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MCpl Michael Bastien, MARPAC Imaging Services
HMCS Winnipeg returns on Feb. 23 after an eight-and-a-half month deployment in support of Operation Reassurance and Operation Caribbe. See more on pages 8 and 9.

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Hockey pros coming to town for fundraising game

Peter Mallett
Staff Writer

Ty Gretzky is ready to show off his formidable stick-handling skills in the Heroes Hockey Challenge here in Victoria on March 6.

The son of former NHL legend Wayne Gretzky and manager of the Gretzky Hockey school, Ty Gretzky will be in the lineup at the Q Centre for the Sunday game, which features a Vancouver Canucks Alumni team versus the CAF Warriors. Gretzky, 26, operates the Los-Angeles-based Gretzky Hockey School and has been working with Heroes Hockey Challenge (HHC) co-founder Glenn Cumyn since 2014.

In its fourth year, the HHC raises money for the Princess Patricia Canadian Light Infantry (PPCLI) Foundation, a group that assists former service members and their families.

"I'm happy to give back and support the Heroes Hockey Challenge in any way I'm able," said Gretzky. "I'm looking forward to coming up to Victoria, meeting everyone and playing alongside the Canucks [alumni] for a worthwhile cause."

To help with the fundraising, Gretzky also donated two spots in the Gretzky Hockey School's Burnaby camp from Aug. 8 to 12, which raised more than \$1,000 for HHC when they were raffled off at a recent B.C. Intercollegiate Hockey League Tournament.

Designed and run by the Gretzky family and their friends within the hockey world, the week-long camps are for boys and girls aged

seven to 15. In the past, NHL stars such as Wayne Gretzky, Brett Hull and Guy Carbonneau have made appearances at the camps.

The Canucks Alumni team in Victoria will feature defenceman Dave Babych and centre Kyle Wellwood. Former Washington Capitals and Detroit Red Wings forward Mark Lofthouse will join them. The team will be coached by Canuck legends Orland Kurtenbach and Darcy Rota.

Gretzky was eager to step up when Cumyn invited him to play for the Canucks' alumni team in this year's game.

"The hockey community is so great about coming

together, giving back to the community and supporting each other," he says. "The entire team is really looking forward to this game. It will be incredible to meet these soldiers, sailors and aviators and play against them."

The CAF Warriors team will be comprised of players participating in the CAF Old Timers Hockey Championship, hosted by CFB Esquimalt from March 6 to 10.

CPO2 Ken Simoneau, a goaltender with the CFB Esquimalt Tritons says he and his teammates are "awe-struck" at being able to take part in the game.

"It's going to be awesome for all of us and

certainly the highlight of my hockey career," said CPO2 Simoneau. "Most of the team had a chance to watch NHL stars on television or from the stands while we were growing up, but to actually be able to play against them on the same sheet of ice will be mind-blowing."

CPO2 Simoneau added he won't feel too bad if the NHL alumni team manages to slip a goal or two past him, especially since the game is really all about "the fun factor."

Single-game HHC general admission tickets cost \$10 and can be purchased online at www.selectyourtickets.com or at the Q Centre.



Ty Gretzky (right), who operates the Gretzky Hockey School, will be in the Canucks Alumni line up for the Heroes Hockey Challenge.

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Protecteur's final journey



Cpl Stuart MacNeil, MARPAC Imaging Services

The former Protecteur-class replenishment oiler, HMCS Protecteur is towed out of Esquimalt Harbour by the Tug Corbin Foss on Feb. 24. The ship is headed to Nova Scotia where it will be deconstructed.

Celebrate International Women's Day at MARPAC

To commemorate the 2016 International Women's Day (IWD) under the theme of *Women Moving Forward*, MARPAC and the Defence Women's Advisory Organization (DWAO) will be hosting events on March 7 and 8.

A 5 kilometre "Noon Walk for Wellness" is planned for Monday, March 7. The walk will leave at noon from the front of the Pacific Fleet Club building to Saxe Point Park and back. Everyone is welcome to join this stroll in our

neighbourhood. Bring along your co-workers, friends and family, and wear bright colours.

On March 8, internationally acclaimed financial advisor HCol Diane McCurdy will deliver a keynote speech, followed by a panel discussion. This event will take place from 10 a.m. to noon at the conference room at the Chief and Petty Officers' Mess.

HCol McCurdy will bring insight, experience and enthusiasm to the vital challenge of creating and

managing your personal financial plan. She is author of the best-selling financial guide "How Much is Enough?" and is a frequent contributor to national print and broadcast media.

HCol McCurdy became involved with the Canadian Armed Forces following a helicopter crash in August 2010 when she was rescued by 442 Squadron. This life event fostered her advocacy for the military community.

The keynote will be followed by a one hour panel discussion from 11 a.m. to

noon. Several Formation members will join HCol McCurdy on the panel to share their achievements and experiences on various topics that include the field of leadership, work and life balance, life and family, and more. All Defence Team members are invited to join.

Supervisor approval is required to attend these events. Due to limited seating for the March 8 event, please RSVP to Emily Zhong at Emily.Zhong@forces.gc.ca or 363-1082.

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WHAT SAY YOU

People Talk

Upon the return of HMCS Winnipeg, Lookout Newspaper posed this question to family and friends waiting on the jetty:

What are your special plans to celebrate having your loved one home?



Staying home. I just want to let him enjoy being finally home.

Martine Granger



Nothing. We are going to "veg" at home and just enjoy our space.

Lisa Baillargeon



We're going camping at Pedder Bay! We leave on the weekend.

Rebecca Ashcroft



We have a lot of catching up to do but I guess one of the big things I'll be looking forward to doing with her is yoga.

Marta Hale



We are going to go out on a patio in town, enjoy the sunny weather, party and drink responsibly all day long.

Capt Mallory McDonald

SPORTS trivia

By Steven Stone
& Tom Thomson

World Hockey Trivia

- Which country achieved an international first with a double gold in hockey by winning the Olympics and the World Championships in the same year?
- What was Bobby Orr's only major outing in World Hockey competition?
- Who established Canada's national hockey team program?
- How many shots were fired on net before the first goal was scored in the 1972 Summit Series?
- Who were the four players who quit Team Canada mid-series and returned to Moscow in 1972?
- What controversial action did the Soviets take that enraged Canadian officials prior to the series-deciding 8th game?
- Who has Paul Henderson's game-winning puck from game eight?
- In which Canada Cup did the opposing players in the championship game exchange jerseys on the ice after the game? (a) 1976 (b) 1981 (c) 1984 (d) 1987 (e) 1991
- Who scored the game-winning goal, in overtime, to defeat Czechoslovakia in the final of the first Canada Cup?
- What was the score in all three games of the final series of the 1987 Canada Cup between Canada and the USSR?
- Who was named tournament MVP of the 2004 World Cup of Hockey?
- How much NHL experience did Eric Lindros have when he played in the 1991 Canada Cup?
- In what year did Canada first host the World Hockey Championship?
- What is the record for the most games appeared in by a player in the World Championship? (a) fewer than 90 (b) 90-110 (c) 110-130 (d) more than 130
- Which senior amateur team from Canada won the 1961 World Championship?
- After their return to world play in 1977, when did Canada next win gold at the World Championship? (a) 1982 (b) 1986 (c) 1990 (d) 1994.
- Canada won the 2003 World Championship after what happened during the gold medal game against Sweden?
- In which decade were the World Junior Championships first held? (a) 1950's (b) 1960's (c) 1970's (d) 1980's.
- Which coach has won the greatest number of World Championships for Canada? (a) Tom Renney (b) Andy Murray (c) George Kingston (d) Dave King.
- What is the IIHF record for most World Championship titles? (a) six gold (b) eight gold (c) ten gold (d) 12 gold.

1. Sweden - 2006.
2. Canada Cup - 1967.
3. Father David Bauer.
4. One - 30 seconds into the first period, Phil Esposito scored on a rebound from Frank Maholich's shot on Vladislav Tretiak.
5. Jocelyn Guevremont, Vic Hadfield, Rick Martin, and Gilbert Perrault.
6. The Soviets wanted East German official Josef Komppala to referee the game instead of the scheduled Swedish official Uve Dahlberg. Komppala and East German Franz Baader were the officials who assessed 31 minutes in penalties to Canada and four minutes to the USSR in game seven.
7. Pat Stapleton.
8. (a) 1976.
9. Darryl Sittler.
10. 6-5.
11. Vincent Lecavalier.
12. None. He was still playing junior hockey and was the first draft pick of the Québec Nordiques.
13. 2008.
14. (c) Jiri Holik began playing with Czechoslovakia at age 19 in 1964. When he retired in 1985 he had played in 123 in 14 World Championships, scoring 59 goals and 111 points, winning three championships and four Olympic medals.
15. Trail Smoke Eaters from British Columbia.
16. (d) 1994 in Milan, Italy.
17. A video replay of Anson Carter's goal at 13:49 overtime.
18. (c) 1970's.
19. (b) Andy Murray - 23 wins, two losses, two ties, and three championships between 1977 and 2003.
20. (c) ten gold. Vladislav Tretiak - USSR, 1970-1983; Alexander Ragulin - USSR, 1961-1973 (including Olympic gold in 1964 and 1968, which counted for that year's Championship).

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HMCS Vancouver heads south

Stock Image

SLt Sean Catterall HMCS Vancouver

HMCS Vancouver left Esquimalt on Feb. 1 on an important strategic mission to Central and South America. We are tasked to support the Royal Canadian Navy's efforts to strengthen ties with several nations including Peru, Chile and Mexico.

In addition to the strategic goals of this deployment, Vancouver will also be bolstering our military relationships by conducting several high intensity warfare training exercises with allied nations."

Vancouver spent 10 days at

sea en route to Manzanillo, conducting emergency drills, seamanship training and warfare exercises. After refueling at sea with a US Navy tanker, Vancouver spent two days conducting surface gunnery exercises against a target towed by a remote controlled boat called a Barracuda.

Throughout the week, Vancouver flew the embarked Sea-King helicopter "Blackfish", carrying out a variety of exercises including personnel hoist, helicopter in-flight refueling and haul-down landings.

As we crossed the tropic of Cancer, the air and sea temperature increased

dramatically, satisfying the crew that we had in-fact escaped Canadian winter.

Vancouver arrived in Manzanillo on Feb. 10 and came alongside the cruise ship jetty. After three days alongside soaking up sunshine, enjoying the local cuisine and unwinding, the port visit came to an end.

In a few days Vancouver will cross the equator, an occasion that is monumental and memorable in a sailor's career. More than half of the ship's company is made up of "tadpoles" who will soon graduate to "shell-backs" after enduring the infamous crossing-the-line ceremony.

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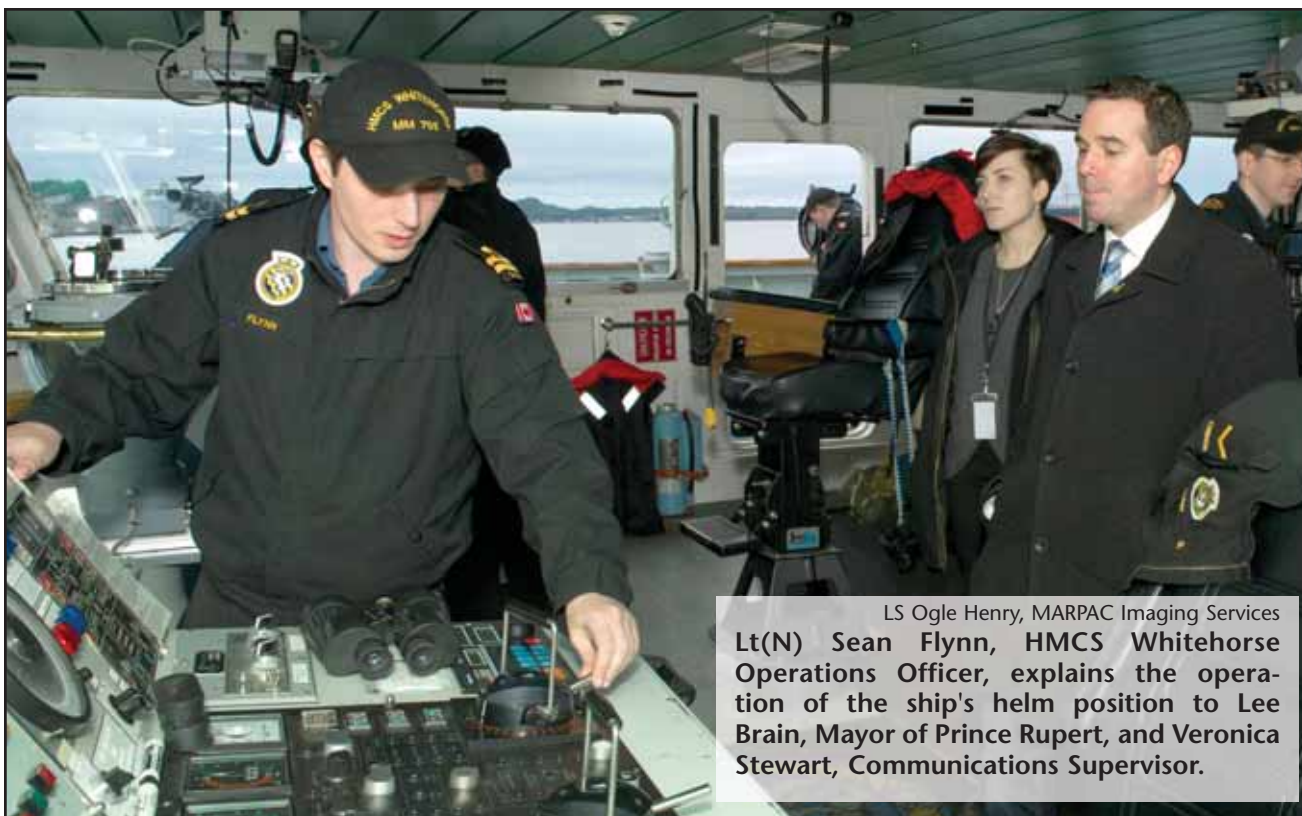
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LS Ogle Henry, MARPAC Imaging Services
Lt(N) Sean Flynn, HMCS Whitehorse Operations Officer, explains the operation of the ship's helm position to Lee Brain, Mayor of Prince Rupert, and Veronica Stewart, Communications Supervisor.

HMCS Whitehorse welcomes the Mayor of Prince Rupert

SLt Sully Heraud
HMCS Whitehorse

Members of *HMCS Whitehorse* were visited by the mayor of Prince Rupert during a scheduled port visit on Feb. 19. Mayor Lee Brain was given a private tour of the minor warship, which included demonstrations of force protection, small boats operations, firefighting and

flood control as well as bridge operations.

Whitehorse left CFB Esquimalt on Feb. 8 to conduct operations including sovereignty and presence patrols as well as outreach activities along the coast of British Columbia.

This visit was an opportunity for Lieutenant-Commander (LCdr) Shane Denny, Commanding Officer of *Whitehorse*, to

personally thank the mayor and the city of Prince Rupert for their ongoing support of the Royal Canadian Navy (RCN) during these port visits and other community outreach activities.

The RCN has a long history of engaging communities at home and abroad in an ongoing effort to enhance relationships at all levels. Through day sails,

community relations events and port visits, Canadians gain a better appreciation and understanding of the roles and responsibilities of their navy.

The visit was concluded when LCdr Denny presented a commemorative plaque as a symbol of the ship's appreciation for the community's historic and ongoing support for the navy.

Whitehorse carries out joint exercises with US Coast Guard

SLt Eric Mullen
HMCS Whitehorse

In the early morning hours on Feb. 18, *HMCS Whitehorse* sailed into Alaskan waters and conducted a series of exercises in order to enhance interoperability with the United States Coast Guard Cutter (USCGC) *Liberty*. The two vessels manoeuvred in formation until an American SH-60 Seahawk helicopter from Coast Guard District 17 arrived to conduct a series of helicopter hoists.

For *Whitehorse* and *Liberty*, a large portion of their manoeuvring was towing exercises. Both crews had opportunities to learn the technically

precise nature of the procedures and what is involved in working together to achieve operational effectiveness. The same can be said for the air crew of the SH-60 while practicing helicopter hoists.

Since interoperability requires both the sharing of knowledge and the forging of relationships, both ships also set time aside to exchange sailors for the afternoon. Guests enjoyed lunch and a tour of their host ship, and met with their professional counterparts. In addition, the crew of *Whitehorse* prepared a care package of baked good for the helicopter crew to enjoy.

The last time *Whitehorse* cooperated with the USCG was dur-

ing Operation Caribbe in October 2015. En route to the operating area, *Whitehorse* led ships from the United States Navy, the USCG, and the Secretaría de Marina in a Passage Exercise, which is any number of naval exercises grouped together and executed while transiting to and from locations. This exercise, just like the one completed this month, helps to promote interoperability and give our ships the training to be able to seamlessly integrate with naval partners.

Over the coming weeks, *Whitehorse* will continue its maritime security patrol along Canada's west coast before returning to home port in Esquimalt in early March.

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Runners wearing pink warm up on A Jetty for the February Fleet Run on Feb. 24. All personnel were encouraged to wear pink for the run and in the workplace as part of Anti-bullying Day.



March is Nutrition Month

Make small changes one meal at a time

Joanne Baxter
Health Promotion

To kick off Nutrition Month on March 1, MARPAC's Health and Wellness Strategy Team will be handing out fruit at the Naden and Dockyard gates.

The yummy treat is a reminder to all members of the defence team that they need seven servings of fruit and vegetables each day.

It's also one of the initiatives the base will be taking throughout March to encourage everyone to eat a little healthier.

The Wardroom, Venture and Nelles Block will be promoting healthy choices by offering a healthy side salad to cash paying customers:

- Week 1 - Spinach Mandarin salad
- Week 2 - Garden Tossed salad
- Week 3 - Fruit Salad
- Week 4 - Marinated Vegetables

The message is that small and consistent changes can lead to better choices. It's part of the Dietitians of Canada 2016 campaign, "Take the 100 Meal Journey: Make small changes one meal at a time."

To help Canadians enact this change, the campaign features a five-week action plan:

Week 1: Get ready. Visit the website (www.dietitians.ca), make the pledge, set small goals.

Week 2: Quality counts. Cook more meals, focus on nutrient rich ingredients.

Week 3: Prioritize portion size. Strategies

for realistic portions.

Week 4: Try something new. Tasty new flavors make choices easy.

Week 5: Make it stick. Doable strategies for inevitable detours.

Week 1: Getting Ready

- Self-monitoring - Tracking your eating habits builds awareness about food intake and eating patterns. It helps identify areas where you can make change and helps you stay on track.
- Stimulus Control - Many messages within our environments signal for us to eat. Examine your own personal environment and find ways to make choosing the healthier options easier.
- Goal Setting - Make your goals SMART: Specific, Measureable, Action-Oriented, Realistic and Time-Framed.
- Planning - Plan ahead to help set yourself up for mealtime success.

Visit www.dietitians.ca/gettheapps, to download three apps designed to help you along the way:

Cookspiration: find dietician approved recipes.

eaTipster: Get a dietician approved nutrition tip every day.

eaTracker: Consumers can enter foods and activities, set goals to change activity and eating habits, and get feedback on progress.

Watch the Lookout over the next four weeks for more nutrition month tips from the MARPAC Health and Wellness Team.

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From the Admiral

On Feb. 23, *HMCS Winnipeg* returned home to be reunited with families and friends after an extremely successful eight and a half month deployment.

I would like to extend my sincerest congratulations to the entire crew of *HMCS Winnipeg* for your devotion to duty, excellence at sea, and resilience in the face of many challenges. You have come together as a ship's company and demonstrated to all our allies the Royal Canadian Navy's capability and commitment to international maritime security.

The focus of your mission was the six months spent on Operation Reassurance,

during which time you served with two standing NATO Maritime Groups, in support of NATO's mission to build maritime situational awareness in the Mediterranean Sea and European waters.

Your work on Operation Reassurance has strengthened our reputation in NATO as a dependable ally and skilled fighting force.

It is also important to recognize that you were engaged in operations, both before and after Operation Reassurance. Upon the start of the deployment, you conducted surveillance patrols in the eastern Pacific Ocean, in support of Operation Caribbe, and on your return transit to

Canada, you participated in counterterrorism and maritime security operations in the Red Sea and Indian Ocean in support of Operation Artemis.

During the final month of your deployment, you continued to further Canada's strategic interests through port visits in India, Malaysia, Singapore and Japan. During your visits you promoted Canada's security and national interests and advanced the RCN's interoperability with other navies.

Since starting this extensive mission in June 2015, you have circumnavigated the globe and sailed more than 53,875 nautical miles, spent 254 days at sea, oper-

ated with 102 ships from 20 other navies, and visited 17 different countries. Your ship's CH-124 Sea King helicopter flew more than 200 sorties totalling more than 500 flying hours

I would also like to congratulate all MARPAC units for your unwavering support and dedication. *HMCS Winnipeg's* success is your success. Your professionalism and expertise kept our ship safe, equipped, and informed, which ensured mission success.

To the families of the crew, please accept my sincere appreciation for the support you have provided our dedicated sailors, soldiers and aviators. Thank you for being their foundation and their inspiration. To the staff of the

Military Family Resource Centre, Personnel Support Programs, and Formation Clergy, thank you for assisting the families of *HMCS Winnipeg* throughout the deployment. Your contribution was essential to the ship's success.

Bravo Zulu for a job extremely well done and most importantly, welcome home.

RAdm Gilles Couturier,
Commander Maritime
Forces Pacifi



First Kiss Contest winners Corey Vautour and MS Francis Légaré.



Welcome home HMCS Winnipeg

Peter Mallett
Staff Writer

After 254 days at sea and a journey of 99,776 kilometres, the crew of *HMCS Winnipeg* was treated to a hero's homecoming on Feb. 23 in Dockyard.

With sunny skies overhead and a cold and blustery wind, the Halifax-class frigate first passed between Duntze Head and Fisgard Lighthouse before pulling alongside A Jetty where a crowd of 500 friends and family were waiting.

As the ship came alongside, crew members lined the side of the ship, waving and blowing kisses while being greeted with loud cheers, and homemade signs and banners.

"It's an incredible turnout on a beautiful day," said Cdr Jeffrey

Hutchinson, Commanding Officer of *Winnipeg*. "I want to congratulate the crew and their families on their strength in enduring an eight-and-a-half-month deployment. It's hard on the guys and girls on the ship and for the families back home.

It's nice to release all of that pent-up longing and finally give your loved ones a big hug."

Winnipeg departed CFB Esquimalt on June 15, 2015 to take part in Operation Reassurance, Canada's contribution to NATO Reassurance measures in Central and Eastern Europe.

While en route to its theatre of operations, *Winnipeg* also partici-

pated in Operation Caribbe, part of Canada's involvement in the multinational campaign against illicit trafficking in the Caribbean Sea and Eastern Pacific.

As part of its deployment, *Winnipeg* conducted operations with 102 ships from 20 different NATO navies and visited 16 countries. During Operation Reassurance *Winnipeg* served with two Standing NATO

Maritime Groups, supported NATO's mission to build maritime situational awareness in the Mediterranean Sea, and participated in three successive multinational exercises: Nothern Coast, Joint Warrior and Trident Juncture, the largest NATO-led joint exercise in more than 20 years.

However, for most people waiting anxiously on the jetty

Tuesday, *Winnipeg's* homecoming was not about military accomplishments, but about the long-awaited end to the deployment.

To highlight that moment, prior to the ship's arrival its crew participated in the draw for the traditional First Kiss.

This year's winner was MS Francis Légaré who gave a heart-felt kiss and warm embrace to

his partner of two years, Corey Vautour to the applause and cheers of those in attendance.

"I was surprised and laughed about it when I found out I'd won because I didn't think I had any chance of winning," said MS Légaré. "Like myself, he [Corey] was a little bit nervous about it. He is a little more shy than me and really wasn't ready for all of this attention."

Immediately after stepping off the ramp, the lucky couple were greeted by Lieutenant Governor of British Columbia Judith Guichon and Commander Maritime Forces Pacific RAdm Gilles Couturier.

Then, at long last, friends and family members of the other sailors, aviators and soldiers boarded the ship to reunite with their loved ones.



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Canadian Army combat divers take the plunge with allies



Rachel Lallouz
Staff Writer

Underwater operations have been the focus for the Canadian Army over the past month as it has hosted five countries for Exercise Roguish Buoy 2016 at Comox Lake, B.C.

The exercise was organized by the Army Dive Centre located at the Canadian Forces School of Military Engineering

in 5th Canadian Division Support Base Gagetown, New Brunswick.

It is the last of a three-exercise series and was designed to build on the successes of Exercise Roguish Buoy 2014 and 2015. The two previous exercises saw Canadian and international teams improve underwater demolitions and hydraulic/thermal breaching strategies, and practise ice

diving search and recovery operations.

"Exercise Roguish Buoy 2016 is a challenging exercise demonstrating the excellent underwater capabilities of Canada and our allies. Hosting such exercises ensures we are well prepared for a wide range of situations below the surface," says Harjit S. Sajjan, Minister of National Defence.

The goal of the exercise

was to prepare dive teams to conduct tasks in support of deployment operations at the direction of the Government of Canada. Soldiers from Belgium, France, the Netherlands, the United Kingdom, and the United States also participated in the Canadian Army's annual combat diving collective training event.

The exercise prepares combat dive teams for engineer

reconnaissance tasks and other tactical operations, ensures that Canadian Army combat divers' skills are current, and provides practice working with other NATO combat divers.

Because of the cooperative nature of the exercise, it fosters important international partnerships and facilitates the type of technical learning that makes the Canadian Army ready for any situation.

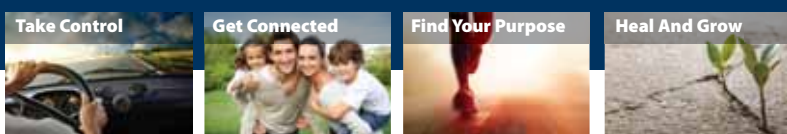
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Cpl Stuart MacNeil, MARPAC Imaging Services

Rear-Admiral (Ret'd) Ken Summers, Master Corporal (Ret'd) Harold Davis, Commander (Ret'd) Emile Chartrand, Sergeant (Ret'd) Shawn Gaudet, and Rear-Admiral (Ret'd) Roger Girouard hold the Canadian Flag that was flown over the Canadian Embassy in Kuwait City the day of its liberation. The former military members, who were all deployed for the Gulf War, took part in the 25th Anniversary of the Liberation of Kuwait parade held at the Drill Shed Feb. 26.

Free online french homework help for military children

CFMWS

Voilà Learning, in partnership with Military Family Services (MFS), is offering free online homework support to military children enrolled in French immersion and children with questions about their French homework.

The Canadian Armed Forces (CAF) Ombudsman Report released in 2013 confirmed that relocation to an environment with a non-fluent predominant second language is a dissatisfying issue among military families.

In response to this challenge MFS began working in partnership with other organizations and enterprises to increase accessibility to language learning services and training for military families.

As an expansion of Voilà Learning's

existing services the partnership provides military children with access to free online homework help in French.

Registration is required when enrolling children to validate that they are from a military family. Once registration is complete a code is emailed to parents allowing children access to the Voilà Learning Virtual Immersion Campus.

Children find the customizable avatar-led virtual support of the campus appealing, as the 'world' they work in resembles a typical 'école'. Plus, their questions are answered in real-time by professional teachers in a virtual group setting.

The homework help is available to children of military families five to 18 years of age enrolled in a French immersion program and children in the

English system taking a French course. Support is available in a variety of subjects on Monday, Tuesday, Wednesday and Thursday from 5 to 11 p.m. EST.

Voilà is a not-for-profit organization that unites hundreds of certified French teachers from school boards across Canada and United States. The organization also unites hundreds of members, teachers, educators and school principals with a common goal: to encourage students in their acquisition of the French language and to help parents meet the needs of their children studying in a French program.

To view a video detailing how the service can be of benefit to your military family and/or to register in the Virtual Immersion Campus visit <http://voilalearning.com/en/military-family-services/>.

Esquimalt Lions Club raises money for new splash park

Rachel Lallouz
Staff Writer

In one year Esquimalt will have its first Splash Park, free for all to enjoy.

Construction begins in late spring at the Fraser Street location between the Esquimalt Recreation

Centre and the Capital Regional District Building.

"The park will be something the whole family can enjoy. It's for kids, but we're all kids at heart," says Lin McPhee, President of the Esquimalt Lions Club. "It's going to bring a lot of camaraderie to the community by getting families and people of all

ages to come out and enjoy relaxing together."

McPhee says it will feature picnic areas, green space, fountains on the splash pad, and a change room and washroom facility.

The Esquimalt Lions Club has been fundraising since 2013 to finance the building of the Splash Park.

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HMCS Vancouver promotions

HMCS Vancouver's Commanding Officer, Commander Clive Butler recently promoted several members of the ship's company.



LS Hadwin (centre) receives her promotion from Cdr Butler (right) and Lt(N) Fleury (left).



LS Waller (centre) receives his promotion from Cdr Butler (right) and Lt(N) Fleury.



PO2 Breland (centre) receives his promotion from Cdr Butler (right) and Lt(N) Carter.



AB Desjardins (centre) receives his promotion from Cdr Butler (right) and Lt(N) Carter.

MARPAC HQ promotions



Photos by Cpl Brent Kenny, MARPAC Imaging Services
Above: CPO2 Kirk Peck (right) receives his promotion to his current rank from Commander Maritime Forces Pacific (MARPAC) RAdm Gilles Couturier.

Below: Leading Seaman Stephen Doucette (right), receives his promotion to his current rank from LCdr Colleen O'Brien, Executive Officer and Acting MARPAC Headquarters Commanding Officer.



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Patrol Craft Training Unit promotions

PCTU Commanding Officer Lieutenant-Commander Preston McIntosh recently promoted several members of his unit.



MS Campbell is appointed to his new rank by PCTU Commanding Officer LCdr McIntosh and PO1 Clark.



MS Vallee is appointed to his new rank by PCTU Commanding Officer LCdr McIntosh and PO1 Clark.



PO1 Clark is promoted to his new rank by Patrol Craft Training Unit Commanding Officer LCdr McIntosh (right) and Lt(N) Classen (left).



LS Haggith is promoted to his current rank by PCTU Commanding Officer LCdr McIntosh and PO1 Clark.

MARPAC EXPO Winners



Leading Seaman Pascale Bauer shows off the flight Pacific Coastal Airlines voucher she won at the MARPAC Health and Wellness Expo. She won a return flight for two to Kelowna and says she is very excited to visit the Okanagan for the first time.



Esquimalt SISIP Branch Manager Wade Walters (right) congratulates MCpl Annie Bleney, who won the sports bag in a draw at the SISIP booth at the MARPAC Expo.

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Find your place in the lacrosse box

Community spirit can often times be attributed to sport. Like a stimulating activity or hobby, sport can help assimilate Canadian Forces members and their families into a new community.

There is no shortage of sports in the Westshore community, but its love affair with lacrosse runs deep. At the heart of it, lies the Belmont Park Lacrosse Box. For over 40 years it has been many military families' first exposure to this amazing team sport. The Belmont Park Box, located on the south side of John Stubbs Memorial Elementary School, is the former stomping grounds of Western Lacrosse Association's superstar Jesse King, a forward for the 2015 Mann Cup Champion's, the Victoria Shamrocks. "Belmont box is one of the foundations to my box lacrosse career," King recalls. "I look back on practicing at Belmont and realize that it was a place where some of my greatest memories, and friendships were made. Two of my best friends to this day are two guys who I met at that lacrosse box. For this, Belmont lacrosse box is more than just a place to play lacrosse."

Being one of two outdoor lacrosse boxes in the Westshore community, Belmont comes to life during the April – June box lacrosse season, and even in the off-season, hosts many kids coming out to practice their skills.



Complete with the perfect concrete wall for practicing "wall ball", it is a great place for parents and siblings to watch the fun. In recent years, box lacrosse has become one of the fastest growing sports in North America. Although not widely known, the National Sports Act of Canada named lacrosse our national summer sport in 1994. Due to BC's mild climate, lacrosse is a sport that players can practice outdoors all year round. For families looking for an exciting sport, consideration should be given to enrolling their youngsters in lacrosse. Children as young as five years old can participate. For more information, check out your local Minor Lacrosse Association.

www.jdfilacrosse.com



I look back on practicing at Belmont and realize that it was a place where some of my greatest memories, and friendships were made.

-Jesse King, Victoria Shamrocks Forward

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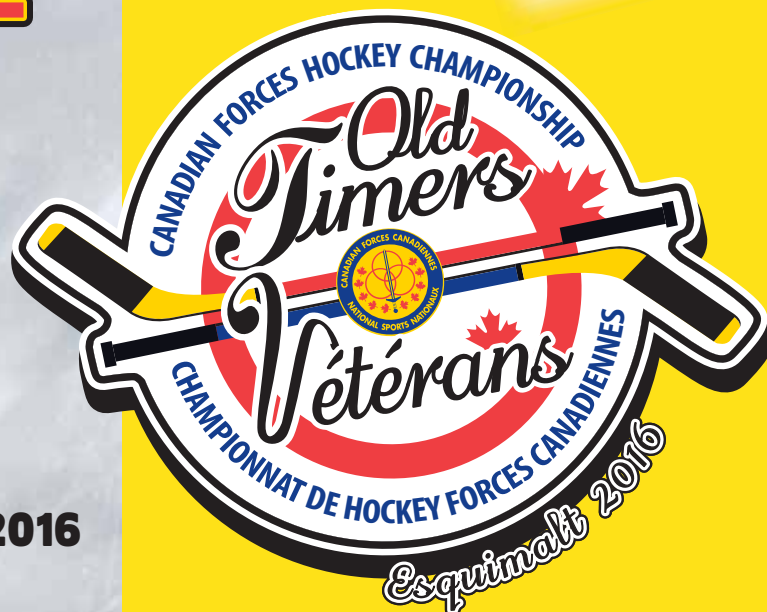
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