

Volume 61 Number 3 | January 18, 2016

MARPAC NEWS CFB Exquimalt, Victoria, B.C.

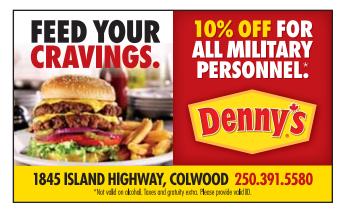


Photo credit: MCpl Robert LeBlanc, 5th Cdn Div PA Cpl Thomas Fitzpatrick, a member from 2nd Battalion, The Royal Canadian Regiment, returns from Operation Provision and is reunited with his daughter Charlotte at 5th Canadian Division Support Base Gagetown, Jan. 12.

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Navy identifies and solves welding issues

Rachel Lallouz Staff Writer

The Royal Canadian Navy (RCN) is resolving an issue with quality assurance measures of a small portion of welds performed in its West Coast surface and sub-surface fleet.

In the fall of 2014, during a routine quality control inspection carried out by contractor Victoria Shipyards, an anomaly was identified in a small number of welds in Her Majesty's Canadian Ship (HMCS) Ottawa.

After identifying that the issue was a quality assurance matter, Victoria Shipyards articulated their findings to Babcock Canada Inc., since they were completing HMCS Chicoutimi's Extended Docking Work Period during the same period, and alerted the RCN to their findings.

A collective investigation by the RCN, Babcock Canada Inc. and Victoria Shipvards ensued to determine whether or not the weld quality assurance issues were isolated to HMCS Ottawa.

"As the senior engineer of the Formation, I was notified, and immediately began working in partnership with the other organizations to deter-

We took a very proactive and pragmatic approach to solve the problem, while continuously ensuring the requisite safety standards were maintained.

Capt(N) Christopher Earl, Assistant Chief of Staff for Naval Engineering and Maintenance

mine the extent of the problem," said Captain (Navy) Christopher Earl, Assistant Chief of Staff for Naval Engineering and Maintenance. "Given the importance of the safety and security of our sailors, and any potential impact on operations, concerns such as these are taken very seriously and always inves-

The review and subsequent investigations identified that the quality assurance checks conducted on welds inside frigates, and on the air and hydraulic pipes in submarines did not meet the high integrity standards of the RCN. Findings ultimately

revealed that the welding quality assurance issues also affected HMC Ships Vancouver and Winnipeg, as well as Maritime Forces Pacific's two submarines, Chicoutimi and Victoria.

A total of 684 welds were re-examined in the three frigates; as a result, 16 welds (2% of the total) were identified as requiring repairs.

The number of welds requiring re-inspection is relatively small in comparison to the total number of welds present on any given ship or submarine. Within HMCS Chicoutimi, for example, a few hundred welds are being examined, a small number considering a submarine contains tens of thousands of welds, explained Capt(N) Earl.

Pending the results of these checks, a robust risk-based approach was applied to the decisions about continued operations of the fleet. Meanwhile, East Coast frigates and HMC Submarines Windsor and Corner Brook are unaffected by this issue.

"We took a very proactive and pragmatic approach to solve the problem, while continuously ensuring the requisite safety standards were maintained," says Capt(N) Earl, who explains that the required welding work on the three frigates was completed in

The re-inspection and weld repair work onboard HMCS Chicoutimi begun in February 2015, and is being conducted under warranty by Babcock Canada Inc., the Victoriaclass In-service Support Contractor. As the inspections continue, HMCS Chicoutimi will move into dry dock later this month where any required weld repair work will be done concurrently with other scheduled maintenance and upgrades. The intent is to have Chicoutimi back in the water by late spring of 2016.

The investigation into the weld quality assurance process in HMCS Victoria is ongoing, though it is too early in the process to provide further information about any scheduling or remedial actions in the submarine at this time.

"What's really important here are the partnerships between contractors in the Capt(N) Earl. "Despite the obvious complexity of this situation, everybody is coming to the table with people, resources, and solutions to make sure the navy gets the vessels back to the operational state that we need, while ultimately ensuring that the safety and security of RCN sailors is maintained to the highest level."



Peter Mallett

Staff Writer

Vital upgrades and maintenance work to CFB Esquimalt's power grid will require a full 12-hour, base-wide shut down on Sunday, Jan. 31.

The work will be performed from 8 a.m. until 8 p.m. with all nonessential power fading to black in all buildings and structures in Dockyard, Signal Hill and Naden, along with all jetties and power supplies to berthed Royal Canadian Navy ships.

Critical buildings such as the CF Health Services Centre (Pacific) and outlying areas not located on the base, such as Work Point, Colwood, Albert Head and the armouries will not be affected by the outage.

DND employees and civilian staff

on base are being reminded by Real Properties Operations staff to shut down their computers before leaving the office for the weekend. Those with other electronic devices connected to the grid, such as small fridges and appliances, should take the necessary precautions ahead of the shutdown.

"We want to cause as little inconvenience as possible with this outage," says Dale Orr, supervisor with Real Operations Group.

The primary reason for the full shutdown is to replace an isolation switch. Orr noted the switch is vitally important to meet anticipated increased power demands of the

The outage required six weeks of planning to organize and is guaranteed to last the full 12 hours due to the nature of the work being

The power shutoff will also allow 16 support staff and over 20 contract workers to perform other electrical maintenance and upgrade work.

"It's all preventative maintenance, and many of the jobs involve making vital repairs and fixing old antiquated equipment that needs to be upgraded all over the base," Orr said.

Repairs to infrastructure in front of CANEX, dockyard's Base Information Services, Base Logistics, Fleet Mail Office, and Building 54, will also be performed during the outage. Orr also noted that the base's 25-megawatt capacity system is equal to that of a small city and has a greater power capacity than the grid for Victoria's downtown

The last time a base-wide shut down occurred was Aug. 23, 2015.

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MARPAC looking for the best athletes to compete in upcoming Snow to Surf

Peter Mallett Staff Writer

Ten spots in eight different sports are up for grabs as Team MARPAC returns to the Royal Le Page Comox Valley Snow to Surf Adventure Relay Race after a five-year absence.

Team manager LCdr David Dallin says he has 20 competitors who have shown interest for two upcoming tryout sessions, but says he expects that number to climb as tryouts approach.

He wants "the best of

our best" competing in this year's April 24 competition, which will involve up to 170 teams and 1,700 athletes competing in alpine skiing, snowshoeing, Nordic skiing, running, mountain biking, kayaking, road cycling and canoeing competitions.

"There are some talented athletes here in MARPAC, so that's why I'm trying to open up the field of competition for this team and encourage anyone who thinks they have what it takes to attend tryouts," said LCdr Dallin.

Gender or age won't be a factor in who makes the cut sion are welcome to take

for the team; only the raw testing scores from the CF fitness test will decide who makes the selection. Testing includes a 20-metre shuttle run, grip test along with sit ups and pushups, and will take place in the lower gymnasium at Naden Athletic Centre on Feb. 1 at 8 a.m. and Feb. 8 at 1 p.m.

Applications can be obtained from PSP fitness leader Brittany Schneider and must be completed no later than Jan. 27. Those dissatisfied with their initial performance or unable to attend the first tryout sespart in the second tryout.

LCdr Dallin was part of the 2010 MARPAC team that came in seventh place; Rear-Admiral Gilles Couturier was also a part of the team.

Due to a variety of factors, including the retirement of some team members and funding shortfalls, MARPAC hasn't fielded a team in the annual event since 2010. LCdr Dallin said an overwhelming interest from athletes along with funding availability to cover a portion of the expenses has led to MARPAC's returning to the event this year.

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Published each Monday, under the authority of Capt(N) Steve Waddell, Base Commander. Le LOOKOUT est publié tous les lundi, sous l'égide du Capt(N) Steve Waddell, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in PSP Policy Manual. Views and opinions expressed are not necessarily those of the Department of National Defence.

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Circulation - 3,800 plus 1,000 pdf downloads per week One year subscription - \$66.94 Six month subscription - \$33.47 Prices include tax.

A Division of Personnel Support Programs CFB Esquimalt, PO Box 17000 Stn. Forces, Victoria, BC V9A 7N2

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WHAT SAY YOU

People Talk

While out and about Lookout asked:

What was your proudest or most embarrassing athletic moment during your lifetime?



I grew up in a small town in Poland called Dabrowa Bial, and my proudest moment was being named team captain of the local boys soccer team that represented our town; it was a such a great honour for me to be named captain."

Waldermar Biernacki, Commissionaire, Military Police Unit Esq.



My most embarrassing moment occurred when I went to a high school for gifted athletes. I wasn't a gifted athlete but ended up playing for the school rugby team. The team clearly wasn't gifted either. I got injured and the team had a terrible win-loss record that season."

LS Courtney Beere, Base Orderly Room



My most embarrassing moment was as an eight-year-old when I was playing in the local basketball league. I thought I had hit a brilliant half-court, buzzer-beater to win the game, but the only problem is I scored on my own basket and the other team won the game.

OS Matt McLellan, Fleet School



I played youth soccer for the Vancouver Island Soccer team as a midfielder and won the team MVP award for two years in a row, and that is something I'm still proud of to this day.

Alannah Veenema,



My most embarrassing moment happened while I was playing basketball for RMC. We played a local correctional institute in an exhibition game and as I cut to the basket for a layup I was taken out from behind and got injured. My teammates joked I went in to prison to play basketball and came out with a limp.

Lt(N) Kevin Darling, Fleet Diving Unit (Pacific)

Nijmegen call out and information brief

For those who wish to participate in the 100th Nijmegen March this year, the initial brief will take place on Jan. 27 at 1130 in the MSE Theatre.

Marchers must meet the following criteria:

- Nominated by the unit Commanding Officer as deserving of this unique opportunity to represent Canada internationally.
- Current FORCE Test.
- Be available for a rigorous team training programme commencing in spring 2016, and be prepared to complete approximately 1000 kilometres of workup marching. Training is normally in the early morning.
- Be available, without hindrance, to train and participate in Nijmegen during July 2016.
- Be able to smile through blisters and demonstrate esprit de corps.

Contact the Team Lead, Lt(N) Knai, for any questions via email or at 250-363-4411!



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Deep fried Avocado Taco: Green Bastard - panko crusted avocado wedges, cheddar crisp, oh snap and chipotle aioli, charred salsa, napa and watercress veg. accompanied with a side of waffle fries and a beverage

Coast Lunchbox:

Beef & Cheddar Burger - 5oz Charred beef patty with lettuce, tomato, pickle and grainy Dijon aioli on a sesame bun

BBQ Chicken Chipotle Wrap - Glazed chicken breast, lettuce, tomato &cucumber in a grilled flour tortilla

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Winnipeg command team leads physical fitness

HMCS Winnipeg

While physical fitness is a component of operational success, it can be difficult for sailors to maintain when at sea on deployment. However, on board HMCS Winnipeg the command team is setting the example of what is achievable.

To keep fit, Commander Pascal Belhumeur, the Commanding ship's Officer, has equipped his cabin with a stationary bicycle trainer and a heavy bag set-up.

"Being fit keeps us in control of our physical and mental well-being," says Cdr Belhumeur.

The command team has also brought on

The crew sees it and is inspired; we have the most actively fit crew that I have ever seen.

CPO1 Michel Vincelette, Winnipeg's Coxswain

board a fitness specialist from Personnel Support Programs.

"Canadian Armed Forces members are fortunate to have the support of Personnel Support Programs and the personal trainer has been a great asset to the crew," says Lieutenant-Commander Kevin Whiteside, the ship's Executive Officer.

Sylvain Verrier holds four fitness classes per day while at sea and provides the crew with daily workout programs and nutrition advice. LCdr Whiteside remains fit by faithfully attending the 6 a.m. class and frequenting the 4 p.m. class.

"I am proud to be a part of a command team that is so focused on fitness," says Chief Petty Officer First Class Michel Vincelette, Winnipeg's Coxswain. "The crew sees it and is inspired; we have the most actively fit crew that I have ever seen.'

With Verrier's assistance, the Coxswain has been doing a cardio and weight intensive program that is

tailored to help his golf game; his handicap, however, remains a mystery.

Not only does Verrier have an effect on life at sea, but also alongside by organizing multi-national sporting events with our NATO allies, and the monthly five kilometre fleet runs in port at which the ship's company continues to clock some amazing times.

With only a month left in the ship's long deployment, the crew of HMCS Winnipeg continues to use physical fitness to maintain mission focus, and like many initiatives in the Royal Canadian Navy, this initiative is driven by the ship's leadership.



Cpl Stuart MacNeil - HMCS Winnipeg

Commander Pascal Belhumeur, Commanding Officer of HMCS Winnipeg, participates in the ship's Spin-a-Thon fitness challenge during Operation Reassurance in the Mediterranean Sea.





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Workshop helps children develop coping skills during deployments

Peter Mallett Staff Writer

Discovering they're not the only ones missing a parent on the home front is a giant step forward for young children coping with the deployment of a mother or father.

"Realizing this is half the battle for my students, especially the younger ones," says Tracy Beck, Children's Deployment Workshops Facilitator with the Military Family Resource Centre (MFRC).

Through shared experiences and a number of interactive activities, Beck says how students attending the weekly workshops at the Colwood Pacific Activity Centre are able to "relate" and thereby "validate" their wide-ranging emotions and feelings when their parents leave home.

"When they go to school the children quickly realize most of their classmates moms and dads aren't away from home, but theirs are," says Beck. "But when they come in here and see eight others in the same situation they quickly realize these feelings are a shared experience."

Several of those attending the current workshops are children of parents deployed in Operation Reassurance aboard *HMCS Winnipeg*. On June 15, 2015, children and families of the crew gave their heart-felt, teary farewells to the crew before they headed to the Mediterranean for an eightmonth, NATO-led mission.

Erin Goetz's husband MS Jeffrey Snook is an engineer aboard *Winnipeg*. Her three daughters, Hayley, 3, Jordyn, 5, and Avery, 7, started attending the sessions last June. She says that although they miss activities such as camping



Peter Mallett, Lookout

Military Family Resource Centre Instructor Tracy Beck looks on as her students (left) Avery, 7, Jordyn, 5, Sarah, 6, and Conrad, 5, hold up pictures of themselves during a deployment workshop at the Colwood Pacific Activity Centre.

and bike riding with their father, the workshops allow them to still feel connected.

"My youngest daughter Hayley initially felt anxious about participating in social activities while Jeffrey was away, but now she looks forward to seeing Tracy at the workshops each week," says Goetz. "Feeling comfortable with the program has helped her adjust to other situations in life."

As the weeks roll by, Beck helps the children put the physical realities of the deployment into perspective by plotting the progress of *Winnipeg* on a giant map of the world. As the frigate stops in various ports of call, she teaches the children about the culture, geography and animal life in these nations to help them understand what their parent is experiencing.

During a recent class, the students created artwork and crafts that she will send to the ship. Beck noted they are also encouraged to bring with them any correspondence or items sent by their parent for show-and-tell presentations. From Australian boomerangs to lei flower necklaces (garlands) from Hawaii, Beck says the children truly delight in showing off their gifts and telling their peers what makes their parent great.

Beck became a firm believer in the program's merits through her own experience. The former military mother's two daughters once benefited from the program while their father was deployed in 2000.

"That's what really encouraged me to become

an instructor in this program, when I realized this really does help," says Beck. "It's hard for me to notice while I'm running the workshops, but a lot of parents have indicated the workshops help and they notice improvements in their child's behavior at home."

Interested parents still have time to register their children in the current round of workshops which began Jan. 5 and will run until mid February. The 75-minute sessions are broken into three age categories: three to five-years-old, five to eight, and nine to 12.

The MFRC also runs several programs for adults dealing with deployment. For more information go to their website www.esquimaltmfrc.com or contact them by phone at 250-363-2640





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Improved website: DFIT.ca Take your training to the next level

Canadian Forces Morale and Welfare Services

New changes to the DFIT.ca website have greatly improved usability and broadened who can use the website.

This unique fitness planning and training tool launched by Personnel Support Programs (PSP) in 2012 is now more responsive to mobile devices. Plus it has a more intuitive website design that ensures faster response times.

Military families can take advantage of the online tool used by military members.

With the aim of expand-

ing its audience of users beyond serving military personnel, DFIT.ca for Families is a new online resource featuring general fitness and a more family-friendly, total lifestyle approach to active living.

Special features include parenting tips focused on active living, online personal trainers, program discounts and coupons, diet and weight loss guides, and much more.

The DFIT.ca mobile web platform now offers customizable fitness training plans, video demonstrations of hundreds of exercises, tips for injury prevention, nutritional informa-

tion, and online training journals.

DFIT.ca also features an online forum moderated by PSP fitness professionals who can provide helpful training advice and feed-

Using their CFOne card number, military family members, veterans and their families can access the DFIT.ca module available for free until January 2017. Access to DFIT.ca is also available to all other categories of CFOne members, such as NPF employees, DND public servants, RCMP officers, pensioners, and their families, on a paid subscription basis.

Lose the Booze in February

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Bell Let's Talk Day - Eliminate the stigma

How members of the Defence Team can take part in Bell Let's Talk Day and help to end the stigma around mental illness.

DND

This event is supported by the MARPAC Health and Wellness Strategy. If you would like to organize a mental health discussion please contact the Mental and Social Working Group at 250-363-5567.

Bell Let's Talk day is an annual charitable campaign dedicated to eliminating mental health stigma.

This year, Jan. 27 marks the sixth year for the campaign and the third

year the Department of National Defence and the Canadian Armed Forces have been active partners in the campaign.

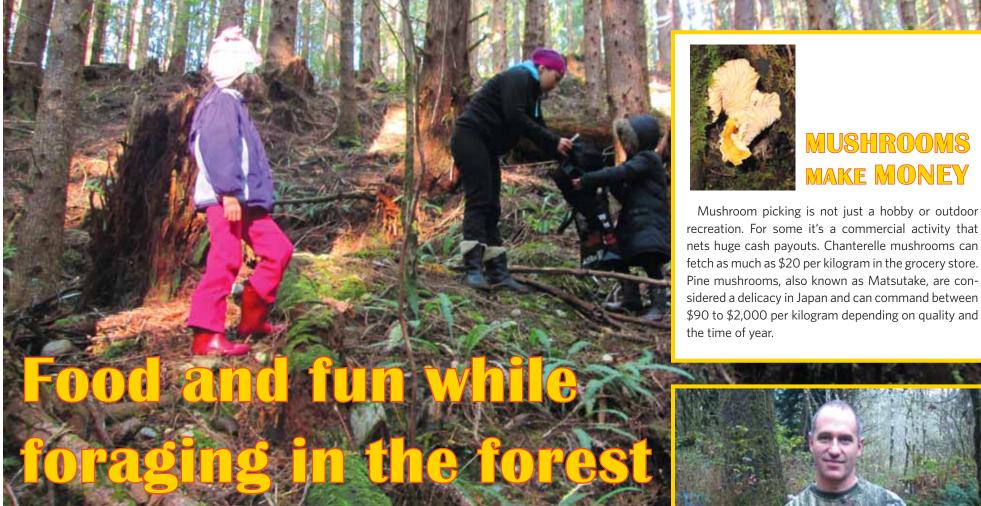
All CAF members and Defence Team employees are encouraged to take part in the day by talking, texting, and tweeting about mental health.

For every text message, wireless and long distance call made by Bell Canada and Bell Aliant customers, every tweet using #BellLetsTalk, and every Facebook share of the Bell Let's Talk Day image found at Facebook. com/BellLetsTalk, Bell will donate five cents to Canadian mental health programs.

Commanders Defence Team leaders are also encouraged to plan local activities that open discussions about mental

Use the Bell Let's Talk Conversation Guide to have a facilitated discussion or workshop with your unit: http://letstalk. bell.ca/en/toolkit/





Peter Mallett Staff writer

Not long after the first rainy days at the end of summer, a vast cornucopia of colorful mushrooms pop up at the base of trees and the duff of forest floors of the Pacific Northwest. Along with them comes an army of mushroom pickers.

One-by-one, armed with specially designed harvesting knives, they hike into the lush forests of Vancouver Island in search of the fruits of fungus.

For outdoor enthusiasts, mushroom picking not only provides a healthy outdoor activity, but also brings a greater understanding of the Island's diverse and sensitive ecosystem. With the right safety precautions, their harvest also provides them an unparalleled culinary delight.

"After a day of hiking and bushwhacking you begin to get the aroma of those Chanterelle mushrooms on your fingers," says CPO2 Yvan Vallières an instructor at Fleet School. "There is nothing like it, being outdoors and cooking a fresh batch of Chanterelle mushrooms that you have just picked.

The mushroom season is a short-lived one and typically runs from late August until mid to late November when the first hard frost arrives.

CPO2 Vallières and other mushroom seekers use specially designed Opinel mushroom knives and other similar blades to carefully separate the mushrooms from their stems in order to harvest their crops.

A life-long outdoor enthusiast originally from Gatineau, Que., CPO2 Vallières began mushroom picking 10 years ago and says he was "instantly hooked."

On fall weekends, he and his girlfriend Claudette Poirier hop in their camper van and "get away from it all." The pair travel to remote locations on Vancouver Island, set up camp, and spend their weekend hiking through the bush searching for some of the 30 varieties of edible mushrooms.

"After we are finished picking, the best part is unwinding at our camp," says CPO2 Vallières. "We love it, there is no connectivity with the outside world and normally not a single other camper in sight. It's the perfect place to relax and enjoy a glass of wine with a gourmet meal."

There is also a spring mushroom season. Morel mushrooms come to life in woodland areas devastated by forest fires and normally grow during April and May.

"So far I have not found a good spot for them, but I am confident I will," says CPO2 Vallières.

The love of mushroom picking has also grown on First Nations reserve lands. another outdoorsman and Fleet School instructor, PO2 Bertrand Larocque. PO2 Larocque grew up in the Montreal suburb of St-Bruno de Montarville and began picking when he moved to the Island in 2006.

For him, mushroom picking is a weekend outing for the whole family. His wife Janna Sagimbekova and their two children Milla, 6, and Cassandra, 8, form a mushroom quartet. They comb the forest floor and tree bases mostly looking for Chanterelle, Pine, and Cauliflower mushrooms.

"It's a free source of food but it's also a good healthy activity for my whole family," says PO2 Larocque. "It gets us walking and hiking outdoors and since my wife and I both have a wildlife management degree we have always been into the outdoors."

But along with the feeling of adventure and exhilaration, being alone in the wilderness requires a great deal of knowledge, and both caution and sensitivity are prerequisites.

Mushroom pickers are encouraged to tread lightly to not disturb the forest floor and the complex root systems known as the mycelium, which is really the living organism which the mushrooms grow from.

By law, mushroom pickers are restricted from harvesting on federal or provincial parkland, federal defence lands, and protected and recreational areas, while permission is required to pick mushroom on leased public land, private land and

The hobby can also become a serious health hazard. Both PO2 Larocque and CPO2 Vallières say while mushroom pickers and hikers often take precautions against the threat of encountering wild animals such as bears and cougars by arming themselves with bear spray and weapons, the biggest threat to personal safety is often the mushrooms themselves.

Of the estimated 18,000 mushroom species on Vancouver Island many are poisonous. Consuming the wrong species can cause a wide range of symptoms, from allergic reactions, stomach cramps, nausea and hallucinations, to liver and kidney damage or even death.

"I never pick or consume anything I can't identify immediately," said PO2 Larocque.

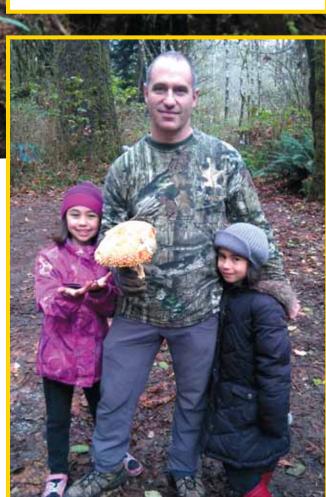
'Walking in the forest, you will see all kinds of beautiful mushrooms like the amanitas," said CPO2 Vallières. "Some are red, yellow or green with white sprinkles on top. They look beautiful but are very poisonous and should be left alone. Death cap is another one."

Each year there are also the news reports of mushroom pickers who get lost in the bush.

Larocque's wife Janna nearly became lost during a hike in the bush near Port Renfrew on Oct. 17. Thankfully his military training and work experience in a Z.E.C. as a Parcs Quebec worker kicked in and he was able to locate

"Little things can happen in the wilderness and become big things," says PO2 Larocque. "You are not used to the environment, so simple things like a cell phone, a GPS, a compass or a whistle could go a long way in saving your life."

The benefits far out weigh the dangers and PO2 Larocque concludes, "The best thing to do is use caution and common sense."



MAKE MONEY

Mushroom picking is not just a hobby or outdoor

Peter Mallett, Lookout

Above: PO2 Bertrand Larocque and his daughters Casandra and Milla show off a Fly Agaric mushroom they picked during a recent trip to a forest near Port Renfrew.



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NAC gym/pool facilities temporary closure

The Naden Athletic Centre POOL will be closed Jan. 4 to Feb.14, 2016.

During this time, you may gain access to the Esquimalt Recreation Centre pool with your Military ID or NAC Gym membership card.

The Naden Athletic Centre GYM will be closed Jan. 18 to Jan. 31, 2016.

During this time, you may gain access to the Esquimalt Recreation Centre gym with your Military ID or NAC Gym membership card.

Sorry for the inconvenience and thank you for your cooperation

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Weather office tailored to meet needs of CAF command

DND

The Canadian Forces Weather and Oceanographic Services (CFWOS), a meteorological and oceanographic information service, is available globally through one click, email or phone call.

CFWOS provides a number of methods to access weather information and briefing services by military users to meet their tactical, operational or strategic needs.

The first accessible method is the Canadian Forces weather office website (http://met.forces.gc.ca), which is available on the Internet, the DWAN and CSNI.

How does the CF weather office website differ from others?

It provides:

- General weather and oceanographic information for marine, public and aviation current conditions and forecasts;
- Weather products produced specifically tailored for a Royal Canadian Air Force wing, a Royal Canadian Navy ship, or a Canadian Army base;
- Operation-specific weather packages and information which are updated as new information arrives to ensure the most current information is available; and
- Allied forces weather information from around the globe.

Another way of accessing weather information to assist in operational

planning, or to arrange an operational weather briefing for a specific event is to complete a request for support form on the CAF weather office website. These include requests for air, naval or land exercises and deployments, flightrelated weather data, climate information and other weather data.

Meteorological technicians are on duty to respond immediately and will arrange for the provision of weather briefing or the delivery of required information by phone, fax or email to the CF weather office.

If there is an urgent tactical or operational requirement, service users can phone the CFWOS at 1-800-996-





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Spring Break Camps

March 14-24, 2016 • Ages 5 to 12 Call 250-363-1009 to register your children.

The Mockingjays

Monday March 14 to Friday March 18, 2016

Inspired by the latest Hunger Games movie, this week has games that fit the theme. Swim days for this week will be Tuesday and Thursday afternoon.

Location: CPAC — YAC **Camp Hours:** 9 a.m. — 4 p.m.

Regular \$130/ Ordinary \$135/ Associate \$140

Before Camp Activities: 7 - 9 am - \$35 Regular /\$40 Ordinary /\$45 Associate After Camp Activities: 4 - 5:30 pm - \$25 Regular/\$30 Ordinary /\$35 Associate

The Sherlocks

Monday March 21 to Thursday March 24, 2016

(No sessions on Good Friday)

Unlock the hidden detective in your child with a camp that involves a modern spin on Sherlock Holmes. Throughout the week, they will investigate the outdoors, unravel a bit of science, and even a few myth busters. Swim days for this week will be Tuesday and Thursday afternoon.

Location: CPAC – YAC

Camp Hours: 9 a.m. – 4 p.m.

Regular \$105/ Ordinary \$110/ Associate \$115

Before Camp Activities: 7 - 9 am - \$30 Regular /\$35 Ordinary /\$40 Associate After Camp Activities: 4 - 5:30 pm - \$20 Regular /\$25 Ordinary /\$30 Associate



Register now!

Your kids will have fun playing games, creating art projects, and enjoying the outdoors with our action-packed Spring Break Camps.

Activities are planned around special themes each week and include a swim day, an outing, and a specialty group activity (dependant on registration numbers).

Before and After Camp activities also available.

Register early as space is limited.

More detailed schedules available February 2016.



Tritons advance to national hockey finals



Team CFB Esquimalt Tritions



Team CFB Comox Flyers

Peter MallettStaff Writer

The CFB Esquimalt Tritons have advanced to the CAF Men's National Hockey Championship following a 2-0 series sweep over the CFB Comox Flyers at Wurtele Arena on Jan. 13.

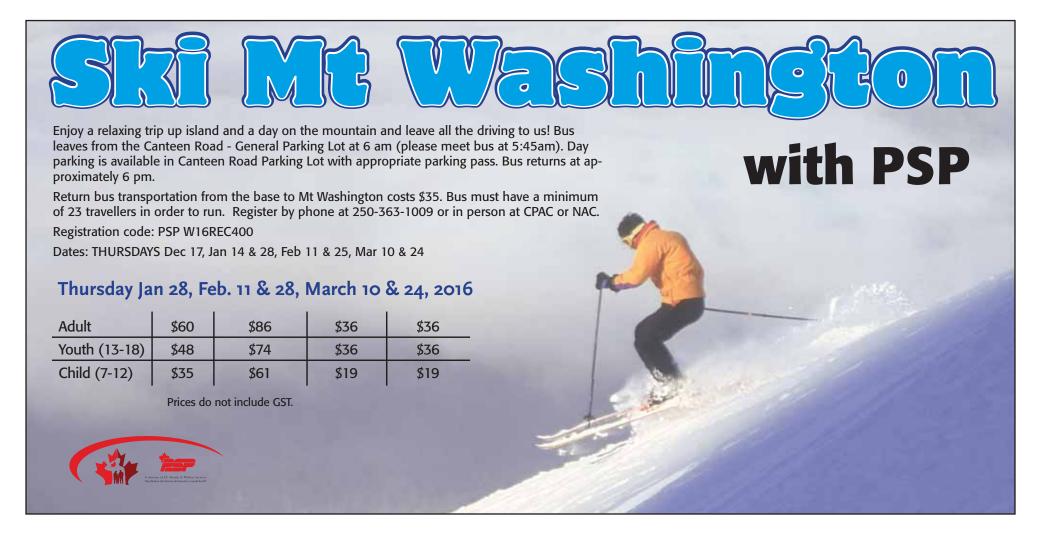
Capt Aaron Lee scored a goal and tallied two assists as the Tritons defeated the Flyers 5-1 in the Pacific Regionals best-of-three series opening game last Wednesday morning. Capt Lee, a forward who works for the dental unit, was named Player of the Game following game one, and Tournament MVP of the series.

Tritons goaltender PO2 Randy Collens of CF Fleet School was named Player of the Game following game 2 after turning aside 30 shots in his team's 6-2 victory. The result cemented the CFB Esquimalt Tritons in place to represent the Pacific Region at the CAF National Hockey Championships, which takes place at CFB Borden, March 5 to 10.

The Tritons are now looking to improve on their 5th place finish last year at the annual championship tournament as they face their opponents from Quebec, Prairie, Ontario, and Atlantic Regions.



Base Commander, Capt(N) Steve Waddell drops the puck for game one of the regional championship. Facing off are team captains MCpl Brandon Betts, left, and Comox's Cpl Robert Keeping.







Lt(N) Sprenkle receives her Canadian Forces Decoration from LCol Gordon Peckham, Commanding Officer of CF Health Services Centre (Pacific).



MS Martin is promoted by Lt(N) Classen and PO2 Clark from Patrol Craft Training Unit.



WO Mothus receives his promotion to Warrant Officer from LCol Gordon Peckham, Commanding Officer of CF Health Services Centre (Pacific).



WO Bowry receives her promotion to Warrant Officer from LCol Gordon Peckham, Commanding Officer of CF Health Services Centre (Pacific).



Sgt Pepin receives her Canadian Forces Decoration from LCol Gordon Peckham, Commanding Officer of CF Health Services Centre (Pacific).



Sgt Klimas receives his Canadian Forces Decoration from LCol Gordon Peckham, Commanding Officer of CF Health Services Centre (Pacific).

Seamanship competition



Photo by SLt Morgan Arnott

Cadets from 5 Rainbow Royal Canadian Sea Cadet Corps, along with their coach Paul Hillsden and the North Vancouver Island Area Cadet Instructor Cadre Officer, LCdr Don Irwin, show off the ceremonial paddle they created, and trophy they won at the Zone Inter-Divisional Seamanship Competition held in Comox Jan. 9-10.

Cadets from 5 Rainbow Royal Canadian Sea Cadet Corps (RCSCC) in Victoria will be competing this spring in the Regional Interdivisional Seamanship Competition after winning the zone competition held Jan. 9 and 10 at HMCS Quadra in Comox.

The 10-person team, along with 109 other cadets from Vancouver Island competed in a variety of seamanship skills: coiling and heaving heavy lines at targets, navigation, semaphore (communication with flags), whipping and splicing rope, knot work, naval trivia, creating a ceremonial paddle with

decorative knot work and constructing sheer legs (a mechanical boom to lift a load onto a ship's deck).

The aim of the event is to encourage cadets to increase their knowledge of seamanship and to provide friendly competition.

The 5 Rainbow RCSCC team was led by team captain CPO2 Alex Hillsden. The winning team was presented with a championship trophy.

They practiced between two and four hours each week to prepare for the event, and plan to continue meeting each week until the regional competition in March.

5 Rainbow RCSCC

recently moved from Esquimalt to the James Bay area at HMCS Malahat.

participat-Also ing were Cadets from Admiral DeWolf RCSCC in Campbell River, 64 Malaspina RCSCC in Powell River, 100 Admiral Mainguy RCSCC in Duncan, 109 Alberni RCSCC in Port Alberni, 136 Amphion RCSCC in Nanaimo, Port Augusta RCSCC in Comox, 220 Admiral Budge RCSCC in Sidney, 263 Beacon Hill RCSCC in Langford, 296 Esquimalt RCSCC in Parksville, and 325 Admiral Waller RCSCC in Sooke.

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http://library.esquimalt.mil.ca

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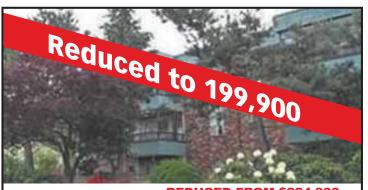
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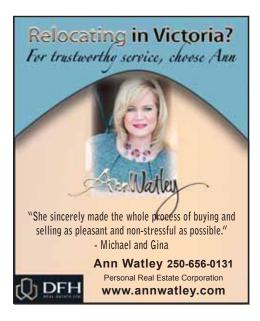
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