our continued engagement with our closest allies," said LCol Follwell. "But it is a realm that we haven't put much collective effort into as we focused on our national requirements. Together we are working towards developing disaster relief plans that will help ensure Canada and the U.S. are collectively more prepared to handle a large natural disaster here at home."

The conference was part of the preparation for a joint exercise currently scheduled for June 2016. The exercise will use the Cascadia Fault Line as the disaster area and will help to further identify future enhancements of current response procedures so effective solutions can be developed before a disaster occurs.

Right: Cpl Brian Ross stacks sandbags in preparation for flooding across Manitoba on July 8, 2014, during Operation Lentus. Massive flooding is just one of the natural disasters that could require a cooperative relief effort between Canadian and U.S. forces and other governmental departments and agencies.

Cpl Paul Shapka, 17 Wing Imaging



Left: Another example of potential cross-border response is a major forest fire. In 2012, members from 4 Engineer Support Regiment helped battle a fire in Happy Valley Goose Bay, Labrador.

Capt Dave Bowen, 5 Wing Goose Bay

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Army cadet corps embraces Sikh tradition

Capt Cheryl Major
RCSU (Pac) PAO

3300 British Columbia Regiment Royal Canadian Army Cadet Corps in Surrey, B.C. celebrated the addition of the honour title "Bhai Kanhaiya" to their official name with a fundraising dinner held Friday, April 10.

The cadet corps is the first in Canada to be formed and supported by the Sikh community, although it is open to all youth.

The name Bhai Kanhaiya was chosen to honour a historical figure in the Sikh community. Bhai Kanhaiya (1648 - 1718) practiced Sewa, translated as selfless service, which is the spirit of generosity towards fellow human beings. During the battle of Anandpur in 1704, Bhai Kanhaiya helped the wounded without discrimination for soldiers on either side of the battle. He continued to be known for his tolerance, kindness and compassion with no distinction of religion, nationality, colour, caste or creed, and is now seen as a forerunner of the Red Cross and Red Crescent Societies.

Cadets and staff of 3300 RCACC have embraced the idea of Sewa, or selfless service, as it encompasses the values of the cadet program.

"As we move forward, the Bhai Kanhaiya cadet corps will continue to serve as an inspiration for other programs, which embrace

Canada's multiculturalism, and offers young Canadians opportunities to interact with youth from other cultures," said Harbinder Singh Sewak, chairman of the Friends of the Sikh Cadet Society.

The fundraising dinner was held on the eve of Vaisakhi celebrations, a traditional time of harvest and plenty, with an attendance of more than 400 guests. The event was attended by the Minister of National Defence and Minister for Multiculturalism, Jason Kenney; Minister of National Revenue, Kerry-Lynne Findlay; Minister of State for Multiculturalism, Tim Uppal; and B.C. Minister of Technology, Innovation and Citizens' Services, Amrik Virk, as well as other MPs, MLAs, municipal elected representatives, and community leaders.

Keynote speaker for the evening was Rear-Admiral Bill Truelove, champion for cadets in B.C., who spoke to the importance of communities supporting cadet corps, and congratulated the corps on their continued growth.

3300 RCACC was established in November 2012 with a program tailored to include Sikh culture and traditions. The corps reflects the community it serves and is an example of the many ways in which the cadet program, and the Canadian Armed Forces, has embraced multiculturalism.



Army cadets from 3300 RCACC stand ready to march in the Vaisakhi parade, which was part of the festival celebrations that took place on April 18 in Surrey, B.C. More than 250,000 people attend Vaisakhi celebrations in Surrey each year.



Sunshine studio15

Cadets and guests gathered for a photo during the fundraising dinner and naming ceremony for 3300 RCACC. More than 400 people attended the dinner. Front row (left to right): Major Lee Taylor, CO 3300 RCACC; Rear-Admiral Bill Truelove, Commander MARPAC; Tim Uppal, Minister of State (Multiculturalism); Jason Kenney, Minister of National Defence and Minister of Multiculturalism; Kerry-Lynne D. Findlay, Minister of National Revenue; MP Jasbir Sandhu; Babar Singh, Sponsor; Captain Karm Nagra, and Lieutenant Michael Larden, 3300 RCACC.

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New ship named after female veteran



DND

An Arctic/Offshore Patrol Ship (AOPS) will be named after Margaret Brooke, a Royal Canadian Navy Nursing Sister decorated for gallantry during the Second World War. Her heroic actions followed after the torpedoing and subsequent sinking of the Newfoundland ferry SS Caribou on Oct. 14, 1942, in the Cabot Strait off Newfoundland.

"Arctic/Offshore Patrol Ships are being named after Canadian naval heroes who displayed outstanding leadership and heroism while serving in the navy during wartime," said Jason Kenney, Minister of National Defence, who made the announcement April 13. "It is, in fact, a privilege for our country that Margaret Brooke will lend her name to one of our naval ships, as her courage and self-sacrifice have inspired, and will continue to inspire, generations of Canadian naval personnel for years to

come." On Oct. 14, 1942, during a crossing of the Cabot Strait off the coast of Newfoundland, the ferry SS Caribou was torpedoed by the German submarine U-69. The ferry sank in five minutes.

While fighting for her own survival, Lieutenant-Commander Brooke did everything humanly possible to save the life of her colleague and friend, Nursing Sister Sub-Lieutenant Agnes Wilkie, while both women clung to ropes on a capsized lifeboat. In spite of LCdr Brooke's heroic efforts to hang on to her with one arm, her friend succumbed to the frigid water.

For this selfless act, LCdr Brooke was named a Member (Military Division) of the Order of the British Empire.

"I am amazed that my actions as a survivor of the sinking of the SS Caribou led the Royal Canadian Navy to my door," said LCdr Brooke.

In September 2014 Prime

Minister Stephen Harper announced that the forthcoming AOPS will be named to honour prominent Canadians who served with the highest distinction and conspicuous gallantry in the navy.

The lead ship will be named HMCS Harry DeWolf and the class is known as the Harry DeWolf Class. As noted, a second ship will be known as HMCS Margaret Brooke, while the other four AOPS names will be announced in the near future.

The RCN will employ the AOPS to conduct sovereignty and surveillance operations in Canadian waters on all three coasts, including the Arctic. The AOPS will also be used to support other units of the Canadian Armed Forces in the conduct of maritime-related operations, and to support other government departments in carrying out their mandates, as required.

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Mental Health Continuum stages of awareness chart

- | | | | | | |
|---|--|--|---|---|---|
| <ul style="list-style-type: none"> • Normal mood fluctuations • Calm & takes things in stride • Good sense of humour | <ul style="list-style-type: none"> • Performing well • In control mentally • Normal sleep patterns • Few sleep difficulties • Physically well | <ul style="list-style-type: none"> • Good energy level • Physically and socially active • No or limited alcohol use or gambling | <ul style="list-style-type: none"> • Irritable / impatient • Nervous • Sadness / overwhelmed • Displaced sarcasm • Procrastination | <ul style="list-style-type: none"> • Forgetfulness • Trouble sleeping • Intrusive thoughts • Nightmares • Muscle tension / headaches | <ul style="list-style-type: none"> • Low energy • Decreased activity / socializing • Regular but controlled alcohol use / gambling |
|---|--|--|---|---|---|

Mental Health Awareness

Get Loud

Capt IM Walker
Contributor

Mental Health is for everyone. We all have mental health, just as we all have physical health.

Mental health is more than the absence of mental illness. It's a state of well being. That well being is critical to all members of the Formation in order to contribute positively in their workplace.

The value of mental health and wellness can't be overstated, particularly in a military work environment, which often places people in direct contact with real stressors such as fixed time constraints, performance measurements, and challenging work situations.

On base, there are a number of groups working to ensure that mental health isn't just a buzzword.

Thanks to the efforts of

these groups, there are a number of positive initiatives on base, such as the creation of a reflection space at Naden, resilience training for QL3 students at Fleet School, and an ongoing effort to raise awareness of mental health through engagements.

This year's theme is "Get Loud".

Get Loud is a call to action to each member of the Defence Team. It could mean asking people how they're doing. It could mean that as a supervisor you engage your team in a discussion about what mental health and what it means to them. Get Loud could mean that, as a leader, you set a clear example that stigma around mental health challenges will not be tolerated.

For more resources, information, and strategies for getting loud, go to www.mentalhealthweek.cmha.ca

Get Living

Are You Living Life to the Fullest?

"The future is completely open, and we are writing it moment to moment." (Pema Chodron)

We all know life can be hectic with work schedules, family commitments and personal expectations. Navigating a hectic pace can be challenging, so what do you do to make yourself feel happy, fulfilled and at peace?

Positive psychology encourages us to question which thoughts and actions we can change to become happier. Groucho Marx seems to have got it right when he said:

"Each morning when I open my eyes I say to myself; 'I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it.'"

Intentionally focusing on the positive may inspire us to cultivate positive emotions and nurture relationships.

The Military Family Resource Centre (MFRC) is holding a Living Life to the Fullest course that consists of eight 90 minute sessions. It is an evidence-based mental health promotion course designed to help people deal with everyday life challenges by learning better self-management skills. The course content and materials are practical and easily applied to everyday life situations. The material appeals to a wide range of people who are interested in living well and feeling happier.

Living life to the fullest focuses on:

- Positive thinking,
- Celebrating successes in whatever you choose to do.
- Making choices and knowing what you want.
- Facing your fears; and learning from your failures.
- Nurturing relationships.
- Consciously creating balance,
- Maintaining a level of fitness, body, mind and spirit.
- Stepping out of your comfort zone.
- Focusing on achieving inner peace and personal growth.

If you are interested in information or registering for a course, please contact your local Military Family Resource Centre (MFRC) at 250-363-2640.



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Week - Get loud about it!

- | | | | | | |
|---|--|--|---|---|---|
| <p>Anger
Anxiety
Pervasively sad / hopeless
Negative attitude
Poor performance / workaholic</p> | <ul style="list-style-type: none"> • Poor concentration / decisions • Restless disturbed sleep • Recurrent images / nightmares • Increased aches and pains | <p>pains</p> <ul style="list-style-type: none"> • Increased fatigue • Avoidance • Withdrawal • Increased alcohol use / gambling is hard to control | <ul style="list-style-type: none"> • Angry outbursts / aggression • Excessive anxiety / panic attacks • Depressed / suicidal thoughts • Overt insubordination | <ul style="list-style-type: none"> • Can't perform duties, control behaviour or concentrate • Can't fall asleep or stay asleep • Sleeping too much or too little | <ul style="list-style-type: none"> • Physical illnesses • Constant fatigue • Not going out or answering phone • Alcohol or gambling addiction • Other addictions |
|---|--|--|---|---|---|

Get Spiritual

Healthy spirituality is a crucial part of overall health and resilience.

What does a healthy spirit look like?

You have probably seen the poster called "Take Control of Your Health" with a colour coded spectrum of mental health (see above). The chaplain service is in the process of producing a similar poster with a spectrum of spiritual health. Green is healthy, yellow is stressed, orange is depleted and red is drained.

Are you in the "green" spiritually? Here are seven questions to ask yourself.

1. Can I give and receive love, especially unconditional love without judgements or conditions? The love of a parent for a child is an example.
2. Do I have the capacity to trust myself and others?
3. Is the future hopeful? Do I have dreams and goals for the future?
4. Can I forgive myself and others?
5. Is there a meaning and purpose in life?
6. Do I feel like I belong? Am I connected to a community that shares my core values/beliefs?
7. Do I have a sense of humour? Can I laugh at myself and my situation?

Religious practice can support a healthy spirituality. Religions have been around a long time and there is extensive research that points to a positive association between religion, spirituality, and mental health.

Many people today, however, do not feel they can commit to a particular religious tradition or system of belief. However, there are a number of spiritually beneficial practices that were connected to a religion but are no longer bound to one.

For example, Yoga, meditation, mindfulness and pilgrimage are practiced by many people today who are spiritual but not religious.

The MARPAC chaplain team is here to help you stay in the green spiritually, regardless of whether or not you practice a religious tradition. The chapel in Naden is always open for prayer and meditation.

Namaste, Shalom, Salaam, Peace be with you.

Get Green Zoned

Sarah Wedel
MARPAC Mental and Social Wellness Working Group

Have you ever run out of fuel in your vehicle, had to take it in for repairs, or had a car accident?

These are normal parts of owning a vehicle. Regular maintenance and keeping an eye on the fuel gauge can help avoid an empty tank or a surprise break down on the side of the road.

The same can be said for us; a regular maintenance schedule helps prevent breakdowns. Sometimes though, we need a little extra support to get back on the road again.

The Canadian Armed Forces (CAF) and DND are known for being dedicated to "making it work" no matter what. We are responsive to changes and deliver on our missions. These are valuable skills, especially in times of severe stress or conflict.

However, being in a reactive state day-to-day over the long term is not ideal and can lead to burn-out. This can impact our mental, emotional and physical health.

To be proactive with our health there is a model created by the CAF Health Services and U.S. Marine Corps that describes states of mental well-being on a continuum from red (needs help) to green (good to go). (See Mental health continuum chart at the top of this page) It can be used to interpret our healthy, reacting or injured/ill behaviour to help us stay in the healthy green zone.

Our behaviours can act as a dashboard giving us feedback on what we need. A low fuel gauge could be similar to being in the yellow zone or a check engine light similar to being in the orange/red zone. The zones described in the Mental Health Continuum Model show common behaviours that can help us figure out what we might need to get back "into the green" healthy state.

What do you do to keep yourself happy and healthy? Do you have a regular maintenance schedule to stay in the green zone? Do you know what you can do if you require a tune up or additional support?

This model has been a

valuable tool to help me "stay in the green." I have it posted on the wall at work so when I lean back in my chair I can take a second to notice how my feelings match up with the colour zones. By being able to think about my mental state at any time, I am able to recognize when I need some self-care or other support to get back into the healthy green zone. Some of my go-to activities to stay in the green are: yoga, walks in nature, taking a regular lunch break, time in quiet, gratitude and positive thinking and talking to a friend, colleague or even someone through the CFMAP/EAP self-referral line at 1-800-268-7708.

Mental health is an ongoing journey. Just as our vehicle requires regular servicing and maintenance to run properly, so do we. I challenge you to create your own regular maintenance schedule and become familiar with the resources out there so you can keep yourself running smoothly.

For more information contact the MFRC or check out the notice board for additional resources.



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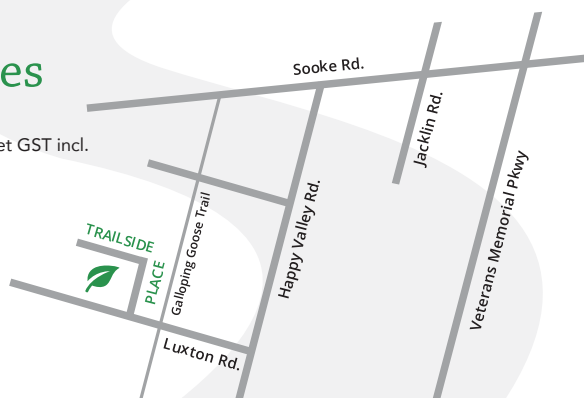


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Ethics training movie available

Whether you are organizing a staff meeting, orientation session, town hall or similar event, (or know a colleague that is), the ethics movie is an effective way to engage all civilian and Canadian Armed Forces staff in a dialogue about ethics.

Used as an educational and awareness tool, the 20-minute movie uses DND civilian and CAF personnel to present a series of ethically problematic situations.

These situations address an issue from each of Defence Ethics Program (DEP)

five ethical values: integrity, loyalty, courage, stewardship and excellence, as well as the Program's first principle: to respect the dignity of all persons.

Accompanying the movie is a study guide that includes questions related to the movie situations and is geared at facilitating and encouraging dialogue with the group.

To obtain a copy of the movie, contact your L1 ethics coordinator or the DEP - <http://ethics-ethique.mil.ca/other-autre/contact-contactez-eng.aspx>.

Think safety during North American Occupational Safety and Health Week

North American Occupational Safety and Health (NAOSH) week is May 3-9 and Formation Safety and Environment has some activities planned to challenge and educate.

Challenge your safety knowledge and look for safety-related question posted to the MARPAC Notice Board each day.

Find the answer and submit it for a chance to win a prize. There will be five questions posted over five

days, so you have a chance to win each day.

Also, watch the Notice Board throughout the week for safety-related tips.

Formation Safety and Environment will also be offering a series of Lunch'n'Learn sessions to provide awareness on safety topics that can affect us all. Come with your lunch, and your questions, and prepare to be educated.

The sessions offered are:

Committees – What they can do for you! Bldg DY9

- Wednesday May 6 – Ergonomics for the Office. Bldg DY9
- Thursday May 7 – Civilian Return to Work Program, Naden Athletic Centre Conference Room

All sessions will run 12:05 to 12:55 p.m. but drop in at any time. The sessions are intended to be casual, not a structured class.

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Canada's DART team launched



Above: Members of the Canadian Armed Forces Disaster Assistance Response Team (DART) support consular staff from the Department of Foreign Affairs Trade and Development, with evacuating Canadians from Katmandu Airport in Nepal on April 29 following the earthquake.

Left: DART members offload essential medical equipment and supplies from a CC-177 Globemaster III at Katmandu Airport.

Cpl Kevin McMillan, Canadian Forces Combat Camera

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Donald Bertrand Photography
Vice-Admiral Mark Norman, Commander of the Royal Canadian Navy, and Jaime Pitfield, Assistant Deputy Minister (Infrastructure and Environment), sign the Transfer of Command Authority in Ottawa on April 1.

Naval real properties transfer complete

DND

As part of the centralization of the Department of National Defence's (DND) real property portfolio, Assistant Deputy Minister (Infrastructure and Environment), or ADM(IE), hoisted in all the real property operations teams from the Royal Canadian Navy (RCN), the Canadian Army (CA) in British Columbia, and the Royal Canadian Air Force (RCAF) at 19 Wing Comox, B.C., on April 1.

The IE team is currently transforming real property management at DND. A year from now, ADM(IE) will reach full operational capability by merging the rest of DND's real property portfolio. This will assist in building and managing an affordable, integrated DND real property portfolio. It will also strive to deliver top quality service designed to support Canada's Armed Forces and promote environmental sustainability.

Reaching full operational capability by April 1, 2016, will consolidate national real property management and service delivery under ADM(IE), including over 3,000 dedicated, professional military and civilian infrastructure specialists.

While most uniformed military engineers will remain organizationally with the CA or RCAF, ADM(IE) will continue to play the crucial role of enabling military engineering capabilities through domestic training for Canadian Armed Forces operational employment across Canada and around

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Imagery Technicians: focus on documenting history



Sgt Dan Shouinard, Directorate of Army Public Affairs Imagery Technician
Cpl Philippe Archambault an Imagery Technician from the Directorate of Army Public Affairs, covering the 2013 Canadian Army Run in downtown Ottawa, ON.

Army Public Affairs

Imagery Technicians with the Canadian Armed Forces are the trade behind the lens. They are entrusted to capture, in photos or videos, the individual moments and pervasive spirit of the Canadian military and its members.

A member of the trade today is both an historian and a photojournalist. The technician is tasked with documenting the actions of the CAF for the Government of Canada and the world, and to bear witness to the amazing stories of Canadian soldiers, sailors, airmen and airwomen.

Imagery technicians work alongside other CAF members in the Army, Navy and Air Force to document important events in the life and times of the Forces. They may work at any base in Canada, on ships at sea and overseas as part of United Nations, NATO and other missions.

The images and videos they capture are used for training, flyers, posters, public affairs and higher strategic requirements.

An imagery technician might tag along with infantry one day, military police another day and medics the next. Always, however, the imagery technician's goal is to tell the soldiers' stories of struggle, sacrifice and success with the best possible images.

Sgt Dan Shouinard, Imagery Supervisor and acting Operations Warrant, Directorate Army Public Affairs, has photographed still and video images of a wide range of Army experiences since he joined the regular force in 2001 as an imagery technician.

"We are witnessing and recording history," said Sgt Shouinard, "which is why many imagery technicians say they have the best job in the CAF."

Another job benefit, according to Sgt Shouinard, is that imagery technicians get to see each and every military job and observe the dedicated work of other CAF members firsthand.

Sgt Shouinard started out

as a reservist in 1995 before completing college programs in graphic design and interactive multimedia. Before taking up his current supervisory role at Army Headquarters in Ottawa in 2013, he had served two deployments as a public affairs imagery technician in Afghanistan, in 2005 and 2011.

His portfolio includes more mundane photos of the loading of a CC-177 Globemaster transport plane for the loadmaster's record to exhilarating pictures taken from the open doorway of a Chinook helicopter during a familiarization flight over Kandahar Province. While in Nova Scotia, his skills supported the creation of search-and-rescue training videos, intelligence work and the coaching of Airborne Electronic Systems Operators in imaging techniques.

History books are packed with military images that have stayed with Sgt Shouinard, such as famous still photos from the First and Second World Wars and the Korean War as well as examples of live-action newsreels showing Canadian troops landing on the beaches of Normandy in 1944.

When Sgt Shouinard reflects back on the evolution of the military imagery technician trade, from Brownie box cameras to today's digital wonders, he notes, "First World War photographers were legendary – not only for their techniques, but also for the emotion in their photographs, which reflected both the content of the image and the event captured." Today's imagery technicians aim to live up to those standards.

Following basic training, recruits attend Canadian Forces School of Aerospace Technology and Engineering in Borden, Ont., for a four-month training, where recruits learn how to use a video and still camera, how to set up lighting equipment and much more. Specialty training may occur through course work or on-the-job training in photojournalism, advanced video produc-



Photo: Canadian Forces Combat Camera, DND
A Combat Camera Imagery Technician films the refueling of a CF-18 Hornet from a CC-150 Polaris during Operation IMPACT in Kuwait on February 4, 2015.

tion, multi-media production, underwater photography, as well as high-speed photography and video techniques.

Imagery technicians go out either individually or in small teams or may embed with a unit or section out in the field, a helicopter squadron or a ship to cover the mission or exercise.

"It's a position that requires physical fitness and a positive attitude – someone who is outgoing and ready to do the things that a lot of people aren't willing to suffer through," said Sgt Shouinard. "They are not infantry soldiers, but they do pre-deployment training, go out on operations and spend a lot of time away from home."

Every day, imagery technicians record the true story of today's CAF through photography and video. From time to time, they may reflect back on the history of their trade, from the front lines of the Great War to Afghanistan and onward, while always keeping the focus on the future.

Or as Sgt Shouinard best captures it: "Imagery technicians are the living historians of the CAF."

Below: MCpl Pat Blanchard from Canadian Forces Combat Camera takes a picture of a U.S. Combat Camera member in action in the drop zone at Plantation Air Park, Sylvania in Savannah during Operation Skyfall in Georgia on March 20, 2015.

Sgt Yannick Bedard, Canadian Forces Combat Camera



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Protecteur's final farewell

Lt(N) Nicole Laurin
HMCS Protecteur

"Battle Tanker." It was transferred to the Pacific Fleet and continued to serve with distinction on the West Coast, sailing in support of NATO-led counter-piracy and narcotics interdiction operations in the Eastern Pacific Ocean, and countless deployments as the key supply ship for both Canadian and USN-led missions throughout the Pacific Ocean.

In two weeks time, HMCS *Protecteur* will receive a final salute from its current and former sailors, soldiers, airmen and airwomen at HMC Dockyard in Esquimalt, B.C. The supply ship's 46 years of distinguished service to the Royal Canadian Navy and Canadians comes to an end after a Paying Off Ceremony Thursday, May 14.

Commissioned in Saint John, New Brunswick, on Aug. 30, 1969, *Protecteur* was initially called into action in service of the Atlantic Fleet of the Royal Canadian Navy during the Cold War, and eventually saw duty in the Persian Gulf and waters adjoining during the First Gulf War in 1991.

For its relentless drive to replenish Canadian, U.S. and NATO ships of war during the crisis in Kuwait and Iraq, the ship earned the moniker "Battle Tanker." It was transferred to the Pacific Fleet and continued to serve with distinction on the West Coast, sailing in support of NATO-led counter-piracy and narcotics interdiction operations in the Eastern Pacific Ocean, and countless deployments as the key supply ship for both Canadian and USN-led missions throughout the Pacific Ocean.

After a successful stint as the replenishment vessel for the U.S. Navy's 3rd Fleet, *Protecteur* experienced a catastrophic engine room fire on Feb. 27, 2014, on its return sail home from Hawaii, and was effectively crippled. Through the tireless efforts of the crew, the ship was returned successfully to port in Pearl Harbor, Hawaii, with no loss of life or serious injury to personnel or on board guests.

All current serving members of the Canadian Armed Forces, as well as former serving members and DND employees with affiliations to *Protecteur*, are welcome to attend the Paying Off Ceremony. This will feature the Naden Band of the Royal Canadian Navy, a marching contingent of *Protecteur* personnel, and a final salute from the current crew. Personnel wishing to view the ceremony should arrive at Canteen Road parking area for 9:30 a.m. Government issued photo ID is required and personnel will be subject to a search of their belongings in order to attend.

Transportation will be provided from Canteen Road to the ceremony. Dress is 1A with medals for military members or appropriate civilian business attire.

RSVP with your intention to attend this outdoor Paying Off Ceremony to Lt(N) Nicole Laurin, nicole.laurin2@forces.gc.ca, by May 8.

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Bravo ZULU

Capt(N) Steve Waddell, Base Commander of CFB Esquimalt, made several presentations to military members during Base Divisions.

Photos by Cpl Brandon O'Connell, MARPAC Imaging Services

Right: MWO Peter Neilsen receives the second clasp to the Canadian Forces Decoration.



PO1 Gordon Armstrong receives the second clasp to the Canadian Forces Decoration.



Cpl George Mapplebeck receives the first clasp to the Canadian Forces Decoration.



PO2 Barrett receives the Canadian Forces Decoration.



MCpl Daniel Clark receives the Canadian Forces Decoration.



MS Blair Donovan receives the Canadian Forces Decoration.



Capt Eliza Holst receives her Commissioning Scroll.



Angry Beavers PSP Intersection C division league and playoff champions 2014 2015 season. Photo Kim Passmore



SLt Dubois, centre, is promoted to Lt(N) by LCdr Vander Byl, left, and Cdr Drews, right. All are members of Canadian Forces Fleet School Esquimalt.

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OAK BAY CLASS 1965 50th REUNION!!! Did you graduate from Oak Bay High, Victoria BC in 1965? There is a 50th reunion July 24/25. Please send contact info (email, snail mail, phone #, significant other name) to obhs65@gmail.com. Check out our website at OBHS1965.weebly.com to find out more info about the reunion, newsletters, pictures and registration form. Look over our list of people we haven't found yet, and if you have any ideas on how to contact them, direct them to our gmail. Thank you ~Doris (Higgs) Clemens Co-chair, reunion committee

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

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

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Location : CPAC

See the Summer Activity Guide for camp themes.

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Call PSP Recreation at 250 363 1009 to register!