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LOOKOUT

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Welcome Aboard!



Media, business leaders, and students were given a tour of the recently upgraded HMCS Vancouver while it was docked at Canada Place in Vancouver, British Columbia. HMCS Vancouver recently completed its Halifax-Class modernization/frigate life extension, which includes a new combat management system, new radar capability, an electronic warfare system upgrade, upgraded communications and missiles, as well as a new integrated platform management system.

Photograph by Bombardier Albert Law, 39 CBG Public Affairs



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Divers become creatures of observation

Rachel Lallouz
Staff Writer

Five clearance divers plunged beneath the surface in an unusual environment a week ago.

The members from Fleet Diving Unit Pacific (FDU(P)) donned wet suits and rebreathers over the Jan. 16 weekend and slipped into the Pacific Canada Pavilion tank at the Vancouver Aquarium Marine Science Centre.

Surrounded by halibut and sturgeon, and under the watch of visitors, the divers carried out demonstrations to showcase their navy work. Interactive displays were also set up inside the aquarium.

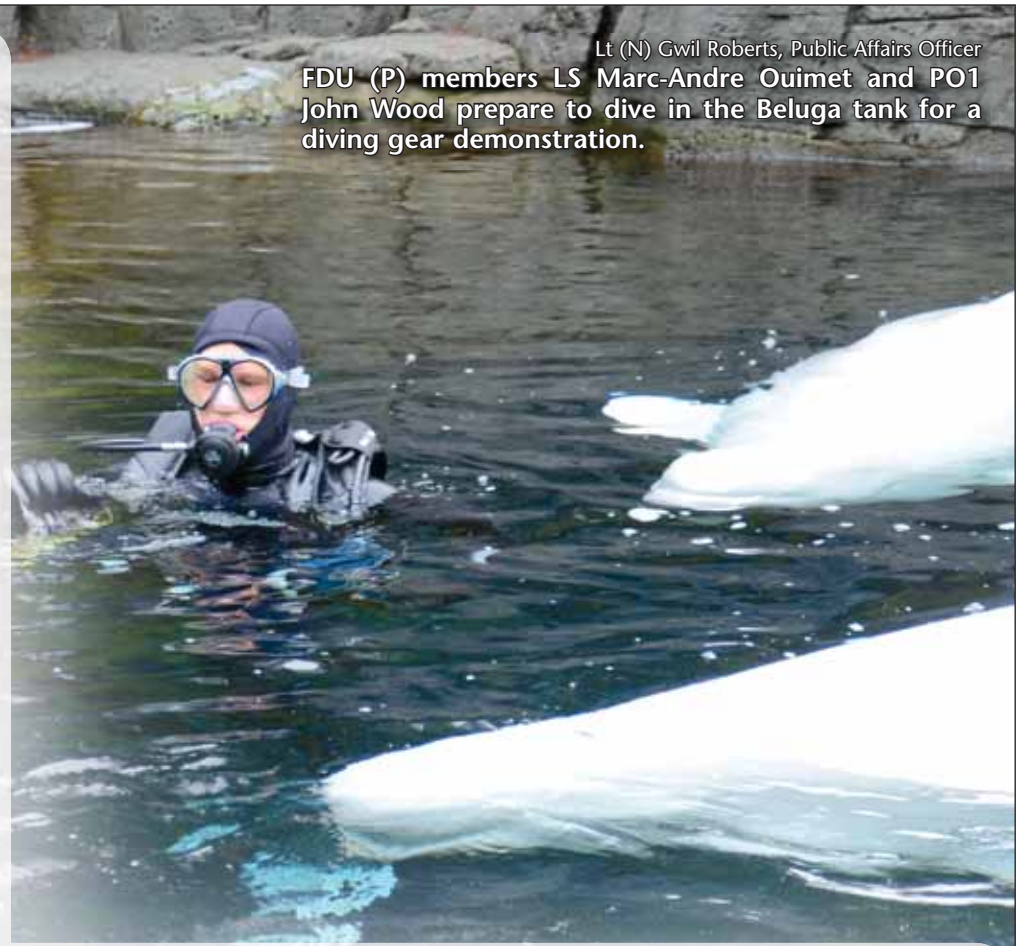
"People don't know what we do, typically," said Lieutenant (Navy) Greg Oickle, FDU (P) Executive Officer. "So there was a lot of contact with the public and it gave us the opportunity to talk to others about our jobs doing clearance diving or port inspections."

Lt(N) Oickle and PO1 Giles Pease teamed up to give a special presentation on diving opportunities within the Canadian Armed Forces (CAF) on Saturday afternoon. More than 30 people listened raptly as they discussed training, career paths in military diving, and basic diving tasks.

"They send divers down to defuse explosives, risking their lives, and the extent of what they do is amazing," said Nerina Black, a seminar audience member. "I had no idea they do so much. They truly save lives."

The Aquarian's annual Divers' Weekend, now in its 17th year, focused on the Arctic, with seminar topics ranging from the impacts of climate change to exploring shipwrecks in the waters off Cambridge Bay, NU.

During the clearance diver presentation, Lt(N) Oickle talked about diving under the Arctic ice last spring following the discovery



Lt (N) Gwil Roberts, Public Affairs Officer FDU (P) members LS Marc-Andre Ouimet and PO1 John Wood prepare to dive in the Beluga tank for a diving gear demonstration.

of the HMS Erebus wreckage, one of the ships that sank on the journey to find the North West Passage during the 1845 Franklin Expedition.

Leading Seaman Marc-Andre Ouimet, LS Ryan Burrell, and Petty Officer First Class John Wood were also on hand to carry out two morning and two afternoon diving demonstrations.

"Two divers would suit up in either a wet suit or dry suit and head to the tank, where they were counted down to enter the water by the narrator as the crowd watched through the underground viewing glass," says Lt(N) Oickle. "Once underwater, divers swam around, gave high fives and waved to the kids."

Divers then demonstrated the difference between regular scuba diving gear and rebreather diving gear. With rebreather diving gear, carbon dioxide is filtered from the air through a closed system, meaning no streams of bubbles form in the water as the diver breathes. This is used primarily during underwater bomb disposal so as not to disrupt the device.

"We all really enjoyed getting to be behind the scenes at the aquarium," said Lt(N) Oickle. "Just getting to be where the general public isn't allowed was something really special. The whole experience was definitely a once in a lifetime opportunity, not only for us but for the audience as well."

Spring Break Camps

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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.

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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

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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.



Military driver qualifications now transferrable

The B.C. Government, ICBC, and DND are supporting transitioning military personnel and retired veterans by transferring their truck driving credentials to commercial licences, and by removing any requirement for additional testing.

This will provide transitioning military personnel and recently retired veterans with a marketable qualification and new career opportunities in the commercial trucking industry.

"Military members transitioning out of the Canadian Armed Forces into civilian life can face many challenges as they seek out new employment. The announcement by the B.C. government and ICBC eliminates one of those key hurdles for many of our current and former serving members," said Rear Admiral Gilles Couturier, Commander

Maritime Forces Pacific. "I thank the Province of British Columbia, the Canadian Council of Motor Transport Administrators, and Helmets to Hardhats for working so closely with us to support the men and women who serve, by recognizing military driver's license as a valid professional qualification in the province."

This agreement allows retired and active members with a DND driver's licence to obtain an equivalent B.C. commercial licence (class 1, 2, 3 or 4). The streamlined approach allows applicants with prior DND credentials to drive semi-tractors, large trucks, buses and limousines. To further support military driver transition, B.C. will also issue class 5 or 7 passenger vehicle licences without additional testing to drivers with equivalent DND credentials.

The newly signed agreement by the B.C. government, ICBC, and DND goes into effect Jan. 25.

Removing this hurdle for military personnel and veterans in B.C. is part of an initiative spearheaded by the national non-profit group, Helmets to Hardhats Canada.

Helmets to Hardhats Canada is focused on providing members of the Canadian Armed Forces with opportunities for apprenticeship training and/or careers, with good wages and benefits in Canada's unionized building, construction and maintenance industries.

"We are happy to help current and retired Canadian Forces members continue to use their well-earned commercial driving skills once they decide to leave the military, and

this initiative will also help fill the growing labour shortage in this industry," said Todd Stone, Minister of Transportation and Infrastructure.

The Conference Board of Canada estimates Canada could experience a labour shortage of 25,000 to 33,000 trained and qualified truck drivers by 2020. The introduction of this initiative will directly address labour shortages in the commercial trucking industry.

For more information on how to exchange your DND licence, go to:

- www.icbc.com/driver-licensing/getting-licensed/Pages/exchange-dnd-licence.aspx

For more information on Helmets to Hardhats Canada, go to:

- www.helmetstohardhats.ca/en/home.htm

Winnipeg's crew receives NATO Medal

SLt Jamie Tobin
HMCS Winnipeg

The ship's company of HMCS Winnipeg received the NATO Article 5 medal on Jan. 9 for their service in support of Operation Reassurance, Canada's contribution to NATO assurance measures in Central and Eastern Europe

For approximately three months of the deployment Winnipeg's service with the Standing NATO Maritime Group was in support of Operation Active Endeavour, NATO's mission to build maritime situational awareness in order to detect, deter and disrupt terrorism in the Mediterranean Sea. The ship served on the operation with the German-led Standing NATO Maritime Group Two (SNMG2) this past July and August, and again with the Portuguese-led SNMG1 in November and December.

The ship held the medal presentation ceremony on the flight deck during an operational port



Cpl Stuart MacNeil, HMCS Winnipeg

Rear Admiral Gilles Couturier, Commander of Maritime Forces Pacific, presents Master Seaman Brandon McLeod with the NATO Article 5 medal for his contribution to NATO Operation Active Endeavour.

of call in Goa, India. The event was presided over by Rear Admiral Gilles Couturier, the Commander of Maritime Forces Pacific, and Chief Petty Officer First Class Michael Feltham, Formation Chief Petty Officer.

"It was great to get out and visit the crew of HMCS Winnipeg and it was an honour to present them with their medals," said RAdm Couturier. "Winnipeg has been doing the business of the Royal Canadian Navy throughout their deployment and they serve as an example of excellence at sea."

Winnipeg and crew deployed from Esquimalt

June 15, 2015, and have been conducting operations and participating in multinational exercises with the SNMGs since mid-July. The crew received their medals shortly before the seven month milestone of the deployment.

"It was a momentous occasion for all of us," said Commander Pascal Belhumeur, Commanding Officer of HMCS Winnipeg. "This is the best crew of sailors that I have ever had the pleasure of sailing with throughout my career, and they are all very deserving of this honour. We have become a Winnipeg family over the past seven months and we live by the

ship's motto: One with the strength of many!"

This is only the first round of medals presented. Following a second period of service to Operation Active Endeavour in November and December, additional crew members qualified for the medal, which will be received in the coming months.

On the day that the crew received their medals, Winnipeg was replaced by HMCS Fredericton in the Operation Reassurance area of operations. Fredericton deployed from Halifax Jan. 5 and is the fourth Royal Canadian Navy ship to deploy in support of this mission.

This is the best crew of sailors that I have ever had the pleasure of sailing with throughout my career.

Cdr Pascal Belhumeur,
HMCS Winnipeg

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Generosity of Winnipeg crew helps many

SLt Jamie Tobin
HMCS Winnipeg

Despite being deployed over the holiday season, the more than 250 sailors, soldiers and air force personnel on board HMCS Winnipeg spread holiday cheer to those less fortunate with some very successful community outreach endeavours.

The most successful of the campaigns was the ship's holiday toy drive where members of the crew purchased toys that were donated to a worthy cause in the ship's holiday port of call of Rome.

"It is incredibly overwhelming to see the ship's company collaborate together and purchase a variety of children's toys and donate clothing for those in need," said Master Seaman Joan Emode, a reserve force Resource Management Support Clerk serving in Winnipeg. "I am also proud to be a member of the Master Seaman and Below mess that contributed so much of their time and effort to support this important cause."

Two days before Christmas representatives from the ship visited the Joe Nafuma Refugee Centre in Rome to drop off clothing and hygiene products donations that had been collected by the crew. The facility provides meals and daytime services to refugees living in the vicinity of Rome, and the team from the ship had a brief opportunity to meet with some of the centre's staff and clientele to learn about the support programs and employment opportunities they provide.

On Christmas Eve, a large group from the ship's company visited the Community of Sant'Egidio School of Peace in Rome with toy donations that had been collected during the campaign.

The donations consisted of store bought toys and games, as well as handcrafted wooden boats that were constructed by the ship's hull technician section.

The Community of Sant'Egidio is an international volunteer-run organization that provides under privileged citizens with food, shelter, every day necessities and education. The toy dona-

tions were given to the youth on Christmas Day during their annual holiday feast.

These acts of kindness and generosity followed a donation that was made from the ship on behalf of Boomer's Legacy to a refugee centre in Kiel, Germany, during an operational port of call in September. Boomer's Legacy is a British Columbia based not-for-profit organization that knits toques for children affected by conflict; the organization carries on the legacy of Corporal Andrew "Boomer" Eyklenboom, a Canadian soldier that made the

ultimate sacrifice in Afghanistan in 2006.

The charitable efforts and support to community relations initiatives that have been made by the crew of Winnipeg have been implemented under the leadership of the ship's Chaplain, Lieutenant (Navy) Matthew Squires, with help from the ship's Forward Logistics Support section. These initiatives help to serve the communities that the ship visits while enhancing the morale of the crew by providing added purpose to their important mission.



Photo by: Cpl Stuart MacNeil, HMCS Winnipeg

Members of HMCS Winnipeg present clothing donations collected by the ship during its Holiday Clothing Drive to the Joe Nafuma Refugee Centre in Rome, Italy.

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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

Curried Chickpea Falafel Burger - Seasonal veggies & tzatziki sauce on a sesame bun

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A clean yard earns rewards

Rachel Lallouz
Staff Writer

Maintaining a clean yard in military housing now reaps rewards.

The Canadian Forces Housing Agency (CFHA) has introduced the Positive Compliance Program to CFB Esquimalt. It encourages Residential Housing Unit (RHU) residents to maintain a tidy and clean property by rewarding those who show exceptional care of their home.

Inspections carried out monthly with the Base Chief's office identify addresses that are deserving of the reward: \$50 towards beautifying their property.

"We have people who go that extra

mile and really make their property look good," explains Anne Corkery, Chief of Business Operations for the local CFHA. "We want to talk to these residents and thank them for everything they are doing to make their community look beautiful."

In contrast, the non-compliance program has historically recognized properties that break CFHA rules, such as having RV's parked on the property.

"Our organization wants to recognize people that try so hard to keep their area looking nice. From now on we won't only be contacting those in non-compliance," Corkery says.

To date, Corkery says three homes have received the financial allotment, with more expected to come.

Upcoming general court martials

Notification of Standing Court Martial - LS K.N. Janssen

A standing court martial (SCM) has been ordered to try LS K.N. Janssen, Personnel Coordination Centre. The SCM will take place at 9:30 a.m. on Feb. 16 in building Naden 30.

LS K.N. Janssen has been charged with the following offence under the National Defence Act (NDA):

- 129 NDA - an offence punishable under section 129 of the National Defence Act, that is to say, neglect to the prejudice of good order of discipline.
- 117 NDA - an offence punishable under section 117(f) of the National Defence Act, that is to

say, an act of a fraudulent nature not particularly specified in sections 73 to 128 of the National Defence Act.

Spectators are encouraged to attend. Military spectators are to wear the dress of the day and are to be seated by 9:30 a.m. The trial will be conducted in English.

Notification of General Court Martial - LS S.A.L Komoroci

A General Court Martial (GCM) has been ordered to try LS Komoroci, Personnel Coordination Centre.

The GCM will take place at 9:30 a.m. on Feb. 15 in building Naden 30.

LS Komoroci has been charged with the following

offences under the National Defence Act (NDA):

- 130 NDA - an offence under section 130 of the National Defence Act, that is to say possession of child pornography contrary to section 163.1(4) of the criminal code.
- 130 NDA - an offence under section 130 of the National Defence Act, that is to say accessing child pornography contrary to section 163.1(4.1) of the criminal code.

Spectators are encouraged to attend. Military spectators are to wear the dress of the day and are to be seated by 9:30 a.m. The trial will be conducted in English.

Passing of naval hero Margaret Brooke

DND

Vice-Admiral Mark Norman, Commander of the Royal Canadian Navy, issued the following statement on the passing of naval hero Lieutenant Commander (Ret'd) Margaret Brooke, MBE, PhD:

"On behalf of the entire Royal Canadian Navy and the Canadian Armed Forces, my deepest condolences are extended to the family and friends of LCdr (Ret'd) Margaret Brooke, who passed away peacefully on Jan. 9, 2016, at the age of 100, surrounded by loved ones in Victoria, British Columbia.

"LCdr Brooke was a true Canadian naval hero. A Royal Canadian Navy Nursing Sister during the Second World War, then-Sub-Lieutenant Brooke was named a Member (Military Division) of the Order of the British Empire for her valiant actions following the torpedoing and subse-

LCdr (Ret'd) Margaret Brooke passed away peacefully on Jan. 9, 2016, at the age of 100, surrounded by loved ones in Victoria.

VAdm Mark Norman,
Commander RCN

quent sinking of the ferry SS Caribou on October 14, 1942, in the Cabot Strait off Newfoundland. Fighting for her own survival, she attempted to save the life of her colleague and friend, Nursing Sister Sub-Lieutenant Agnes Wilkie, by holding on to her with one arm, while clinging to ropes on a capsized lifeboat. Despite LCdr

Brooke's heroic efforts, her friend succumbed to the frigid water. LCdr Brooke continued to serve in the RCN until her retirement in 1962, at which point she went on to a successful civilian career in academia, achieving her PhD in paleontology.

"The Royal Canadian Navy was extremely pleased to acknowledge Margaret Brooke's great legacy with the announcement in April 2015 that one of the upcoming Arctic and Offshore Patrol Ships would be named Her Majesty's Canadian Ship (HMCS) Margaret Brooke in her honour. Members of the RCN had the great fortune to visit LCdr Brooke and her family at the time of the announcement, which was also on the occasion of her 100th birthday. It was a wonderful opportunity to thank LCdr Brooke for her 20 years of military service to Canada, and for her heroism so many years ago."



Leading Seaman Jeffery Dubinsky demonstrates the use of an infrared camera used aboard HMCS Vancouver during a media tour of the ship.



Lieutenant(N) Daniel Lonsdale speaks to local business leaders about the function of the bridge during a media tour on board HMCS Vancouver.

Vancouver visits namesake port

HMCS Vancouver and crew took some time out of their busy schedule to make a port visit to the ship's namesake city from Jan. 13-14. During the port visit, crew members treated invited guests to tours of the ship and hosted a reception and breakfast for Vancouver business leaders. Global Morning B.C. did a four-hour broadcast from the ship. The City of Vancouver welcomed the sailors with numerous events scheduled for the crew.



Commodore Jeffery Zwick is interviewed on the deck of the HMCS Vancouver for Global TV's morning show.



Photos by Bombardier Albert Law
39 CBC Public Affairs

Lieutenant(N) Haley Van Poorten speaks to local business leaders about the function of the mechanical room during a media tour on board HMCS Vancouver.



LS Dubinsky speaks about fire fighting and rescue gear used aboard HMCS Vancouver during a media tour of the ship.

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Her story of ~~addiction~~ recovery

Staff Writer
Rachel Lallouz

Sober now for a year, Master Seaman Kirsten Arensen, 43, says that life "on the other side" is better than she could ever have imagined.

"Addiction is something that I've struggled with my whole life," she says. "Alcohol has always been my demon."

At a glance one would never know the sailor with 11 years exemplary service, and holder of many world-class sporting event medals, struggles with addiction.

"I grew up fit and doing sports, but I started drinking in Grade nine," she says. "I just remember loving it and always feeling better under the influence."

By her early twenties she was using amphetamines every weekend, which depleted the serotonin levels in brain and left her depressed. This lifestyle continued until her early thirties.

After getting a bartending job at the Pacific Fleet Club, and meeting members of the military, she considered joining the navy. In order to join, she toned down her drinking and stopped her drug use.

In 2005, at age 33, she began her career in naval communications.

In the first two years of her military career, MS Arensen says she accepted culture of drinking allowed her addiction to grow.

"Drinking so much brought back the depression," she says. In an effort to "straighten herself out", in 2008 she signed up for an Ironman Triathlon. This shifted her focus from drinking to fitness.

"I ran a marathon, I took the Ship's Team Dive course, and I was training all of the time. I shifted my obsession to something completely different."

She completed a second Ironman the following year in Mexico, where she qualified for the 2010 Ironman World Championships.

Despite her high fitness level, MS Arensen was still binge drinking, but it didn't hamper succeeding in the World Championships and earning a spot on the CISM triathlon team. She was named Navy Female Athlete of the Year in 2009. Two years later, she competed at the Military World Games in Brazil, and was named Navy Female Athlete of the Year for a second time.

"Things seemed really good. I was getting so much recognition, and with my addict's personality, I needed that validation."

But things began to slip. Like a muscle that fatigues from strain, so too does willpower.

"After Brazil, I decided to take some

time off from competing. It was only supposed to be a couple of weeks, but that turned into me sitting in my backyard drinking. A few weeks led to a few months."

From the summer of 2011 until the end of 2012, MS Arensen says she was getting heavily intoxicated almost every day after work.

"I was depressed again because I knew people saw me as this fit athlete; I wanted to be that fit athlete, yet there I was, unable to motivate myself to do anything but drink. I was playing a front that I was okay when I wasn't."

In a desperate attempt to save herself, she again turned to fitness.

"I was under the delusion that being fit was equivalent to being healthy. So I ran every day for 374 consecutive days. As long as I ran and met my coach's demands, I felt justified in drinking," she says.

From Christmas day of 2012 to New Year's Eve 2013, MS Arensen averaged running 14 kilometres a day, sometimes running severely dehydrated or hungover. Still, she says, a strong marathon performance in 2013 qualified her for the CF Nationals in 2014. There, she met the international qualifying standard for CISM, which secured her a spot on the CISM running team.

"I still found myself going to the liquor store. But I was still going to work and doing my job well; I had never been late or called in sick. No one knew what was going on."

After the Military World Marathon Championships in the Netherlands in October 2014, a post-race injury propelled MS Arensen to begin drinking even more heavily.

"It was a cycle that was repeating itself," she says. "There was a lot of self-hatred and I could feel myself slipping further and further down."

Then, says MS Arensen, she experienced what she believes was an intervention from the universe.

In the autumn of 2014, she underwent her annual medical. Her doctor, discussed alcohol consumption with her.

"Sitting in her office was a turning point," says MS Arensen. "She encouraged me to go see a drug and alcohol counsellor, where I was diagnosed with severe alcohol abuse disorder."

When the counsellor suggested immediate treatment, MS Arensen was overwhelmed by fear and anxiety.

"Deep down I knew that I needed to do it, but I was always too proud to admit I had any problems," she says. "I was so afraid of my reputation being ruined. The stigma associated with addiction made me feel too ashamed to admit that I wasn't okay. I was afraid of people judging me."

Despite her fears, MS Arensen took the first step towards treatment, and told her Chief.

She took her last drink on Christmas Eve 2014.

"I figured that if I could give any gift to myself it would be the gift of sobriety and a new life," she says.

She left for Edgewood Treatment Center on the Island in December 2014 and stayed for 83 days, getting out in March 2015.

"When I first got to treatment, I was full of anger and resentment. I didn't imagine I could live without alcohol. I could barely string together a few days sober, but leaving there I realized I didn't need it. The obsession to use left me."

She says the biggest thing her addiction has cost her was the joy and pleasure of living.

"I feel like I've missed out on half of my life because I've been absent from being in the moment. I spent so much time being restless, irritable and discontent when I could have been spending quality time with my family or friends," she says.

But her time in treatment has allowed her to gain peace of mind.

"I realized that by taking away the alcohol the real problem was me. I had to learn to let go of my anger, self-pity,

and resentment, and forgive. I am finally discovering who I really am and have started to accept myself."

As for MS Arensen's future plans, she says she will continue to share her experience, strength, and hope with others.

"They say we can only keep what we have by giving it away. I believe that," she says.



End the stigma - Bell Let's Talk Day - Jan. 27

I was under the delusion that being fit was equivalent to being healthy. So I ran every day for 374 consecutive days. As long as I ran and met my coach's demands, I felt justified in drinking.

MS Kirsten Arensen



Work Point Garden Club - get down and dirty

Sadie Quintal
Contributor

Looking for a fun and productive way to get outside? Interested in growing your own food? Try the Work Point Garden Club.

Vancouver Island is blessed with a climate that permits gardening year-round. Mild winters let us keep vegetables such as kale, cabbage, broccoli, and even root crops such as carrots and beets in the

ground right through until spring. However, our mild coastal summers make growing heat-loving vegetables such as peppers a challenge, unless located in a warm backyard or under a season extender such as a mini hoop-house.

Growing your own food is a rewarding activity in more ways than one. Gardening gives us the opportunity to grow nutrient-dense fresh vegetables and live an active, healthy lifestyle.

Gardening reduces our carbon footprint by providing vegetables close to home, and can also save money on the grocery bill after a small initial investment. Kids love being outdoors and a garden is a great opportunity for exploration and learning.

Work Point Garden Club welcomes both experienced gardeners and beginners. You can contact the club at workpointgardenclub@gmail.com



Resources for Gardeners:

Victoria Compost Education Centre:

- Offers workshops for both adults and kids on a variety of topics including composting, gardening, and rainwater harvesting.
- Sells some composting products, locally sourced seeds, and has a great plant sale every spring. <http://compost.bc.ca/>

West Coast Seeds:

- Online seed store based out of the lower mainland with very valuable "How to Grow" information for all types of vegetables. <https://www.westcoastseeds.com/>

Salt Spring Seeds:

- Local seed company that sources all seeds from Vancouver Island or the Gulf Islands. <http://www.saltspringseeds.com/>

Full Circle Seeds:

- Local seed company that grows almost all of their seeds right in Sooke. <http://www.fullcircleseeds.com/>



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Stand out for yourself - for safety sake

LS Andree Noye
MPU Esquimalt

In the two weeks following the return from holidays, vehicular collisions involving pedestrians have kept the Military Police and Victoria area emergency services busy, both on and off base.

In all cases, the collisions have occurred during low light conditions.

Light rain, typical of West Coast winter weather, has also contributed to these incidents.

For Pedestrians

Darkness, coupled with dark clothing has drivers insisting the involved pedestrians were “nearly invisible” and could not be seen due to the lack of light and rain.

Although not all pedestrians involved were distracted, some did place their lives at risk by wearing dark clothing with no reflective gear, and/or by walking with their head down looking at their phone. Wearing dark, non-reflective clothing and not paying attention increases the risk of an incident.

For Drivers

Weather conditions such as fog and rain, combined with street lighting during the early darkness period can create

glare. Such poor lighting conditions can significantly reduce the driver’s ability to see pedestrians clearly.

Although it might be obvious, dark shadows can also hide hazards.

“If you can’t see clearly ahead or behind, your information about the road scene is dangerously reduced,” it says in ICBC’s Sharing the Road Safely, 2016.

“The majority of pedestrian-related crashes happen at intersections, so we’re asking drivers to be vigilant in looking for pedestrians this fall and winter,” said John Dickinson, ICBC’s road safety director. “Pedestrians also need to do their part by making sure they’re seen by drivers, and actively looking and listening for oncoming vehicles.”

If you are involved in a collision, ICBC and the MP Unit recommend the following:

- Legal responsibilities - You have legal responsibilities if you are involved in a collision or other drivers have a collision because of something you did.

In either of these cases, you are legally required to:

- Remain at the scene - Give all reasonable assistance. Call for emergency services if you can and if necessary.

You must exchange the following information with the other driver, anyone who

has been injured, and/or anyone whose property has been damaged:

- Your name and address, the name and address of the registered owner of the vehicle, the licence plate number, and insurance information.

You must also provide this information to the police or a witness if requested.

Additionally, here are some other things you should do:

- Move the vehicles off the road if it is safe to do so.
- Avoid discussing who is at fault for the crash.
- Write down the names and addresses of all witnesses.
- Exchange driver’s licence numbers with any other drivers involved.
- Draw a sketch or take photos of the scene, noting conditions such as time, location and weather.
- Notify your insurance company right away.

Remember, even if a pedestrian has the legal right of way the reality is that in a collision between a pedestrian and a vehicle, the pedestrian always loses. It is always in the pedestrian’s best interest to be proactive in his or her approach to being visible.





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Bravo Zulu

Kamloops cadets clean up in zone biathlon competition in Vernon

Regional Cadet Support Unit (Pacific)

Cadets from 204 Black Maria Royal Canadian Air Cadet Squadron (RCACS) took several gold medals in the cadet zone biathlon competition held at Sovereign Lake in Vernon Jan.16.

The Cadets encountered tough weather conditions as they completed the ski loop and shoot competition. The event proved to be a test of physical strength, concentration, and persever-

ance as the cadets battled the elements and competed against their peers.

Cadets competed in three divisions based on age: Cadet Junior (ages 12-13), Cadet Senior (ages 14-16) and Cadet Youth (ages 17-18).

The following cadets from 204 RCACS earned Gold medals:

- Cadet Kieran Waterous, Male Youth
- Cadet Chase Jervis, Male Senior
- Cadet Preston Bodo, Male Junior

- Cadet Halo Cui, Female Junior

Once results from competitions around the province are published, the Cadets will learn who will attend the Provincial Biathlon Competition to be held at Mount Washington in February.

The cadet biathlon program is a recreational activity that has produced Olympians such as Jean-Philippe Le Guellec, and World Cup competitors such as B.C.'s Emma Lunder.



Photo courtesy of Captain Tyler Willis

Cadet Kieran Waterous from 204 Black Maria Air Cadet Squadron in Kamloops starts his race in the Cadet Male Youth division during the 2016 Zone 3 Biathlon Championship held at Sovereign Lake in Vernon Jan. 16. Cadets completed a two kilometre ski loop and shoot course for the opportunity to participate in the Provincial Cadet Biathlon Championship at Mt Washington in February.

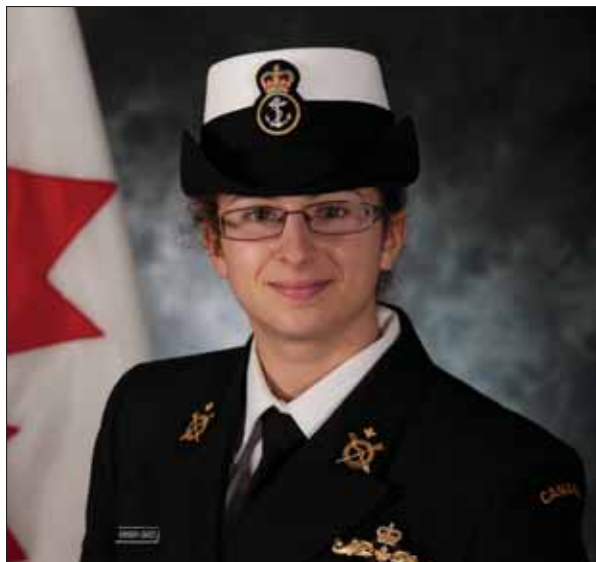


Image by Ed Dixon, MARPAC Imaging Services

AB Leah H. Vininsky-Oakes a Sonar Operator with Canadian Fleet Pacific on board HMCS Chicoutimi.

Sailor of the Quarter

Bravo Zulu to Able Seaman Leah Vininsky-Oakes.

AB Leah Vininsky-Oakes was the most recent recipient of this award and esteemed title that was given in recognition of her outstanding achievements and success as a junior non-commissioned member in a fleet unit.

AB Vininsky-Oakes has demonstrated a tremendous work ethic throughout the year as an integral member of HMCS *Chicoutimi's* Combat Department.

During *Chicoutimi's* busy program she demonstrated leadership, both on and off watch, above the level expected of an Able Seaman.

While acting as Watch Leader, a position normally delegated to Master

Seamen, she performed very well, providing excellent reports and leading her team with increasing confidence.

During High Readiness Work Ups, AB Vininsky-Oakes received a Bravo Zulu from the Commander Sea Training (Submarines) for her drive and abilities as Attack BA, a key position in any damage control evolution.

Her noteworthy exam results on the MK-48 threshold knowledge exam earned her a second Bravo Zulu from Commander Sea Training (Submarines) and from the Commander of Submarine Division, CFNOS.

While the boat sailed for Weapons Certification, AB Vininsky-Oakes oper-

ated in a challenging area with high traffic density. She confidently assisted the operations team in keeping the submarine safe through maintaining tracking of key targets.

She always presents the highest dress and deportment of her section. With her persistent optimism, she contributes to the high morale in her section and *Chicoutimi* overall, and is welcomed in every boat she sails in.

AB Vininsky-Oakes maintains a strong level of physical fitness and is an avid runner who has participated in numerous races. She actively encourages her shipmates to embrace physical fitness, both in home port and away.

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Enjoy a relaxing trip up island and a day on the mountain and leave all the driving to us! Bus leaves from the Canteen Road - General Parking Lot at 6 am (please meet bus at 5:45am). Day parking is available in Canteen Road Parking Lot with appropriate parking pass. Bus returns at approximately 6 pm.

Return bus transportation from the base to Mt Washington costs \$35. Bus must have a minimum of 23 travellers in order to run. Register by phone at 250-363-1009 or in person at CPAC or NAC.

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Ordinary Seaman Alex Gauthier receives a Governor General's Certificate of Commendation from Commodore Marta B. Mulkins, Commander of the Naval Reserve, in a ceremony on Dec, 12, 2015, at HMCS Champlain in Chicoutimi, Québec.



LS Stephanie Doucet of the Base Orderly Room (BOR) Pay and Records Section receives her promotion to that rank from Cdr Brigitte Boutin, Base Administration Officer, Lt(N) Rebecca Gallant, Officer in Charge Of BOR, and MWO Mark Dankwerth, BOR Supervisor.



LS James Robertson of the BOR Cashier Section receives his Sea Service Insignia (Gun Metal) in recognition of 304 days spent at sea from Cdr Brigitte Boutin.



MS Luis Lemus of the Naval Reserve Coordination Centre receives his appointment to that rank from Cdr Brigitte Boutin, and Lt(N) Carl Marcoux, Divisional Officer.

AWARDS & PRESENTATIONS MARPAQ HQ

Images by LS Ogle Henry, MARPAQ Imaging Services
LCdr Colleen O'Brien, Maritime Forces Pacific Headquarters
Executive Officer at MARPAQ HQ, presented awards on Jan. 19.



LS Paul Schaap is presented with the General Campaign Star-South West Asia Medal.



Lieutenant Commander David Kostuk is presented the Canadian Forces Decoration First Clasp.



Lieutenant (Navy) Gordon McKie is presented the Canadian Forces Decoration.



MCpl Ed Labonte receives his promotion to his current rank by Capt(N) David Mazur, at the Joint Rescue Co-ordination Centre (Victoria), Jan. 11, with Major Justin Olsen, Officer in Charge of JRCC presiding.

Commander Wes Golden, Commanding Officer of Maritime Pacific Headquarters (MARPAQ HQ), presented awards at MARPAQ HQ on Jan. 11.



LS Gorden Gilbert receives the Sea Service Insignia (Gun Metal).



Duncan Eyre receives the 15 Years Public Service Award.



MS Tiffany Edwards is promoted with MWO Nigel Colley looking on.

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2 BDRM 2 BATH CONDO for sale near Gorge Point Pub. Newly updated floors, sinks, tile, patio doors and windows. Gated community, secure u/g parking w/ bike and kayak storage, pvt dock for small boat and water views. Great location to CFB Esquimalt. MLS # 358368. Contact Shirley Zailo for an appt at 250-812-0309.

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