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On the ground with Ardent Defender

LS Zachariah Stopa, MARPAC Imaging Services

A member of a Canadian Armed Forces Explosive Ordnance Disposal team inspects a simulated improvised explosive device at Victoria International Airport as part of Exercise Ardent Defender.

Read the full story on page 8-9



HMCS ALGONQUIN 1973-2015

HMCS Algonquin will be paid off after 41 years of distinguished service on June 11 at A Jetty. The Command Team would like to invite all personnel available that day to attend this historical event and pay respect to the mighty Algonquin on her last day as Her Majesty Canadian Ship.



Pay your last respects
10:30am at the A Jetty
Dress N1 A(Medals)

For any questions regarding the ceremony please contact LCdr Jennifer Kliem
Email Jennifer.Kliem@forces.gc.ca, if you can't access the notice boards

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HMCS Saskatoon comes alongside the sea wall as HMCS Whitehorse passes under the Burnside Bridge.



A/SLt Jessie Whittaker, a recent Royal Military College graduate, greets guests as they board HMCS Oriole for a tour.



Spectators line the sea wall to watch HMCS Calgary arrive.



Photo Rodney Weick

The Naden Band playing at the Centre for Performing Arts during the Portland Rose Festival.

Canadian warships showcased in Portland Rose Festival

LCdr Desmond James
MARPAC PA Officer

The Royal Canadian Navy (RCN) featured prominently during this year's Portland Rose Festival Fleet Week festivities, with *HMC ships Calgary, Whitehorse, Saskatoon, and Oriole* participating.

Things kicked off with the arrival of *Oriole* last Tuesday, the first naval ship to arrive at the historic city.

Although *Oriole* was greeted with a heavy downpour, it didn't dampen the spirits of the Astoria Regatta Court, a group of

young women from Astoria high schools who boarded the sailing ketch for a day sail.

Festival organizers welcomed the 10 ships from the RCN, U.S. Navy and U.S. Coast Guard.

"One of the purposes of Fleet Week has always been to celebrate and thank the active and reserve military personnel and all veterans," said Portland Rose Festival Foundation CEO Jeff Curtis. "Their arrival [navy ships] commemorates a relationship that has lasted more than 100 years, and over 80 years of visiting

Portland during the Rose Festival. It is a significant commitment by the navy to make the Rose Festival Fleet Week one of the premier Fleet Week events in the country."

Thousands of people toured the RCN ships, many entertained by a contingent from the Naden Band as they waited in line. Those who toured *HMCS Calgary* saw the latest in Canadian naval technology as the ship's crew showed off the suite of upgrades.

"Since we completed our upgrades, this ship has been very busy on operations

and exercises, as well as testing our new systems and supporting force generation activities," said Executive Officer, LCdr Jake French. "The Rose Festival gives this crew a nice port visit as well as an opportunity to showcase to thousands of visitors the great work we do."

The Rose Festival attracts more than a million visitors annually.

With the RCN, USN and USCG ships all berthed in close proximity to each other, it was also an opportunity to highlight to those attending that the three services are interoperable,

often working together in service of North Americans.

For *Whitehorse*, it was an opportunity to remind people about the challenging work they've done on Operation *Caribbe*, Canada's participation in the multinational campaign against illicit trafficking by transnational organized crime in the Caribbean sea and the eastern Pacific Ocean.

"People are genuinely interested in learning about the RCN ships," said LCdr Chris Rochon, *Whitehorse* Commanding Officer.

"When we can link the

RCN to operations they have heard of, such as our counter-drug work on *Caribbe*, it reminds them that the RCN is a reliable partner for maritime operations."

RCN participation wasn't limited to the waterfront; a quartet from the Naden Band played at variety of venues throughout the week, including at Portland City Hall, where Mayor Charlie Hales took the opportunity to dance with his wife Nancy before they hosted a variety of guests, including sailors from the RCN, USN, and USCG.

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HMCS Winnipeg set to deploy overseas

DND

HMCS Winnipeg is preparing to deploy overseas to join NATO forces in the Mediterranean Sea, as part of Operation Reassurance, Canada's measures to promote security and stability in Central and Eastern Europe in light of the Putin regime's aggression against Ukraine.

While en route for Operation Reassurance, Winnipeg will participate on Operation Caribbe for approximately three weeks. Operation Caribbe is Canada's participation in

the multinational campaign against illicit trafficking by transnational organized crime in the Caribbean sea and the eastern Pacific Ocean.

The ship is expected to set sail in the coming weeks and will replace HMCS Fredericton, which has been part of Standing NATO Maritime Forces since January 2015.

"Winnipeg is in all respects ready to join our NATO allies and continue the Royal Canadian Navy's tradition of operational excellence. One with the strength of many," said Commander

Pascal Belhumeur, Winnipeg's Commanding Officer.

In addition to the maritime component, Canada's contribution to Operation Reassurance has included an Air Task Force to augment the NATO Baltic Air Policing mission in Lithuania, and currently includes a Land Task Force in Eastern and Central Europe.

Winnipeg's deployment in support of NATO assurance measures will provide Canada with the flexibility to execute a range of missions in support of interna-

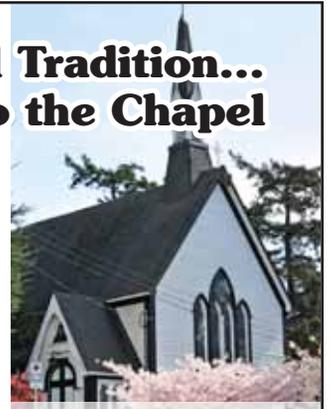
tional efforts in the region. This includes surveillance and monitoring, regional defence, diplomatic engagement, and capacity-building.

This ship will be the first to deploy an Enhanced Naval Boarding Party (ENBP) on an operational mission. The ENBP is a capability new to the RCN that will be used in support of maritime interdiction operations. This new team is equipped to provide the ship with the agility, flexibility, and tactical expertise to confront and deter a variety of threats in high-risk operational environments.

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Nick

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Rod

Sunday, June 14:

- 10 - 4 Table @ Buccaneer Market Place
- 11 - 5 Dunk Tank (home plate of the ball diamond)

Dunkees include: VicPD Chief Frank Elsner, Insp Keith Linder, Cst Mark Jenkins, Sgt Sean Plater, Councillor Meagan Brame, CFB Esq Military Police, Tour de Rock Riders

These Tour de Rock riders will be at the event!

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WHAT SAY YOU

People Talk

On assignment at the Regional Cadet Support Unit (Pacific), Lookout posed this question to staff:

What cadet activities should Victorians be sure to attend this summer?



The Ceremony of Flags at the Legislature on Aug. 1. It's a really powerful ceremony for us.

Lt(N) Sean Bruce



I would say the Canadian Armed Forces Day at the Comox Airshow on Aug. 15. It's so much fun and you get to see our air gliding program.

MCpl Kelly Crotty



Definitely the Albert Head Band concert at Beacon Hill Park - they play beautifully.

PO2 Abe Sison



For me, it would be the 2483 Army Cadets Annual Review. That's at Work Point on June 14. It's a great way to see what local cadets have been up to all year.

Brandon McAule



I'm thinking the Victoria HarbourCats Cadet Appreciation Day on July 26. Cadets will throw the pitch and the band gets to play. Plus, you get to see the HarbourCats in action.

Capt Cheryl Major



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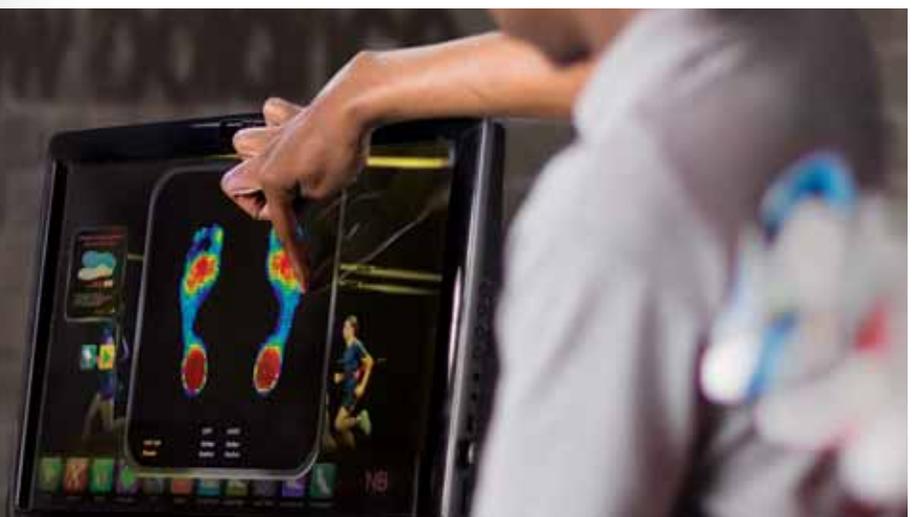
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Recreation matters Celebrate June



Ryan Cane
CFMWS

To celebrate the annual June is Recreation Month campaign, Canadian Forces Morale and Welfare Services (CFMWS) is asking: why does recreation matter to you?

For Canadian Armed Forces (CAF) leadership, recreation is a key enabler for promoting physical, mental and community well-being.

“This June, I encourage all CAF members to make physical activity a part of their workday, and active recreation a part of their leisure time with family and friends,” says Commodore Mark Watson, Director General Morale and Welfare Services. “As the campaign says, recreation matters. Incorporating physical activity into our everyday lives helps military members keep fit mentally and physically, factors that are critical for the operational readiness and effectiveness of our military.”

Sgt Andre McLean is a flight engineer at the 417 Squadron at 4 Wing Cold Lake. Between deployments and day-to-day operations, Sgt McLean knows how important fitness is to operational readiness and he says participation in physically active recreation helps support him and his family.

“Whatever activities that we do it is always a pleasure to spend time as a

family,” Sgt Mclean says. “It help us bond and allows us to get away from the day-to-day stuff that can become heavy on us.”

Recreation programming has special value for military personnel functioning in a technically oriented force. A well-balanced program helps to maintain total fitness, a state of well-being which includes the physical, emotional, intellectual, social and spiritual health of the individual.

The Personnel Support Programs (PSP) Recreation Program plays a key role in developing military communities that are active and families that are supportive of CAF members’ fitness. PSP Recreation offers military families opportunities to be physically active together and participate in programs that meet their needs and interests.

“By reinforcing a more complete integration of families through recreation programming, there is a profound impact on the CAF’s operational capability,” says Dr. Michael Spivock, Senior Officer, Human Performance Research. “A family that is committed to physical activity will have a stronger influence of the individual CAF member’s lifestyle, choices and commit-

ment to fitness training.” The Canadian Physical Activity Guidelines recommend at least 60 minutes of daily physical activity for children, and at least 150 minutes per week for adults. While that may not sound like much, only about 11% of children and 15% of adults currently meet that standard.

Valérie Darsigny, a military spouse from CFB Trenton, decided to include physical activity into the family schedule to enhance quality of life and set a good example for her children. “Exercising makes it easier for me to take on family commitments and get the energy I need to play with the kids. After my third child was born, I overcame exhaustion by integrating physical training into my routine.”

In CAF communities, the PSP Recreation Program provides access to a wide variety of structured and unstructured ways to be physically active. Looking for a regular activity? Join one of our teams, classes or clubs. Looking for a more relaxed way to play? PSP can help with equipment and facility rentals to help your family play at your own pace.

To learn more about community recreation and to enter the June is Recreation Month contest, visit cfmws.com/JRM

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An emergency preparedness table top exercise was held at HMCS Malahat with personnel from: Joint Task Force Pacific, the Joint Rescue Coordination Centre, the Canadian Coast Guard, the Fleet Diving Unit (Pacific), B.C. Coroners Service, the Royal Canadian Mounted Police, Transport Canada, Emergency Management BC., Public Safety Canada, the Canadian Border Services Agency, B.C. Ambulance, B.C. Ministry of Health, Island Health, and the Public Health Agency of Canada.

Part one of maritime disaster planning

Lt(N) Paul Trenholm
MARPAC PA Office

A table top exercise ended May 27 with personnel from 14 provincial and federal government departments and agencies going back to their organizations having tested their emergency response plans.

Pacific Jeopardy 15 was the first of three planned exercises scheduled to take place on the West Coast in order to ensure that government departments and certain commercial operators, such as civilian ferry corporations, clearly understand each other's roles in the unlikely event of a major maritime disaster.

This exercise enabled them to develop closer interagency relationships and amend plans to ensure

future success.

A major maritime disaster occurs when an incident on the water is of such a large magnitude that it falls outside of the normally allocated search and rescue response assets. Through contingency planning, additional federal and provincial resources and partnerships are immediately activated in order to provide a successful response.

Pacific Jeopardy's goal was for participants to prove and integrate the courses of action necessary to save lives and reduce human suffering by providing an effective and coordinated response from all available suitable agencies and resources.

Each marine search and rescue mission is unique. Cold waters and variable

weather pose challenges for survivors and responders alike in any disaster. The remote and rugged nature of the British Columbia coastline adds additional challenges for getting appropriate resources to the scene, evacuating casualties to treatment centers, and for recovering survivors. Add to that the time of day, and it is imperative a partnered search and rescue response be timely and comprehensive.

Pacific Jeopardy 15 tested for the first time the search and rescue coordination and support plans, as well as the ensuing consequence management and coordination plans – an encompassing nose to tail scenario.

The exercise and planning proved the close partnership and dedication

amongst all participating government departments and agencies. A Command Post Exercise and Field Training Exercise will take place in the future.

Rebecca Alleyne
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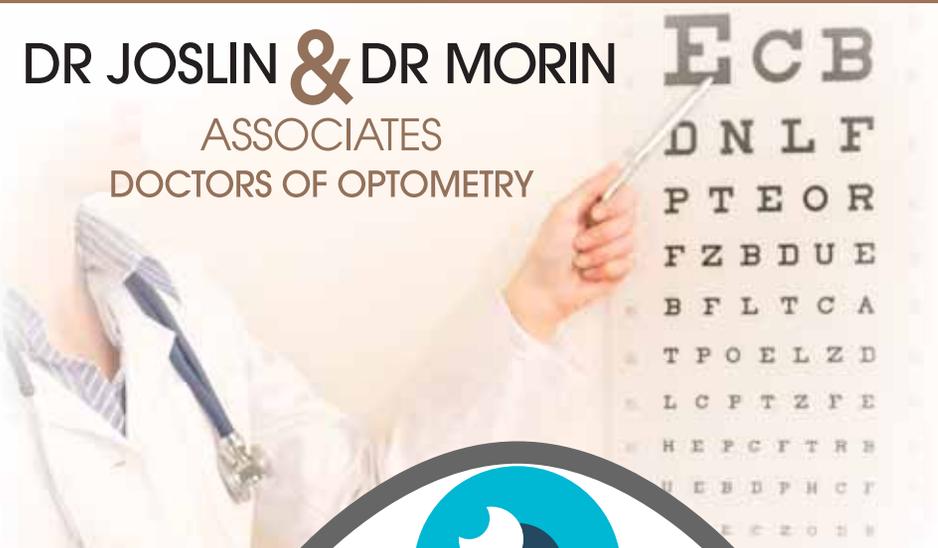
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MILITARY PRACTICE BOMB DISRUPTION IN EXERCISE ARDENT DEFENDER



Images by: LS Zachariah Stopa, MARPAC Imaging Services
Bomb disposal robot tEODor investigates a simulated improvised explosive device after blowing the door latch.



The second largest improvised explosive device tripped at Ardent Defender blows the back end of a car to pieces.



Rachel Lallouz Staff Writer

For the past two weeks, over 175 personnel from the Canadian Armed Forces (CAF), 11 partner nations, and civilian law enforcement agencies gathered at CF Ammunition Depot Rocky Point and locations around Greater Victoria to observe and practice military bomb disruption techniques.

At the heart of the two week exercise, dubbed Ardent Defender, were potential real life scenarios such as a threat to mass transit.

"Every country has seen the potential devastation of IEDs (improved explosive devices) on mass transit. All you need to do is turn on a TV," said CPO1 Rob DeProy, a planner for the exercise. "So we need to evolve with the threat. With Ardent Defender, we're doing that by sharing our techniques with our civilian agencies and with other countries. We're teaching at the same time as we are learning."

Over the two weeks, teams from military bomb disposal units across

Canada had the opportunity to improve their readiness to counter explosive threats, and test their specialized equipment in a variety of scenarios, including a simulated attack on 443 MH Squadron and a bomb scare on a B.C. ferry, and on B.C. Transit buses. Within those scenarios, local police and ferry staff were able to test their response to a bomb threat, and work with their military counterparts in the search and disabling of located IEDs.

During the first week of Ardent Defender at the Rocky Point demolition range, observer nations (Austria, Mexico, New Zealand and Poland) watched as Canadian, Australian, Belgian, Dutch, Swedish, American and British military set-up, blew up, and impeded IEDs.

During one exercise, makeshift bombs were placed on the range, including one placed in the trunk of a parked car, and a collective 8.2 kilograms of explosives placed in garbage cans within a large metal sea container.

EOD experts each showcased their bomb disruption techniques on the IEDs, such as using water to disturb

the circuitry of a bomb, or a remotely operated vehicle to get a close up look at the device.

"The IEDs placed in the targets were based on real world threats, like the pressure cooker IED attempted threat in the legislature building a few years ago," said CPO1 DeProy.

Onlookers took refuge in the protective concrete observation huts in the safety zone, bracing themselves as echoing booms thundered through the air as each IED was disrupted.

Once the smoke cleared, observers examined the explosion sites, taking note of the damage done to the container, car, and the ground surrounding the pressure cooker.

Ardent Defender is in its third year and according to Maj Terry Evoy, an exercise planner, the most ambitious so far.

"The exercise has already gained an international reputation as we can tell by the increasing number of diverse partners. More of our NATO colleagues have also expressed interest in being involved," he said.

The exercise ended June 5.

It's a core government responsibility to make sure that the Canadian Armed Forces are effectively trained and well equipped to provide safety and security, both at home and abroad. When our military exercises with the forces of our friends and allies, along with civilian agencies in Canada, it strengthens relationships, interoperability, and effectiveness.

Jason Kenney
Minister of National Defence



A member of the Victoria Police Department K-9 Unit conducts a bomb search at the Damage Control School.



A team member prepares the bomb disposal robot tEODor prior to sending it to investigate a simulated improvised explosive device.



CPO1 Rob DeProy demonstrates the tools used to trip a smaller explosion of large and unpredictable improvised explosive devices.

A member of a Canadian Armed Forces explosive ordnance disposal team lifts the bomb disposal robot Vanguard onto a transit bus to investigate a suspected improvised explosive device.

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Boats for Hope:

Reservists participate in "unforgettable day"

SLt Rudee Hastie
HMCS Malahat

The naval reserve division *HMCS Malahat* opened its doors May 30 to over 250 children and their families in support of Variety - The Children's Charity's 2015 Boat for Hope.

What lay ahead was a day of pirate-themed activities, including transport to and from planned treasure islands and water fights in the Inner Harbour.

Local skippers volunteered their time and boats to transport everyone, often coming bravely close to each other to facilitate broadside water gun attacks.

"Our annual support to the Boat for Hope event is one that our sailors look forward to – they're energized by this positive connection to the community," said Lt(N) Kay van Akker, *Malahat's* operations officer and an event planner. "Our sailors see the dif-

The Royal Canadian Navy plays an important role in supporting our communities. Boats for Hope is a great example of the involvement our sailors have in Greater Victoria.

LCdr Michael Lawless
CO of HMCS Malahat

ference that this day of fun and adventure makes; we're proud to have a part in an event that serves to make for happy kids and supported families."

This year was the 11th Boat for Hope hosted by *HMCS Malahat*.

"The Royal Canadian Navy's commitment to Variety is out-

standing," says Bernice Scholten, Variety's Executive Director. "This special partnership helps facilitate an unforgettable day for the kids, where we celebrate the courage with which they face their challenges. We believe the kids are champions and, with support, are capable of achieving remarkable little victories."

Variety - The Children's Charity raises funds and distributes grants for children with special needs to help inspire hope and build better futures for the kids. The Boat for Hope events take place in Victoria, Vancouver and Kelowna. This event creates a memorable day for the kids and their families.

"The Royal Canadian Navy plays an important role in supporting our communities," said LCdr Michael Lawless, *HMCS Malahat's* commanding officer. "Boat for Hope is a great example of the involvement our sailors have in Greater Victoria."

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Canadian military at the U.S. Volleyball championships

Capt Dennis Noel and Kelly Lupton Contributors

For the first time in their history, both Canada's International Military Sports Council (CISM) men and women's volleyball teams participated in the USA Volleyball Open National Championships in Detroit, Michigan, from May 21 to 25.

Invited by the U.S. Armed Forces CISM program, a delegation of 33 Canadian Armed Forces personnel, representing the best military volleyball athletes from across the country, competed against the U.S. Army, Navy Air Force teams, as well as civilian club teams.

This 86th annual event is considered one of the largest national championships in any sport in

the United States, bringing an estimated 550 teams and over 6,000 players. At the end of the tournament, in an exhibition match, both Canadian teams played against the U.S. Armed Forces All-star teams.

CISM Men's team

In the first days of competitions, the men's volleyball team came out strong against U.S. All-Navy, All-Army teams and a civilian club team, swinging hard with dominating victories.

The following decisive matches were nail-biters that went to three sets, and our Canadian men's team came up just short against both teams including the U.S. All-Air force team. Although they lost in the quarter finals, overall the men's team completed the tournament ranked 15 out of

42 teams in their division.

"This was a great learning experience for us. With each team we faced, we were forced outside our comfort zone and had to adapt to changing situations and styles of play," said men's team head coach, Major Craig Johnston. "We benefited greatly from this experience and it better prepared for our final CISM exhibition match against the USA military All-Star team."

In the exhibition match against the USA military All-star team, our Canadian men dominated the game as they came together and really meshed as a cohesive unit; they beat our North American rivals in two straight sets: 25-16, 25-20.

CISM Women's team

For the women's team, things

started out slowly, playing the two strongest teams in the pool first, including the Women's All-Air Force Team and a civilian club team, losing to both in two straight sets.

Day two was a different story. The women went on to play the All-Navy Team, beating them in two straight sets, and taking a set off of the All-Army team in a very close match. With lots of volleyball in this tournament, the women were fortunate to have another chance to challenge the All-Army team in the quarter finals beating them 25-10, 25-19.

Unfortunately, the women were not able to keep their elimination round winning streak going, losing to a defensively strong civilian club team in the semifinals, finishing 11th out of 27 teams in the A Division.

The exhibition match against the USA military All-star team was a fight to the bitter end. The ladies went out strong in the first set winning 25-22. They just couldn't pull off the win, losing the next two sets 20-25, 10-15.

"This was a great opportunity to play some strong teams in preparation for the military world games this year", says WO Darral Rafus, women's team head coach. "As the tournament progressed so did we as a team. In the final match against the U.S. military All-stars, we came up just short in spite of playing some really long rallies and some of the best ball of the weekend."

The summation of this year's training will prepare our volleyball athletes for the 6th Military World Games that will be held in South Korea this coming October.



Photo: Capt Dennis Noel

Canada CISM men's volleyball team takes a group picture at the 2015 USA Open Volleyball Championship in Detroit. **Back row left to right:** Capt Dennis Noel, OCdt Logan Morris, Capt Kevin Caverly, Aviator Kyle Vangenne, Capt Tom McMullin, Lt Matt Allen, MCpl Ivan Karin, Cpl Gordon Lee, OCdt Scott Wood, and Cpl Russell Bode. **Front row left to right:** Major Raymond Trudel, Physio; Major Craig Johnston, Head Coach; WO Jim Davidson, Cpl Colin Ward, Steve Leknois - Assistant Coach, and WO Chuck Harvey, Team Manager.



Canada CISM women's volleyball team. **Back row left to right:** Maj Daniel Crumback (Athletic Trainer), OCdt Nicole Behnke, Maj Sarah Degen, OCdt Cassidy Chang, Cpl Emma Porter, 2Lt Danielle Vortisch, SLt Kelsey Chang, Capt Jill Bristow, AB Norah Collins, and Kelly Lupton (Team Manager) **Front row left to right:** 2Lt Chelsey Litjens, Kara Mazerolle (Assistant Coach and Strength and Conditioning Coach), Pte Vanessa St-Georges, WO Darral Rafuse (Head Coach), Lt Melissa McCoy, Maj Donald Couzens (Assistant Coach), and SLt Alison Beaver.

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DEFENCE SCIENTISTS TEST GEOBUOYS IN THE ARCTIC

DRDC

For two weeks this spring a team of scientists, technologists and logistics support staff from Defence Research and Development Canada (DRDC) evaluated the performance of newly improved geobuoys on behalf of the Royal Canadian Air Force (RCAF).

"In order to conduct Arctic underwater surveillance in areas where the surface of the ocean is covered in ice, geobuoys play

an important role in detecting and tracking underwater sounds," said Major Glenwood Gullison, from the Directorate of Air Requirements in the RCAF.

Geobuoys contain vibration sensors that can detect sound that travels through the water and into the ice; they are one of the best ways to detect underwater sounds below the ice.

"Science and technology plays a pivotal role in the development of Department of National Defence capabilities," said Maj

Gullison. "The trial conducted by DRDC is part of this capability development and is an important contributor to maintaining airborne intelligence, surveillance and reconnaissance for the RCAF."

Due to their specific expertise and extensive experience in underwater acoustics and geobuoy technology, DRDC are uniquely positioned to conduct the evaluation of the redesigned geobuoy, Maj Gullison added.

"DRDC is the only organization with the unique expertise to effectively test the product in operational conditions," said Scott Campbell, an Undersea Sensor Systems Engineering Manager from the Department of National Defence.

This year's trial is testing the effectiveness of the geobuoy's modifications. The geobuoys

were modified by updating the battery, weight, and centre of gravity. The goal is to validate the technical refresh in an operational environment.

Geobuoys are cylinder-shaped and contain a vibration sensor and radio transmitter, as well as a parachute on its tail and an ice-pick for a nose. They are dropped from an aircraft to conduct under ice acoustic surveillance.

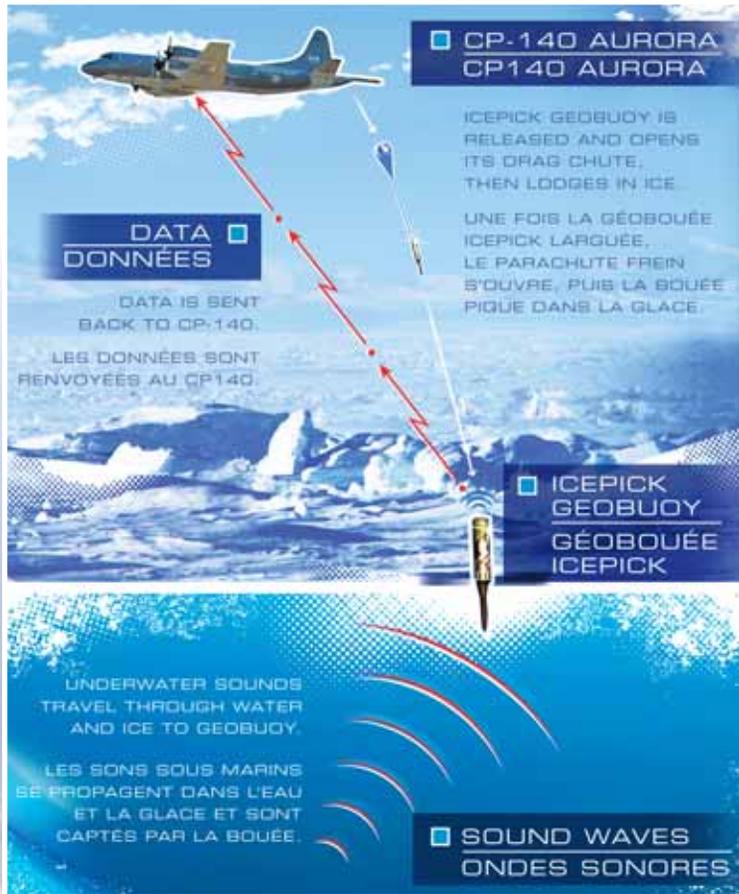
In ideal circumstances, geobuoys fall pointing straight down and make a solid connection with the ice in order to effectively sense sounds travelling through the water and into the ice.

Additional geobuoys were also hand planted after the air drop, for specific tests. Ambient sound levels, ice motion and underwater noise were picked up by geobuoy sensors during tests.

"It's important to test and improve geobuoy technology in order to keep devices reliable and relevant in their role of monitoring underwater sounds," said the trial's lead scientist Dr. Garry Heard of DRDC, a veteran researcher who has worked in the Arctic for several decades. "We need to know who is travelling in Canada's Arctic."

In accordance with the Canada First Defence Strategy, the CAF must ensure the constant monitoring of Canada's maritime approaches, including the Arctic, in order to detect threats to Canadian security as early as possible.

"This includes underwater intelligence, surveillance and reconnaissance missions in the Arctic Ocean, conducted by the RCAF," said Maj Gullison.

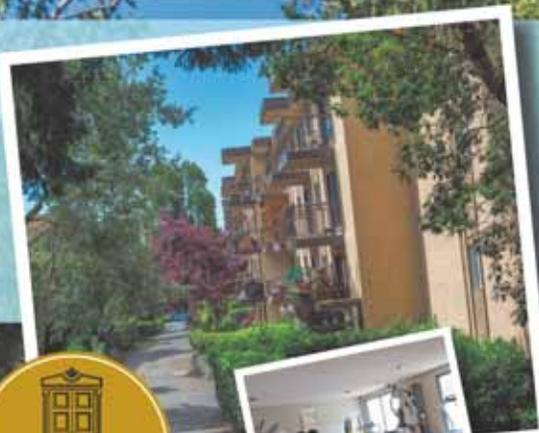


Far Left: Illustration of how the geobuoys transfer information.

Left: DRDC technologist Tim Murphy pours water around hand planted icepick geobuoys at the DRDC ice camp north of CFS Alert.

Main: An icepick geobuoy lodged into the Arctic ice after an airdrop at the DRDC ice camp north of CFS Alert.






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Bravo ZULU

Left: Petty Officer Weapon Technician Ross Collett, Royal New Zealand Navy, is presented with his CIWS course certificate by Cdr Drews, Commandant CF Fleet School Esquimalt.



Robert Collison was awarded his 35 year long service award from Maj Yvonne Pratt, Officer Commanding, Section Esquimalt Real Property Operations Unit (Pacific). Collison started with the Federal Public Service on Feb 19, 1980. Robert worked at Defence Research Establishment Pacific at the beginning of his career. He has been a cleaner for the entire 35+ years. He has worked in Work Point, Naden and Dockyard. He has seen many changes over the years, and met many people, both military and civilian. Robert will retire from the Federal Public Service on July 30, after 35 years and 162 days. He has been an asset to the section, and he will be missed.



LCdr Catherine Leith is promoted to her current rank by Capt(N) David Mazur, with PO1 Steven Leith presiding at Maritime Forces Pacific Headquarters.



SLt Henri Vandersleyen is promoted to Lt(N) by Capt(N) Chris Earl, Commanding Officer of Fleet Maintenance Facility Cape Breton.



PO1 Steven Leith is presented the Canadian Armed Forces Certificate of Aerobic Excellence with Blue Seal from Capt(N) Mazur at Maritime Forces Pacific Headquarters.

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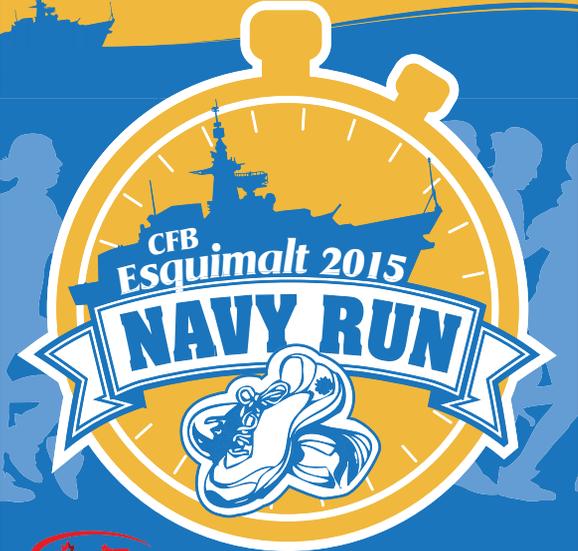
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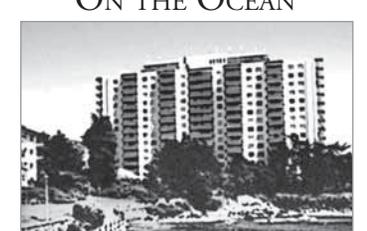
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New Video - A look at suicide prevention

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tary mom who lost her son, and health care professionals who have valuable lessons to share. View the video and encourage others to do the same.

We can all play a role in preventing suicide. To view this video and others in the series,

be sure to visit the www.forces.gc.ca/en/caf-community-health-services/mental-health-resources.page web page.

Please note that this video features stories from CAF personnel and family members and the content may be emotional for some viewers.

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