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# LOOKOUT

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Peter Mallett, Lookout

Sailors from HMCS Regina march from Dockyard to the Pacific Fleet Club on May 18 to begin Harbour Readiness Training. The training was required after the vessel received its mid-life refit. The ship's company attended lectures followed by practical exercises on the ship that are designed to ensure the crew is capable of safely conducting harbour-based activities. Training is focused on duty watch responses to shipboard emergencies, harbour force protection and other safety programs. This is a fundamental step within the Tiered Readiness Program in facilitating Regina's transition to operational readiness.

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# Toss Out Unwanted Items

## Spring Clean-Up on Base

Across CFB Esquimalt and throughout the Formation, there are a number of areas that are in need of a spring cleaning. On May 25 everyone is asked to gather waste items and bring to designated drop off locations.

# MAY 25



## CFB Esquimalt Clean Up Disposal Locations

### NADEN

Hours: 0830-1200hrs and 1300-1500hrs

Far West of the Naden Parade Square, by the sea-cans used for seamanship training; and parking area across from the CFFSE.

### WORK POINT

Hours: Items may be dropped off all day

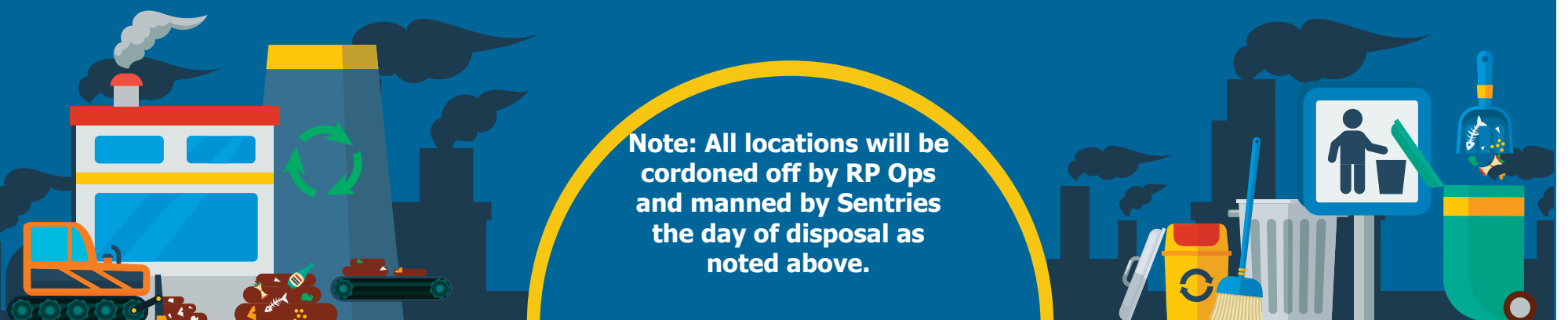
Work Point units are to take disposable items straight to the dump site in Work Point, across from WP 1055.

### DOCKYARD

Hours: Items may be dropped off between 0830-1200hrs and 1300-1500hrs

5 Pad adjacent to A Jetty; the north east corner of the parking lot behind D11 by the Dockyard sports field; and beside the loading ramps behind TB 32.

Note: All locations will be cordoned off by RP Ops and manned by Sentries the day of disposal as noted above.



# RCN cook-off challenge puts top navy chefs to the test

**Rachel Lallouz**  
Staff Writer

In a contest reminiscent of Chopped and Iron Chef, four navy cooks battled each other and the ingredients last Wednesday in the RCN Cooks Skills Challenge.

Two cooks to a team, they were given a few minutes to select ingredients from the Chief and Petty Officers' Mess pantry. Then each team was handed a black box filled with four mystery ingredients – strawberries, bacon, chicken and chocolate – to be incorporated into one entrée and one dessert.

With only two hours to create an innovative and winning feast, the teams set to work.

Master Seaman Rob Williamson and Petty Officer Second Class Jason Auer comprised Team CFB Esquimalt, while Master Seaman Tommy Thouin and Master Seaman Matthew Breckon, from HMCS Victoria, comprised Team CANSUBFOR.

"We were looking for something non-traditional and for the cooks to use the skills they already have," said CPO2 Colin Winkler, who joined CPO1 Robert Spinelli, CPO1 Mike Feltham, MS Daniel Clarke, and Lieutenant (Navy) Bryce Binder at the judging table.

Judges assessed the teams and

dishes on presentation, sanitation, organization, product utilization, preparation, technical skill, and of course, taste.

PO2 Auer boasted his experience cooking at the Admiral's house, and his seafaring travels to Asia and South America gave him a much-needed edge. But even with his experience, he found the competition challenging.

"You really couldn't prep for this competition," he says. "Without knowing the mystery ingredients, there was no way to predict what we could do."

Team CANSUBFOR marinated their chicken breast in lemon juice and rosemary, and then charbroiled it for elegant criss-cross

lines, before finishing it in the oven. They served the breast on a bed of freshly made hummus garnished with roasted peppers. Also part of their entrée was a chicken thigh marinated in red wine and rosemary, also charbroiled and finished in the oven. Once on the plate it was drizzled with a red wine, bay leaf, and onion reduction. Complementing the chicken "two ways" were carrots sautéed with brown sugar and oven roasted potatoes.

For dessert, the team layered chocolate mousse on a chocolate cookie, garnished the mousse with strawberry rhubarb compote, and finished the plate with

whipped cream and dark chocolate spirals.

Team CFB Esquimalt pounded out their chicken breast, before stuffing it with a sautéed mixture of onion, peppers, garlic, bacon, Parmesan and dark chicken meat. The roll was roasted and served with candied bacon, Parmesan Saratoga chips, a deep fried basil leaf, and rich brown butter sauce. Dessert was a chocolate churro topped with fresh strawberries

and whipped cream, with a sprinkling of crumbled cooked bacon over top.

Judges deemed Team CFB Esquimalt to be the winners with a total score of 333, slightly edging out Team CANSUBFOR who scored 326.

The winning team is heading to Toronto July 2 to compete in the national navy cooking competition at the Redpath Waterfront Festival.



**Above:** PO2 Jason Auer prepares a chocolate churro topped with fresh strawberries and whipped cream.

**Left:** Team CFB Esquimalt's roasted chicken and brown butter sauce dish (centre), and chocolate churro dessert (left), and Team CANSUBFOR's chocolate mousse (centre back), and marinated and roasted chicken and sautéed vegetable dish (far right).



Photos by Jazz Campbell, Lookout

Team CANSUBFOR presents the judges with their roasted chicken dish, complete with a side of sautéed carrots, hummus, roasted red peppers, and oven roasted potatoes.



MS Matthew Breckon, of the Team CANSUBFOR, prepares the dessert portion of the team's meal.

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# matters of OPINION

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## WHAT SAY YOU

# Rivers Bell, a story of honour and thievery

**Bruce Forsyth**

www.militarybruce.com

A ship's bell is an essential component of any ship. Usually made of brass with the ship's name engraved on it, the ship's bell is used to indicate time on board a ship, and regulate the duty watches.

They are also rung in foggy conditions, and are often the only conclusive means of identifying shipwrecks.

The "Rivers Bell" has its own unique place in the history of ship's bells. A strictly land-based bell, the Rivers bell was a gift from the Royal Canadian Navy to the Canadian Joint Air Training Centre at RCAF Station Rivers in November 1951. Year after year, the bell hung in the corner of the Officers' Mess, cheerfully rung to signal a promotion with "drinks all around" for mess mates.

However, like most ship's bells that travel from port to port along with their respective ships, the Rivers Bell was not one to be tied down to one location.

As the story goes, one night in 1955, personnel from RCAF Station Moose Jaw took it upon themselves to "liberate" the Rivers Bell, transporting it across the prairie to their mess back in Moose Jaw and installing it on a "theft proof" steel beam mount.

The Base Commander at Rivers, Group Captain Jack Sproule, was none too happy about this turn of events. To rectify the situation G/C Sproule led a

"rescue party" to retrieve their bell one weekend in September 1955. Mingling with the Sunday morning church crowd, the rescuers succeeded in penetrating the Officers' Mess, disabled the phones and secured the mess occupants, including the orderly officer. With hack saws and a bit of muscle power, the rescuers succeeded in retrieving their bell.

The bell was tossed over the nearest perimeter fence, secured in the trunk of a car, and ferried back to RCAF Station Rivers. Once back, G/C Sproule ensured that such an incident would never happen again by having the bell secured so well, that when RCAF Station Rivers closed in 1971, LCol Bill Svab, who designed the "security measures", had to be consulted on its removal.

The Rivers Bell was then relocated to the Officers' Mess at RCAF Station Portage La Prairie.

Although CFB Portage La Prairie closed in September 1992, 3 Canadian Forces Flying Training School remains at the Portage site, providing primary pilot selection and training for all Air Force pilots. To this day, the Rivers Bell remains in the Officers' Mess, where service members still ring it to celebrate Wing's Graduation Parades.

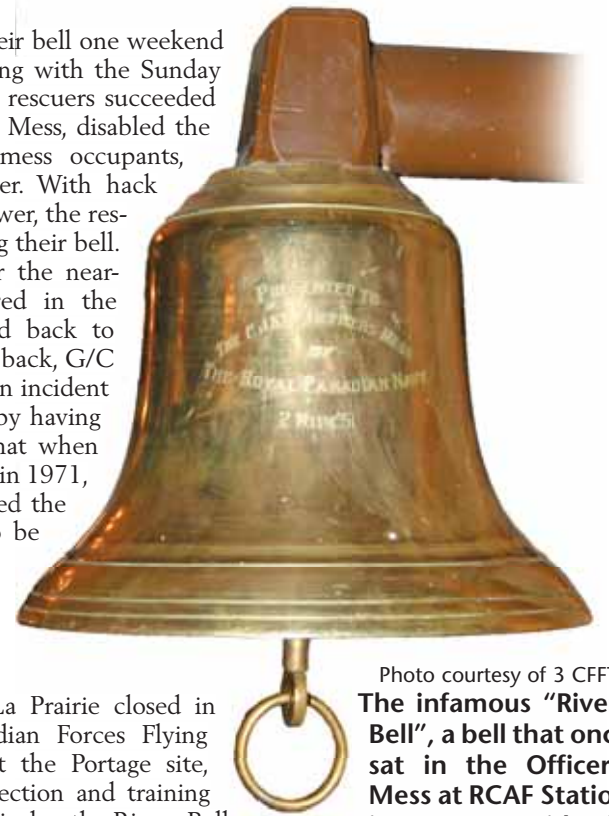


Photo courtesy of 3 CFFTS  
The infamous "Rivers Bell", a bell that once sat in the Officers' Mess at RCAF Station Rivers, now resides in the Officers' Mess at Portage La Prairie, as seen in 2008.

## People Talk

Lookout asked this question:

*Vancouver Island is blessed with many vacation spots, parks and travel destinations. What is your favourite one to visit and why?*



We discovered a little community on the north side of Cowichan Lake called Youbou that has a nice little park and beach and amazing swimming area; we like it so much because it is not a well-travelled spot and it is very peaceful.

Lt(N) Cass Van Benthem,  
HMCS Calgary



I've only been on Vancouver Island for a couple of months, but one of my favourite destinations for travel is cycling on the Galloping Goose Trail system just because of the fresh air, wildlife, diverse landscapes and all of the beautiful scenery.

OS Hugo Deschamps-St-Cyr,  
Fleet School



There is a railway trestle in Goldstream Provincial Park that has an incredible view from it. I will caution that there are holes between the tracks that might not make it the right spot for someone who is scared of heights, but for me it is the perfect spot to visit.

OS Eric Kowallyk,  
Fleet School



My family and I love to go camping at this great camp ground in Nanaimo calling Living Forest. It's a huge property that is on the water and is just such a great place to relax and unwind.

Cindy Leblanc,  
Civilian Personnel

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# Cadet leads military college to West Point win

**Peter Mallett**  
Staff Writer

A Naval Cadet in Training is celebrating his team's recent triumph at the prestigious Sandhurst Military Skills Competition.

NCdt Graham Mater, 23, was a member of the Royal Military College Canada (RMCC) military skills team that notched its fifth victory in the annual regimental skills competition held at West Point, N.Y., April 8 and 9.

The native of Guelph, Ont., who will return to CFB Esquimalt in June to continue the officer training program, says he was elated when he and his teammates learned they were tops in the event's international category, as well as winning the event's overall title.

"It felt really good. The RMC team was very proud to represent Canada on the international stage," said NCdt Mater. "We knew that all of the international teams would return to their home countries and spread the news that Canada had won the competition."

The regimental skills competition was founded in 1967 with a mandate to enhance professional development and military excellence among corps of cadets. The nine-member squads (which include two alternates) perform a series of tasks including obstacle course navigation, rifle marksmanship, a raft paddle, weapon handling skills, combat first aid, and leadership challenges.

The modern-day version of the competition was created in 1994 to keep the event in sync with changing demands of the military.

This year's regimental skills competition involved 60 teams from across the United States and around the world, and the RMCC victory even caught the



Photo courtesy of Royal Military College

**Naval Cadet in Training Graham Mater of Royal Military College carries the Canadian flag at the Sandhurst Military Skills competition at West Point, N.Y., April 9.**

attention of Defence Minister Harjit S. Sajjan who officially congratulated the team.

"RMCC's achievement is significant and is a testament to the commitment and skill of everyone involved," said Minister Sajjan in a statement. "We are proud that they represented the Canadian Armed Forces and Canada with such distinction."

NCdt Mater said the

Minister's comments reflect the belief that "he [Sajjan] saw this as a victory for the whole (DND) Organization" and not just RMCC. NCdt Mater added that the victory didn't come easily.

"The competition was definitely gruelling. The most demanding part was travelling long distances over mountainous terrain with heavy equipment. That's where many teams

faltered. We were suffering the whole time but we managed to keep up a good pace throughout."

NCdt Mater recently completed his undergraduate degree at RMCC and became a commissioned officer on May 20. He completed his MARS (Maritime Surface and Sub-surface Officer) Level Two training last summer and plans to complete levels three and four here at the base.



Naval Cadet In Training Graham Mater holds the flag with members of the Royal Military College team.



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Former co-op student Katelyn Moores (centre) poses with current co-op students (from left to right) Sonya Chwyl, Lindsey Hardcastle, Cameron Carswell and Amanda Lichon, to celebrate Moores recent acceptance of a full-time position with Maritime Forces Pacific Public Affairs.

## Student bridging at MARPAC helps rejuvenate the Federal Public Service

**Amanda Lichon and Valerie Froud**  
 MARPAC PA Office

Facing an aging workforce expected to retire in the next decade, Maritime Forces Pacific (MARPAC) is actively scouting new talent for Public Service positions.

Students who have completed cooperative work terms at CFB Esquimalt are the ideal candidates, having gained some corporate knowledge and experience during their employment.

“Student bridging is another hiring option available to federal government managers to help rejuvenate the workforce with the brightest and most talented individuals,” explains Helen Bates, Acting Human Resource Programs and Planning Manager.

This hiring strategy aligns with the organization’s succession planning.

“Students have showcased their abilities and already have knowledge about working within the Federal Government,” says Bates. “It makes sense to access this pool of potential employees and hire them.”

MARPAC has a very prolific co-op employment program. Between 2013 and 2015, 109 co-op students worked at MARPAC, with several successfully bridged into full time employment.

Ashley Milburn, who completed her co-op January to April term in 2009, was hired five months later - one of the first at MARPAC to be hired under student bridging program. She is now the Manager of International Engagement at MARPAC.

“As a new graduate, the student bridg-

*The student bridging program provided an excellent avenue for me to be able to translate my education and work experience into meaningful employment.*

-Ashley Milburn  
 Former Co-op Student

ing program provided an excellent avenue for me to be able to translate my education and work experience into meaningful employment,” said Milburn.

Meghan Lawlor recently completed two consecutive co-op work terms at MARPAC with the Civilian Human Resource Service Centre (Pacific) (CHRSC (P)).

“The Co-op Program at the University of Victoria gives students the skills and abilities to venture out into the workforce,” says Lawlor.

After defending her thesis, she was bridged as a full-time Human Resource Advisor at CHRSC(P) in January 2016.

The most recent student bridging success is Katelyn Moores, who completed three consecutive co-op work terms with MARPAC Public Affairs Office. After demonstrating an ability to understand communication strategies and produce solid communication products, Moores was offered, and accepted, full time employment in April 2016.

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# Sailor turns inventor and solves a corrosion problem

**Rachel Lallouz**  
Staff Writer

Coxswain of HMCS Regina, Chief Petty Officer First Class Alan McNaul has turned from seasoned sailor to rookie inventor.

He recently created a trailer wire protection device, Connect-to-Protect, with business partner Victor Cunha.

Within a week of developing their first prototype, the two landed themselves a *Dragon's Den* audition in February. Though they did not make the season's cut, the opportunity has led to negotiations with Canadian Tire, Lee Valley Hardware, Lordco Auto Supply, and other suppliers.

"For me, this is a project of passion," says CPO1 McNaul. "I love the adventure of going through all of the steps to get something out of a great idea."

Like all great inventions Connect to Protect solves a problem. All trailers, whether heavy-duty industrial trailers, or boat or RV trailers, have a connector, or collection of wires, that are hooked to a vehicle to provide the trailer with

power. When not hooked up, the connector dangles unused off of the trailer's front. This makes the connector vulnerable to damage from moisture, dirt, and dust.

"You might get up one morning to leave on a fishing trip, and find the lights on your trailer won't turn

on because the connector has been damaged," says CPO1 McNaul.

Trailer owners must pay between \$30 and \$60 to replace the connector, and, says Chief McNaul, time spent replacing a new connector means lost recreational time.

"Things start getting

expensive or inconvenient for people who just want to get out and hook up their RV to go camping, or get their boat on the water."

The Connect-to-Protect is a small plastic clip that holds the connector to the trailer, ensuring the trailer's connector is up off the ground, free from damage that might be caused through dangling and exposure.

"We've been developing and patenting a series of different connector styles to accommodate all trailer types, plus producing packaging, building our website, developing a social media presence, and strengthening strategic partnerships," says CPO1 McNaul.

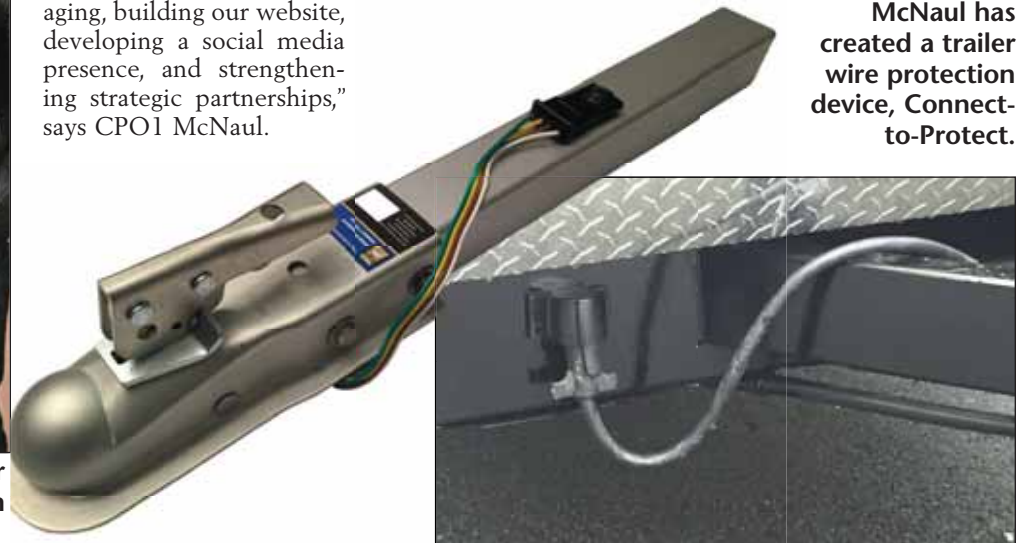
"There's so much involved in starting a business: researching, creating a business network, working according to tight timelines – getting all of the right parts organized and in place is almost like preparing a ship for deployment," he adds.

Until he retires, he is letting his business partner take the lead on marketing their product. Once retired, he plans to invest himself fully in the business and hopefully secure a licensing deal with a major manufacturer or distributor.

Anyone interested in the Connect-to-Protect should check out [www.connecttoprotect.ca](http://www.connecttoprotect.ca), or look up Hanington Innovations on Facebook where they hold a monthly competition in which customers send in pictures of their damaged wire harnesses for a chance to win a Connect-to-Protect product, or visit local stores where the product is stocked such as Capital Iron, JB Automotive Group, Fennel RV, and Tom's RV repair.



CPO1 Alan McNaul (left) and business partner Victor Cunha pose for a photo at the Dragon's Den audition.



CPO1 Alan McNaul has created a trailer wire protection device, Connect-to-Protect.



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## Candlelight Tribute

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God's Acre Veterans' Cemetery is located off Colville Road behind the Base Clinic inside Gorge Vale Golf Course.



# CANADA AT THE INVICTUS GAMES



Photos courtesy of Disney Fine Art Photography

**Above:** Team Canada captain LS (Ret'd) Bruno Guevremont of Victoria (centre) holds the Invictus Flag during the Invictus Games closing ceremonies.

**Top right:** LS (Ret'd) Guevremont competes in the 2016 Invictus Games rowing competition at the ESPN Wide World of Sports Complex in Walt Disney World in Orlando, Florida.

**Middle right:** Victoria athlete LS (Ret'd) Stephane Moreau (left) of Canada's Invictus Games team participates in a training camp in Toronto in preparation for the games.

**Bottom right:** Victoria's MCpl (Ret'd) Andrew Murphy competes in a seated volleyball match.



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# Former members bask in glow of Invictus medals

Competitions like the Invictus Games aid in holistic healing throughout the recovery and rehabilitation process: mentally, emotionally, spiritually, physically and socially. The Invictus Games serve as a reminder that there are Service men and women who adapt to a “new normal”, long after the Games are over. Military or not, anyone who experiences the Games will walk away changed. – [www.invictusgames2016.org](http://www.invictusgames2016.org)

**Peter Mallett**  
Staff Writer

Days before heading to the 2016 Invictus Games in Orlando, Florida, retired Master Corporal (Retired) Adam Cyr said he wasn't shooting for the podium. Being there with fellow wounded warriors, many working their way back to health and life, was fulfilling enough.

But shoot for the podium

he did, in the archery competition, earning a silver medal.

The 37-year-old amputee, and teammates Sgt (Ret'd) Nicolas Meunier of Montreal and Cpl (Ret'd) Sarah Dentry-Travis of Winnipeg shot their way to a second place finish in the Team Novice Recurve.

“It was a great moment and we are so proud of Adam winning and representing the west coast

athletes at the Game so well,” said Team Canada's captain, LS (Ret'd) Bruno Guévremont.

MCpl (Ret'd) Cyr served with 2PPCLI Shilo, Manitoba, and lost his right leg and suffered shoulder and hearing injuries during a Taliban rocket attack in 2008.

The silver medal was added to Canada's 28-member team's final tally of 22 medals – 10 gold medals, eight silver, and four bronze. That total outshined the two silver medals Canada won at the inaugural 2014 Invictus Games in London where 12 Canadian military athletes participated.

At the closing ceremony LS (Ret'd) Guévremont was centre stage when the Invictus Games flag was lowered, and then handed to him and Michael Burns, CEO of the 2017 Invictus Games, which will be held in Toronto.

“It was only a few years back that I was suffering from PTSD and in a pretty dark place,” said LS (Ret'd) Guévremont. “To be on the stage accepting the Invictus Games flag for Canada for the next Games was a fantastic feeling. This year's Games changed the lives of so many of 28 current and former injured soldiers on our team.”



Photos courtesy of Disney Fine Art Photography  
**Above:** MCpl (Ret'd) Adam Cyr took silver in archery during the games.

**Far left:** Team Canada captain LS (Ret'd) Bruno Guevremont (left) is all smiles at the Invictus Games Opening Ceremonies.



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# HMCS FREDERICTON ON OPERATION REASSURANCE

Images by Corporal Anthony Chand, Formation Imagery Services

HMCS Fredericton performs maneuvers with Romanian naval ships.



**Top left:** Lieutenant (Navy) Mark Bartek (right), Lt(N) Peter Summers (centre) and Sub-Lieutenant James Adams (left) do kettle bell squats as part of a physical training class on the flight deck.

**Top right:** Leading Seaman Richard Balbuena (left) and Master Seaman Jason Head, Combat Systems Engineering Department, make repairs to the starboard side Pelorus.

**Bottom left:** Members of the Naval Boarding Party participate in a boarding exercise with Italian Ship Aliseo.

**Bottom right:** Steward MS Tammy Roberts cuts a watermelon for the center piece in the wardroom servery.





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# New workshop will help motorcyclists

**Dave Wong**  
MARPAC Riders

In response to club members wanting more from the club than just rides, the Club Executive have previewed a newly developed Rider Maintenance Workshop.

Designed with the view that a rider's skill isn't just in knowing how to handle their machine on the road, the Workshop focuses on how to recognize, troubleshoot and conduct general maintenance such as oil and brake changes, or how to deal with broken clutch cables on the side of the road.

The Workshop is a culmination of months of searching for the best pictures and descriptions to keep the complex topics simple. The electrical system, for example, is one of the most unnerving topics to try and understand if a person knows nothing beyond turning the ignition key.

The Club's Training Officer broke down all the typical systems on a motorcycle, from fender to fender and handlebars to contact patch, to come up with presenta-

tions covering the basics of how things work that are common to all motorcycles.

Along with these basics, participants in upcoming workshops will have the chance for hands-on work with the Club's demo bike, working through the typical symptoms and issues that can help a rider avoid being stranded on the side of the road and pushing the bike home.

Topping it off is a planned field trip to a help broaden their understanding of what is going on under the seat. From removing tires and cables, to brake inspection and replacement, to drive system care and adjustments, the aim is to demystify the care and maintenance of the participants' machines.

The Club's Training Officer is doing the final edits to the workshop facilitator's guide, and along with the executive looks forward to getting this workshop underway as soon as the deployment schedule allows.

Anyone interested in joining the club should contact Dave Wong.

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# Ten ways to keep your mental health in check

Here are some tips and tricks to help you to restore balance in your life and help you take better care of your own mental health.

1. Get moving. Exercise is good for our bodies and our mental health. It can help relieve stress, reduce muscle tension, improve blood flow and flood your body with feel-good chemicals. Exercising can be as simple as taking a walk or playing with your kids.

2. Eat right. Choosing the right foods for your body can keep your mood and energy levels steady.

3. Get enough sleep. Researchers have linked a lack of sleep to increased feelings of sadness, anxiety and stress. It can even contribute to weight gain. Try to go to bed and wake up at the same time every day.

4. Don't be so hard on yourself. Mistakes are inevitable in life. Rather than beating yourself up for it, consider a mistake an opportunity to learn and do better next time.

5. Open up. Bottling up difficult emotions doesn't help them go away. Keep a journal, talk to a friend or consider counselling. Talking about or writing down how difficult it can be can make it a little easier.

6. Prioritize yourself. Do something just for you, every day. Create a list of activities that make you happy (even things as simple as reading, baking or walking) and fit them in your schedule.

7. Make a realistic to-do list. You may be tempted to think, "If I can just finish everything on my list, I'll be able to relax." But if your list is longer than your day, you'll end up exhausted and disappointed. Scale back your lifestyle, expectations and curb your need for perfection.

8. Accept change. If there is one constant in life, it is change. Accept it and look for the positives in the situation.

9. Don't be a victim. Blaming outside forces or people for your misfortunes never solves the problem. Focus on controlling what is within your reach and accepting what isn't. Trying to control things outside of your reach can leave you feeling powerless. Focusing on what is within your span of control will make you feel powerful.

10. Get help when you need it. When life gets really hard, seek help from a professional. Defence Team resources are available when you need them.

# Bike to Work Week Breakfast June 1 – 0615 - 0800hrs

30 May - 6 June 2016.

Stop by the Bike to Work Week Breakfast in the Naden CANEX Parking lot and Dockyard Main Gate for coffee, fruit and muffins on June 1.



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# HMCS Whitehorse awards and promotions

Commander (Cdr) Alex Barlow, Commander of Coastal Division, presented several awards and presentation during a ceremony held onboard HMCS Whitehorse.

Images by LS Ogle Henry, MARPAC Imaging Services



Leading Seaman Milos Komazec is promoted to his current rank.



Able Seaman Andrew Benger is promoted to his current rank.



Lieutenant Commander Shane Denny is presented with the Operational Service Medal - Expedition.



Lieutenant (Navy) Michael Greer is presented with the Operational Service Medal - Expedition.



Lt(N) Sean Kelly is presented with the Operational Service Medal - Expedition. Lt(N) Kelly also received the Canadian Peacekeeping Service Medal.



Lt(N) Christopher Maier is presented with the Operational Service Medal - Expedition.



Petty Officer First Class Alison Reid is presented with the Operational Service Medal - Expedition.



Master Seaman Jason Cheverie is presented with the Operational Service Medal - Expedition.



LS Melissa Cormier is presented with the Operational Service Medal - Expedition.



MS William Dennis is presented with the Operational Service Medal - Expedition.



MS Katherine Van Blyderveen is presented with the Operational Service Medal - Expedition.



Corporal Brent Kenny is presented with the Operational Service Medal - Expedition.



LS Julian Lacasse is presented with the Operational Service Medal - Expedition.



LS Natalie Meens is presented with the Operational Service Medal - Expedition.



LS Adam McLeod is presented with the Operational Service Medal - Expedition.



LS Melissa Miller is presented with the Operational Service Medal - Expedition.



Petty Officer Second Class Shayne McRae is presented the Canadian Forces' Decoration.



Lt(N) Zsolt Szilagyi is presented the Sea Service Insignia (Bronze).



PO2 Brendan Huber is presented the Sea Service Insignia (Bronze).



LS Rosalie Houle-Carriere is presented the Sea Service Insignia (Gun Metal).



# Real Property Operations anniversary (FORMERLY BASE CONSTRUCTION ENGINEERING)

Lieutenant Colonel Ulpiano Honorio, Commanding Officer of RP Ops (Pacific), made several presentations during a ceremony at the Hood Building.

Images by LS Ogle Henry, MARPAC Imaging Services



Major Andrew McLachlan receives his Canadian Forces Decoration Second Clasp.



Chief Warrant Officer (CWO) Gordon Aitken receives his Canadian Forces Decoration Second Clasp.



Corporal (Cpl) William Ford receives his Canadian Forces Decoration.



Cindy Singleton receives the 25 year Long Service Award.



Cpl John Carmichael receives the Sea Service Insignia (Gun Metal).



Aviator (Trained) Gabriel Sirois-Cowles receives his promotion to his current rank.



Warrant Officer Kevin Legg receives the 2015 Nijmegen Participation Certificate.



Corporal Jean-Simon Lessard receives the 2015 Nijmegen Participation Certificate.



Above: Senior members of Real Property Operations prepare to cut a cake commemorating the 113th Anniversary of the Canadian Military Engineering Branch. From left: CWO Gordon Aitken, Unit CWO; LCol Ulpiano Honorio, Unit Commanding Officer; Maj Andrew McLachlan, Unit Operations Officer; and WO Kevin Legg.

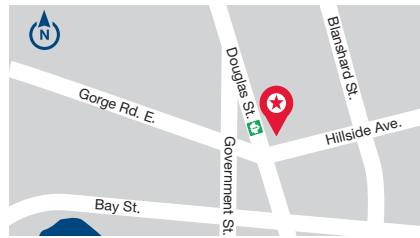
Left: Group photo of Real Property Operations.

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Image by Rachel Lallouz, Lookout

Sgt J.C. Leblanc addresses a driver speeding past the intersection at the Naden front gates.

## Road safety: a shared responsibility

**LS Andree Noye**  
 MPU Esquimalt

In view of recent collisions at busy intersections on base, along with an increase in noted traffic violations, CFB Esquimalt Base Command and MPU Esquimalt would like to remind military members and civilian employees about road safety.

Traffic offences are one of the most commonly received complaints by MPU Esquimalt and the majority of these stem from speeding vehicles and failure to obey stop signs.

The most common speed limit on base is 30 km/h, so if you are unsure of the speed limit, your best bet is to keep to the 30 km/hr limit.

### Construction Zones

Remember that speed limits state the maximum speed you are allowed to travel. There are still areas that may require more attention and slower speeds, especially construction zones.

### Marching Troops

Another important issue are drivers' behaviours around marching troops. In most cases, marching troops are heading to and from the Fleet School. When you pass marching troops on either side of the road, it is to be done at a maximum of 15 km/h and only when you are sure it is completely safe to do so.

### Fines

If you are caught breaking the speed limit on base, the Military Police have the

same power as any civilian agency to issue a provincial ticket. Military Police regularly intercept vehicles for various offences including speeding, but other violations that may be handed out include:

- Speeding exceeded by less than 21 km/hr \$138 (if in construction zone = \$196)
- Speeding exceeded by more than 21 km/hr \$196
- Fail to obey stop sign \$167
- Use electronic device while driving \$167 (\$368 on June 1)
- Fail to obey flagman \$196

Please keep safety in mind. Members and employees who drive either a DND vehicle or their own vehicle on the base, safe driving is a matter of occupational safety.



Photo courtesy of Victoria Police Department

Deputy Chief Del Manak of the Victoria Police Department presents Cpl David Henry of the Military Police Unit Esquimalt with a Civic Service Award. On Jan. 28, Cpl Henry assisted a Victoria PD officer at an alarm call at a business in the 600-block of Admirals Road. Meeting at the scene, the two officers located an unlocked door and entered the premises, where they located a man trying to open a locked safe. The man saw the officers and tried to run but the two officers were able to arrest him. Cpl Henry's actions potentially prevented injury to both the VicPD officer and the man who was breaking into the store.



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.848 Royal Roads Air Cadets invite all youth aged 12 - 18 from Westshore and Sooke. Participate in gliding, marksmanship, weekend and summer camps, ground school, drill, band, and more! Join us on Tuesday from 6:30 - 9:00pm at 1289 Parkdale Dr., Langford (Lighthouse School). Find us on Facebook: Air Cadets - 848 'Royal Roads' Royal Canadian Air Cadet Squadron. Website: 848royalroadsaircadets.com Contact: 848parentinfo@gmail.com or 250-590-3690.

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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 opportunity to change someone'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](mailto:volunteers@rivonline.org) or visit [www.rivonline.org/Volunteering.htm](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 @ [volunteer@habitatvictoria.com](mailto:volunteer@habitatvictoria.com) or 250-480-7688 ext. 105.

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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](http://www.resumecoach.ca) or 250-888-7733.

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