

Volume 61 Number 16 | April 18, 2016

# LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

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## Lookout scoops Second Place

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First Place – Servir  
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MCpl Michael Bastien, MARPAC Imaging Services  
Rear Admiral Gilles Couturier, Commander Maritime Forces Pacific, talks with Cadet  
Connor Carlson during the inspection of the Cadets Parade Ceremony at Canadian Forces  
Base Esquimalt March 11. Read more about it on page 10-11.



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## UPCOMING EVENTS

**Pacific Fleet Club  
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Email michele.schnob@forces.gc.ca to be entered for a free ticket!  
Want to bring a friend? Tickets can be purchased at [www.paintnite.com](http://www.paintnite.com). Use discount code "peterpan" to get a great deal!

### April 22 - PFC General Mess Meeting

10:30 am. Come support your mess and enjoy lunch on us @ noon

### April 23 - UFC 197

PFC doors open at 6pm. Come enjoy great seating and free pizza.

### April 24 - Sunday Kids Movie Norm of the North

Doors open @ 12:30pm. Movie starts @ 1pm. Lots of drinks & snacks provided and a chance to win the movie at the end of the showing

### April 29 - Live Music!

Consenting Adults will be playing from 9pm - midnight

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# Get involved in shaping the CAF

## Operation Honour - special survey

DND

A Canadian Armed Forces (CAF) voluntary and confidential survey is currently underway to aid DND in better understanding the scope of inappropriate sexual behavior and the impact it is having on CAF members.

This 25-minute survey on sexual misconduct in the military, conducted from April 11 to May 13 by Statistics Canada, is for Regular Force and Primary Reserve members.

Survey results will provide vital information to help shape the future of the CAF culture. Harmful and inappropriate sexual behaviour has a far reaching, negative impact on morale, cohesion, effectiveness, deployability,

recruiting, and retention. Any form of harmful sexual behaviour is a threat to operational readiness and a threat to the institution.

Military member input is crucial for the CAF to garner a better understanding of this problem, and to more effectively eliminate harmful patterns of behaviour, give support to those who have been affected, and improve policies, programs, workplace environment, and member well-being. Results of the survey will be of greater value if there is maximize participation.

The Chief of the Defence Staff and the Canadian Forces Chief Warrant Officer strongly encourage all Regular Force and Primary Reserve members to complete this survey. All CAF

members deserve a professional work environment where they are treated fairly, respectfully, and with dignity.

Statistics Canada is Canada's national statistics agency, and was contracted by the CAF to conduct this survey. They have vast expertise and infrastructure to conduct and analyze large surveys, including those on sensitive topics.

The survey is being conducted under the authority of the Statistics Act, which ensures any information members provide will be kept confidential and used only for statistical and research purposes.

The survey can be found at [intranet.mil.ca](http://intranet.mil.ca) and click on Resources then Harmful and Inappropriate Sexual Behaviour in the drop down box.

# Find jobs in the agricultural industry

**Peter Mallett**  
Staff Writer

The hosts of a new digital job posting board are hoping to lure retiring Canadian Armed Forces (CAF) members to new career opportunities in the agricultural sector.

The Canadian Association of Agri-Retailers (CAAR) launched their new pilot version of the digital job posting board AgriJobMatch with the CAF and the Canadian Agricultural Human Resource Council (CAHRC), at CAAR's annual Conference Feb. 18 in Saskatoon, Sask.

"In close partnership with CAHRC and the CAF, we have helped to build outreach and employment tools that will connect our agri-business members to a new and highly skilled pool of potential employees through Canada's veterans," said Delaney Ross Burtack, President and

CEO CAAR. "Operation Ag Careers will facilitate access to a new pool of capable candidates that are interested in filling job vacancies and the customized Retail.AgriJobMatch.ca tool is a critical component of that strategy."

"Jobs available don't just involve the more rudimentary tasks such as putting seeds in the ground, harvesting or running a grain thresher," explains Major Jo-Anne Flawn-LaForge, the CAF Transitions Officer who worked closely with Burtack and CAHRC on the launch.

"Careers in the agricultural sector involve not just the farming process itself, but all related industry and everything that brings food to your table, including agricultural supplies, equipment, transportation, human resources, and distribution and processing."

Maj Flawn-LaForge, a 30-year Royal Canadian

Air Force member and part of the CAF Personnel Selection branch was recently part of a study group that published a book entitled *Military to Civilian Employment: A Career Practitioners Guide*. The publication was designed to help employment counselors fully understand the diverse skill sets of military personnel.

Maj Flawn-LaForge says the Operation Ag Careers initiative fulfills a similar need, helping foster better understanding between potential employees in the midst of making the jump to the civilian workforce and their private sector employers.

"There are so many former soldiers, sailors and aviators who are unaware of the opportunities available in the agricultural industry," says Maj Flawn-LaForge, "But part of the challenge is translating those skills. For example, if I did x,y,z

as an artilleryman, I quickly discover that many of these skill competencies are what it takes to be successful as a grain elevator operator. Overall we are trying to raise the profile and understanding about the veteran population and the important contributions they can contribute to any organization."

In the past Maj Flawn-LaForge says finding the right job was much like a seemingly endless "needle-in-a-haystack" search, but the new Retail.AgriJobMatch.ca tool changes that with software sweeps of all available online agriculture job postings that then pulls them onto one website.

The site also features a skill-matching tool that allows its users to enter their skills and competencies into their profiles, matching these with career options they may not have considered.

## Take the Challenge in May

Challenge yourself, challenge your family, and challenge your friends and colleagues to make positive changes to health habits.

Registration s now open. Email [HWchallenge@gmail.com](mailto:HWchallenge@gmail.com)

Download a Challenge Activity Booklet at <http://www.forces.gc.ca/en/caf-community-health-services-wellness/activity-tracker.page>

Every year, the month of May provides the Defence Team an opportunity to take the steps toward health and wellness through the annual CAF Health and Wellness Challenge.

It launches May 1 and CAF members, their families, and civilian employees are encouraged to participate and take advantage of this opportunity to engage in healthier daily living.

SISIP Financial has provided prizes that will be drawn randomly from all registered participants.

Get started and then download a Challenge Activity Booklet at <http://www.forces.gc.ca/en/caf-community-health-services-wellness/activity-tracker.page> and copy it to your desktop.

Hard copies are at the Health Promotion office located in the Naden Athletic Centre. Pick one up or call 3-5621 to have them sent to your unit. Be sure to read the rules online [www.forces.gc.ca/en/caf-community-health-services-wellness/health-wellness-challenge.page](http://www.forces.gc.ca/en/caf-community-health-services-wellness/health-wellness-challenge.page).

### PRIZES

- 1 Polaroid 7" tablet
- 1 Lifetrak Core fitness tracker
- 1 Fitbit Zip fitness tracker
- 1 Hamilton Beach Single Serve Blender
- 2 Yoga mats







A tired but elated VENTURE Run Club following the Esquimalt 5km race. From left to right: LS Callan Power, LCdr Karen Belhumeur, A/SLt Denis Charlebois, A/SLt Jennifer Grant, and Lt(N) April Blackwood.

## Transition program launches for spouses

DND

Canada Company, the leader in military employment transition, in partnership with Military Family Services, has launched the METSpouse Program – a pilot program connecting the spouses of active, reserve and retired members of the Canadian Armed Forces with transportable careers.

Leveraging Canada Company's Military

Employment Transition (MET) program, METSpouse will focus on providing this untapped resource of highly skilled, adaptable and motivated employees with career training, mentorship opportunities, and a database of mobile, portable and "telecommutable" jobs that fit the realities of being a military spouse.

"The METSpouse Program recognizes that the spouses of our military

and veterans face unique employment realities and challenges," said Canada Company President, Angela Mondou. "For Canada Company, METSpouse is a chance to put our expertise to work for the whole military family, and to create more opportunities for Canadian businesses to benefit from our remarkable military."

The METSpouse Program will help military spouses find gainful and meaningful

opportunities through an already established network of national employers.

As part of the pilot, METSpouse is now available at select Military Family Resource Centres in seven regions across Canada: Ottawa, Halifax, Montreal, Shilo, Toronto, Valcartier and Winnipeg.

For more information visit:

[www.canadacompany.ca/canadacompany/met/en/index.jsp](http://www.canadacompany.ca/canadacompany/met/en/index.jsp)

## Sailor puts life-saving skills to work

**Peter Mallett**  
Staff Writer

An HMCS Regina supply technician is being hailed for his heroic actions by his ship's crew for administering life-saving CPR to a man in downtown Victoria last week.

On the morning of April 14, Cpl Christopher Pearson was travelling to work when at approximately 7 a.m. he came across an unconscious male lying on the ground at the corner of Douglas St. and Yates St. Cpl Pearson said the man had stopped breathing and appeared to be suffering from a drug overdose.

Using first aid training, he assessed the man's medical condition and then administered cardiopulmonary resuscitation while a bystander called 9-1-1. The victim regained consciousness before emergency services arrived on the scene and was transported

to hospital.

"When I arrived on the scene his body was like a limp noodle and he was unresponsive," said Cpl Pearson. "After I administered CPR and saw that he had started breathing again, and EMS crews had arrived on the scene, it was a great feeling to know that I was able to help him out of a bad situation."

Regina Coxswain, CPO1 Alan McNaul congratulated Cpl Pearson, noting his actions were symbolic of the "readiness of CAF personnel" to spring into and provide medical assistance when needed.

"His confidence and leadership were displayed when he established control of the medical emergency scene and performed

CPR, potentially saving the life of a community member," said CPO1 McNaul. "Cpl Pearson is a strong example of what leadership looks like regardless of rank or level within the Canadian Armed Forces."

At press time further details about the incident and an update on the status of the victim were unavailable.

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# matters of OPINION

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## WHAT SAY YOU

### People Talk

During the recent cadet day sail in HMCS Ottawa, members of the Royal Canadian Navy were asked: What is your fondest memory of being a sea cadet?



Mine was spending six weeks at HMCS Acadia with 800 other sea cadets, making friends for life. I was a staff cadet with CPO1 Mike Feltham.

Capt(N) Doug Young



I joined sea cadets in 1938 in England. We once took the train to Portsmouth and toured HMS Victory and saw all of the ships getting ready for war. I remember being with so many like-minded others at that time who wanted to join the navy.

Derek Turner, Honorary  
Captain of HMCS Ottawa



I remember the feeling of family that I had with the Cadet Program and the summer camps.

OS Noémy Comeau



My fondest memory was teaching other cadets to sail and being able to spark a love of sailing in someone else.

SLt Andrew Campbell



Back in the summer of 2003, I was in what was called General Training at HMCS Ontario at the Royal Military College (RMC). We had a chance to go sailing in the sailboats. I got to go out and capsize, then turtle the sailboat alone in the sailing harbour at RMC, then right the boat back up by myself using the centreboard and the proper techniques.

LS Ryan Marshal

## Goldcrest set to sail students this summer

**A/SLt Perrior  
NPTG HQ**

There is no better way to gain an understanding of the sea than through sailing.

Cadets from Royal Military College, Collège Militaire Royale and Subsidized University Training List will have just that opportunity.

The Sail Training Vessel STV Goldcrest, a CS-36 sloop-rigged yacht built in 1982 and purchased by the Royal Canadian Navy (RCN) in 1983, has been adapted for sail, adventure and navigation training. With accommodation for four to six sailors, the vessel is fully equipped to take on its next mission: Regular Officer Training program and summer On the Job Experience (OJE) program commencing summer 2016.

The purpose of the RCN Summer OJE program is to expose Naval Cadets to various activities associated with the navy; learning to sail is just one of the many diverse opportuni-

ties planned for the program.

The navy currently maintains three sailing vessels in its service: HMCS Oriole and STV Goldcrest at CFB Esquimalt and the STV Tuna in Halifax, NS. Instruction for this summer program will be provided by a cadre of RCN members who have been certified by the International Power and Sail Association.

Goldcrest will be just one of the many platforms used for the naval cadets to get a taste of the navy during their academic break in conjunction with their career training. OJE Cadets will join Goldcrest for several weeks, learning the fundamentals of sailing while enjoying local waters and the Southern Gulf Islands while building integral foundations in leadership, team-building and motivation.

Although sailing vessels no longer play a role in naval warfare or modern maritime security, Goldcrest still provides valuable experience for junior officers and seamen.



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# Naval scenes captured on canvas

**A/SLt Danny Young**  
HMCS Scotian

Although naval reservists come from all walks of life, HMCS Scotian's Leading Seaman Margareta Boivin is somewhat unique.

As well as being a Naval Combat Information Operator (NCIOP), she is also an accomplished painter and a member of the Contemporary Art Society of Nova Scotia.

Along with other artists from the society, her paint-

ings were on display last October at Halifax City Hall and at Credit Union Atlantic in Dartmouth, N.S., on Dec. 23.

LS Boivin first started painting in high school when she was introduced to oil painting.

"I fell in love with it," she says. However, when it came time to go to university, her parents felt she should study something else besides art.

"I felt divided," she says, so she studied computer science first before going

on to complete a degree in visual arts, art history and visual culture at the University of Windsor in Ontario.

While that background may not lend itself naturally to a life in the Naval Reserve, LS Boivin gave credit to her two older sisters for showing her that opportunity.

"When I was 13 years old both of my elder sisters were in the Army Reserve, and when she came back from Borden for training, they painted a good pic-

ture of the Reserves for me. I decided to join as well because I believe that being part of the military is good for the character; it teaches people to work hard and to work together under stressful circumstances."

Upon completion of university, LS Boivin initially joined HMCS Hunter in Windsor, but then transferred to HMCS Scotian in Halifax.

Some of her paintings are naval themed, while others are scenes from places she's travelled in Canada

with the Royal Canadian Navy.

"Just life," she says, when asked about her inspirations.

One collection of paintings features scenes from her time in the Maritime Coastal Defence Vessel HMCS Goose Bay. She explains that as a NCIOP she would spend periods of time in the Operations Room and occasionally go up to the bridge to see what was going on. Each time she went up to the bridge she would see a

completely different scene outside.

"Sometimes I would see fishing boats, other times I would see mountains, or a city," she says.

She likes to use a combination of styles including folklore, realism and "a bit of everything."

"I have a style of my own because I like to use a lot of bright colours."

LS Boivin is currently working on a new collection of paintings that she will display during the summer of 2016.



## 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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# Base Fire Services assists Esquimalt

Rachel Lallouz  
Staff Writer

In the last two months, base fire fighters have worked alongside Esquimalt fire fighters to douse two major fires.

The Township of Esquimalt called upon the Mutual Aid Agreement between the Township of Esquimalt and CFB Esquimalt on Feb. 27, just after 9:20 p.m., to respond to a three-storey apartment fire on Craigflower Road.

Already on scene were five firefighters from Esquimalt, who had called in their entire department as well as reaching out to CFB Esquimalt.

"There were flames showing from the second storey when we arrived, and Esquimalt municipality fire fighters were already attacking the fire with water," said Mark Crisp, an Assistant Chief at CFB Esquimalt's Fire Hall who attended the call.

Also battling the fire from base Fire and Rescue Services were Ryan Stewart, Rob Patterson, Devon Lang, Ron Laroy, Glen Grass, Greg Lecky, and Matt Levere, with engine driver Doug McMicking. They were led

by Acting Assistant Chief Scott Thomson.

The entire apartment had already been evacuated, says Crisp, before CFB Esquimalt fire fighters were tasked with searching all apartments on the second and third floors for occupants. Rob Patterson and Ryan Stewart were also tasked as a second attack team.

The crews were donned in 27 kilograms of protective gear, including self-contained breathing apparatuses. Six base fire fighters entered the building.

"You couldn't see your hand in front of you with all the thick, black smoke," said Crisp.

Before evacuating, occupants had locked their apartment doors, and with no keys available, the fire fighters were forced to use axes and a pry bar to enter the apartments and complete a primary search.

Crisp estimates it took about 15 minutes to complete the primary search of the 10 apartments on the second floor, before moving to the third floor. Luckily no occupants were found, he said.

"Our biggest priority was to get the job done and stay safe. We stayed together and

searched each apartment before making sure the fire wasn't spreading," said Crisp.

The investigation into how the fire originated is ongoing, but Crisp says it may have originated in a bedroom closet in a second floor suite. The suite was completely damaged, he says.

One month later, on March 29, CFB Esquimalt fire fighters were called upon to assist fighting a fully involved trailer fire that broke.

Six base fire fighters, including Crisp, attended the two a.m. call at Westbay Marine Village. Township of Esquimalt fire fighters were already on scene attacking the fire when they arrived.

The fire originated in a motorhome, where the two occupants inside were alerted by their fire alarm and escaped safely.

Three trailers parked close together were damaged by the flames, which Crisp says towered nearly 20 feet in the air.

Water and foam was used by the fire fighters to extinguish the flames, which died out between around four a.m. that day.

The investigation into how the fire originated is ongoing.

*-With files from the Times Colonist*

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# Sea Cadets trial Coast Guard boot camp over Spring Break

**Deborah Morrow**  
Navy League of  
Canada, B.C.

Over the Spring Break three Royal Canadian Sea Cadets embarked on the journey of a lifetime.

They spent their British Columbia High School Work Experience as Youth Search and Rescue technicians on the Pacific Ocean with the Canadian Coast Guard.

The program was the brainchild of Coast Guard Assistant Commissioner, and former Navy Admiral, Roger Girouard.

Although The Coast Guard Youth Boot Camp Program is not a Sea Cadet activity under the control and supervision of the Department of National Defence, only Royal Canadian Sea Cadets are selected to participate because of their seamanship, leadership, teamwork, first aid training, and demonstrated interest in maritime industry.

"The Sea Cadets come

with huge skills and abilities," said Nic Frith, Coast Guard Search and Rescue Specialist, who acted as mentor and supervisor to the youth for the week of Boot Camp. "They already know heaving lines, nautical terminology and they're focused and mature; they are also able to operate the boats. These Cadets could get hired in the Coast Guard right out of high school as far as I'm concerned."

The curriculum was created by senior search and rescue specialist Tyler Brand, and included donning personal protective equipment, swimming, self-rescue, fast rescue craft operations, driving, navigating, towing, communications, seamanship, line-handling and a mock search and rescue mission.

To the young participants, those activities translated into polishing existing skills, learning new skills and heading out to sea at 50 knots in a bright orange Coast Guard

Zodiac in full rescue gear.

"I'm way better at maneuvering the vessel now," said Caitlin Jarvis, 17, from Gibson's British Columbia, as she deftly reversed the Zodiac and began heading out to sea for their "afternoon rip."

The highlight of the program was a mock mission to board a pirate ship approaching in the Strait of Juan de Fuca. With dry suits, helmets, and gear on, the three youth listened to Brand's advice "to stay inside the boat, and lean your body weight in and forward into your feet."

With that, they headed out at top speed in the Zodiac.

Their rapid approach soon brought into view the pirate threat - the tall ship The Grace under full sail, lyrical in its beauty against the clear blue west coast sky.

On the deck of The Grace was its Captain and 30 Royal Canadian Sea Cadet "pirates on a five day tall ship deployment.



The Sea Cadet youth do manoeuvres in Victoria Inner Harbour in a Coast Guard zodiac. Left to right: Ricardo Fabris, Brian Qi, Nic Frith - Canadian Coast Guard SAR Specialist, and Caitlin Jarvis.

It was a joyful moment for the Coast Guard youth who pulled alongside The Grace and waved hello to their fellow Sea Cadets.

For the Navy League of

Canada this crossover of programs represented a rare convergence of two vastly different Sea Cadet opportunities to meet at sea.

Having saved the West Coast from pirate advances, the Coast Guard crew headed back to their base for a final debriefing before the program's end.



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Photo by Master Corporal Mathieu St-Amour, 8 Wing Imaging  
Lieutenant-General Michael Hood, Royal Canadian Air Force Commander, joined the last air crew of the E-model Hercules aircraft at 8 Wing/ Canadian Forces Base Trenton April 5. The aircraft then flew for the last time to Ontario where it will become part of a museum display.

## Historic moment for the last Hercules

DND

The Department of National Defence has donated the last CC-130 Hercules E Legacy still in service to the Canada Aviation and Space Museum.

The aircraft made its last flight April 5, flying from 424 Transport and Rescue Squadron, Trenton Ontario to land at the museum in Ottawa. The Hercules will become part of the museum's perma-

nent exhibition.

The two-hour flight concluded more than 50 years of service.

This donation commemorates the role of the aircraft as a true workhorse of the Royal Canadian Air Force.

Rugged and versatile, the Hercules has participated in numerous search and rescue operations, and helped provide disaster relief.

The Hercules offered to the museum is the old-

est Canadian example of the type, entering service in 1965. It was used as a transport airplane, a navigation training airplane, and a search and rescue airplane.

The Royal Canadian Air Force and the Canadian Armed Forces received 24 CC-130Es between December 1964 and August 1968. The Hercules offered to the museum is the third CC-130E acquired by the Canadian military.

## Services available for veterans in crisis

VETS Canada

Veterans Emergency Transition Services Canada (VETS Canada) firmly believes that those who served our country and protected our homes should never be without one.

VETS Canada is a national, volunteer-led service provider of Veterans Affairs Canada that has assisted over 900 homeless and in-crisis veterans.

The organization's humble beginning resulted from a chance encounter in 2010. Jim Lowther was volunteering as a Sunday supper server for those in need of a hot meal in Halifax, NS. During the supper, he met a veteran who served in Bosnia. The veteran was homeless and waiting for a hot meal. Lowther was shocked and emptied his pockets, giving all of the money he had to the veteran.

He and his wife Debbie began reaching out to shelters and recruiting friends, many of which were veterans and still serving Canadian Armed Forces members. They used social media to raise awareness about veterans who were in crisis and the results were ever-increasing requests for help across Canada. Word of VETS Canada's mission continued to spread, and thankfully donations began to arrive as volunteers started stepping forward.

Most importantly, veterans in crisis were provided with help and support.

Today, VETS Canada is a national charity

with a network of over 135,000 and hundreds of dedicated volunteers.

These volunteers help veterans in crisis who have struggled with the transition from CAF/ RCMP careers to civilian life. This involves helping veterans who live on the streets or are at-risk of becoming homeless, have lost their families, are unemployed, or cope with mental and physical injuries related to their service. VETS Canada's services are multifaceted and unique to each veteran-client.

Based on reports from 60 shelters, Employment and Social Development Canada estimates 2,250 veterans use shelters on a regular basis.

"We are pleased that there is now a preliminary number regarding homeless veterans, as this brings attention to the issue," says Jim Lowther, VETS Canada CEO / President. "Now is the time to take action and get these veterans off the streets and into homes. We encourage all CAF members/veterans and even community members to get involved; be our eyes and ears in finding veterans who need our help, contribute your time, and consider donating as a means of helping veterans who are in crisis. Help end homelessness in our veteran community."

For those who know of a veteran in need or are interested in becoming a part of our work to end homelessness for veterans, please visit our website: [www.vetscanada.org](http://www.vetscanada.org).

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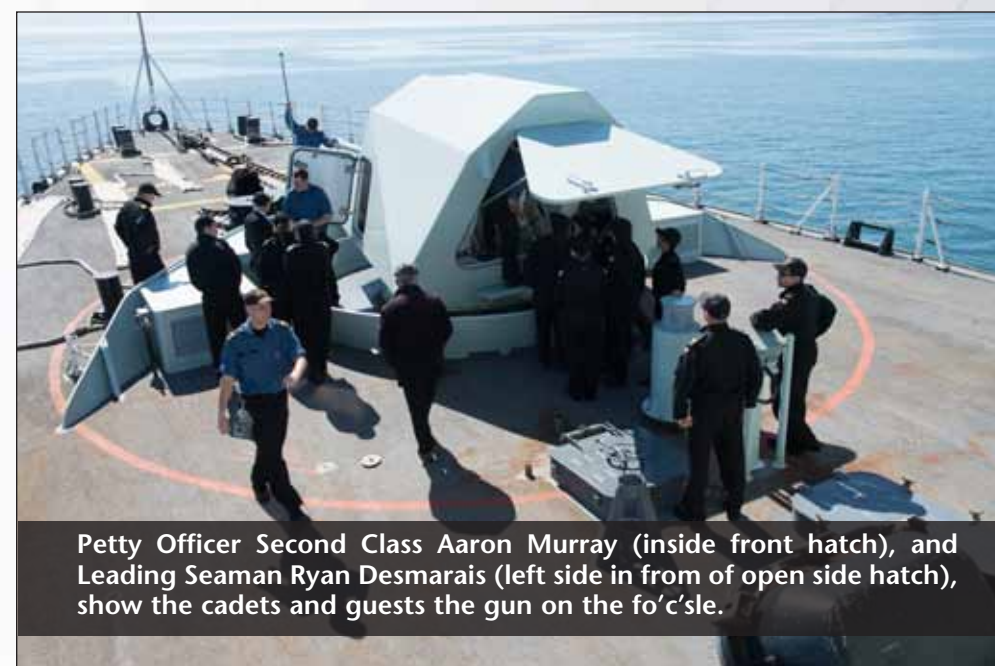




Cadet Ordinary Seaman Lily Holkham tries on a diving suit with the help of ship's diver Leading Seaman Mikhail Joukov.



Cadet Ordinary Seaman Matt Vath tries on a diving mask at the ship's diver demonstration station.



Petty Officer Second Class Aaron Murray (inside front hatch), and Leading Seaman Ryan Desmarais (left side in from of open side hatch), show the cadets and guests the gun on the fo'c'sle.



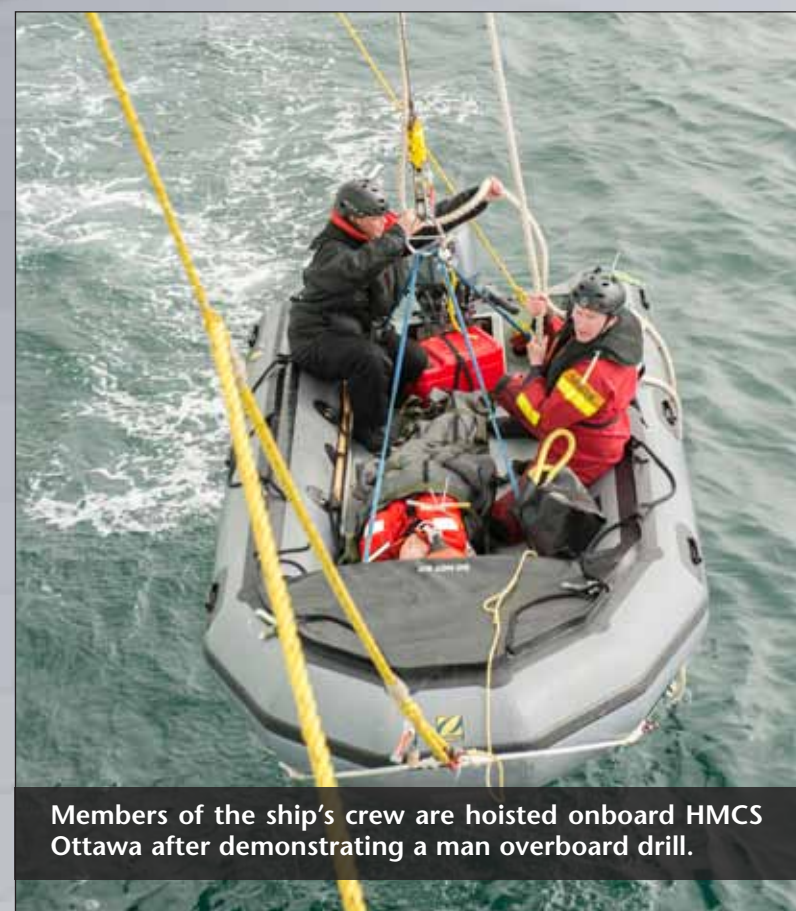
Cadet Able Seaman Clara Jager smiles as she tests out the firehose while Sub Lieutenant (Navy) Alexandre Vezina provides back up.



The Commanding Officer of HMCS Ottawa, Cdr Sylvain Belair, addresses the group at the conclusion of the scheduled day sail.

## SEA CADETS SET SAIL IN HMCS OTTAWA

Photos by Cpl Brent Kenny, MARPAC Imaging Services



Members of the ship's crew are hoisted onboard HMCS Ottawa after demonstrating a man overboard drill.



Cadet Able Seaman Ethan Jewell operates the machinery used to load torpedoes.

### Capt Cheryl Major RCSU(P)

More than 200 sea cadets from nine Vancouver Island communities gathered in Victoria April 9-10 for a training weekend that included a day sail in HMCS Ottawa and an Admiral's Ceremonial Divisions inspection.

On Saturday the crew and cadets put the ship through its paces at full speed, up to 30 knots, and heeling over 25 to 30 degrees during manoeuvres.

After the demonstration, cadets spent time with sailors at 13 activity stations that showcased the functions of daily life and the

rhythm of a Canadian warship, including weapons, fire-fighting, navigation and command, damage control, boarding and rescue.

Cadets were even treated to a simulated multi-threat warfare scenario in the operations room.

"Spending a day in HMCS Ottawa is an experience I'll never forget," said Cadet Naval Seaman Clara Jager, of 136 Amphion Royal Canadian Sea Cadet Corps in Nanaimo. "There's more to the navy than I ever thought there was. I'm so excited about all the adventures I'll have as a sea cadet."

On Sunday all cadets were inspected by Rear-Admiral Gilles Couturier, Commander Maritime Forces Pacific, during an

Admiral's Ceremonial Divisions parade. The parade included a massed band and several promotions and recognitions. This is the first time a divisional parade has been held for Vancouver Island in more than a decade.

"The Cadet Program helps thousands of young people grow into well-rounded, community-minded and experienced young adults," said RAdm Couturier. "Spending time with these great young Canadians and future leaders of this country has truly been inspiring and I want to personally thank everyone involved in supporting our cadets and making this program a success in every way possible," said RAdm Couturier.



Two cadets try on the firefighter bunker gear.



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Padre James Balfour in the centre receives a rank promotion with Commodore Marta Mulkins on the left and Lieutenant Commander Linda Mushanski on the right.

## Naval Reserve chaplain receives Sovereign Medal for Volunteers

Lieutenant Commander James Balfour, Senior Chaplain of the Naval Reserve, was awarded the Sovereign's Medal for Volunteers April 12.

It was presented to him by David Johnston, Governor General of Canada, at Rideau Hall.

This honour is awarded to Canadians who make a significant, sustained and unpaid contribution to their community. It was officially created in 1995 by former Governor General Roméo LeBlanc.

"On behalf of the Naval Reserve, I would like to congratulate Lieutenant Commander Balfour on this decoration," said Commodore Marta B. Mulkins, Naval Reserve Commander. "His dedication to our organization is exceptional, and I am not surprised that the generosity and caring he has shown in his community is just as strong. When we face the

most difficult experiences in life, we discover the importance of cooperation and mutual support, which LCdr Balfour has demonstrated. We, the Naval Reserve, are very proud of his accomplishments."

LCdr Balfour earned this recognition for his exceptional commitment to his community. He has volunteered with bereaved families in Ontario and with Hospice Palliative Care Ontario. He has provided religious services to a wide variety of organizations, coached local soccer teams, and supported fundraising efforts for many organizations, such as the Military Family Resource Centre, Cystic Fibrosis Canada, and Wounded Warriors.

"Padre Balfour is the spiritual guide for *Her Majesty's Canadian Ship Queen*, and his advice and extensive experience are precious to the command

team," said LCdr Linda Mushanski, Commanding Officer of Queen, who nominated him for the honour. "We wanted everyone to know how much he has contributed, because he has given a great deal of his time and energy, he has been there for others, and he has made numerous sacrifices during his years as a volunteer. This medal is a well-deserved acknowledgment of his efforts. As Commanding Officer, I have had the good fortune to work closely with LCdr Balfour, and while doing so I realized that his involvement in the community was phenomenal."

His commitments to the Naval Reserve and his community make him the epitome of the "citizen sailor." That expression highlights the fact that reservists are fully engaged in their communities while pursuing a military career in the Royal Canadian Navy.

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## Tool Library to open in Victoria

**Rachel Lallouz**  
Staff Writer

Victoria's first ever Tool Library is currently being developed, and is slated to open sometime in 2016.

Members of the library will pay an annual fee based on a sliding scale, which will range between \$40 and \$80, granting them access to a wide range of household and project tools, from hammers and wrenches to ladders, sewing machines, power tools, and canning equipment.

"Think rows and rows of tools that can be checked out, with safety information and instruction given on handling and usage," says Stephanie Ferguson, a Board of Director member who adds that tool libraries are already located in Vancouver, Calgary, Halifax, and Toronto.

She says the rise in tool libraries across Canada is due to a trend called "access over ownership," where people want access to consumer goods through sharing rather than owning.

"The library will make tools affordable for low-income borrowers, and

making those tools accessible means that projects are made possible – home renovations, repairs, and community projects," says Ferguson. "Having these tools available to the community is going to open up a world of possibility."

It will differ from a typical tool rental company by providing educational instruction on the tools for borrowers.

As an added benefit, Ferguson says the tool library will have a positive environmental impact on the Greater Victoria community: shared tools means shared resources, cutting down on waste.

The tool library is currently exploring location options as it fundraises, seeking to meet a \$15,000 start-up goal. So far, \$8,575 has been raised by 136 people through a month-long Indigogo campaign, while the board hopes the rest of the needed funds will be made with further fundraising and grants.

For more information on the tool library, please email [info@victoriatoollibrary.org](mailto:info@victoriatoollibrary.org) or visit <http://victoriatoollibrary.org>.

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# Heritage B.C. looking to map all military monuments

**Peter Mallett**  
Staff writer

Heritage B.C. is on a mission to uncover unknown and forgotten First and Second World War memorials across the province, and is asking Victoria's military and civilian community for help.

The Vancouver-based, non-profit group that supports heritage conservation initiatives across the province has launched an interactive online project entitled Get on the Map: War Monuments and Memorials in British Columbia.

Project consultant Elana Zysblat says the Capital Regional District has a rich tapestry of military history that needs to be both celebrated and pin-pointed on a digital map.

"This is a fluid, living map and we are hoping the launch sparks more submissions when people start sharing it and talking about the project on social media," says Zysblat.

"Get on the Map" was launched March 31 with only 192 First and Second World War memorials featured; 15 of those in the Greater Victoria area. Zysblat noted that during the month of April her group anticipates adding an additional 100

sites to the map, and eventually she expects the map to easily surpass the 700-known World War memorials documented by provincial and federal inventories.

By clicking on each memorial highlighted on the map of British Columbia, visitors to the [www.heritagebc.ca/war-memorials-in-bc](http://www.heritagebc.ca/war-memorials-in-bc) can read basic information about the memorials and also leave comments.

"We want the map to promote itself, to spark conversation and involvement," Zysblat says. "We want the information to come from the community; we want history to be retold in a method that is different than what has been done to date."

While most prominent monuments such as cenotaphs and statues are already well known, Zysblat says many less conventional monuments including plaques and trees can sometimes be overlooked.

In Victoria, she pointed to a recent restoration of a living First World War memorial at Lampson Street School in Esquimalt. A number of elm trees were planted at the site in 1917 to honour former students who had been killed in the war, but over time the memorial was forgotten.

In August 2014 an effort by the Township of Esquimalt saw the unveiling of a commemorative plaque at the site by Mayor Barb Desjardins and Base Commander, Capt(N) Steve Waddell, thereby preserving the memorial for future generations to appreciate.

Another living war memorial is the 1,500 trees planted on Shelburne Street that began in 1921 to honour the city's fallen soldiers. The memorial was eventually expanded to include the fallen from the Second World War and the Korean War.

"The idea of planting trees is very symbolic and remembers the dead with a living object instead of an inanimate one," says Zysblat. "Shelburne Street was one of Victoria's first World War One memorials and embodied how Victoria planned to move forward from such a traumatic event with hope and remembrance to ensure the dead would continue to be a part of the community."

Heritage B.C. encourages people to send information, photos and locations of war monuments to their e-mail [getonthemap@heritagebc.ca](mailto:getonthemap@heritagebc.ca) or join the conversation on their Facebook Page #BCMounuments Map.



A view of Sailor's Walk located to the west of the Township of Esquimalt municipal building.



Members of Fleet Diving Unit (Pacific) show the flag underneath the ice as part of ICE EX 2016.

## Pacific Fleet Divers operate in Arctic conditions

**LCdr Desmond James**  
MARPAF PA

Six members of Fleet Diving Unit Pacific recently had the opportunity to operate in Arctic conditions. They worked with allies from the United States Navy and Royal Navy during Ice Exercise 2016 (ICEX 2016).

Royal Canadian Navy (RCN) sailors completed ice dives and filled other key operational roles, such as the Range Safety Officer (RSO).

Lt(N) John Slack, an RSO at this year's ICEX, monitored conditions for cracks in the ice that could threaten operations.

"This is a very dynamic environment to be working in, where the environment around you is constantly changing and moving," said Lt(N) Slack. "You look around the ice floe and realize that no one has ever been there before and likely never will be again; it truly is one of the world's last frontiers."

In the short time the

RCN was on site, the camp location had moved 149 nautical miles to the west because of the ice floe, an indication of the challenging conditions.

ICEX 2016 is a U.S. exercise developed to train military members in the Arctic environment to refine and validate procedures, which required equipment. It took place this year in March in the Beaufort Sea at a location approximately 160 nm north of Prudhoe Bay, Alaska.

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JTF X FOI X

## JOINT TASK FORCE X (JTF X) RECRUITING AND INFORMATION CAMPAIGN 2016

Throughout 2016, Joint Task Force X (JTF X) will conduct a cross-country recruiting and information campaign, visiting various units and formations.

## CAMPAGNE DE RECRUTMENT ET D'INFORMATION - FORCE OPÉRATIONNELLE INTERARMÉES X (FOI X)

Durant 2016, la Force Opérationnelle Interarmées X (FOI X) conduira une campagne de recrutement et d'information, visitant plusieurs unités et formations.

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The aim of the recruitment and information briefing is:

- To provide information to prospective candidates interested to become Source Handlers or Interrogators, as well as CAF members interested to be posted within the varied supporting positions within the unit;
- The application, selection and training process; and,
- Broad overview of the Human Intelligence function and activities; and,
- Personal and professional advantages of a posting to JTF X

If you have any questions about the briefing/venue/timings, please contact:

Capt J.Y.A. Bilodeau  
JTF X Recruiting and Selection Officer  
613-541-5010 ext 7803  
[alain.bilodeau3@forces.gc.ca](mailto:alain.bilodeau3@forces.gc.ca)

**The briefing is for military personnel only.**

All present are to provide a valid military ID Card and sign the attendance registry to attend the briefing.

Le but du briefing de recrutement et d'information est de:

- Donner de l'information aux candidats prospectifs intéressés à devenir des Spécialistes d'Exploitation de Sources ou Interrogateurs, ainsi que tous membres des FAC intéressés à être mutés dans un des postes de support variés;
- Le processus d'application, sélection et d'entraînement;
- Aperçu général de la fonction et activités de Renseignements Humains; et
- Avantages personnels et professionnels d'une mutation à la FOI X.

Si vous avez des questions à propos du briefing/location ou temps, SVP veuillez contacter :

Capt J.Y.A. Bilodeau  
Officier de Recrutement et de Sélection FOI X  
613-541-5010 ext 7803  
[alain.bilodeau3@forces.gc.ca](mailto:alain.bilodeau3@forces.gc.ca)

**Le briefing est pour personnel militaire seulement.**

Tous les participants doivent produire une carte d'identité militaire valide, et signer le registre de présences.





## MARPAC Honours and Awards Presentation

Vice Admiral Mark Norman, Commander of the Royal Canadian Navy, handed out awards at the Naval Officers Training Centre: Venture Gun room April 8. Also in attendance was Chief Petty Officer First Class Tom Riefesel, RCN Command Chief.

Photos by LS Ogle Henry, MARPAC Imaging Services



Chief Petty Officer Second Class John Scambler receives the Commander Royal Canadian Navy Commendation.



Chief Petty Officer First Class (Retired) Janet Graham-Smith receives the Chief of Defence Staff Commendation.



Lieutenant Colonel Regan Legassie receives the Canadian Forces Decoration First Clasp.



Lieutenant (N) Brian Forsyth receives the Canadian Forces Decoration Third Clasp.



Commander Colin Matthews receives the Chief of Defence Staff Commendation.



Petty Officer Second Class Ryan Pollard receives the Chief of Defence Staff Commendation.



Captain(N) Michael Knipple receives the Canadian Forces Decoration Second Clasp.



Petty Officer First Class William Cameron receives the Commander Royal Canadian Navy Commendation.



Petty Officer Second Class Chad Strickland receives the Commander Royal Canadian Navy Commendation.



Master Seaman Richard Souter receives the Commander Royal Canadian Navy Commendation.



Leading Seaman Daniel Donaldson receives the Commander Royal Canadian Navy Commendation.



# Bravo Zulu Presentations given at Cadets Parade Ceremony

Photos by MCpl Michael Bastien, MARPAC Imaging Services  
Rear Admiral Gilles Couturier, Maritime Forces Pacific (MARPA) Commander made presentations during Cadets Parade Ceremony at the CFB Esquimalt, March 11.



Cadet Leading Seaman Olivia Holling is promoted to her current rank by Rear Admiral Gilles Couturier, and Chief Petty Officer First Class Mike Feltham.



Acting Sub-Lieutenant Brian Welsh is promoted to his current rank by Rear Admiral Gilles Couturier, and Lt(N) Cynthia Lawless.



Acting Sub-Lieutenant Kraig Daskotch receives his Commissioning Scroll from Rear Admiral Gilles Couturier, and Lt(N) Ellen DeLong.



Cadet Able Seaman Lily Holkham, is promoted to her current rank by Rear Admiral Gilles Couturier, and Chief Feltham.



Cpl Flynn is appointed to her current rank by Cdr Jeffrey Watkins (left), Commanding Officer Base Logistics, and PO1 Robert Bates (right).



LS Kevin Jermy is appointed to his current rank by Cdr Watkins (left), Commanding Officer Base Logistics, and Sgt Mathieu Lortie (right).



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## ANNOUNCEMENTS

STV TUNA IS LOOKING for CF/Ex-CF/DND civilian members to join the forces offered sailing program. Any one interested in sailing or learning to sail is encouraged to join us. All skill levels are welcome. For more information about the program please check us out on facebook (STV Tuna) for more information.

3005 11 Svc Bn ARMY CADETS has a great, fun, safe, purposeful program. There is no cost and youth M/F 12-18 years of age are eligible to join. Weekend and Summer Camps, Band, First Aid, and Marksmanship are all offered. Thursday 6:30 - 9:00 pm, 724 Vanalman Ave Victoria. Call 250-363-3194 or email 3005army@cadets.net.

**RESULTS  
PREDICTED!**  
with  
**Classified Word Ads**  
DND 25 words or less  
**\$9.70**  
Civilian 20 words or less  
**\$11.09**

**363-3127 DEADLINE  
Thurs. 11am**

## TIRES

**GUARANTEED  
TIRES  
from \$10**

We sell NEW & USED

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AUTO REPAIR**

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MON-FRI 9-5, SAT 10-4  
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## SERVICES OFFERED

**VICTORIA PREGNANCY CENTRE**  
Free services provided:  
pregnancy tests & counselling,  
prenatal classes and  
Doula referral, baby clothes  
& supplies, family support  
counselling, school & community  
presentations, post abortion & pregnancy  
loss counselling for men & women.

**250-380-6883**  
#112 - 826 North Park Street  
info@victoriapregnancy.org  
www.victoriapregnancy.org

**LICENSED DAYCARE**  
SPACES available for 3-5  
year olds. Lampson Street.  
Open 7am to 5pm. Please  
call 250-686-2182 for more  
information

**ESQUIMALT MUSIC  
CENTRE** is your music  
instruction headquarters.  
Reasonable rates, flexible  
hours, all popular instru-  
ments! Call 250-385-2263  
or visit www.esquimaltmu-  
sic.com for more info.

**CAREGIVING FOR  
SOMEONE with dementia?**  
The Alzheimer Society of  
B.C. has support groups  
for caregivers. Contact the  
Alzheimer Resource Centre  
at 250-382-2052 for info  
and to register.

**RESUMES & CAREER  
TRANSITION PREP/  
COACHING** with a former  
SCAN Coord Judy Marston.  
10% Military Discount,  
www.resumecoach.ca or  
250-888-7733

## VOLUNTEER

**SHARE YOUR  
RECREATIONAL INTERESTS**  
this fall by supporting a  
person with a disability to  
become more active! By  
donating only 1-2 hrs a  
week you have the oppor-  
tunity to change some-  
one's life while having a  
great time doing it. To get  
involved or for more info,  
please call Kaitie at 250-  
477-6314 ext. 205 or email  
volunteers@rivonline.org  
or visit <http://www.rivonline.org/Volunteering.htm>

**HABITAT FOR HUMANITY  
AND THE RESTORE** are  
seeking volunteers to help  
out with customer service,  
warehouse and driver  
assistants. We are also  
looking for ambassadors  
for special events. Please  
contact Nancy @ volun-  
teer@habitatvictoria.com  
or 250-480-7688 ext. 105

**Sell your home  
in the Lookout Call  
250-363-3127  
to advertise**

## HEALTH

### DETOX YOUR HOME!

Clean with water.  
No more chemicals  
in your home.  
Call Michelle at  
250-516-7338,  
Independent Sales  
Consultant

GreenHomeCleaning.ca

## NORWEX

## REC VEHICLES

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A.T.V. CENTER**  
Honda, Yamaha, Kawasaki  
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730 Hillside Ave.**

## HELP WANTED

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Newspaper

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Do you love  
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**WE WANT YOU!**

Send résumés to  
melissa.atkinson@  
forces.gc.ca

## REAL ESTATE • FOR RENT

### ON THE OCEAN



**Princess Patricia  
APARTMENTS**

NEW BALCONIES • EXERCISE ROOM  
14TH FLOOR LOUNGE

703 Esquimalt Road  
250-382-2223

**Now Renting:**  
Bachelor • 1 BDR Suite

2BR/1.5 Bath townhouse  
(Craigflower & Admirals).  
Laminate floor, fridge,  
stove, DW & W/D. Pvt  
Patio, walk-in closet. Close  
to DND & bus routes. NS/  
NP. Contact Brown Bros  
Agencies Ltd. No pets. 250-  
385-8771, \$1400/mth

**"re-cycle"**



**Better the  
2nd time  
around!**

**PITCH-IN CANADA**  
[www.pitch-in.ca](http://www.pitch-in.ca)

Lookout  
Advertising  
250-363-3127

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Toll Free 1-866-217-3612**

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948 Esquimalt Rd.  
Bachelor, 1,2 & 3 bdrm.  
Full size commercial gym!  
Manager 250-380-4663

**MACAULAY NORTH**

980 Wordsley St.  
1 & 2 Bedroom  
Manager 250-384-8932

To view these and other  
properties, visit  
[www.eyproperties.com](http://www.eyproperties.com)



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Your Complete **Residential Appraisal** choice!



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[www.coastappraisals.com](http://www.coastappraisals.com)

**IRP  
APPROVED**



**2386 SPARROW COURT, \$549,900**

Bright 5 bed 3 bath family home Lower level offers 1 bed  
inlaw suite LG landscaped private yard. D. Garage

**Call Shelly direct to view today!**



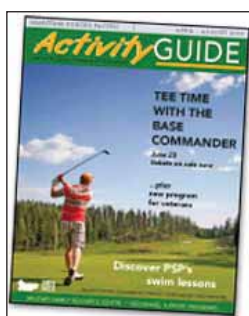
CALL DIRECT 250-213-7444

**Shelly Reed**  
For more info  
[www.shellyreed.com](http://www.shellyreed.com)

**Sutton  
GROUP**

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the Activity  
Guide.**

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at all PSP and  
MFRC outlets



# ADVICE TO TRAVELLERS RETURNING FROM ZIKA-AFFECTED COUNTRIES



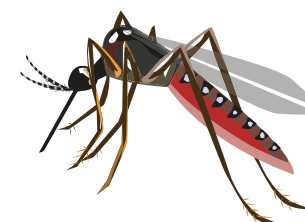
## ZIKA VIRUS

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 –

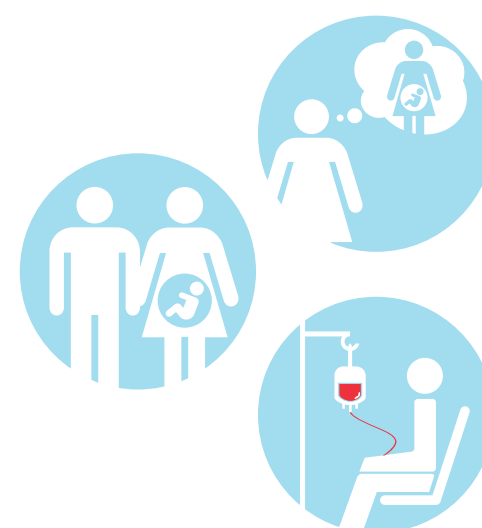
wait at least two months after your return before trying to conceive.

#### 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)





HMCS CALGARY PRESENTS

# COWBOY UP

WITH PERFORMANCES BY

## JESSE ROPER & Tone Arm

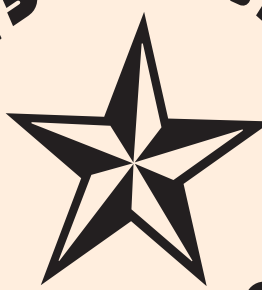


RIDE "EL DIABLO"



THE MECHANICAL BULL

50/50 DRAW



SILENT AUCTION

**Saturday May 14 at 4:30pm at the  
GUN ROOM, work point**

**Admission by donation (\$5 SUGGESTED)**

**Stampede Attire is encouraged**

**Open to past and current crew of HMCS CALGARY  
and Friends of Calgary. No Minors**

**Proceeds to benefit the  
Firefighter's Burn Treatment Centre  
at Foothills Medical Centre in Calgary**