

Volume 61 Number 10 | March 7, 2016

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Photo by SLt Melissa Kia, Navy Public Affairs

We're not sure if the crew of HMCS Ottawa found a pot of gold on board, but being at the end of this rainbow made a majestic photo as the ship passed Maritime Forces Pacific Headquarters on its way out of Esquimalt Harbour early last week to conduct sea trials.

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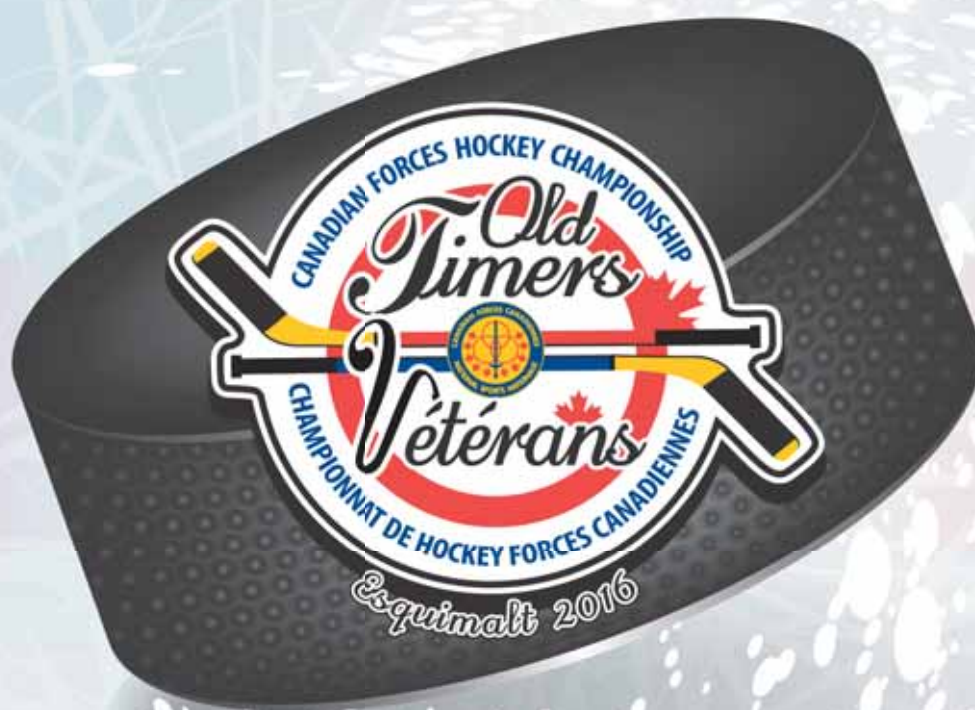


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# Tritons have hometown advantage for Old Timers Hockey Championship

**Peter Mallett**  
Staff writer

Home-ice advantage may finally give the CFB Esquimalt Senior Tritons a chance to shed their underdog tag at this year's Canadian Armed Forces Old Timers Hockey Championship.

The five-day, five-team, 13-game round-robin tournament began Sunday, March 6, at Wurtele Arena

when the Senior Tritons faced off against Prairie Region Champion CFB Edmonton. It will conclude with the championship game on Thursday, March 10, at 8:30 a.m.

Senior Tritons assistant coach MS Andrew Johnston says hosting the nationals in their own backyard will allow his team to put together a more competitive lineup. That was not the case at last year's tournament, held at CFB

Borden, when the Tritons finished in last place.

With deployment schedules and other operational commitments, players are sometimes unable to get the time off to travel for tournaments.

"Guys that might not have been able to be released to play in the tournament will be on our roster this time around," says MS Johnston. "We are very close to having a full team, but the fact remains we are

still a small base who will be facing opponents with much larger talent pools to draw on."

After the tournament curtain-raiser, the Senior Tritons play two games on March 7, battling Atlantic Champion CFB Halifax at 8 a.m. and Ontario Region winner CFB Petawawa at 7:30 p.m. They close out the preliminary round on March 8 at 2 p.m. against defending National Champion, CFB Valcartier.

While the team will be relying heavily on friends, family and hockey fans at the base to cheer them on, strong fan support can also be a mixed blessing, explains Senior Tritons defenceman Maj Mark Kierstead.

"Hometown support is huge and it can be a significant boost, but also a significant challenge to overcome," he says. "As a player you need to remain even-keeled, approach every shift

with that goal in mind and avoid the tendency to ride the highs and lows of the crowd."

The teams participating in this week's tournament can add to their roster up to four players from other bases in their region. Esquimalt will be adding four players from 19 Wing Comox: Left-winger, Sgt Richard Pyle, Centre MCpl Jonathan Leguedard, Capt Wayne Atwood, and Goalie MCpl Stephen Arcand.

## CAF Old Timers Hockey Championship Schedule (All games at Wurtele Arena)

### MONDAY, MARCH 7

Esquimalt vs. Halifax, 8 a.m.  
Edmonton vs. Petawawa, 10 a.m.  
Halifax vs. Valcartier, 2 p.m.  
Esquimalt vs. Petawawa, 7:30 p.m.

### TUESDAY, MARCH 8

Edmonton vs. Valcartier, 8 a.m.  
Petawawa vs. Halifax, 10 a.m.  
Esquimalt vs. Valcartier, 2 p.m.  
Edmonton vs. Halifax, 7:30 p.m.

### WEDNESDAY, MARCH 9

Semi-final 1, 9:30 a.m.  
Semi-final 2, 2 p.m.

### THURSDAY, MARCH 10

Championship Game, 8:30 a.m.



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# Royal BC Museum loans First Nations exhibit to Naval and Military Museum

**Rachel Lallouz**  
Staff Writer

On display now at the CFB Esquimalt Naval and Military Museum is a new exhibit loaned from the Royal B.C. Museum featuring early First Nations settlement and cultural features stretching along Fleming Beach and Macaulay Point.

The exhibit brings to life Lekwungen land use through panels, archival photographs and paintings.

Especially rare in the exhibit is an original stone net sinker found under water on the reef off the southern end of Macaulay Point. The sinker was used to hold a fishing net down

between two canoes.

"This area has evidence of a fascinating human history going back over 4,000 years," says Royal B.C. Museum Curator of Archaeology Grant Keddie.

Keddie says the area is especially unique because it is an accessible archaeological site that people can visit and learn from.

Macaulay Point was known as Mukwuks by the Lekwungen First Nation on whose traditional territory it is located. Today the Lekwungen are represented by the Esquimalt and Songhees Nations.

"I think it's really important to let people in the local communities know what surrounds them historically,"

Keddie says. "When people are aware of their own histories they are much more likely to preserve it and be interested in it."

Echoing his words, CFB Esquimalt Naval and Military Museum Exhibit Designer Clare Sharpe says, "We are pleased to receive the loan of this interpretive display, which is very relevant to new permanent content our own museum has developed in connection with the First Nations presence in this region," she says.

The exhibit will be on display until April 18, 2016. - *With files from Clare Sharpe, Museum Exhibit Designer and Webmaster, CFB Naval and Military Museum*



Photos Rachel Lallouz, Lookout

The new exhibit on the history of Fleming Beach and Macaulay Point at CFB Esquimalt's Naval and Military Museum.



This stone net sinker, found in the waters off Macaulay Point, is a rare artifact.

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# matters of OPINION

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## WHAT SAY YOU

### People Talk

*We asked Persian Gulf War veterans who attended the Feb. 26 commemorative ceremony what was their biggest memory of the war:*



The night war was declared I was on watch on HMCS Protecteur and I'll never forget our CO declaring 'ladies and gentlemen' we are at war. That was the first time any of us had heard those words and at the time we truly didn't know what that meant.

Andrea Mercer



Back then, I was an army Lieutenant aboard HMCS Protecteur and I'll never forget leaving Halifax Harbour on Aug. 24, 1990, and seeing tens of thousands of people lining both the Dartmouth and Halifax side of the harbour and the hundreds of boats in the water. I'll never forget that sendoff.

Maj Dale Arndt



I was on the bridge wing of the Protecteur and the sea training chief threw his hat in front of me and exclaimed 'that hat is a missile, what are you going to do?' I kicked the hat overboard and he promptly replied 'you owe me a new hat.'

OS(Ret'd) Hedley Cullen



I was a marine engineer and stoker on the Terra Nova. It was so hot in the underbelly of the ship with temperatures close to 145° F. We all lost tons of weight and combatted the extreme heat by wearing vests stuffed with ice packs to keep us from overheating.

OS(Ret'd) William Cumby



I had seen Tilley hats before, but decided to present one with the unit badge sewed onto it to our CO. He said he loved it and promptly ordered 3,000 of them and that's how the Tilley hat became a lasting symbol of the Gulf War.

LCdr Cmdr Jim Hayes



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## March is Nutrition Month

Quality ingredients pack a nutritious punch

**Joanne Baxter**  
Health Promotion

Now that week one is done let's have a look at small changes you can make in week 2 of Nutrition Month.

### Week 2: Quality Counts!

#### Jump-start your day

Power through your morning by eating a good breakfast. A nourishing breakfast gives you a fuel boost plus protein and fibre to help you stay alert and avoid mid-morning munchies.

In a hurry?

- Blend frozen berries, yogurt and milk for a super smoothie. Make it even better with baby spinach and ground flax.
- Wrap peanut butter, a banana and trail mix in a whole-grain tortilla for a portable, crunchy breakfast.

Got time?

- Make a burrito with scrambled egg, lentils or soft tofu, sautéed red pepper, avocado and salsa wrapped in a warm tortilla.
- Top French toast with yogurt, sunflower seeds and warm sautéed apple slices.

#### Eating out

Pack good food fast with planned extra leftovers for lunch.

Packing lunch is a healthy, budget-friendly habit. Keep it simple: reinvent leftovers for a lunch that's way better than eating out. Try these tasty ideas:

- Cook extra chicken for dinner. For lunch, wrap chicken in soft tacos, with crunchy cabbage and shredded carrots, a sprinkle of feta and big squeeze of juicy lime.
- Roast extra root veggies. Layer them on crusty whole grain bread with hummus and baby spinach for a scrumptious sandwich.

- Toss extra cooked whole-wheat pasta, couscous or barley with pesto, cherry tomatoes, lentils and small cheese chunks for a protein-packed salad.

#### Clever cooking

Flavour food with tangy citrus, fresh herbs and fragrant spices.

There are lots of simple ways to cook healthy without sacrificing taste. Try these tips to add flavour to meals:

- Add pizzazz to plain grains and pulses by cooking barley, brown rice or lentils in low-sodium broth.
- Stir ½ to 1 cup of canned pumpkin or mashed sweet potato into muffin batter for a veggie boost.
- Make a luscious mashed potato with roasted garlic, a little olive oil and warm milk.
- Purée vegetable soups, such as potato, sweet potato or broccoli, with low-sodium broth for deliciously creamy texture and taste.

**Looking ahead:** In week three we will be talking about portion size.

#### DIETITIAN PRO TIPS

Dietitians are food and nutrition experts who can help you boost the quality of your food choices. Here are a few of their tips:

- Add cooked lentils to your ground meat mixtures for more fibre. Bonus: your meat will go farther and that saves money, too!
- Sweeten whole-grain hot cereal with defrosted frozen fruit instead of sugar.
- Substitute low-fat plain yogurt for mayonnaise to make a creamy salad dressing.
- For customized help with your diet find a dietitian in your area: [www.dietitians.ca/find](http://www.dietitians.ca/find).



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## New deer monitoring program underway

**Lorraine Crinkley**  
Formation Safety and Environment

You may have noticed small teams of people walking through Dockyard, Signal Hill, Naden and Work Point properties armed with clipboards and binoculars. These researchers are looking for deer.

Black Tailed Deer can be found within CFB Esquimalt properties and deer management is a growing issue in our region.

CFB Esquimalt is developed and highly industrialized, but these urban properties also contain habitat for deer including manicured lawns, remnant Douglas-fir forest, rocky outcrops and ornamental gardens.

In order to make well-informed decisions on the management of deer at CFB Esquimalt and to reduce human-deer conflicts it is important to have scientific data on the population to guide those decisions.

CFB Esquimalt conducted a deer assessment in 2003 of the Dockyard property

and estimated a population of 26 individual deer.

One of the main impacts from the Black Tailed Deer population at CFB Esquimalt is overgrazing of vegetation such as trees, shrubs, grasses and ornamental gardens. This overgrazing can be frustrating, costly and aesthetically displeasing. It can also have considerable negative ecological impacts to native and rare plant species and song bird populations. Many song birds and small mammals rely on plant understory for nesting and feeding habitat.

As a Wildlife Technician Co-op Student from Camosun College, I have been hired by CFB Esquimalt's Formation Safety and Environment to design and trial a deer monitoring program. Deer know no boundaries, so CFB Esquimalt is coordinating a regional deer count in conjunction with the Township of Esquimalt. The monitoring program will use similar methods to what has been used elsewhere in the region and will standardize

future deer counts at CFB Esquimalt.

The monitoring program will be ready for the fall, which is the best time to sample for deer. It is their rutting (mating) season, which means they are more active and less cautious as they search for potential mates. This makes them easier to observe and, therefore, provides more accurate results.

Observers will document, where possible, the sex and age class of the deer to provide more insight into the population. The sex ratio (does to bucks) and fawn recruitment (average number of fawns per doe) are both indicators of herd health.

Both of these indices will provide insight into the current population, while the sex ratio is additionally helpful in projecting future population growth.

A lot is being learned as we trial the deer monitoring program. We have been able to assess each property for deer habitat and are working to determine the best sampling routes for the program. The

routes need to be designed in such a way that the potential for double counting individual deer is minimized. One way we combat this is to have multiple teams fanning out from a central location.

Individuals can avoid conflicts with deer both at work and at home. The most significant thing you can do is to never feed deer.

Feeding deer can lead to habituation, which can cause deer to become reliant and, therefore, harder to manage. Deer have very specific dietary needs, which change seasonally, and interrupting their natural dietary pattern can cause sickness and even death.

Be cautious when driving around CFB Esquimalt, as deer and automotive collisions do occur. Be especially mindful during dawn and dusk hours as deer are more active and visibility can be poor.

For more information on how to avoid conflict with deer please visit <https://www.crd.bc.ca/project/regional-deer-management-strategy>



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# Come see the changes in base galleys

**Rachel Lallouz**  
Staff Writer

## From the kitchens

Commander Brigitte Boutin, Base Administration Officer, has linked goals of the MARPAC Health and Wellness Strategy to new changes at the base galleys. Since January 2014, changes implemented include new healthy menu options being cycled through all galley locations, as well as nutrition information cards placed at the steam lines start point to help educate diners about the choices available for their meal.

"We encourage CAF and the defence team personnel to maintain a healthy balance of work and lifestyle choices. The base galleys offer a variety of fresh meal options and a place to go and relax during the work day," says Cdr Boutin.

Educated choices are the key. She emphasizes that diners can choose between a broth-based or creamy soup each day, can have sandwiches prepared fresh to order full of veggies, and encourages diners to check out the salad bar, offering a wide range of vegetables, proteins, and pre-made salads.

Also new to the galleys is the credit and debit card payment option. Already available at Nelles, the payment option system will be available at all galley locations in early March. Other branch initiatives will see the installment of WiFi in common areas in all accommodation buildings and messes on base.

## Environmentally-friendly dishwashing

The new Vulcan dishwasher at Nelles Block, installed in September 2015, is one of two dishwashers in British Columbia designed by Hobart Food Equipment Group Canada that funnels food remnants directly into a high tech garburator using running water.

**Diners walk up to the dishwasher with their plates and scrape their plastics into one section, and any food into a trough of water.**

CPO2 Colin Winkler,  
Base Foods Operations Chief

"Diners walk up to the dishwasher with their plates and scrape their plastics into one section, and any food into a trough of water," explains Chief Petty Officer

Second Class Colin Winkler, Base Foods Operations Chief. "Then food is brought to the garburator which spins it around at an extremely high speed, mulching it and drawing out about 90 percent of the water."

The remaining food is disposed of in green bins.

With this system, Nelles Block is down from 20 green bins a week to 13, says CPO2 Winkler.

"That's a huge environmental impact we're having," he says.

With the new Vulcan, the dishes of 1,200 diners per meal period can easily be cleaned by only two staff members, rather than the 20 staff members that were needed to operate the old dishwasher.



Rachel Lallouz, Lookout  
**Brian Macdonald, a Base Foods Employee at Nelles Block, gestures to the water trough where leftover food scraps and napkins go.**



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During the evening two slide shows will be playing on 60-inch TV screens, commemorating all the special times and moments we've shared over the years – with both Annapolis and our other reef projects. We'd like to include your special moments as well. Send your most memorable photos, or up to 10 minutes of edited video, to Rick Wall, Communications Director ARSBC, no later than March 25 and we'll add them to the slide shows.

Additional activities include: **SILENT AUCTION** of ship memorabilia from various ARSBC reef projects

**8:30 pm: PROJECT ABIS** (Annapolis Biodiversity Index Study) update by Donna Gibbs, research diver and taxonomist at the Vancouver Aquarium

**10pm:** 50/50 draw, raffle prize and Special Recognition Award



For our planning purposes, we ask that you RSVP to Rick Wall, Communications Director ARSBC



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# Reservist shares path to enlightenment through martial arts

**Peter Mallett**  
Staff Writer

Captain James Eke's studies with acclaimed martial arts legend Dan Inosanto has led him to impart that wisdom to a larger audience.

The Captain at 5<sup>th</sup> Field B.C. Regiment recently penned *Warrior's Way: A Guide to Lifelong Learning in Martial Arts*, in which Eke traces his three decades of study under the world-famous Filipino-American martial arts instructor. That relationship helped him develop this literary expression of Inosanto's teachings.

"It's my effort not only to help people through the hills and valleys of martial arts training, but also living a fuller life," says Eke.

*Warrior's Way* isn't the 46-year-old reservist, businessman, and former journalist's attempt at an instructional how-to book. Eke insists his self-published work is all about self-help and a blueprint to living a healthier way of life. He pledges the book will pass on a deeper understanding of what is truly required to master disciplines such as stick-fighting, grappling, kickboxing, Malaysian Silat and Jeet Kune Do.

"The completion of this writing project is not about selling copies or making money. I'm truly trying to spread the word, like my instructor did for me," says Eke. "If only a few people read it and are able to get

something out of it that would be the greatest windfall for me."

Inosanto is best known to martial arts fans for his close relationship with the legendary martial artist and actor Bruce Lee. The California-based Inosanto was both a teacher and instructor for Master Lee and once introduced the late martial-arts icon to the nunchuku (nunchuks).

Eke first met Inosanto in 1988 during a weekend seminar in Ottawa, just at a point in his life when Eke was embarking on a 13-year career as a newspaper reporter. He says the two hit it off instantly, and that meeting inspired him to start writing martial arts articles for magazines and newspapers.

Eke grew up in Hamilton, Ont., and was first introduced to martial arts and the sport of Judo at age of 12. He says that while many of his friends and classmates in his blue-collar steel town neighbourhood went down the wrong path and became heavily involved with drugs, drinking and criminal activity, through Inosanto's teachings Eke found a way to stay on "the straight and narrow" for the past 35 years.

"If I could go back and tell that little kid in Hamilton that he would eventually be an instructor under Inosanto, I wouldn't have believed it," he said. "This is a guy who changed my life and I am now an instructor under

him. I am so grateful I had the chance to train under him."

With job opportunities in the newspaper industry dwindling, Eke joined the military in 2004. He served as a regular force artillery

captain for 11 years, and then a five-year term as a land operations officer with Joint Task Force Pacific.

"I loved serving in the regular force and I'm happy to continue serving as a reservist here in Victoria, the city I love," he said.

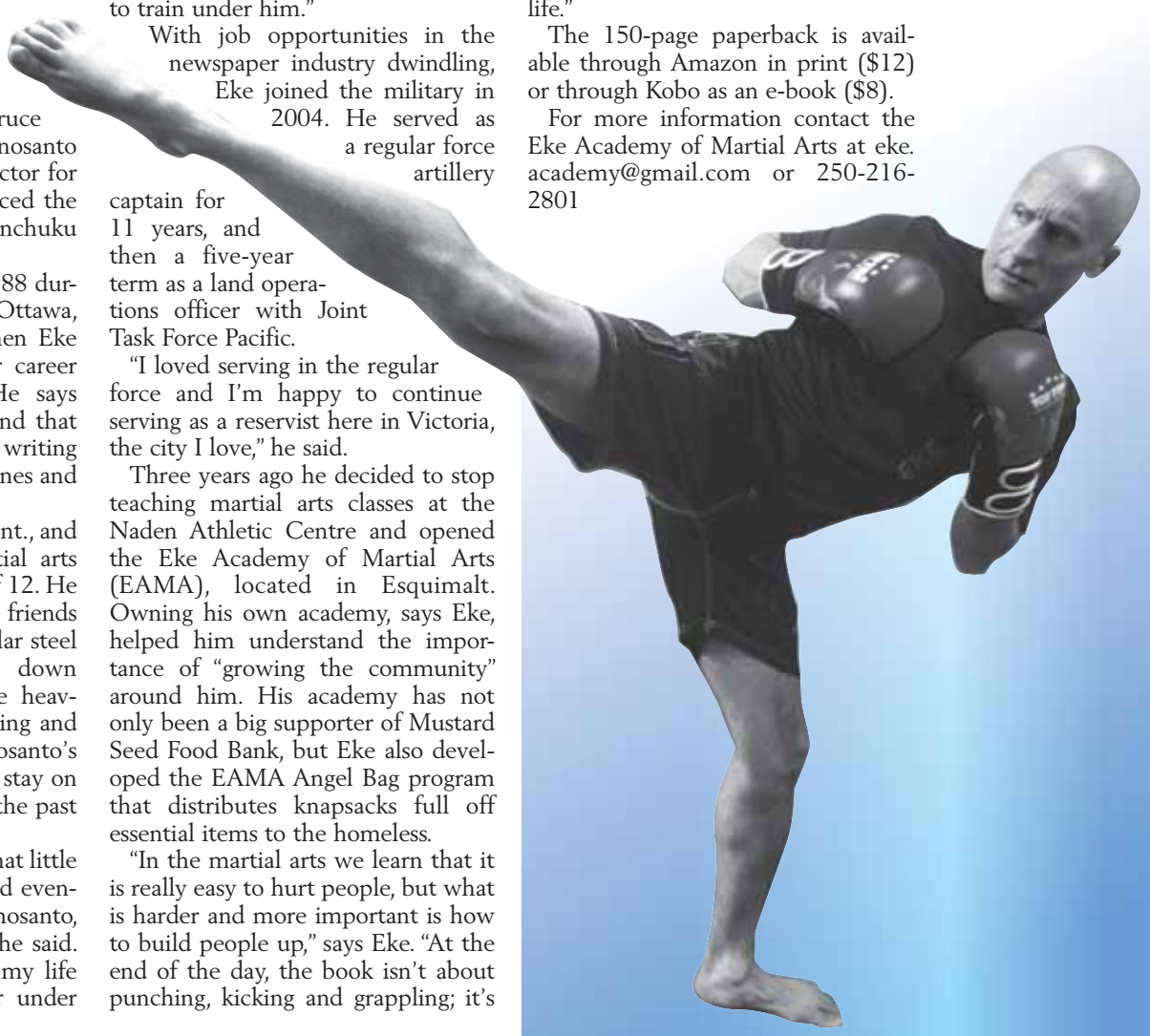
Three years ago he decided to stop teaching martial arts classes at the Naden Athletic Centre and opened the Eke Academy of Martial Arts (EAMA), located in Esquimalt. Owning his own academy, says Eke, helped him understand the importance of "growing the community" around him. His academy has not only been a big supporter of Mustard Seed Food Bank, but Eke also developed the EAMA Angel Bag program that distributes knapsacks full of essential items to the homeless.

"In the martial arts we learn that it is really easy to hurt people, but what is harder and more important is how to build people up," says Eke. "At the end of the day, the book isn't about punching, kicking and grappling; it's

about reaching your full potential in life."

The 150-page paperback is available through Amazon in print (\$12) or through Kobo as an e-book (\$8).

For more information contact the Eke Academy of Martial Arts at eke.academy@gmail.com or 250-216-2801



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Major Jo-Anne Flawn-Laforge speaks during a panel on "Military to Civilian: Helping Career Professionals Navigate Options" at the Cannexus National Career Development Conference on Jan. 25 in Ottawa.

## Guide aims to help vets transition to civilian employment

**Peter Mallett**  
Staff Writer

Making the transition from the military to the civilian world can be a challenging leap for both veterans and their future employers.

In 2016, approximately 5,000 highly skilled veterans will enter the competitive job market, and one in four will have difficulty transitioning to civilian life despite their skills and experiences, according to the Canadian Education and Research Institute for Counselling (CERIC).

To help make the journey a smoother one, CERIC has produced a new book called *Military to Civilian Employment: A Career Practitioners Guide*.

Aimed at those who work in career counselling and career development circles, the 250-page document is designed to help them better understand what former military members bring to an employer. That knowledge will make counsellors more effective at helping veterans identify competencies, which in turn will make the individual more competitive in their job search and with the job application process.

Maj Jo-Anne Flawn-LaForge, a 30-year CAF member who is the National Transition Advisor for the CAF, says the "desperately needed" guide is an effort to help capture and identify the full potential and

*This is also a valuable tool for hiring managers, whether they are in the public or private sector, to open up their level of knowledge about the veteran population. It might also be quite helpful for any member of the military who is considering entering the civilian workforce.*

Maj Jo-Anne Flawn-Laforge,  
National Transition Advisor for the CAF

skill sets of former military members who have entered the job market. "It's easier to retain an employee when you understand where they are coming from and where they fit best," says Maj Flawn-LaForge. "The biggest challenge is truly being able to capture everything that a veteran can bring to their working environment."

She was part of CERIC's study group and worked closely with author and career development expert Yvonne Rodney to produce the guide. The idea for a guide was developed at last year's Cannexus Conference and was very timely with the passage of the Veterans Hiring Act in 2015, which gives preferential hiring to veterans who hope to enter the public service.

Maj Flawn-LaForge said the biggest challenges facing today's veterans include employers not understanding military culture and sys-

tems, the career development needs of veterans or how to determine civilian equivalencies.

She noted that one important feature of the guide is a passage that encourages career professionals to help former military members translate their skill sets into civilian terminology.

"Once employers...learn about the varied work experience and multiple competencies that are well articulated in a résumé, they are quite amazed at what that person can bring to the table," said Maj Flawn-LaForge.

Other content of the guide includes advice for career service professionals to understand military culture and systems, career development needs of ex-military personnel including transition and adaptation, determining civilian equivalencies of military training and education, a list of

veteran-friendly employers, implications of employment for military families, education/training providers and support programs.

"This is also a valuable tool for hiring managers, whether they are in the public or private sector, to open up their level of knowledge about the veteran population," said Maj Flawn-LaForge. "It might also be quite helpful for any member of the military who is considering entering the civilian workforce."

CERIC chair Jan Basso, Director, Co-operative Education and Career Development at Wilfrid Laurier University, says getting input from the military was key to producing the guide.

"It was essential to have Maj Flawn-LaForge and other military people involved," said Basso. "We also did extensive research with military friendly employers and Veterans Affairs Canada. It's a comprehensive resource that is rich with information."

Military to Civilian Employment: A Career Practitioners Guide was launched in association with Canada Company, a charitable organization that serves to bridge the gap between community leaders and the military. Print copies are currently available via Amazon and Chapters Indigo for \$17 but can also be downloaded for free at the CERIC website, [www.ceric.ca](http://www.ceric.ca).

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## HMCS Vancouver crosses the Line

**MS Matthew Arnold  
Shellback**

On the eve of Feb. 17, *HMCS Vancouver* entered into King Neptune's realm.

There was an eerie calm throughout the ship as the General Call was sounded and the "tadpoles" were mustered to the fo'c'sle. "Pollywogs!", "scoundrels!" and "unclean!" they were called.

The Tadpole Sub Lieutenant Guard was assembled and ready for inspection. Their turnout was deemed to be less than satisfactory by the crotchety Davey Jones. And so, the tadpole cleansing rituals began.

In a pathetic attempt to thwart their shellback overlords that evening, the tadpoles staged a rebellion by capturing trusted shellbacks for a cleansing ritual of their own. Despite the tadpole insurrection, *Vancouver's* shellbacks slept peacefully that night in the knowledge that the next morning would belong to them.

At 0700 hours the next morning, a piercing pipe rang over the ship's public

address system: "Tadpoles to breakfast, tadpoles to breakfast." Foods normally served hot were cold, mild bites were doused in hot sauce and other savoury spices were used in unsavoury combinations as enjoyable breakfast flavours of all types were altered and twisted. The leaders of the previous evening's tadpole shenanigans had their first taste of payback. The shellbacks were there to remind them "revenge is a dish best served cold."

After the final tadpole had finished breakfast, they were released from the Jr. Ranks Cafeteria in order to prepare for the arrival of his Oceanic Majesty, King Neptune.

As *Vancouver* officially crossed the equator into the Southern Hemisphere at 1000 hours on Feb. 18, tadpoles and shellbacks were mustered to the flight deck. King Neptune and his entourage – Aphrodite, Davey Jones, the Judge, the Barbers, the Mermaid and the Scribe – were all present and eager to proceed.

The trials began with Cdr Clive Butler, *Vancouver's* Commanding Officer, being



A "tadpole" kisses a fish as part of the Crossing the Line ceremony.

called as the first defaulter. Despite being a shellback himself, he was made to answer King Neptune for allowing so many unclean tadpoles to cross the line on a ship under his command. The sentence: a shave, two pills and three dunks in the pool. Thereafter, one by one, the tadpoles were called up to receive their judgement.

As an ugly caterpillar metamorphoses into a beautiful butterfly, that afternoon, 171 tadpoles

were transformed into trusted shellbacks.

The Crossing the Line Ceremony, held at sea when a ship crosses either the Arctic or Antarctic Circles or crosses the equator, is a long-standing tradition among the larger navies of the world. The experience is always enjoyable and memorable and serves to help build camaraderie and esprit de corps in a ship's company. No real tadpoles or shellfish were harmed in the execution of this ceremony.

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# Vancouver continues the journey south

**SLt Sean Catterall**  
Vancouver UPAR

After three days of rest and relaxation ashore in Mexico, *Vancouver* departed Manzanillo, Mexico, on Feb. 13 and continued south to conduct strategic engagement activities with the Peruvian Navy.

During the second leg of Southploy 2016, *Vancouver* continued to force generate through various exercises, drills and combat readiness requirements.

Happily, it wasn't all business as the crew took time to conduct a SwimEx in the 30 degree celsius waters north of the Galapagos Islands. The crew also formed teams to compete in a zodiac race around the ship. The afternoon's leisure and sport competition was followed up with a banyan and a movie on the flight deck.

Upon arrival in Lima, Peru, the crew set to work painting the ship, landing gash and making preparations for the reception that would be held on the flight deck the following day. Ambassadors from various countries, Peruvian ministers including the Prime Minister, Pedro Cateriano, and the heads of Peru's



Peruvian Prime Minister, Pedro Cateriano crosses the bow to attend a reception held onboard HMCS Vancouver on Feb. 22.

army, navy and air force were received by hosts Canadian Ambassador Gwyneth Kutz and Commodore Jeff Zwick, Commander Canadian Fleet Pacific.

On board, *Vancouver's* guests were treated to "Moose Milk" as well as Canadian themed appetizers and desserts. Among the distinguished guests was Capt(N) José San Martín Gómez, the Commanding Officer of BAP Villaviscencia. In May 2015, this Lupo Class destroyer visited Esquimalt

and the city of Vancouver. As the designated host ship during its visit to Canada, it was a nice opportunity for *Vancouver* and Villaviscencia to be reacquainted again in Lima.

After a three-day port visit, *Vancouver* returned to sea in company with BAP Villaviscencia to participate in a Combined Anti-submarine Warfare Exercise (CASEX) and PHOTOEX. Joining the day's exercise were two Peruvian submarines, Antofagasta (SS-32) and Pisagua (SS-33).

*Vancouver's* embarked helicopter, Blackfish, a shore-based Peruvian Seaking, and Villaviscencia's embarked AB412 helo also joined in the day's action.

Several members of both ships' companies benefitted from a 'cross-pol' wherein Canadian sailors were taken onboard the Peruvian ship for the day and vice-versa. In all, the exercises were a success in proving our ability to inter-operate with the Peruvian Navy at the tactical level.

Up next, Valparaiso, Chile!



HMCS Vancouver enters the Port of Callao in Lima, Peru, on Feb. 21.

## Sport a universal language for allies

**Lt(N) A.W. Carter**  
HMCS Vancouver

Soccer, being the self-titled "world's game", has no language barriers, so when *HMCS Vancouver* pulled into Lima, Peru, as part of Southploy 2016, what better way to break the ice than a friendly game of soccer against members of the Peruvian Navy?

On Feb. 22, *Vancouver* played

against Peruvian Navy host ship BAP Villaviscencia. The spirited match, played under a hot South American sun in front of spectators from both ships' companies, saw the Peruvians squeeze out a victory over the Canadians 5 to 3. The game was close throughout, with *Vancouver* holding a 2 to 1 lead at half-time.

*Vancouver*, with an embarked Air Detachment from 443 Squadron, is

currently deployed on Southploy. The focus of this deployment is force generation and strategic engagements with RCN allies. *Vancouver* will exercise interoperability with allied nations by completing a series of short exercises.

During Southploy, *Vancouver* will visit a series of ports in Mexico, Peru, Chile, and the USA before returning to CFB Esquimalt in early April.



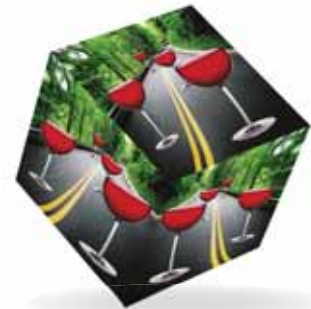
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## REGULUS in Antarctica: Learning the tricks of the trade

**A/SLt Kyle Reed**  
Contributor

For those lucky enough to sail in HMS Protector, a Royal Navy ice patrol ship, the days are anything but average. That is what Royal Canadian Navy (RCN) Lieutenant (Navy) Dale Molenaar and Sub-Lieutenant Mathieu Simard have found since joining the ship in December 2015 as a part of the RCN's REGULUS program.

Since 2010, more than 150 RCN sailors have participated in the REGULUS

program, which has provided an opportunity to experience unique training and be exposed to the diverse cultures of our many allied navies. Lt(N) Molenaar, a Marine Systems Engineering Officer, and SLt Simard, a Maritime Surface and Sub-Surface (MARS) Officer, will complete their time in HMS Protector and return to their home units with distinct knowledge tailored to their trades.

"This has been a truly once-in-a-lifetime opportunity," explains Lt(N)

Molenaar. "In my short six-year career with the RCN, I've stepped foot on every continent and sailed on all of the world's oceans. It has been a good experience to see a different method of accomplishing the same goals and learning a different ship."

Not only do these opportunities benefit officers and non-commissioned members, they also benefit the RCN as a whole. Programs like REGULUS help ensure that Regular Force and Reserve sailors receive equal opportuni-

ties to practise their trade outside a classroom or simulator.

SLt Simard, a reservist from HMCS Montcalm, is practising navigation and ship handling in the Arctic setting. It is a rare opportunity and one he will incorporate into his expertise as he continues to gain seniority.

"I've only sailed in maritime coastal defence vessels, so this was the first time I've sailed in a major warship," he says. "My most memorable experience was when we broke through ice during a work period

on the way to the Ross Sea in Antarctica. I was in the Arctic last summer on board HMCS Moncton as part of Operation Nanook and our ship didn't have the capability to break ice, so being on this ship is a really different experience."

Providing sailors with the skills required to circumnavigate oceans both in open water and through ice is paramount for the RCN as it prepares for delivery of its own ice-capable warships. The first vessel of the Harry DeWolf class is scheduled for delivery in

2018, with its first patrol expected in 2019. Its sailors, from the Regular and Reserve Forces, will need to understand the demands of operating in an Arctic environment.

REGULUS is providing Lt(N) Molenaar and SLt Simard with this expertise, while giving them life experience they can carry throughout their careers. This is important because the RCN is not only responsible for producing technical experts, but also well-rounded leaders with global perspectives.

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# Mission on the digital seas

**A/SLt Susannah Anderson**  
HMCS Brunswicker

On Feb. 13-14, HMCS Brunswicker and HMCS Queen Charlotte received an important mission from the Canadian Joint Operation Command: find the Hanjin Dallas, a bulk carrier somewhere in the Strait of Juan de Fuca.

The Hanjin Dallas was suspected of attempting to smuggle migrants into Canada and the two Maritime Coastal Defence Vessels (MCDVs) were instructed to intercept the ship, board her, search for the migrants, and, if necessary, escort the Hanjin Dallas to Vancouver for processing.

It was an urgent tasking, one that is increasingly common for the ships of the Royal Canadian Navy. The catch? Brunswicker and Queen Charlotte aren't seagoing ships; they are two of Canada's Naval Reserve Divisions (NRD), located on Canada's east coast and 6,000 kilometres away from Vancouver, carrying out an innovative and unique training experience.

"Our goal is to provide exciting training that prepares our sailors for life aboard a ship, mimicking the preparations, exercises, and operations that can be experienced in the formation while keeping the sailors in Saint John working as a cohesive unit ashore," says Brunswicker's Executive Officer, Lieutenant (Navy) Zac Townson.

Reserve units have had access to virtual training since 2001, but sailors at Brunswicker wanted to take things to the next level.

Up to now, sailors have used the Naval Part Task Trainer (NPTT), a unique computer-based simulator.

Run on a desktop computer, the NPTT is designed for use by a single sailor. Two computer screens show the

radar screen and a "view" out the bridge of the ship. Sailors undergo self-study with standard scenarios to learn ship handling, identification of lights and buoys, and the proper reporting procedures of other ships.

In 2015, Brunswicker began combining the NPTT with other simulators turning their stone frigate on the harbour in Saint John, New Brunswick, into a model of a real frigate. The Individual Multi-Task Trainer (IMTT) a computer simulator of the machinery control room on a ship, and the Maritime Diesel Training Unit (MDTU), a diesel engine, combined with the NPTT, gave Brunswicker an engine, a machinery control room, a bridge and an Operations room.

"We wanted the simulators to work together, to really come to life," says Chief Petty Officer First Class (CPO1) Ronald Chesley, Chief of the Operations Department. "Red lighting was installed in the operations room, we projected the NPTT on the walls to give a life-sized view out of the bridge window, and we used hand held radios to mimic the communications network on a ship. We simulate a day aboard a warship, providing realistic, exciting training for our sailors, right here in Saint John."

With several successful "missions" complete, Brunswicker was ready to share this innovative training idea with other NRDs and take this train-

ing to the next level. After months of planning, the sailors and equipment from HMCS Queen Charlotte of Charlottetown, Prince Edward Island, travelled to Saint John to set up a second simulated ship, allowing the two NRDs to train side by side. Brunswicker crafted a custom scenario on their NPTT and briefs by Maritime Surface and Subsurface (MARS) Officers. Naval Combat Information Operators (NCIOP) presented the scenario to the crew.

At 1300 on Feb. 14, Brunswicker and Queen Charlotte simulated sailing out of Esquimalt Harbour together to intercept the fictitious Hanjin Dallas.

Naval Communicators hailed passing ships while NCIOPs reported radar contacts to the bridge. Bridge watchkeepers briefed the captains while the engineers practised emergencies in the engine room. Senior personnel, some with years of sea time, patiently mentored junior members in contact reporting and engineering emergencies. Many of the Ordinary Seaman present had never been to sea, making this training all the more necessary to prepare them for their upcoming courses and employment.

By the end of the weekend the Hanjin Dallas had been intercepted and the two crews had also assisted a fishing boat in distress, complete with a simulated hypothermic fisherman requiring first aid.

Brunswicker and Queen Charlotte are planning the next steps to make the training more realistic and valuable to naval reservists. Ordinary Seaman Victoria Martins, an NCIOP with Brunswicker, summed up her experience, "We should take these activities very seriously. This is how to train for future operations at sea."



Photos by A/SLt Susannah Anderson, HMCS Brunswicker

**MS Benjamin provides a Naval Communication lesson prior to a simulated departure.**



**OS Cochrane, OS Quinn, OS Killam and OS Lehman carry a stretcher holding the simulated stabilized fisherman on board from the Search and Rescue exercise.**



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# Canada School of Public Service courses beginning in April at no cost to employees

## DND

Managers are now able to develop learning plans for their civilian employees with an increased range of options and with less of a strain on departmental resources.

Beginning in April, all Canada School of Public Service (CSPS) courses and resources will be available to DND employees at no direct cost.

The 2016-17 fiscal year marks the final year of the CSPS transformation as the centerpiece of a government-wide commitment to learning announced through Blueprint 2020.

The CSPS common curriculum will provide opportunities for DND at several different levels. The elimination of direct costs to employees for common learning opportunities provided by the CSPS provides employees with more learning options that may have been previously unavailable due to budget limitations. Managers may now discuss

and plan core common learning requirements with civilian employees without worrying about how to keep the cheque book balanced.

In addition to core CSPS courses and other learning tools that are available for employees, DND-specific training and learning activities will continue to be planned and managed within the department to support building employee competencies required to meet department objectives.

### Primary source for learning

Professional development greatly enhances both individual and organizational performance and is key in meeting performance management objectives. The school may now be viewed by managers and employees alike as a primary source for common learning activities when setting work objectives and learning plans for the year to come.

The full spectrum of

CSPS resources and tools available for learning today are supported by a 'Learning Ecosystem.' The school offers a full catalogue of learning opportunities to choose from and include:

- developmental programs for new supervisors, managers and executives and;
- a broad range of resources available that are designed to support employees in:
  - meeting work objectives of a current job;
  - developing skills for future jobs; and
  - engaging in professional development.

DND employees are encouraged to draw on CSPS courses and resources to support their learning plans for the new fiscal year.

### Technological challenges

As the CSPS Ecosystem and the wealth of learning opportunities available become more popular with employees, challenges may be experienced. DND firewall and bandwidth issues are posing technological

challenges that are currently being evaluated for resolution and upgrading. CSPS webcasts and videos are now available for streaming; however, individual IT operating systems will at times affect learner access and/or streaming quality. While this upgrading is underway, DND learners may consider accessing CSPS webcasts and videos from home or other workstations with an internet connection or through a mobile device.

Defence managers are encouraged to entertain new and creative ways of providing employees time and access to online, self-directed and social learning opportunities. Not all employees find it easy to learn at their desks. Some units have scheduled professional development days where all employees engage in learning and knowledge sharing activities. As more and more learning opportunities are moving online and are more self-directed, it is important for managers



and employees to discuss technical and personal challenges and identify the most supportive environment to achieving a productive learning experience with the range of learning opportunities that are becoming available.

### What you need to do

Learners are encouraged to register for a CSPS MyAccount as it will be required to access the school's learning applica-

tion, which contains many self-directed online resources that include videos and blogs.

Sign up for e-Updates from CSPS to receive the latest information from the school.

DND employees may also look for departmental specific learning opportunities within the Defence Leadership Curriculum and the LCC Course Calendar. Visit the website [www.cspsefpc.gc.ca](http://www.cspsefpc.gc.ca)

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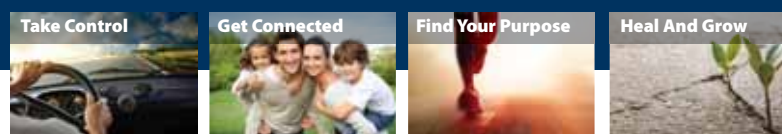
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Gillian Larsen, Personnel Support Programs

**Left to right:** John Paul, Brandon University Bobcats Team Captain; Colonel Dave Awalt, Commander 39 Canadian Brigade Group; and Reiner Theil, University of Victoria Vikings Team Captain. Col Awalt conducted the ceremonial tip-off for Military Recognition Night. The University of Victoria Vikings beat the Brandon University Bobcats 90-74. There are plans to make the Military Recognition Night an annual event.

## Flag stirs Gulf War patriotism

**Peter Mallett**  
Staff writer

For retired Rear-Admiral Ken Summers, his 25-year old Canadian flag that still emanates the pungent smell of burning oil serves as a poignant symbol of our nation's role in the liberation of Kuwait.

The flag was the first one raised over the Canadian Embassy in Kuwait following the liberation of Kuwait City. With an estimated 700 of the country's oil wells set alight by the retreating Iraqi forces, the flag was saturated by the black smoke that filled the air.

Summers shared his memories of that time on Feb. 26 during CFB Esquimalt's 25th anniversary ceremony commemorating the liberation of Kuwait.

Approximately 200 people, including Persian Gulf veterans, military personnel and their families, and members of the Royal Canadian Legion filled the Naden Drill Shed to mark the occasion.

Other dignitaries attended included reviewing officer Capt(N) James Clarke, retired Vice Admiral Jean-Yves Forcier and Rear-Admiral (Ret'd) Roger Girouard.

Summers says it's hard to believe that it was a quarter century ago when he - then a Commodore and Commander of Canadian Forces Middle East Headquarters - proudly raised the flag up the pole at the Canadian Embassy following the liberation.

The embassy had been shuttered shortly after the invasion of Kuwait on Aug. 2, 1990 and gaining access wasn't easy. Summers says he was forced to shoot out the glass on the front door

in order to gain access to the building as no key would be made available.

Once inside, he realized the flag did not have the proper clips necessary to raise it to the top of the pole, but with some improvisation, the flag was hoisted.

Nearby residents quickly took notice and a large crowd amassed outside the embassy gates to celebrate alongside Canadian military members.

"When we put the flag back up at the embassy it was a very significant moment," Summers said. "To me, liberating Kuwait, reopening the embassy and raising the flag meant mission accomplished."

When Summers returned to the embassy a few weeks later, the staff presented the flag to him.

"I brought it back with me and have held it close to me ever since," he says.

In his address to the crowd, fellow Gulf War veteran Rear-Admiral (Ret'd) Roger Girouard said he saw the Persian Gulf War as a watershed moment for the navy.

"It's hard to tell whether our 'Persian Excursion' will stand the test of time - it certainly wasn't D-Day - but it really was an extraordinary moment in Canadian Military history," he said. "It was a point where we [the RCN] left that comfortable job of doing naval exercises and stepped up in the world, which was very different, because of what Iraq had decided to do."

He praised the readiness of personnel in the Canadian Naval Task Group to partially refit destroyers HMCS Athabaskan and HMCS Terra Nova with new weapons systems and advanced detection systems required

for Operation Friction.

In addition to Athabaskan and Terra Nova, Canada's Task Force included HMCS Protecteur, 26 CF-18 jets and five helicopters. Canadians made up about 10 percent of the total forces for the international mission, but helped conduct over 25 percent of all inspections of surface vessels during the war.

### GULF WAR FACTS

- The peak number of Canadian Armed Forces members in the Persian Gulf region at one time was some 2,700 personnel.
- The Canadian Naval Task Group—consisting of the destroyers HMCS Terra Nova and HMCS Athabaskan, and the supply ship HMCS Protecteur—helped support the Coalition fleet efforts in the region. Five Sea King helicopters with No. 443 Squadron were also part of this force.
- CF-18 jet squadrons with approximately 500 personnel operated out of the 'Canada Dry' bases in the Persian Gulf nation of Qatar, performing combat air control, escort and reconnaissance missions. For the first time since the Korean War, Canadian air-to-surface attacks took place during the conflict.
- The Canadian Air Command's Transport Group carried personnel and cargo in the region. One of the Canadian planes was used in aerial refueling duties for Coalition air forces.
- A Canadian field hospital with 530 personnel was established in Al-Qaysumah, Saudi Arabia in February 1991. This hospital cared for both Coalition and Iraqi wounded. Soldiers from units like the Royal Canadian Regiment and the Royal 22e Régiment performed security duties at Canadian installations in the Middle East in 1990-1991.

The Gulf War marked the first time that female Canadian Armed Forces members performed combat duties.

(From veterans Affairs Canada: [www.veterans.gc.ca/eng/remembrance/history/canadian-armed-forces/persian-gulf](http://www.veterans.gc.ca/eng/remembrance/history/canadian-armed-forces/persian-gulf))

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LS Calvin Langager (second from left) accepts the Sailor of the Year plaque from Geraldine Hinton while Cmdre Zwick (left), Commander Canadian Fleet Pacific, and CPO1 Michel Vigneault offer their congratulations.

## Canadian Fleet Pacific Sailor of the Year: LS Calvin Langager

**CPO1 Michel Vigneault**  
Fleet Chief Petty Officer

The 2015 Canadian Fleet Pacific Sailor of the year is LS Calvin Langager, a Boatswain with the Patrol Craft Training Unit (PCTU).

Selected from a group of 11 exceptional candidates, LS Langager claimed the title because of his tremendous work ethic, outstanding performance, consummate professionalism, numerous achievements and unwavering volunteer service within the community.

LS Langager was born in Saskatoon and enrolled in the Royal Canadian Navy as a Reservist at HMCS Unicorn in March of 1994. Two years ago, after 20 years in the Naval Reserve, he was selected for a Component Transfer to the Regular Force.

Posted to PCTU, he eagerly took on the role of unit coordinator for the 2015 Navy Run. His efforts resulted in a high turnout for his unit and, as a runner, he posted one of the fastest times at the unit. He is a constant proponent of physical activity and assists in organizing unit baseball and floor hockey games.

Aside from his outstanding contribution to PCTU and the Fleet, LS Langager spends his personal time volunteering as an assistant coach with the Triangle Mountain Novice Red Rockets baseball team where he teaches seven- and eight-year-olds the fundamentals of baseball and teamwork.

LS Langager is highly committed

to the success of PCTU and is a key member of the Deck Department. He is a dedicated and exceptionally capable sailor whose outstanding leadership has been invaluable to the unit during a period when it was frequently short-handed. On numerous occasions, he has not only taken on departmental responsibilities of the Master Seaman, but has also taken on duties of the Petty Officer Second Class during his absence. His exceptional grasp of administrative procedures and vast array of seamanship knowledge have proven to be invaluable assets to his unit and the Fleet.

LS Langager is an effective junior leader and is respected by his peers and superiors for his work ethic and professionalism.

This sailor also sets the standard for dress and deportment at PCTU with razor sharp creases and highly polished boots. He functions at a level well above his current rank in professional trade knowledge, administration and dedication to duty. He has stayed late on multiple occasions to ensure the unit is ready for the next day's schedule and is always at work early to get a jump start on the day's activities.

LS Langager was presented with the Capt(N) Hinton memorial Sword by Geraldine (Geri) Hinton, who donated the Naval Sword of her late husband, Capt(N) Peter Hinton, to be awarded to each year's Canadian Fleet Pacific Sailor of the Year. The Sword is kept on display at the Canadian Fleet

Pacific Headquarters.

The Fleet Commander, Commodore Zwick, congratulates LS Langager on his selection as Fleet Sailor of the Year, and thanks Hinton for her continued participation and for being part of the third presentation.

### About Capt(N) Peter Hinton

Capt(N) Peter Hinton had a long and distinguished career in the Royal Canadian Navy from 1941 to 1976.

He served in the Second World War where he was in Command of a landing craft landing troops in France on D-Day, June 6, 1944.

His subsequent Command appointments included the minesweeper Fortune (1955-1957), Leadership School in Cornwallis (1958), HMCS Athabaskan (1963-1964), and HMCS Columbia (1964-1965). Capt(N) Hinton assumed Command of HMCS Protecteur when the ship was commissioned in 1969, and was Base Commander of both CFB Halifax and CFB Esquimalt in the 1970s.

One of his many notable achievements occurred in March 1964 when he was in Command of HMCS Athabaskan and rescued 34 crew members of the tanker Amphialos, which had broken in two during an Atlantic storm. The rescue, carried out in heavy seas, was a feat of seamanship that won world-wide acclaim.



LS Ogle Henry, MARPAC Imaging Services  
CPO1 Guy Brisebois (centre) is promoted to his current rank by Capt(N) Doug Young (right), Maritime Forces Pacific Headquarters Chief of Staff and CPO1 Mike Feltham, Formation Chief Petty Officer.



Michael Bastien, MARPAC Imaging Service  
LCol Jay Simpson, Commanding Officer of Assistant Judge Advocate General Pacific Region, presents Lt(N) Heidi Straarup with the Canadian Forces' Decoration Medal.



Cpl Brent Kenny, MARPAC Imaging Services  
The graduates of the Primary Leadership Qualification Course gather for a photo in front of Nelles Block at CFB Esquimalt Feb. 23.

# Bravo ZULU

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## HMCS Vancouver promotions and awards

Cdr Clive Butler, Commanding Officer of HMCS Vancouver, made several presentations to crew members while at sea for Southpoy 2016.



MS Van Egmond accepts the Best Mess Plaque on behalf of 17 Mess.



MCpl Castrojas is promoted to his current rank by Cdr Butler and Lt(N) Lonsdale.



LS Koller is promoted to his current rank by Cdr Butler and PO1 Dawson.



Lt(N) Zuliani receives his Command Qualification.



Lt(N) Smith receives his Command Qualification.



Lt(N) Dubois receives his Silver Sea Service Insignia.



PO2 Breland receives his Engineer Officer of the Watch 3E Certificate.



LS O'Connor receives his Machinery Console Operator's Certificate 2.



AB Johnson receives his Auxiliary Machinery Operator Certificate 1.



AB Lomas receives his Auxiliary Machinery Operator Certificate 1.



LS Perkins receives her Electrician of the Watch Certificate.



MS Hamilton receives his Operation Nanook Coin.



AB Vaughan is promoted to his current rank by Cdr Butler and CPO2 Sayeau.



AB Zaperty is promoted to his current rank by Cdr Butler and CPO2 Sayeau.



AB Hiles is promoted to his current rank by Cdr Butler and PO1 Stohl.



PO2 Moore receives his Canadian Forces' Decoration.



MS Thorne receives his General Campaign Star - South-West Asia.



CPO2 Sayeau receives his Operational Service Medal - Expedition.



PO2 Healey receives his Canadian Forces' Decoration.



Lt(N) Carter receives his Canadian Forces' Decoration.



MS Towle receives his Canadian Forces' Decoration.



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## 2016 Canada Army Run

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Registration for the 2016 Canada Army Run, presented by BMO Bank of Montreal, is now open.

The five kilometre and half marathon events will take place on Sunday, Sept. 18, 2016.

This year's Canada Army Run will once again welcome 25,000 participants from across the country and the world as they

run, walk, and roll in this truly unique event held in Ottawa and Gatineau.

Since 2008, Canada Army Run has raised more than \$1.6 million in support of Soldier On and the Military Families Fund – two CAF financial support programs that provide assistance to ill and injured soldiers and military families in need.

Last year, Canada Army Run received the

Community Spirit Award at the 2015 Ottawa Tourism Awards in recognition of a business or organization in the tourism industry that organized, or participated in, a fundraising effort or service in support of a regional not-for-profit organization.

Registration details for Canada Army Run can be found on the website at [www.armyrun.ca](http://www.armyrun.ca).

## 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.

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

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The Sherlocks – Monday March 21 to Thursday March 24, 2016  
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