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LOOKOUT

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Eye spy

A Royal Canadian Navy sailor keeps the evening watch on Operation Caribbe. Read more about the operation on page 2 and 3.

NEWS

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*Centrury
old error
corrected*

COMMUNITY

6



*Base fire
service gets
new truck*

FEATURE

10-11



*Volunteers
appreciated*



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Operation Caribbe comes to an end

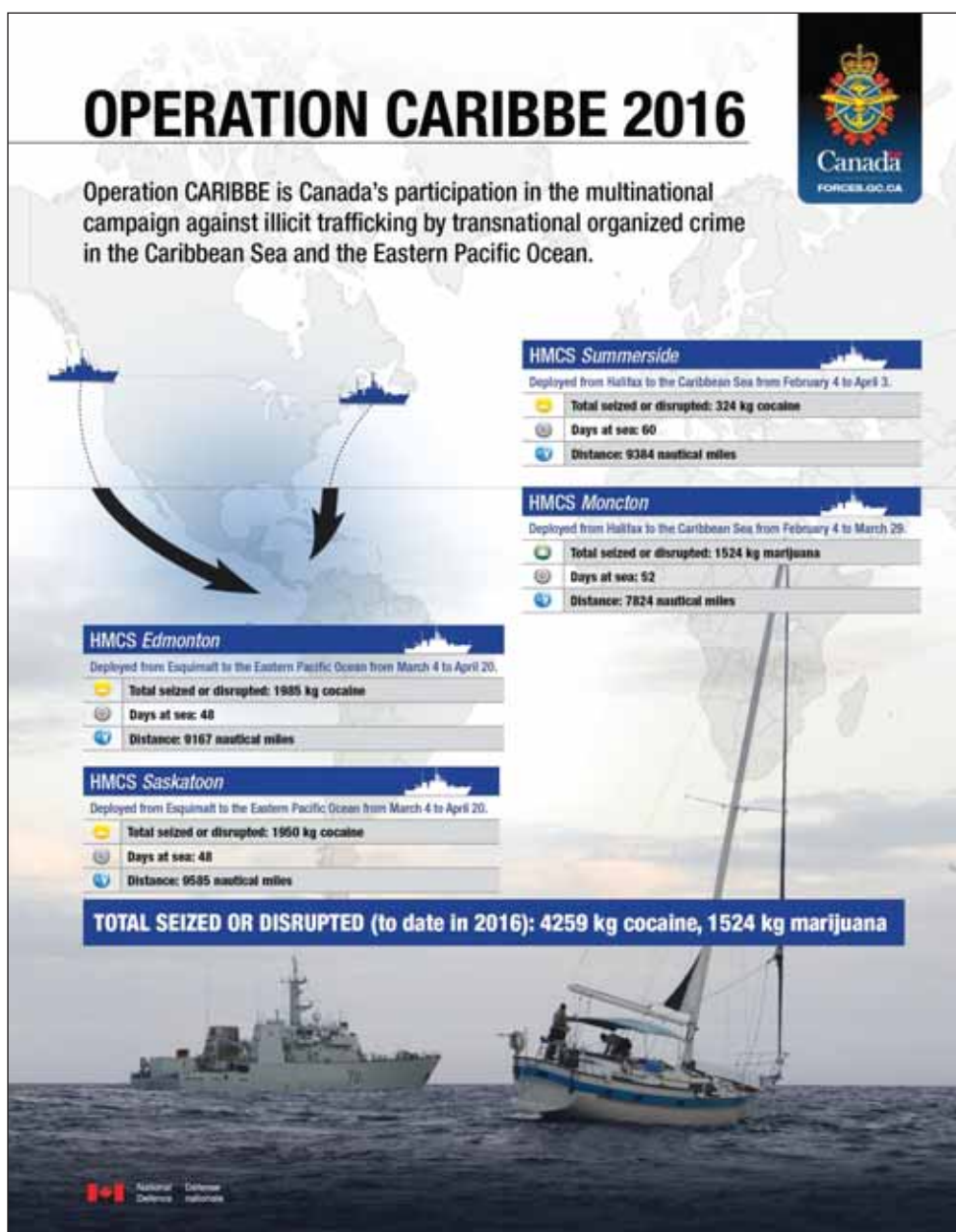
DND

HMC Ships *Edmonton* and *Saskatoon* have concluded their participation in Operation Caribbe 2016 having made a substantial contribution to the multinational campaign Operation Martillo.

"The first deployment of four Maritime Coastal Defence Vessels in 2016 produced tremendous results in disrupting illicit trafficking in both the Caribbean Sea and Eastern Pacific Ocean," said Lieutenant-General Stephen Bowes, Commander Canadian Joint Operations Command. "Their vigilance and interoperability with the United States Coast Guard teams not only kept approximately four tonnes of cocaine from reaching our streets, but also kept those proceeds from the criminal organizations who destabilize the safety and security in Central and South America."

Edmonton and *Saskatoon* have assisted in the seizure or disruption of 3,935 kg of cocaine during their deployment, which began in early March.

- On March 29, *Edmonton* and United States Coast Guard Cutter (USCGC) *Escanaba*, assisted by a Maritime Patrol Aircraft, intercepted a "panga"-style fishing vessel off the Pacific coast of Central America. Upon interception of the suspicious vessel, *Edmonton's*



USCG Law Enforcement Detachment boarded and searched the vessel, leading to the seizure of 22 bales of cocaine, weighing 660 kg.

- On April 3, *Edmonton*

assisted in the disruption of 650 kg of cocaine.

- On April 7, *Saskatoon* assisted in the disruption of 650 kg of cocaine. So far in 2016, Royal Canadian Navy ships have

assisted in the seizure or disruption of a combined total of approximately 4,260 kg of cocaine and 1,520 kg of marijuana while participating in Operation Caribbe.



RV Compound opens

Peter Mallett, Lookout

From left: Gillian Larsen, Personnel Support Programs (PSP) Manager Community Recreation; Danielle Sutherland, PSP Senior Manager, and her eight-year-old daughter Olivia Sutherland; LCdr Sean Keoughan, Executive Officer Base Administration; and Danny Branchflower, Deputy Manager PSP, cut the ribbon on CFB Esquimalt's new recreational storage facility, April 20. The massive parking lot located east of the Colwood Pacific Activity Centre can be rented by military personnel and DND civilians to store everything from trailers, recreational vehicles and motor homes to boats and all-terrain vehicles. The storage facility has 120 spaces, but 90 percent of the spots are already reserved. For more information on how to reserve your spot in the lot contact PSP Recreation at 250-363-1009.

Perseverance pays off How Saskatoon seized drugs

Lt(N) Linda Coleman
Op Caribbe Public
Affairs Officer

It was a hot and humid day in the eastern Pacific Ocean on March 25 as *HMCS Saskatoon* and its embarked United States Coast Guard (USCG) Law Enforcement Detachment (LEDET) conducted patrols during Operation Caribbe, Canada's contribution to the multinational campaign against the trafficking of illicit narcotics.

It was a sticky 35 degrees Celsius and the inside of *Saskatoon* was buzzing with activity.

The ship received information from the U.S. Joint Interagency Task Force (South) that a U.S. Maritime Patrol Aircraft (MPA) had spotted a vessel of interest in the area of operations. All ship-board specialists began to work together; the integration of the LEDET with *Saskatoon's* operations team was seamless.

A positive picture began to develop over the day. The coordinates of the vessel of interest that had been spotted by the MPA were relayed to *Saskatoon*, and the Commanding Officer, Lieutenant-Commander Todd Bacon, made the order to proceed at operational speed on an intercept course towards the vessel.

As the MPA patrolled the area the vessel being monitored, a "panga"-style fishing boat, began to jettison its cargo—a common occurrence throughout Operation Caribbe. The eastern Pacific Ocean is a known drug trafficking area for small boats, often fitted with multiple out-board motors. *Saskatoon* then prepared for the next phase of this particular tasking.

What started off as a "detect, track, approach and intercept" tasking quickly turned into a search and recovery mission. The MPA reported the last known position of the debris field, which would turn out to contain 16 bales of illicit narcotics, and *Saskatoon* went into search mode.

By this point, it was evening and the MPA had returned to base. Once *Saskatoon* arrived at the last known position of the

jettison field, search lights came on and crew members grabbed night vision binoculars.

"You need to treat this no differently than any other search and rescue," said LCdr Jason Bergen, the Executive Officer. "If we don't find the jettison field, the illicit narcotics risk being picked up by traffickers and eventually distributed on the streets of North America."

The ship's company and the LEDET team worked together throughout the night. The temperature dropped to a more tolerable level and the moon came out, providing just enough light. The bridge doors stayed open to accommodate the flow of people in and out, and the upper decks had crew members of all trades acting as lookouts searching for bales of drugs.

The lookout positions were rotated every 20 minutes.

"It's a huge strain on your eyes looking through night vision binoculars for a long period of time," said a crew member of *Saskatoon*. "So we're taking turns rotat-



Photos Op Caribbe

A crewmember from HMCS Saskatoon and members of the United States Coast Guard Law Enforcement Detachment secure the seized cocaine bales.

ing between scanning the ocean with search lights and using the night vision binoculars."

As the night went on, staying positive and focused became a challenge. At 3 a.m., a Master Seaman Boatswain brought up pop-sicles for those on watch to boost morale. It was a refreshing treat for those working in the heat and humidity.

"It's the little things that

count," said the Boatswain, who followed up with fruit, freshly-baked croissants and coffee at 6 a.m.

By first light on March 26, the MPA returned to provide assistance. It sighted the debris field and marked it with a smoke flare. *Saskatoon* and its crew approached the field with relief and excitement, as their efforts were finally fulfilled.

Saskatoon's Rigid Hull

Inflatable Boat with members of the LEDET team was launched and the bales were retrieved from the water with the help of *Saskatoon's* crane and a cargo net. Within minutes, the LEDET team tested and confirmed that the substance found within the bales was cocaine.

"It was all hands on deck for this seizure and I am proud of the dedication and commitment dis-

played by the ship's company," said LCdr Bacon. "This recent success showcases the team's resolve and their ability to work as a cohesive unit to suppress criminal activity in the region."

After searching an area of approximately 120 square miles for more than 12 hours, *Saskatoon* and its embarked LEDET seized 16 bales of cocaine weighing a total of 640 kg.



HMCS Saskatoon patrols the eastern Pacific Ocean during the operation. Inset: The 16 bales (640 kg) of cocaine that were seized.



matters of OPINION

WHO WE ARE

MANAGING EDITOR

Melissa Atkinson 250-363-3372
melissa.atkinson@forces.gc.ca

STAFF WRITERS

Rachel Lallouz 250-363-3672
rachel.lallouz@forces.gc.ca
Peter Mallett 250-363-3130
peter.mallett@forces.gc.ca

PRODUCTION

Carmel Ecker 250-363-8033
production@lookoutnewspaper.com
Shelley Fox 250-363-8033
projects@lookoutnewspaper.com

RECEPTION

250-363-3127

ACCOUNTS/CLASSIFIEDS

Heather Catte 250-363-3127
heather.catte@forces.gc.ca

SALES REPRESENTATIVES

Ivan Groth 250-363-3133
ivan.groth@forces.gc.ca

Joshua Buck 250-363-8602
joshua.buck@forces.gc.ca

EDITORIAL ADVISOR

Lt(N) Nicole Murillo 250-363-4006
Sara Helmecci 250-363-7060

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WHAT SAY US

Volunteers wanted to drive healthy change

Active Living Working Group

The MARPAC Health and Wellness Strategy consists of six working groups whose overarching mandate is to improve the health and wellness of the Defence Team.

The Active Living Working Group, which is one of the six teams, is made up of health professionals and military and civilian volunteers who are interested and motivated to make a difference, and set the conditions for others to become more active within the Formation. Regardless of your current level of activity, health or personal situation, we are committed to assisting you to become more active.

We are looking for volunteers from the Formation to help the Defence Team become the model for other Formations to follow. We are looking for innovative ideas and programs to motivate, stimulate and encourage our Defence Team to become more active, be it at work, on duty, or after hours. We want everyone's help in identifying the impediments that are causing us all to be less active than we could be.

The Active Living Working Group will work with leadership at all levels to demonstrate the benefits and advantages of employees and families adopting a more active living posture, and develop programs and activities that will improve and measure our overall health and wellness.

We will challenge the myth that the nature of our collective work and operations cannot support innovative and flexible activities that improve efficiency and productivity, while improving health.

The Active Living Working Group is currently supported by our champion Capt(N)

Jamie Clarke and Danielle Sutherland, PSP Manager.

The Co-chairs are Penny Blanchard (PSP), CPO1 Bob Anderson (AJAG P), Krista Durand (PSP); Rory McLeod (JPSU), PO1 Richard Pearce (HMCS Brandon), Sandra Pinard (MFRC), LS Mary McGregor (BOR), Rob Froher, Matt Carlson (PSP), Joanne Baxter (BAdmin), Gillan Larsen (PSP), Tom Campbell (PSP), Sandra Ferrin (PSP), and Lt(N) Lucie Gijzen (CF HSC P). All are current members of the group and looking to hear from you.

Here's a snap shot of some of the Active Living Working Group's current activities:

- The Joint Personnel Support Unit activity challenge being led by Rori McLeod. Injured personnel and staff locally and in Halifax will monitor and record activities tailored specifically to accommodate the special circumstances within that group, while challenging injured personnel to become more active as a team.
- PO1 Rich Pearce is focused on a new and innovative activity program with the Maritime Coastal Defence Vessel crew.
- In the near future the Working Group will re-invigorate the Aerobic Award of Excellence Program and a fitness strategy for military members.
- The group is also active with the Bike To Work Week campaign by soliciting first time biker volunteers to participate and be profiled in a pilot program. Their progress will be tracked and reported to the Formation, and show the daily successes and challenges faced by those biking to and from the place of work.

Soon you will see our group at the entranc-
es to our base, monitoring and attempting to

We are looking for volunteers from the Formation to help the Defence Team become the model for other Formations to follow.

baseline our current activity pulse.

- And lastly, our group was influential in changing the Dockyard gym and Naden gym hours to better support Formation fitness activity needs.

The Active Living Working Group works closely with the other five working groups, that also look at health and wellness, to drive culture change within the community. We are dedicated to health promotion through active living by raising awareness, influencing healthy policy changes, encouraging supportive environments, soliciting community involvement, and influencing personal behaviour within the Defence community.

So now that you know who we are, please consider joining our working group. If you have a good idea, have recognized an impenitent to being more active around our Formation, we encourage you to communicate directly with any member of our team and please talk us up at your work place. Most of our group can be easily found on the DWAN.

**CPO1 Bob Anderson
Active Living Working Group (ALWG)
part of MARPAC Health & Wellness
Strategy (MHWT)**

Mental Health Week - May 2 - 8 Special workshop talks about communication

The Canadian Mental Health Association first introduced Mental Health Week in 1951. The purpose is to stop the discrimination and stigma associated with mental illness.

The week is also about encouraging and promoting good mental health. Good mental health is not about avoiding problems or looking like you have the perfect life. It is about living well and having the tools for coping with difficult situations, even during life's challenges.

Maritime Forces Pacific (MARPAC) has been a long-time supporter of Mental Health Week. To commemorate the week, the MARPAC Health and Wellness Team, in conjunction with the Vancouver Island Crisis Society, has organized a Communication in the Workplace workshop:

May 4, 8:30 to noon at the CPOs Rainbow Room

The Workshop will provide effective tools in handling difficult situations. The develop-

ment of these skills has shown to enhance job satisfaction, heighten productivity, and reduce sick time. This ultimately leads to a productive and healthy work place.

Everyone in the Formation is invited to attend.

Please RSVP by sending an email to ESQintheGREEN@gmail.com with your name and Unit information. Supervisory approval is required.

For more information about Mental Health week, please

visit the Canadian Mental Health Association's website, www.cmha.ca.

- For resources available at MARPAC, please refer to <http://esquimalt.mil.ca/main/e/personalHelp.htm>
- For peer referral information please refer to the EAP website: hrciv-rhciv.mil.ca
- For direct access to counselling through HC EAS call 1-800-268-7708; hearing impaired dial 1-800-567-5803.

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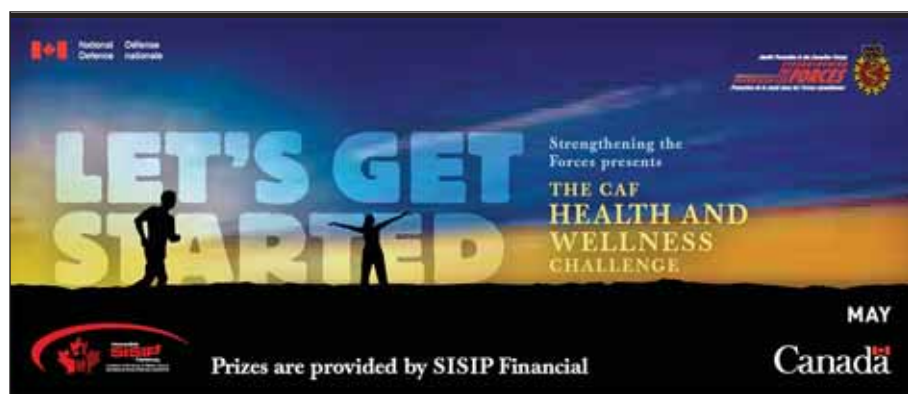
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Here's how it works. Individuals can register by emailing HWchallenge@gmail.com. The goal is to get as many checks in the boxes every day for the Month of May. We know that small behaviour changes can make a big impact to our health. Exercise daily, eat lots of vegetables and fruits, refrain from using tobacco, follow the Low Risk Drinking Guidelines, practice conscious relaxation. It's all part of a healthy lifestyle.

Registration is now open. Email HWchallenge@gmail.com

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



Century old error righted for highly decorated sailor

Peter Mallett
Staff Writer

A 134-year-old grave marker error is being righted in Washington, D.C., next week.

On Friday, April 29, at a cemetery on the grounds of Saint Elizabeth's Hospital, a highly decorated African-Canadian sailor who served with U.S. Navy during the Civil War, then quickly forgotten at war's end, is finally getting appropriate recognition.

Rear-Admiral William Truelove, Canadian Defence Attaché, will join political and military officials from both sides of the border to unveil a Medal of Honor Headstone that properly recognizes the bravery of Joseph Benjamin Noil.

On Dec. 26, 1872, Noil was a seaman in USS Powhatan when he dove into frigid seas and successfully rescued a fellow shipmate who had fallen overboard. While the President at that time recognized him for his heroism with its top

honor, Noil never received a Medal of Honor Headstone upon his death at the hospital in 1882. Add to that, his name was misspelled on his death certificate – Noel – which was then engraved onto his headstone.

The Liverpool, Nova Scotia native is just one of 109 Canadians known to have received the Medal of Honor; there are 3,514 total recipients. He is also the only known African-Canadian to be honoured with the award that is given only to military personnel who have shown personal acts of valor above and beyond the call of duty.

Noil also served with distinction in the U.S. Navy throughout the Civil War and by the time of his death had risen to rank of Captain of the Hold aboard USS Wyoming.

In 2009, members of the Medal of Honor Historical Society of the United States, working with the Congressional Medal of Honor Society, discovered the grave and the misspelled name.

Victoria historian and blogger Bart Armstrong is a member of the U.S.-based historical organization and for the past few years has been a driving force behind the move to properly recognize Noil.

"At first nobody knew where he was buried and then when his headstone was found it was in very poor condition, misspelled and there was nothing to identify him as a hero," said Armstrong. "It took myself and others several years of hard work and jumping through hoops to make people understand the significance of his contributions."

RAdm Truelove will join District of Columbia leaders, including Tammi Lambert, Director, Mayor's Office of Veterans Affairs, and Dr. Tanya A. Royster, Director, D.C. Department of Behavioral Health, members of the U.S. Coast Guard, Navy, Army, Marines and D.C. National Guard, and veterans to right a century-old error.

"How fitting it is, that



I, another proud son of Liverpool, have the honour to eulogize him and to ensure that his act of bravery is rightly recognized," says RAdm Truelove. "I can say that the people of Liverpool are profoundly honoured to have one of

their own bestowed with the Medal of Honor of which, to date, there are only 3,514 recipients. With thanks to the work of the Medal of Honor Historical Society of the United States we begin a new chapter wherein future generations

will be able to bear witness to Noil's bravery and our common recognition of it.

In Canada, we pride ourselves in remembering our fallen. Captain-of-the-Hold Joseph Benjamin Noil was indeed Canadian, and we see him as our hero too."

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Wilderness fires no match for new fire truck

Rachel Lallouz
Staff Writer

A new half million dollar fire truck is set to tackle brush fires on DND property and, when called upon, the Greater Victoria area.

The fire hall's new Range Truck is the only one of its kind on the Island, and is designed to carry two fire fighters at high clearance over hotspots and freshly burned ground.

"Its high centre of gravity will make it perfect for combatting fires in underdeveloped areas and wildland dense with trees," says Fire Chief Steve Mullen, who adds people need only think back to the summer fires in Kelowna to be reminded of how quickly forest fires can spread without proper extinguishment measures.

Nozzles running along the truck's underside can shoot water and foam onto ground that is still smoldering. The truck also has forward ground sweeps, nozzles that can shoot

a foam or water path out in front of the truck and enable it to move closer to a fire.

If a forest fire has extended up into the tops of the trees, the truck's bumper turret can fire water directly upwards, knocking down flames that are typically difficult to reach. In the event that water isn't helping reduce the fire, the truck's Compressed Air Foam system carries two 25-gallon tanks of Class A Foam to help extinguish stubborn flames.

"These features will allow the truck to move through a critical area when fire fighters are responding, and allow the fire fighters to relocate to different points in the brush more easily in the event of a wind shift," says Chief Mullen.

Because the truck holds 1,200 gallons of water, it can also act as a water-supply vehicle to other firetrucks.

Once all base fire fighters have been trained to use the vehicle, Chief Mullen says it will be put in service around mid-June.



Rachel Lallouz, Lookout
The new range truck, used to fight wilderness fires, at the CFB Esquimalt fire hall.

“

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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.

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Photos Cpl Brent Kenny, MARPAC Imaging Services
Captain (Navy) Steven Waddell (right), CFB Esquimalt Base Commander, and Chief Petty Officer First Class Robert Spinelli (left), lay a wreath at the memorial cairn during the HMCS Esquimalt memorial service. HMCS Esquimalt sank following a torpedo explosion from a German submarine on April 15, 1945. Esquimalt was the last Canadian warship sunk in the Second World War. The memorial service was well attended by dignitaries and civilian spectators, and was held on Esquimalt Road at the HMCS Esquimalt Cairn Cenotaph.

Avalanche fighters on Operation Palaci thanked

Peter Mallett
Staff Writer

To commemorate the end of this season's Operation Palaci, which kept Rogers Pass safe and open, Fleet Maintenance Facility Cape Breton (FMF CB) presented the soldiers from a Quebec artillery unit with a shiny keepsake.

Two weeks ago, Capt(N) Christopher Earl, Commanding Officer of FMF CB, travelled high into the Columbia Mountains of B.C.'s southern interior to personally thank the 17 members of 5e Régiment d'artillerie légère du Canada, based out of 2nd Canadian Division Support Base Valcartier, for their work fighting avalanches.

Capt(N) Earl presented the soldiers with an Operation Palaci commemorative coin and a detailed sheet metal statue of the 105 mm Howitzer guns they used to blast away at avalanches in Rogers Pass near Glacier National Park.

"The men and women who work in our sheet metal shop felt so strongly about the work those in Op Palaci carry out, they

decided to make a keepsake for the troops to show their appreciation," said Capt(N) Earl. "It was a great feeling for me to present them with this gift and I think they really appreciated the gesture as well."

Operation Palaci, a Parks Canada and Department of National Defence joint initiative, is the world's largest mobile avalanche control program, and at 54 years is the longest running operation in Canadian Armed Forces history, domestically or expeditionary.

FMF CB's role is to maintain the 105-mm Howitzer guns the troops employ to blast away at melting or loose snowpack. The loose snow can trigger massive avalanches that have previously forced the closure of the Trans Canada highway and neighboring CP rail corridor.

The Valcartier unit had been stationed there since Feb. 11, relieving 10 members of the Royal Canadian Horse Artillery, based out of CFB Shilo, Manitoba, along with seven Primary Reservists from Western Canada who had occupied the post since the com-

mencement of this season's deployment, which began on Nov. 25, 2015.

Capt(N) David Mazur of Joint Task Force Pacific, which assists Op Palaci with logistical requirements, normally participates in the year-end outreach but was unable to attend, so Capt(N) Earl took his place.

Capt(N) Earl, who was raised in the Calgary area and often made frequent car trips with his parents through the Rogers Pass to visit his grandparents in Kamloops, is well aware of the avalanche threat in the region, and delighted to get a first-hand look at Op Palaci and meet the gunners who help keep the roadways open.

"Many of the soldiers were surprised to learn that FMF staff are the ones that do much of the maintenance work on the guns," said Capt(N) Earl. "I try to do this type of outreach as much as possible and enjoy getting the word out about the type of work we do in FMF and how our role in the Canadian military extends well past the Royal Canadian Navy."



Peter Mallett, Lookout

Capt(N) Christopher Earl, Commanding Officer of Fleet Maintenance Facility, displays a prototype of an Operation Palaci commemorative plaque that was presented to 17 members of 5e Régiment d'artillerie légère du Canada from Valcartier, Que. The presentation by the RCN was to thank the soldiers for their work in the anti-avalanche operation as it concluded for another season.



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Recognizing our volunteers

Jon Chabun
MFR

More than 100 volunteers attended this year's volunteer recognition dinner that took place on Thursday April 14 at the Chief and Petty Officers' Mess.

The event, sponsored by CANEX, recognized the significant contribution volunteers make to Personnel Support Programs, the Base Museum and the Military Family Resource Centre. Collectively, volunteers in the three organizations contributed over 18,000 hours in the past year.

"Volunteers are the heart of the community," said Ekaterina Gregory, coordinator of volunteers and special events at the MFR. "Many programs and services depend on volunteers for their success."

The night featured cocktails, a buffet dinner and music bingo. There were

speeches from Rear Admiral Gilles Couturier, Ekaterina Gregory, and Sara Johnson, manager at CANEX. Other attendees included over 70 guests of the volunteers, the Base Commander, Capt(N) Steve Waddell and emcee Pat Thomas.

"Volunteers contribute in many ways at our base," said Gregory. "Some volunteers keep the clubs active and vital, run sports teams, and promote healthy lifestyles. Others curate and preserve the rich history of CFB Esquimalt. Some enhance the support to military families so they can manage the unique challenges associated with the lifestyle."

"We want to say thank you to each volunteer and their families," added Gregory. "When someone volunteers, they are generously giving of their time and expertise to our community. Without them, none of this would be possible. Their contribution is invaluable."



Guests enjoy the annual Volunteer Appreciation Banquet held at the Chief and Petty Officers' Mess on April 14.

The banquet, sponsored this year by CANEX, is held every year to recognize the hard work and dedication of the many volunteers that work behind the scenes at CFB Esquimalt to provide crucial services to both military and civilian members of the base family.

Photos by Corporal Blaine Sewell, MARPAC Imaging Services



Captain (Navy) Steve Waddell (right), chats with a guest at the annual Volunteer Appreciation Banquet.

Pat Thomas, emcee of the annual Volunteer Appreciation Banquet, entertains guests at the event.



Sara Johnson, manager of the Esquimalt CANEX (left) presents a sponsorship cheque to Ekaterina Gregory, Volunteer Coordinator for the Military Family Resource Centre (right).

Ekaterina and Sara cut the cake.



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Photos by Cpl Pierre Létourneau, 19 Wing Imaging

Beaver Cup

The annual Pacific Region Beaver Cup took place from April 6 to 8 at 19 Wing Comox, hosted by the 19 Wing Fire Hall. The hockey tournament is between members of the engineer family; the Beaver Cup acts as a competitive opportunity to have fun with the other members of the branch. Four teams participated in the tournament: 19 Wing Fire Hall, 191 Construction Engineering Squadron, RP Ops Esquimalt, and Defence Construction Canada (DCC). This year DCC brought home the hand-carved beaver trophy. Next year the tournament will be hosted by Esquimalt.



Game action taken during the 2016 Beaver Cup held at 19 Wing Comox Glacier Gardens Arena, April 6-8.

Former Admiral joins Royal Roads board

Former Vice Chief of the Defence Staff, Vice-Admiral (Ret'd) Bruce Donaldson has joined the Royal Roads University Board of Governors for a three-year term effective April 16.

Vice-Admiral (Ret'd)

Donaldson retired as second-in-command of the Canadian Armed Forces in 2013 after more than 35 years in the military.

Royal Roads University, a public university established in 1995, offers a progressive model of post-sec-

ondary education, delivering applied and professional programs through the faculties of management and social and applied sciences. The university offers its students a unique blended learning experience, combining online and on-cam-

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Jacqueline Carlé, Community Engagement Manager at Esquimalt Military Family Resource Centre (left), presents the Maritime Command Pacific Phenomenal Woman Award to CPO2 Nathalie Scalabrini.

Phenomenal woman named

Chief Petty Officer Second Class Nathalie Scalabrini, a senior instructor at Canadian Forces Fleet School Esquimalt, was presented with the Phenomenal Woman Award at the Pacific Women's Day, held at Royal Roads University on Saturday April 9.

The award recognizes a woman from the mili-

tary, National Defence or a military family in Maritime Command Pacific for significant achievements or contributions to her community.

Chief Scalabrini is the first woman Naval Electronic Sensor Operator to reach her rank and was cited for her dedication, hard work and tenacity

in challenging situations.

Her diverse volunteer roles include the MARPAC Defence Women Advisory Organization; superintendent of the St. John's Ambulance Division 61C Youth Program; squad member of CFB Esquimalt Urban Search and Rescue; and field technician with the Search and Rescue Dogs Association of Victoria.

When asked what she is proudest of in her life she answered, "My kids." They have learned, as she did from her own mother, "You've got to give back in order to receive."

Many years ago, she discovered a quotation that has been her life's rule: *Alone, you can go faster but together we will go farther.*

"It works," she says. "It so works."



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Ships' bells carry on naval tradition

Rachel Lallouz
Staff Writer

As the final outgoing Executive Officer of detachment Algonquin, Lt(N) Doug Totten has been tasked with collecting and sorting through all of the decommissioned ship's artefacts, most notably the ship's bell.

"I feel honoured to have this job. This is part of my duty as the last officer for HMCS Algonquin, and it's a very important one," says Lt(N) Totten.

He says a ship's heavy brass bell, weighing in excess of 30 pounds, is a familiar sight to young crew members who are often given the

job of polishing them until they are pristine.

Every ship commissioned in the Royal Canadian Navy (RCN) is given a bell; historically they were used to mark the passage of time at sea or to communicate to other ships on the open ocean.

The oldest bell presented to the CFB Esquimalt Naval and Military Museum dates from 1944 and comes from HMS Valentine, the ship that became the first HMCS Algonquin. Because HMS Valentine had battle honours, this particular bell would have seen Second World War conflict firsthand.

Lt(N) Totten and museum

staff ensured the bells of former HMCS Algonquin and former HMCS Protecteur were added to the collection of over 20 bells from former warships. In the future it is hoped they will go on display for all to see.

Ship bells are especially sacred to sailors because they have been traditionally used as baptismal fonts for shipboard christenings.

"If a sailor aboard a particular ship would like to christen their child while alongside a naval base harbour, the bell is placed into a special holder by the padre, who dips it into the ocean, filling it with seawater. That water is used to christen

the sailor's baby," says Lt(N) Totten.

Afterwards, the baby's name is engraved on the bell, forever connecting the baby to the naval legacy of their parent and the ship.

"For sailors, a ship's bell is the ship's soul," says Lt(N) Totten.

The bells will be stored in a historical archives room in dockyard, where they can be made available to visitors who have had sons or daughters christened with them.

With files from Clare Sharpe, CFB Esquimalt Naval and Military Museum Exhibit Designer and Webmaster.



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Local military swimmers make a splash at nationals

Capt Mallory McDonald
Navy Masters Swim Team

Over the April 1 weekend, the Navy Masters Swim Team, consisting of eight swimmers from CFB Esquimalt, competed against 42 other Canadian Armed Forces (CAF) swimmers in the 2016 CAF National Swimming Championship at the Markham Pan Am Centre in Ontario and walked away with three gold medals.

The eight-lane, 50m pool was divided into two short course (25m) pools for the competition, to allow men and women to compete concurrently on opposite ends.

The Navy Masters brought home some significant hardware this year, totalling six gold medals. For specific events, CAF gold medals are given to the top swimmers in each age category with three or more competitors.

SLt Emily Wood won the 100m Freestyle, 200m Freestyle and 400m Freestyle events in the Women's Open category (ages 29 and under), while AB Marjolaine Plante won the 100m Freestyle, 100m Backstroke and 200m Individual Medley in the Women's Masters category (ages 30-44).

This annual championship is held in conjunction with the civilian Ontario Masters Swimming Championship, due to the number of volunteers required to host a regulation swimming competition. Consequently, there were Ontario Masters Swimming Championship medals and ribbons to be won in competition against the several hundreds of civilian swimmers. After three days, five sessions, of hard racing, the swimmers assembled at the hotel on the Sunday evening for the 2016 CAF National Swimming Championship banquet, organized by CAF Sports Coordinator Christine Charron and led by CAF Swimming Patron BGen Bruce Ploughman.

The top swimmers were recognized with a CAF medal ceremony and other prominent contributors were awarded gifts or trophies. Capt Catie Keyser (4 Wing Cold Lake CELE) earned the Sportsmanship Award, having won the majority of votes from teammates, and Sgt Michelle Neilson (1 CAD Winnipeg) was recognized for her tremendous work as the qualified Chief Official for the Canadian Forces Swim Team, and volunteering her knowledge and assistance to the civilian swim meet officials running the Ontario Masters Swimming Championship.



Photos by Capt Brett Macneil, 22 Wing North Bay

Above: Capt Mallory McDonald competes in the Women's 100 Individual Medley event.

Below: (left to right) SLt Emily Wood, HMCS Regina; 2Lt Oliver Woodbridg, JRCC; LS Dave Sinai, CANFLT PAC; NCdt Aiden Kim, RMC; AB Marjolaine Plante, BAdm; LCdr Iain Meredith, MARPAC; LS Sam Kehler, CFFS; and Capt Mallory McDonald. Blog. Missing: LCdr Dave Dallin – MARPAC, who had to leave early, and LCdr Ellen Mariano – MARPAC, who broke her foot days before the competition and could not participate.



Selected results

1500m Freestyle
6th – LCdr Dave Dallin (Men 35-39)

100m Freestyle
1st – SLt Emily Wood (Women 25-29)
5th – Capt Mallory McDonald (Women 25-29)
8th – LS Sam Kehler (Men 25-29)

50m Breaststroke
6th – 2Lt Oliver Woodbridge (Men 40-44)

100m Individual Medley
3rd – Capt Mallory McDonald (Women 25-29)
5th – AB Marjolaine Plante (Women 35-39)
7th – LCdr Iain Meredith (Men 35-39)

100m Backstroke
4th – LCdr Iain Meredith (Men 35-39)
4th – LS Sam Kehler (Men 25-29)
4th – AB Marjolaine Plante (Women 35-39)
6th – LCdr Dave Dallin (Men 35-39)

50 Butterfly
8th – LS Sam Kehler (Men 25-29)

400m Freestyle
3rd – LCdr Dave Dallin (Men 35-39)
3rd – SLt Emily Wood (Women 25-29)
5th – LS Sam Kehler (Men 25-29)
6th – Capt Mallory McDonald (Women 25-29)
6th – LS Dave Sinai (Men 35-39)

200m Freestyle
1st – SLt Emily Wood (Women 25-29)
6th – Capt Mallory McDonald (Women 25-29)
7th – LCdr Dave Dallin (Men 35-39)

50m Backstroke
4th – LCdr Iain Meredith (Men 35-39)

200m Individual Medley
1st – AB Marjolaine Plante (Women 35-39)
3rd – SLt Emily Wood (Women 25-29)
4th – LCdr Iain Meredith (Men 35-39)

50m Freestyle
5th – Capt Mallory McDonald (Women 25-29)
7th – 2Lt Oliver Woodbridge (Men 40-44)
7th – LS Sam Kehler (Men 25-29)
8th – LCdr Iain Meredith (Men 35-39)

100m Breaststroke
2nd – Capt Mallory McDonald (Women 25-29)

800m Freestyle
3rd – LS Sam Kehler (Men 25-29)
3rd – LS Dave Sinai (Men 35-39)



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Inland navy reservists get sea time in HMCS Ottawa

Lt(N) Curtis Dollis
HMCS Ottawa

HMCS Ottawa has just finished Sea Acceptance Trials as part of the continuing effort to bring the ship and crew up to high readiness.

While the crew is ready for some well-earned time ashore during the upcoming work period, several temporary members of the ship's company are taking their at-sea experience back to their respective reserve unit.

Reservists sailing in the frigate came about during a recent visit to Ottawa for HMCS Carleton's official manning ceremony. Commander Sylvain Belair, Ottawa's Commanding Officer, and Lieutenant-Commander Carmen Lapointe, Carleton's Commanding Officer, agreed to bring members of their teams together for a brief period during trials to continue their professional development and to gain experience sailing in a major warship.

The end of Sea Acceptance Trials was a perfect opportunity as it would expose sailors to a broad variety of operations and training in a short period of time.

Sailors from several Naval Reserve Divisions joined Ottawa in Esquimalt, and Vancouver, as the program continued, with participation from Carleton, Chippawa, Discovery, Tecumseh,

and Malahat.

Junior MARS officers, RMS clerks from shore offices, boat-swains, and naval combat information operators with no sea experience, all joined and to learn about life at sea in a Halifax-class frigate.

"My four-day sail was a rich and meaningful experience," said A/SLt Douglas Guerra, a reservist with Carleton. "It was a rare opportunity for me to see what life is like in the Regular Force. I would highly recommend to any reservist to take full advantage of any opportunity in the future to sail on a Halifax Class frigate."

Reserve sailors were involved in all aspects of the operations of the ship throughout the trials period. The members focused on their primary trade-related duties: bridge watchkeeping for the MARS officers, lookout and helmsman for the boatswains, and radar tracking and reporting for the NCIOPs. Other opportunities included firing the ship's .50 calibre heavy machine guns, acting as a berthing party for Ottawa's arrival in port, and even an occasion to sit down with the Captain for a farewell supper prior to the end of the sail.

Overall, all sailors came away enriched and energized from the experience, building positive relationships in support of our "One Navy."



Photo by Rachel Lallouz, Lookout

Above: AB Cunningham of HMCS Discovery (left) and OS Ranville of HMCS Carleton (middle) observe AB Bunn of HMCS Tecumseh, who is dressed in a five point safety harness in preparation to conduct a Replenishment at Sea layout for fuelling.

Left: Left to right CPO1 Darragh, OS Thiboutot, A/SLt Guerra, A/SLt Imming, Lt(N) Macquarrie, A/SLt Amiji, LS Boucher, LS Marshall and Cdr Belair.



Right: The new submarine decanter built to commemorate Fleet Maintenance Facility Cape Breton's 20th anniversary. **Left:** Kevin Schafflein, Norman Swan, Capt(N) Christopher Earl, CPO1 Ian Kelly, Commodore Jeff Zwick, Richard Turnbull and Michael Tellier.

20th anniversary of the FMF showcases skills of staff

Rachel Lallouz
Staff Writer

The filling of glasses with tasty spirits at military functions may now be poured from the bow of a submarine styled decanter.

The decanter was presented to Commodore Jeff Zwick, Commander Canadian Fleet Pacific, April 6, who accepted it on behalf of the Royal Canadian Navy in celebration of Fleet

Maintenance Facility (FMF CB) Cape Breton's 20th anniversary.

The replicated mini submarine was crafted by a variety of FMF CB departments on the request of Captain (Navy) Christopher Earl, Commanding Officer of FMF CB.

Richard Turnbull, Work Centre Manager for the machine shop, and Kevin Schafflein, machinist, completed the design.

"Capt(N) Earl decided we should do something different to

demonstrate the artistic and often detailed skill set of the apprenticeship and journeymen of FMF," explains Chief Petty Officer First Class Ian Kelly, Unit Chief of FMF CB who helped organize the project. "The idea of the submarine was chosen because the last 20 years have revolved quite a bit around the submarine and introducing new submarines to the RCN, so we wanted to capture that."

Built over two months, the decanter has an aluminum body anodized black, and holds a stainless steel flask engraved with the names of the FMF CB workers who built it.

The flask can hold up to 26 ounces of Port wine, and can be filled through the submarine's periscope using a small siphon. A small teak dolly cradles the decanter, and can be rolled up and down a table to share

the spirits.

One of the most defining features, says CPO1 Kelly, is the dolly's stainless steel wheels, engraved with jumping dolphins to represent submariners.

"It's a really beautiful item that captures the skill sets of the folks we have working here," says CPO1 Kelly.

The first pour from the decanter will be April 29 by the submarine community for a mess dinner.



Rachel Lallouz, Lookout

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Available for military-related appointments on base.

Taxi Dispatch
250-363-2384

"re-cycle"



Better the 2nd time around!

PITCH-IN CANADA
www.pitch-in.ca



MARPAC Health & Wellness Team in conjunction with Vancouver Island Crisis Society

PRESENTS for 2016 Mental Health Awareness Week

COMMUNICATION in the Workplace

Employees that feel capable and confident about handling difficult situations will experience greater job satisfaction, heightened productivity, and less sick time thus creating a positive impact on the entire team.

May 4, 2016, 0830-1200
CPOs Rainbow Room

**Includes a sponsored break to view local resource displays.*

RSVP and Info...ESQintheGREEN@gmail.com

ADVICE TO TRAVELLERS RETURNING FROM ZIKA-AFFECTED COUNTRIES



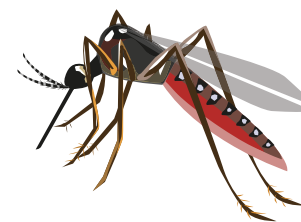
ZIKA VIRUS

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 –

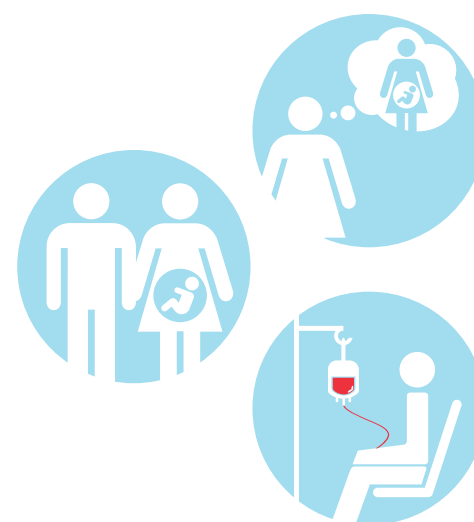
wait at least two months after your return before trying to conceive.

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

