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Volume 61 Number 15 | April 11, 2016

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## Sea rescue



Photo DND  
A boatswain from HMCS Edmonton frees a sea turtle that was trapped in fishing lines. The warship is currently deployed on Operation Caribbe doing counter-drug detection in the Caribbean Sea and Eastern Pacific Ocean. Read about their recent success on page 3.

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# No losers in HMCS Vancouver – weighty goals reached

**LS Sergej Krivenko**  
HMCS Vancouver

Health, wellness and physical fitness are aspirations sometimes difficult to achieve and maintain during a deployment.

In order to break free from this typical rut, several initiatives were launched on board *HMCS Vancouver*, including the embarkation of a Personal Support Programs (PSP) fitness instructor and establishing a routine of fitness windows in the flex, which were treated as sacrosanct “Maslowian” needs.

In the same way a flex planner would not dare alter the meal routine on board, *Vancouver's* fitness routines were treated no differently.

With the playing field leveled and the conditions for success set, man's, and woman's, competitive nature took hold and folks began to wonder – who would be the biggest loser?

As *Vancouver* departed Esquimalt Feb. 1 for SouthPloy, the participants of the ship's “Biggest Loser” health and wellness challenge lined up outside sick-bay for the official weigh-

in. The event, organized by PO2 Charles Leblond, had competitors paying a \$20 entry fee and weigh-in during each port visit. The winner would be declared based on the greatest percentage of body weight lost over the course of 60 days.

The method was simple – diet and exercise.

Assisting us with our goals, Matt Kingstone, the ship's embarked PSP fitness instructor, took time to coach competitors about healthy eating practices. Each week he put out new tips and challenges to assist *Vancouver's* Biggest Losers in achieving their goals.

Thrice daily, collective fitness classes were conducted on the flight deck. Each period was one hour in duration and addressed a specific aspect of fitness, ranging from stretching to strength and conditioning. In addition to these workouts, Kingstone was there to provide the encouragement needed to keep us progressing.

In total, 48 of the ship's crew participated in the Biggest Loser competition; each of them strong-willed and motivated to lose

*In addition to diet and exercise as huge components of success in losing weight, dedication and commitment was equally important.*

weight and improve their overall health and fitness.

In total, \$960 was raised of which \$480 will go directly to the Heart and Stroke Foundation, while the remaining \$480 was divided amongst the top three participants as a cash prize.

The \$220 first place award went to PO1 Robert Franklin who lost 15.56% of his body weight.

In second place, having lost 15.49% of his body weight, was LS Benjamin Cizmar. The award for second place was \$160.

Finally, third place went to MS David Van Egmond who lost 14% of his body



**PO1 Robert Franklin** receives his cash prize for weighing in at first place for the “Biggest Loser” competition, a fitness, challenge where members pushed themselves to lose weight and get fit while at sea.

weight and received a prize of \$100.

It was a close competition with many honourable mentions including the Coxswain, CPO1 Pierre Picard who lost 21lbs; Outside Machinery I/C, PO2 Josh Reardon who lost 20 lbs; MSE Dept Regulating Petty Officer, PO1 Lee Bickerstaffe who lost 18 lbs; and Jr Pay Clerk, Cpl Nancy Rheume who lost 17 lbs.

In addition to diet and exercise as huge components of success in losing weight, dedication and commitment was equally important. Some participants exercised as many as three times per day and maintained a very strict diet to efficiently burn fat.

“The Biggest Loser” challenge brought *Vancouver* together, physically. After two months of hard work and support from the crew,

the sailors were able to raise funds for charity, promote physical fitness and healthy active lifestyles, and improve their health and wellness.

Given the great success of this initiative, *Vancouver* intends to pose the challenge once again when the ship departs for RIMPAC 2016 and WESTPLOY.

Who will be *Vancouver's* next Biggest Loser? Stay tuned.



## Join the Conversation on Transition

The MFRC in partnership with the University of Victoria invite you to be part of this solution-focused community conversation on transitioning from the CAF to share your experiences and inform future programs and services. Help identify what has worked for people during this transition period and some of the challenges people face.

**Saturday May 7, 2016 - 10am-2pm**

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# Community outreach pens them in

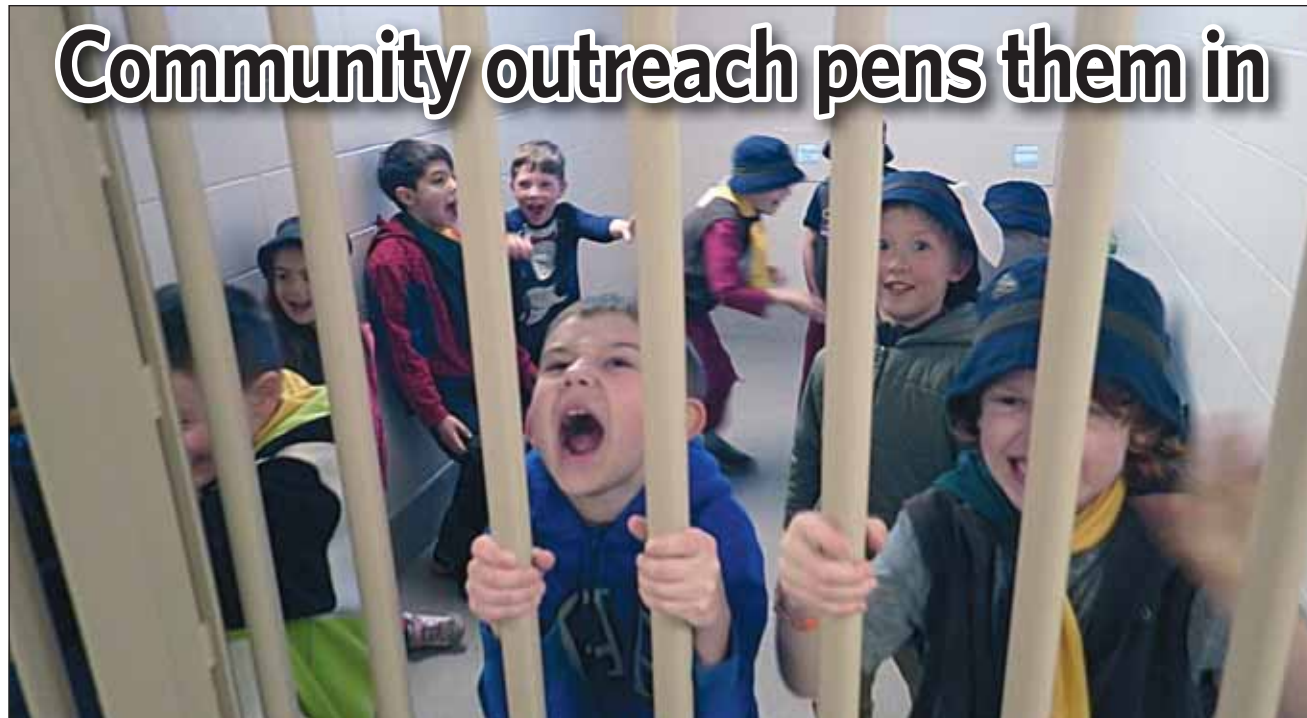


Photo courtesy MPU Esquimalt

Members of Victoria's 3rd Arbutus Beavers Scouts program discover life in a holding cell in the Esquimalt Military Police headquarters. The Beavers were participating in a community outreach program by the unit April 4, which included a guided tour of the MP unit facility.

## RCN assists in narcotics seizures on Op Caribbe

DND

Further to the drug seizures of March 7 and March 19, *HMC Ships Saskatoon* and *Edmonton* assisted in separate cocaine disruptions while on patrol in the eastern Pacific Ocean on March 25.

On that day, *Edmonton* and its embarked United States Coast Guard Law Enforcement Detachment (LEDET) were assisted by United States Ship (USS) Lassen in intercepting a vessel of interest in international waters off the coast of Central America.

The vessel intercepted, a "panga"-style fishing boat, was identified by a Maritime Patrol Aircraft while on routine patrol. With the help of USS Lassen's embarked helicopter, the vessel was hailed to stop, after which it began to jettison its cargo.

*Edmonton* assisted the LEDET, who took control of the vessel and retrieved 27 bales of cocaine from the water, weighing a total of 650 kilograms.

"This interception was another example of the interoperability and continued cooperation between the Royal Canadian Navy, the United States Navy, and the United States Coast Guard," said Lieutenant-Commander Lucas Kenward, *Edmonton's* Commanding Officer. "With USS Lassen's helicopter providing over watch, *HMCS Edmonton*

and its embarked Law Enforcement Detachment worked together seamlessly to board the vessel of interest and clear the jettison field. I am incredibly proud of the work done by both ships' companies and their Law Enforcement Detachments in suppressing the flow of narcotics into North America."

The interception involving *Saskatoon* and its embarked LEDET began the evening of March 25 when a Maritime Patrol Aircraft conducting a routine patrol located a target of interest in international waters off the coast of Central America. The vessel, also a "panga"-style fishing boat, jettisoned its cargo and fled the scene. After several hours of searching, *Saskatoon* found the jettison field in the early morning of March 26, and 16 bales of cocaine were retrieved from the water, weighing a total of 640 kilograms.

"It was all hands on deck for this specific seizure and I am proud of the dedication and commitment displayed by the ship's company," said Lieutenant-Commander Todd Bacon, Commanding Officer, *HMCS Saskatoon*. "This recent success showcases the strength in teamwork and working as a cohesive unit to suppress criminal activity in the region."

Operation Caribbe is Canada's contribution to Operation Martillo,

the U.S. Southern Command Joint Interagency Task Force-South (JIATF-South) counter-drug detection and monitoring operations in the Caribbean Sea and Eastern Pacific Ocean.



The 16 bales (640 kg) of cocaine that was seized.

## Take part in deciding our defence future

DND

What is the future of Defence, and how should the Defence Team of tomorrow look?

Canadians will get to have their say in shaping the Nation's defence policy through a series of collaborative and interactive public consultations, undertaken by the federal government.

On April 6, Harjit Singh Sajjan, Minister of National

Defence, announced the Government of Canada's (GoC's) intent to consult with Canadians about the future of Defence.

The objective of the public consultations is to promote the government's commitment to open and transparent dialogue with Canadians, and other key stakeholders, including members of the Defence Team, in the development of the new Defence Policy.

These consultation sessions are focused on a number of themes and priorities, but focus on three fundamental areas of enquiry:

What are the main threats and challenges to Canadian national security?

What role do you see for the military in addressing potential threats?

How should the Canadian Armed Forces be equipped and resourced to carry out these tasks?

These discussions will take place in cities across Canada from April to July. All Canadians are encouraged participate online [www.defenceconsultations.ca/online-workbook](http://www.defenceconsultations.ca/online-workbook).

To learn more about contributing, visit the government's newly launched consultations portal at Defence Policy Review <http://dgpapp.forces.gc.ca/en/defence-policy-review/index.asp>.

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# matters of OPINION

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## People Talk

Lookout asked those attending the Fleet Maintenance Facility Cape Breton's 20th Anniversary celebration in Dockyard what is their favourite warm weather activity?



Sitting on a balcony and watching the sun rise with my wife because it's just such a calm and relaxing way to start the day.

**PO1 Clarence Bullard**



Going to the beach and looking out over the ocean, catching some waves, and feeling the warm sun on my skin because it makes me feel great.

**Lt(N) Ron Chen**



Operating the Ashton Armory museum's vintage military vehicles; it's not only enjoyable for me but a good way to spread awareness about the importance of appreciating and preserving our history.

**Chris Preston**



Spending time with my two-year-old son outdoors, and exposing him to nature by hiking through forests and showing him the importance of the spacecraft earth that we all live on.

**Lt(N) Ward Thomson**



Biking and hiking. I'm a fair weather biker, but not a fair weather hiker and will hike in all sorts of conditions, rain, snow, sleet, you name it.

**Jan de Bree**

## WHAT SAY WE

# Stats Canada survey - Operation Honour

Shortly, you will receive an invitation by email and regular mail to participate in a Statistics Canada Survey on Sexual Misconduct in the Canadian Armed Forces.

This survey is an important part of Operation Honour that will ultimately help me to better understand the nature and scope of issues members of the CAF have been facing and how your Commanders, supported by Military Personnel

Command and the Strategic Response Team (Sexual Misconduct), can address these issues to better support you. The survey will be open from April 11 to May 13.

This survey and the information that it will provide is vital to the future of the CAF.

Harmful and inappropriate sexual behaviour has far reaching, negative impacts on morale, cohesion, effectiveness, deployability, recruiting

and retention. Any form of harmful sexual behaviour undermines who we are. It is a threat to operational readiness and is a threat to this institution.

While participation in this survey is voluntary, I strongly encourage each and every one of you to take part.

Your input is crucial to a better understanding of this problem, which will enable us to help eliminate these harmful patterns of behaviour, sup-

port those who have been affected, and improve our policies, programs, workplace environment, and member well-being.

The results of the survey will be of greater value if we maximize participation and gather more accurate information to address this problem.

As I have made clear since the launch of Operation Honour, I am fully committed to ensuring a respectful and professional environment for

all members of the CAF.

While dealing with harmful and inappropriate sexual behaviour remains a key leadership responsibility, addressing this issue is the responsibility of every CAF member. I encourage you take this opportunity to help make our institution better.

**General J.H. Vance**  
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# Naden Band conductor joins prestigious association

**Rachel Lallouz**  
Staff Writer

Five years conducting the Naden Band of the Royal Canadian Navy has earned Lieutenant (Navy) Matthew Clark some State-side recognition.

The naval officer, and highly talented musician, was extended an invitation in early March to join the prestigious American Bandmasters Association (ABA).

"There are 300 serving conductors in the Association, and I will make the sixth Canadian," says Lt(N) Clark. "My father was my first teacher, and he always told me that if I really wanted to be successful at something, I would need to surround myself with

experts in that field. As part of this Association, I will be surrounded by the giants of the wind ensemble world, and this will push awareness of professional Canadian military wind bands forward."

The ABA was formed in 1920 by Edwin Franko Goldman, a prominent band composer, to raise esteem for concert bands among musicians and audiences, and to solidify concert band's place in the cultural heritage of North American society.

Apart from the 300 serving conductors and composers of wind band in the principle category, there are 80 associate members.

Only those contacted to make an application by a pre-existing member can hope to receive invitation to apply to be in the Association.

The application process is strict, requiring years of evidence of a conductor or composer's work to make the cut. In Lt(N) Clark's case, music colleague Dr. Gerald King, conductor of the University of Victoria's Wind Ensemble, began collecting evidence of Lt(N) Clark's accomplishments starting in 2012.

Dr. King filed away audio recordings of the naval officer conducting for the Victoria Symphony, the Naden Band, the University of Victoria, and the Victoria Philharmonic Choir over a period of about four years.

In 2015, he told Lt(N) Clark of his plans to invite the conductor to apply.

"My immediate reaction, I was

very humbled," says Lt(N) Clark. "I love doing what I do, but I didn't necessarily know if it would end up happening. When I finally found out, I had to sit down and take a deep breath."

Once the application was sent to the Association, a 75 per cent vote from the current members who listened to the collected audio snippets had to be made in order to invite the new member. Each year, about 12 to 16 candidates are put forward as potential applicants, but only a small fraction end up with an invitation.

He says that acknowledgment at this level confirmed he took the right direction in life, as both an artist and a professional. He says

the achievement allows him to continue to strengthen the tradition of the military wind band in Canada. He also acknowledges that without the outstanding skill and professionalism of the Naden Band members, this honour would not have happened.

"The Naden Band is one of the finest ensembles of its kind and I am thrilled to have commanded this wonderful unit over the past five years," he says. "What I take to heart with this accomplishment is my desire to push forth quality music, and to push forth what concert bands are all about. We aren't just marches and mess dinners. We are an art form and proud serving members in uniform."



Lt(N) Matthew Clark conducts the B.C. Cadet Honour Band during their concert at McPherson Theatre, March 22.



Lt(N) Clark poses for a photograph in the band's rehearsal building at CFB Esquimalt.

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# Celebrate National Volunteer Week, April 10 - 16



## Employee Assistance Program agents of help

This week marks National Volunteer Week, a time to celebrate and thank Canada's 12.7 million volunteers.

Volunteers are people who work willingly for the advancement of their community. Without them, the continual progress we see in our society would suffer immensely.

At Maritime Forces Pacific (MARPAF), there are 19 referral agents that take time out of their work day to help others in the MARPAF community. They are DND employees or Canadian Armed Forces members trained in listening techniques, suicide intervention and accessing internal or external resources. These volunteers are part of the Employee Assistance Program (EAP), a voluntary, short-term and confidential service.

The issues and problems they assist with are endless; typically they are family related, mental/emotional health, or

work related. They provide individuals with the opportunity to feel heard through active listening, and provide information on external and internal resources.

This past year alone, they helped over 250 people, including six suicide interventions.

Over 100 people required no action or referral, as the help provided through the process of active listening was enough.

As a reminder, the EAP office has moved to D74 (100 metres past the post office). The new location houses the EAP Manager's office and the resource lending library.

For Referral Agent information please refer to the National EAP website, <http://hrciv-rhciv.mil.ca/en/e-employee-assistance-program.page>, or call 250-363-7968. For 24 hour direct access to counsellors or help call 1-800-268-7708.

## Volunteers, the roots of strong communities

**Jon Chabun**  
MFRC

Even the tiniest volunteer effort leaves a profound and lasting trace in a community.

At the Military Family Resource Centre (MFRC) one group of volunteers is doing just that: the Board of Directors.

Not many people realize the MFRC is an independent, non-profit organization governed by a Board of Directors, 51 per cent of whom are spouses of serving military members. In order to maintain a direct connection to military leadership, three board positions are appointments – the Formation Chief, the Fleet Chief and the Base Chief.

"It was comprised this way so the organization could be governed by the people we provide services to - the military families," says Gaynor Jackson, Executive Director of the Esquimalt MFRC.

"The Board provides the direction of where the organization needs to go and the staff and I make it happen," she adds. "They are a dedicated group of individuals who donate a lot of their time away from their own families to ensure the MFRC is addressing the greater needs of military families in our community."

## Meet the MFRC Board of Directors 2016/17



Chair: Samantha Krzywonos



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Secretary: Carl McLean



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Members of the Defence Aboriginal Advisory Group (DAAG) perform traditional drumming to kick off the FMF CB's 20th anniversary celebration.



Metal Trades Apprentices (left) and Hull trades (right) entries into the Apprentice skills competition.



The Electrical and Electricians entry.



The Mechanical Fitters/Refrigeration Mechanics entry.



Hundreds of FMF workers enjoy the free barbecue.



# Celebrating the FMF's 20 year anniversary, 1996-2016

**Rachel Lallouz**  
Staff Writer

Hundreds of people gathered at one end of dry dock to celebrate Fleet Maintenance Facility Cape Breton's (FMF CB) 20th anniversary last Wednesday.

FMF CB employees, their family members, sponsors and invited guests were treated to a barbecue, and popcorn and cotton candy from a few sponsors for the littler guests.

Kicking off the event

was traditional drumming performed by members of the Defence Aboriginal Advisory Group. Speaker Mary Ann Thomas, an Esquimalt Nation Elder, then shared a message about the importance of working together.

"We all need each other in life," she said to the crowd. "We need to accept each other. If you want to accomplish something, you've got to get along and work with those around you."

After Thomas's mov-

ing speech, the entries for the Apprenticeship Skills Competition were unveiled, representing the handiwork of tradespeople in Fleet Maintenance Facility Cape Breton; metal trades; hull trade; mechanical fitters/refrigeration mechanics; marine electricians; electronic technicians; machinists, and millwrights. Each group was tasked with creating a display according to a "History of Canadian Navy" theme using only the supplies found within

their work centres. The groups started their plan in October 2015, and had from December to February to complete their displays, which ranged from an intricate metal serpent crafted by the metal trade apprentices to a wooden and cloth replica of *HMCS Oriole*, created by the hull trades (painters, shipwrights/joiners, riggers, sailmakers, electroplater and ladders).

First place was awarded to Group 6B, millwrights. Second place was given to

Group 1, metal trades, and an honourable mention was given as a tie between Group 2, hull trades, and Group 6A, machinists.

Attendees of the anniversary celebration voted "People's Choice" style for the metal trades, Group 1.

Following the unveiling, music sponsored by 98.5 Ocean echoed throughout the dry dock as children jumped in the bouncy castles, volunteers were dunked in the dunk tank, and others sampled Employee Equity's

homemade dried seaweed and smoked salmon.

Wrapping up the event were the words of Capt(N) Christopher Earl, FMF CB Commanding Officer.

"The FMF has existed for 20 years, and I look forward to it existing for another 20," he said. "Thank you to all employees and their families for the support, effort, and dedication. The navy simply couldn't function without you. And thank you to our sponsors for their generous support of our event."



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## Boost your financial health with SISIP plan

**Peter Mallett**  
Staff Writer

Planning a sensible personal investment strategy is often something people overlook, especially young Canadian Armed Forces (CAF) members, says Wade Walters, manager for Esquimalt's SISIP Financial.

"The reason why it often gets overlooked is because there always seems to be something else to buy or something else to do with your money," says Walters.

However, he adds, a person's future wealth is really dependent on how they manage their money early on.

To help people get started in developing an investment portfolio, he encourages military members and their families to book an appointment with one of his SISIP Financial Advisors.

Free comprehensive financial planning is available to all CAF members and their families to help educate and guide their investment decision-making.

"The key point is paying yourself first," says Walters. "That means taking money from your pay cheque as soon as you get it and setting

*The reason why it often gets overlooked is because there always seems to be something else to buy or something else to do with your money.*

Wade Walters, Manager  
Esquimalt's SISIP Financial

it aside for your investment needs. So, before you start spending your money, consider your financial future."

The SISIP Financial CAF Savings Plans (CAFSP) is a DND-supported savings option designed to help serving and former CAF members build their savings. It was introduced in January 2014.

People can invest as much or as little as they want a month, with the end goal of having cash for a rainy day, a big ticket purchase, or an eye on retirement.

The SISIP Financial CAFSP has a low management fee of 1.56 per cent for all segregated funds offered

within the plan, compared with an average of 2.4 per cent currently charged by private sector financial institutions. All financial planners are directly employed by SISIP Financial and are paid a salary only; they do not receive commissions, and all trailer fees are paid directly to SISIP Financial.

Walters says that over a period of 20 years, that small, monthly "pay yourself" investment can make "a huge difference."

"By understanding the benefits structure, pay system, and pensions, our knowledge is invaluable to military members," says Walters.

SISIP Financial also offers regular and retirement savings plans; travel, term life and disability insurance; financial consultations; and education on personal financial planning and management.

You can learn more about SISIP Financial products, programs and services by visiting their website [www.cfmws.com/en/aboutus/sisipfs/pages/default.aspx](http://www.cfmws.com/en/aboutus/sisipfs/pages/default.aspx) or by dropping by their Naden office Monday to Friday between 8 a.m. and 4:30 p.m. and speaking with one of their financial advisors.

## Trades conference targets young women for future jobs

**Rachel Lallouz**  
Staff Writer

One hundred young women from across B.C., from Grades nine through 12, will travel to the Tradex Trade and Exhibition Centre in Abbotsford April 13 to attend the third annual Skilled Trades and Technology Conference for Women.

The conference, hosted by Skills BC, will provide young women the opportunity to be mentored and networked with 28 leading female professionals from the trades and technology sectors including Sgt Janice Gratz, from CFRC Vancouver, a recruiter with the Canadian Armed Forces, who will showcase career opportunities in the military.

"It's very important to have opportunities for young women to explore non-traditional careers in a safe environment," says Amber Papou, Executive Director for SkillsBC. "They will be in an environment where they can see these strong women who have paved the way through trades and technology careers, and who have a lot of good information and advice."

The conference begins at 9:30 a.m., with the Minister of Technology, Innovation, and Citizens' Services Amrik Virk addressing the young women, followed by a few words of wisdom from Kelly Kienleitner, Chief Instructor for the Electrical Joint



Training Committee, and Tracy MacKinnon, Development Officer for LNG Canada.

The young women will get a chance to do hands-on activities with B.C. Building Trades and a coding activity with Lighthouse Labs. Lunch and closing remarks will round up the packed day.

One of the main highlights of the conference, says Papou, will be "speed-dating-style" question and answer periods with designated mentors. The young women in attendance will have the chance to engage in dialogue with tradespeople from companies in the fields of refrigeration, coding, app development, trades management, aerospace technology, and transportation.

"There's still a stigma that a lot of jobs in these sectors are predominantly for men," says Papou. "That's a myth we're trying to change by showing these young women that not only can they enter the trades, but that mobile movement within these fields as managers or owners is possible."

For more information, visit [www.skills-canada.bc.ca](http://www.skills-canada.bc.ca)



# Water colours up for grabs at garage sale

**Peter Mallett**  
Staff writer

World-renowned marine artist John Horton is gift-wrapping some of his best work for the Maritime Museum of B.C.'s April 23 garage sale.

Horton, who prides himself at creating detailed watercolour renderings of naval vessels will be selling three of his unsigned prints depicting HMCS Oriole, former HMCS Algonquin and former HMCS Protecteur at the museum's 13th annual fundraiser at Ogden Point.

"Over the years I have relied heavily on maritime museums from Greenwich to Halifax to Vancouver and Victoria and other parts of the world for my research," says Horton. "What comes around goes around, and since much of my work comes as a result of their efforts it's only natural that I support them to the utmost."

The garage sale goes April 23, rain or shine, from 9 a.m. to 1 p.m. both inside and outside of Ogden Point's Pier A Warehouse building at Victoria's cruise ship terminal on Dallas Road.

For a \$5 cover charge (children

*What comes around goes around, and since much of my work comes as a result of their efforts it's only natural that I support them to the utmost*

John Horton, Artist



Photo courtesy Mary Horton

Artist John Horton displays unsigned prints of former HMCS Algonquin, former HMCS Protecteur and HMCS Oriole in his Vancouver home. Horton will be selling his prints at the Maritime Museum of B.C.'s garage sale on April 23.

under 12 are free) attendees can rummage through all things nautical, from marine tools and devices such as winches lines and boat clothing to out-board engines and small boats to recreational equipment, such as kayaks, life jackets and camping accessories to hiking gear.

Event organizer Ann Jones says the garage sale typically attracts close to 1,000 spectators and raises \$10,000 to help the museum offset operating costs. Having the work of a widely-respected artist such as Horton will be an added boost for the event, says Jones.

"He is a highly respected artist; his work is fabulous and we believe there will be a great level of interest in his

paintings," said Jones. "Many of the garage sale customers are people that are in some way connected to the sea, including many current and former Royal Canadian Navy members and may not have seen his work before."

The three offerings from his collection of work will be available at typically affordable garage sale prices of \$20 to \$30. Horton says the goal in creating the prints was to make them easily affordable for members of the naval community, and now they will also be helping out an incredibly "seaworthy cause."

For more information about the sale please contact the Maritime Museum of B.C. at 250-385-4222 or visit their website [www.mmbc.bc.ca/](http://www.mmbc.bc.ca/)

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# CFB Esquimalt Naval and Military Museum to open two new exhibits

**Rachel Lallouz**  
Staff Writer

## Commemorating the loss of HMCS Esquimalt

CFB Esquimalt's Naval and Military Museum will open its first permanent, commemorative display depicting the loss of HMCS Esquimalt on Friday, April 15 at 10:15 a.m.

HMCS Esquimalt was the last Canadian ship to be lost in the Second World War after being torpedoed off the coast of Halifax April 16, 1945 – three weeks before the end of the war.

"I find the story of this ship so poignant and powerful, and so strongly connected to the community of Esquimalt," says Clare Sharpe, Museum Exhibit Designer. "I feel real sorrow for the sailors who lost their lives so late in the war. I'm glad we'll be paying them the respect they deserve through this commemoration."

For the past year, Sharpe has worked to track down photographs of the ship,

and to select memorabilia and artefacts to put in the display. Along with Danny Glubus, owner of Suite Signs, Sharpe developed informational panels about the ship using articles written by Robert Fisher.

The display will also showcase a watch that was worn by sailor Joe Wilson when the ship sank.

"He was the last to die, from the small group of people who survived the sinking, so it's a very emotional and significant piece to include," says Sharpe.

On Saturday, April 16 at 11 a.m. the annual HMCS Esquimalt commemorative ceremony will take place at 1229 Esquimalt Road. The ceremony will be co-hosted by Canadian Forces Base Esquimalt and the Township of Esquimalt. Base Commander, Captain (Navy) Steve Waddell and the Township of Esquimalt Mayor Barbara Desjardins will join members of the community to further honour the service and sacrifice of the crew of HMCS Esquimalt.

## The Great War comes to a museum near you

Also opening on the morning of Friday, April 15, at the military museum is the Royal BC Museum's new travelling exhibit about the First World War.

"The Great War had a monumental impact on the formation of British Columbia as a political entity with its own emerging sense of identity," says the Royal BC Museum's CEO, Professor Jaca Lohman. He adds this particular exhibit will show how the province merged around the traumatic event, as soldiers and nurses from all corners and ethnic groups of B.C. signed up for service.

Informational banners and a video display will detail B.C.'s involvement in the First World War from 1914 to 1918. The exhibit's broader aim will be to educate British Columbians about the contributions of their forbearers.

"Anybody who sees the exhibit will come away with a better understanding of that conflict and how it

affected the country and the whole world," says Sharpe. "To cooperate with the Royal B.C. Museum is just a fantastic opportunity for us."

The exhibit, says Sharpe, is a collaborative effort. From its own collection and loans from private collectors, CFB Esquimalt's Naval

and Military Museum has contributed First World War-themed photos and memorabilia, including hand-embroidered handkerchiefs and pillowcases that were used as personal keepsakes by Canadian soldiers. In partnership with Esquimalt Municipal

Archives, photos from the period will be displayed that highlight the war's impact on the local community.

CFB Esquimalt will be the first location in B.C. to host the exhibit, before it makes its way throughout the province.



Rachel Lallouz, Lookout

A sneak preview of CFB Esquimalt's new exhibit on the First World War - a travelling exhibit lent by the Royal BC Museum. The official opening of the two new exhibits is open to the public April 15 at 10:15 a.m.

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# HMCS Vancouver Successfully Completes JoLTEX 2016

**SLt Sean Catterall**  
HMCS Vancouver

HMCS *Vancouver* made history during JoLTEX 16 by becoming the first Royal Canadian Navy (RCN) ship to fire the Harpoon Block II missile in Coastal Target Suppression (CTS) mode in the Southern California Operating Areas.

Operators positioned ashore directed the firing of three Harpoon missiles from *Vancouver*, which used GPS waypoint-guidance to follow an ordered flight path prior to impact with sea container targets located on San Nicolas Island, located in operating area.

While the firing only took a forenoon watch, JoLTEX 16 was the culmination of months of preparation.

The Canadian Forces Maritime Warfare Centre led the planning, which started in 2015. For *Vancouver*, the first introduction to the project came late last year during a series of meetings to determine the technical and training requirements, as well as the timelines for JoLTEX 16.

With technical inspections complete, *Vancouver* departed Esquimalt in February, deployed to South America with a mission to support the RCN engagement strategy and enhance relationships with several South American navies. However, in the background *Vancouver* continued preparing for the final objective of the deployment – the missile firing.

At the end of March,

while visiting Puerto Vallarta, Mexico, *Vancouver* embarked a team whose role was to put the final touches on the ship's preparations. Equipment was tested, the operations team's procedures were refined, and *Vancouver* was declared ready to proceed.

After embarking the Commander of the Canadian Fleet Pacific, the Test Director, and a data collection team, the ship sailed to the range to conduct the firing.

Following an early "wakey-wakey" on April 1, *Vancouver* came to action stations, closed up section base teams, and assumed damage control condition ZB. After receiving fire missions from operators who had been landed ashore, *Vancouver* con-

ducted the three harpoon engagements which found their targets with pinpoint accuracy.

While the data collected from the shoot must still be analyzed, from *Vancouver's* perspective, JoLTEX 16 was a huge success. The missiles "left the rails" when ordered to do so, they followed the ordered path to the target, and they impacted the targets with precision. *Vancouver's* team finished the exercise confident in the capability and excited to have contributed to the development of joint tactical doctrine.

Ship and crew are now on the way home to Esquimalt to commence a short work period prior to participating in Rimpac 2016, and a deployment to South East Asia.

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# MARPAC HQ award presentations

LCdr Colleen O’Brien, Executive Officer of Maritime Forces Pacific (MARPAQ) Headquarters presented several awards and promotions to military members at the Headquarters building in dockyard.



Images by LS Ogle Henry, MARPAQ Imaging Services



Lieutenant(N) Greg Menzies is awarded the Operational Service Medal – Expedition.



Leading Seaman David McGrath is presented the Canadian Forces Decoration Medal.



Leading Seaman Brandon Starcevic is presented with the Canadian Forces Decoration Medal.



Ordinary Seaman Nicole Bettencourt is presented the Operational Service Medal - Expedition.



Corporal Mary Duchesne is promoted to her current rank.



Chief Petty Officer Second Class Gall is promoted to his current rank by Cdr Hooper and Lieutenant Commander Connelly.



Capt Mark Moldowan receives a clasp for his Canadian Forces Decoration from Rear-Admiral Gilles Courturier during the B.C. Cadet Honour Band concert held at McPherson Theatre March 22.



Master Seaman O’Dell is promoted to his current rank by Commander Hooper and CPO2 Cherneff.



HMCS Winnipeg’s Chief Petty Officer First Class P. Fraser is promoted to his current rank by Cdr J. Hutchinson and Lieutenant(N) R. Sheffield.



# HMCS Vancouver recognition



New Zealand AMT Bryant is promoted to his current rank by Commodore Zwick and Chief Petty Officer Second Class Sayeau.



New Zealand AMT Thomas is promoted to his current rank by Commodore Zwick and Chief Petty Officer Second Class Sayeau.



Master Corporal Gerlach is promoted to his current rank by Commander Butler and Major Philip.



Seargent Hawkins receives the Pewter Sea Service Insignia by Commander Butler.



Master Corporal Duchesne receives the Pewter Sea Service Insignia by Commander Butler.



Master Corporal Gerlach receives the Pewter Sea Service Insignia by Commander Butler.



Corporal Jamieson receives the Pewter Sea Service Insignia by Commander Butler.



Major Philip receives a patch and pin for 1,000 hours of Sea King flight time by Commander Butler.



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Private sale is OK - we have an agent showing us what's listed



# ADVICE TO TRAVELLERS RETURNING FROM ZIKA-AFFECTED COUNTRIES



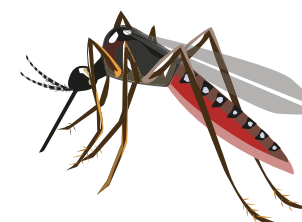
## ZIKA VIRUS

IS MAINLY SPREAD TO PEOPLE THROUGH THE BITE OF  
**INFECTED MOSQUITOES**

Zika virus infection in a **PREGNANT WOMAN**  
could be **TRANSMITTED TO HER DEVELOPING BABY.**

On rare occasions, **IT HAS ALSO BEEN REPORTED  
TO BE TRANSMITTED THROUGH:**

- Sexual contact with semen from an infected man
- Blood transfusions from infected donors



### IF YOU ARE A:

#### WOMAN WISHING TO BECOME PREGNANT –

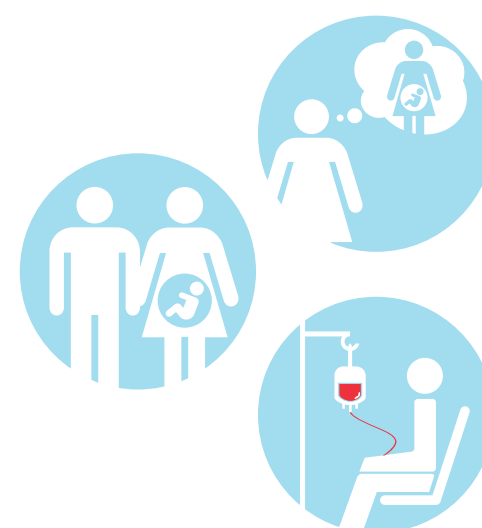
wait at least two months after your return before trying to conceive.

#### MAN –

use condoms for **two** months after your return with a partner who could become pregnant and use condoms for **the duration** of the pregnancy with a partner who is pregnant.

#### BLOOD DONOR –

wait at least 21 days after your return to donate blood.



**If you get sick while travelling** or within 14 days after your return,  
**see a health care provider** and tell them where you have been travelling or living.

For more information: [Canada.ca/zika-virus](http://Canada.ca/zika-virus)



# 10k, 5k & Kids Fun Run

## Sunday June 19, 2016 • Naden

Do it because  
you can!



### FUN FAMILY FITNESS

Run with the military and show your support!

#### EVERYONE WELCOME!

The Navy Run - 10k, 5k and kids fun run is an inclusive community event. Involve the children and discover a fitter family lifestyle. Get excited about improving your health. Do it because you can!

#### REGISTRATION FEES

Active & Retired Military  
& Dependents: \$30  
DND/NPF Civilians & Dependents: \$35  
Public: \$40  
Kids Fun Run: \$15

#### START TIMES

Kid's Run Starts at 8:00a.m.  
The 5k and 10k runs start at 8:45a.m.

Free childcare is available. Please call 250-363-1009 to register.  
LATE CHARGES applicable for registering after June 15, 2016.

Register at [www.navyrunesquimalt.com](http://www.navyrunesquimalt.com)

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