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# LOOKOUT

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Image by MCpl Michael Bastien, MARPAC Imaging Services  
Chilean Navy and Royal Canadian Navy (RCN) sailors on the main deck of Chilean supply ship Almirante Montt as a line throwing gun is fired to HMCS Winnipeg during replenishment at sea training. Almirante Montt arrived at CFB Esquimalt April 4 as part of a short-term Mutual Logistic Support Arrangement between the RCN and the Chilean Navy. HMCS Calgary and crew have also trained with the Chilean ship, which is set to head home June 8.

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# Operation Open Spirit: Local diver helps make the Baltic Sea safe

**Captain Kirk Sullivan**  
CJOC Headquarters

A Clearance Diver from Fleet Diving Unit (Pacific) recently deployed to Lithuania to help improve the safety of seafarers in the Baltic Sea.

Leading Seaman Hector Ladron de Guevara participated in Operation Open Spirit 2016 in Klaipeda, Lithuania, from May 13-27. He and his fellow divers worked with their counterparts from 12 nations to remove unexploded ordnance left from the First and Second World Wars.

During the operation, LS Ladron de Guevara placed explosives on a recently discovered mine. When the area around the mine was secured, the Canadian

dive team conducted a controlled detonation.

"It's a challenging task and we need to be careful when approaching objects that could be mines," he said. "When objects are identified as mines, we use our well-rehearsed procedures to ensure we conduct the detonation safely. We practice regularly to make sure we're ready for these real-life situations."

Originally from Villahermosa, Mexico, LS Ladron de Guevara came to Canada in 1996 and joined the Canadian Armed Forces in 2001 as Boatswain. He became a Clearance Diver in 2012 and has deployed on Exercise Dugong and Operation Nanook.

"I love training for operations

and appreciate the opportunities to deploy and work alongside divers from around the world," he said.

During Operation Open Spirit 2016, he and the Canadian dive team exchanged tactics, techniques, and procedures with allies in order to refine explosive ordnance disposal capabilities.

"It's always interesting to work with divers from other countries," he said. "During this operation, we shared practices that work well for us and picked up some good tips that may help us in the future. It was a great experience."

Operation Open Spirit is an annual multinational operation that provides the CAF with an opportunity to strengthen ties

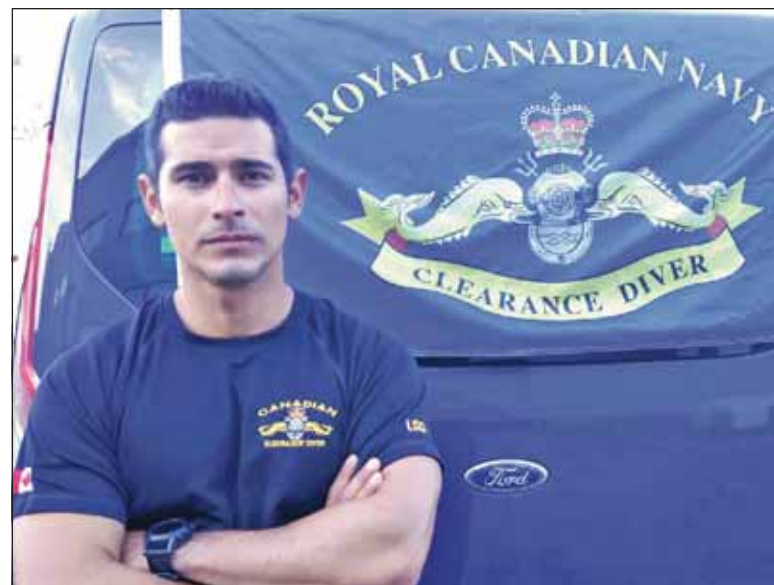


Photo by Lt(N) Joel Cormier

**Leading Seaman Hector Ladron de Guevara from Fleet Diving Unit (Pacific) recently deployed on Operation Open Spirit 2016 in Lithuania.**

with key allies in Eastern Europe. The operation is also a chance for Royal Canadian Navy Clearance Divers to develop and validate

advanced conventional munitions disposal capabilities under conditions that cannot be easily replicated in Canada.



**Left to right:** Petty Officer Second Class Sean O'Brien, Chief Petty Officer Second Class Yves Clement, Leading Seaman Mark Anderson, and Leading Seaman Hector Ladron de Guevara observe Leading Seaman Stephen Musgrave conduct his two-minute drill prior to entering the water. **Inset:** The first mine discovered by the Canadian Dive Team.

## Navy and RCM-SAR work together to save sailing vessel



**SLt Sully Heraud**  
HMCS Yellowknife

Three weeks ago, on May 14, *HMCS Yellowknife* was conducting operations for intermediate multi-ship readiness training when a call was made by Victoria Coast Guard looking for information on a sailing vessel, *Trinity 1*.

The vessel was adrift with a bent mast in the vicinity of Darcy Island.

The decision was made by *Yellowknife* Captain, LCdr Jeffrey Hopkins, to render assistance to the vessel.

Once on scene, *Yellowknife*

established communications with the vessel's two crew members and was informed that its engine was broken and the crew had no way of manoeuvring it out of danger.

*Trinity 1* was drifting towards the rocks at Kelp Reef, south-east of Sidney Island, and sunset was approaching. As proximity to dangers increased, *Yellowknife* decided to tow the sailing vessel with its rigid hulled boat.

Once the sailing vessel was safely in tow, LCdr Hopkins requested assistance from the Royal Canadian Marine Search and Rescue Unit (RCM-SAR) located close by in Oak Bay.

A RCM-SAR rescue boat was sent to the Ten Mile Point area to affect a turnover of *Trinity 1* and tow it back to Cadboro Bay, where the vessel originated.

The quick reaction of the crew of *Yellowknife*, as well as an eagerness to respond by the RCM-SAR potentially saved two lives that day.

"It is a good thing when the cooperative effort of different organizations results in the successful rescue of people in distress," said LCdr Hopkins. "The events of that day show us that in order to keep our coastal waters safe, everyone has to work together."



# Base opens door to the general public

**Rachel Lallouz**  
Staff Writer

Residents of Greater Victoria can discover the unique world of the Royal Canadian Navy when CFB Esquimalt cracks open its Colwood property for a visitor open house in two weeks.

Westshore Navy Day takes place June 11 from 10:30 a.m. to 3 p.m. at the military facilities off Rosebank Road.

"Navy Day is our opportunity to invite the community within which we reside to come visit us," says Captain (Navy) Steve Waddell, Base Commander. "Our goal is to eliminate the mystery of the Base by showcasing our capabilities, which are developed and sustained for the missions we are tasked to do. A naval presence has been here for 150 years; as the third-largest employer in the region the Base and its workforce, both military and civilian, are inextricably linked to all of the area's municipalities."

Organizers have mixed fun and informative in the daylong outing. Major highlights are the up-close tours of Patrol Craft Training Vessel Orca, HMCS (Her Majesty's Canadian Ship) *Winnipeg*, just back from a nine-month deployment in the Mediterranean, and HMCS *Saskatoon*, which returned last month after

conducting anti-drug smuggling operations in the Caribbean. Visitors will have the opportunity to meet the crew and ask questions about these international missions, as well as take guided walks through the ships.

For the more adventurous there are rigid hull inflatable boat (RHIB) rides around the harbour. Organizers want parents to be aware there is a height requirement, so to avoid disappointment those 50 inches or more are eligible.

From the vantage of the dock, visitors can watch the adeptness of the base's Glen class tugboats, which are entrusted to move the warships in and out of the jetties. These Canadian Forces Auxiliary Vessels will perform a tugboat ballet for onlookers.

Lowering from a Cormorant search and rescue helicopter over the harbour will be search and rescue technicians. In their bright orange jumpsuits they will demonstrate the technique of getting into tight spots to perform rescues.

The Naden Band of the Royal Canadian Navy will provide the musical accompaniment to both spectacles.

Joining the navy and air force will be reserve soldiers from 39 Canadian Brigade Group

with a few of their assets – better known as big guns. Cadets from the region dressed in full uniform will be on hand to explain to both parents and youth the benefits of the army, air and sea cadet program.

"I think what I'm most looking forward to is hearing the positive visitor comments at the end of the day – people walking away saying: 'I had no idea we had that', or 'that was pretty impressive,'" says Capt(N) Waddell.

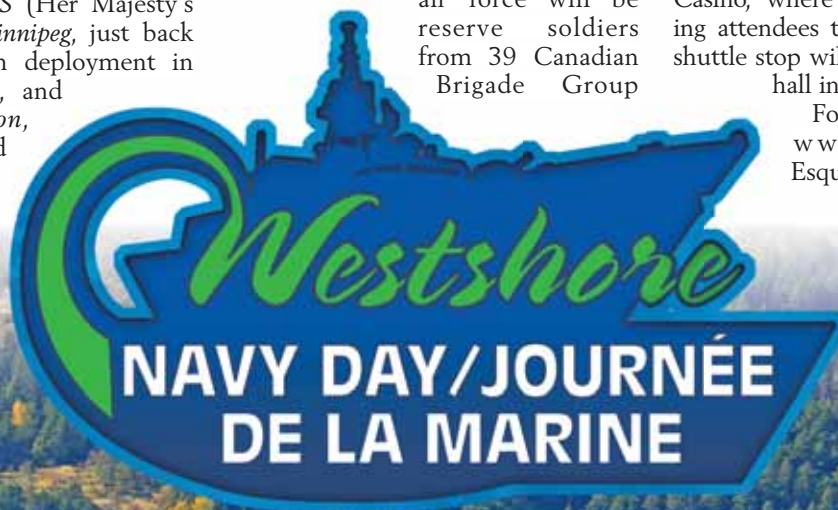
Four food trucks will be onsite: Double D's Mac N Cheese, Hungry Rooster Food Truck, Coast Lunch Box, and Greek on the Street. They take cash, credit or debit. Water bottles can be filled at stations located throughout the area.

Attendees are encouraged to "go green" by using public transit or cycling to the area. For those using the bus system, a shuttle will stop at the Westshore Bus Exchange to ferry people to the open house. Shuttles will run every 30 minutes.

Bicycle lock ups are available at the Colwood Pacific Activity Centre (CPAC), with a shuttle service from that location to the display area.

Those arriving via car are to park at Royal Roads University or View Royal Casino, where shuttles will be taking attendees to the event. Another shuttle stop will be located at the fire hall in Belmont Park.

For updates, visit: [www.facebook.com/EsquimaltBase](http://www.facebook.com/EsquimaltBase)



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## People Talk

While on assignment at an elementary school, Lookout posed this question to a handful of Fourth Graders:

*What is one summer safety tip you learned in school that you want to remind our readers about?*



Remember to never leave  
an animal or child in your  
car!

Paulina Maizin, 10



I learned that if I'm ever  
playing outside, I need  
to make sure that I have  
someone with me, so that  
if one of us gets hurt the  
other person can go get  
help.

Danielle Jardim, 9



I know to keep a water  
bottle with me at all times  
because it can get so hot  
that you get dehydrated.

Jeanne Cotter, 9



You have to keep your  
body covered in sunscreen!

Keegan Lonsdale, 10



In the summer you should  
wear Off bug spray because  
there are so many bugs on  
this island!

Kalan Allsopp, 9

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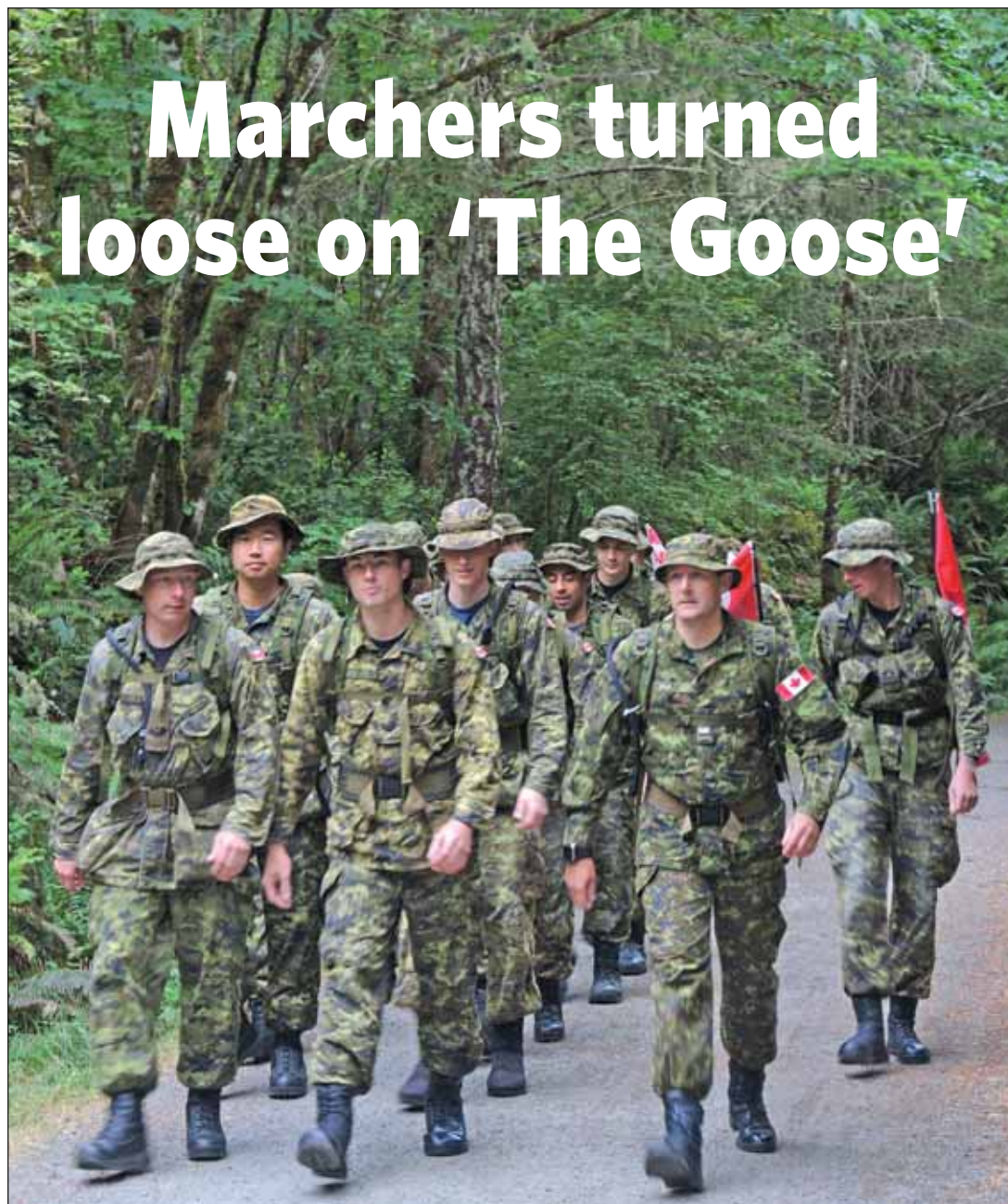
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# Marchers turned loose on 'The Goose'



Peter Mallett, Lookout

Members of MARPAC's Nijmegen marching team at Roache Cove in Sooke.

## MARPAC Nijmegen team starts training

**Peter Mallett**  
Staff Writer

Step by step, over hill and over dale, military members hoping for a spot on the MARPAC Nijmegen team are kicking up plenty of dust as they master long marches on the trail.

Last Friday, 18 members dressed in CADPAT and boots with a 12-kilogram rucksack on their back tackled 40 kilometres. They started just after dawn from Roache Cove in Sooke, marching along the Galloping Goose Regional Trail to their final destination of Work Point.

"This is the gravy of being in the military," said team leader, Lt(N) Marianne Knai. "When you are lucky enough to be given the opportunity by the chain of command to come out here and spend the day marching with like-minded people, it's an amazing experience."

Those lucky enough to make the team will join a long legacy of marchers in Holland July 19 to 22 for the Nijmegen Four Days International Marches. Over 42,000 participants will march 40km over four days – for the MARPAC team, they will join 14 other Canadian military teams.

The most gruelling part of the marching is the toll it takes on the mind and body. From muscle strains to blisters to dehydration and boredom, those tough enough to traverse the Dutch countryside must train well.

MARPAC's team potentials have been at it since February, and won't know their fate until early June.

Joining Lt(N) Knai is second-in-

command WO Kevin Legg, who has once before endured the training and Nijmegen marches.

"Having Kevin as our 2IC again this year is incredible," said Lt(N) Knai. "Many of the marchers on this year's team don't know about his inspirational story of strength and courage because Kevin is such private and humble individual, but they should know about it."

What Lt(N) Knai is referring to is the injuries he sustained from an improvised explosive device detonation during his deployment to Afghanistan in 2008. The lower portion of his lungs is permanently damaged, as is his left kneecap and tendons in his leg. But that has not deterred him from having another go at the 160 kilometres.

"Last year, in the weeks following the march, I thought that my marching days were over. But after about a month of being back at home I realized I would really miss the experience and camaraderie," he says.

WO Legg says he and the rest of the team hopefuls have one extra goal in mind for this year's Nijmegen – recapturing the Canadian Armed Forces' Woodhouse Trophy from last year's winners, the National Capital Region. The trophy is awarded to the top Canadian military contingent at the March.

"We want the trophy back at MARPAC where it belongs," says WO Legg. "This desire will give the team something to strive for and I have no doubts that when we get to the event we will be first in every day."

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# Submarine community welcomes Australian sailor

**Rachel Lallouz**  
Staff Writer

Lieutenant (Navy) Regina Campbell isn't your typical Maritime Forces Pacific submariner. She hails from the warm, and much saltier waters off the western coast of Australia as a member of the Royal Australian Navy (RAN) based in Perth.

She is on an exchange program with the Royal Canadian Navy (RCN), and in the summer will join *HMCS Chicoutimi*.

"Submarines are a fascinating field because the aim of a defence force, in my understanding, is to train to such a level that you are a deterrent force – you prevent attacks and therefore maintain peace. But submarines are a strategic weapon," she says. "It's a completely different ballgame and a very challenging environment."

She joined the RAN at age 27, in 2007, and officially became a submariner a few years later. The journey to her Dolphin badge was no easy feat, she says.

"You start off with your basic medical and psychological assessments, and then submarine basics, all the while officers keep a constant eye on you to

*Being a submariner means living a very extreme lifestyle. It's either the worst or best day of your life when you're out there. There doesn't seem to be much in-between.*

-Lt(N) Regina Campbell

make sure you fit in well in a small environment. Then there's six months of school on submarine engineering and operational background."

From there, Lt(N) Campbell says she had to complete four information-filled task books and deploy before gaining her "dolphins" and be deemed certified as a safe submariner. She later worked her way to the position of Sonar Officer on board Australian submarine *HMAS Dechaineux*.

Her first time deployed on a submarine was a day tour in 2010 off Sydney.

"I remember the first day setting foot on a submarine. I'll never forget it. I entered this very small microcosm where everyone seemed to know exactly what they were doing. It was exciting and intimidating."

Initially educated as a journalist, Lt(N) Campbell never anticipated she would one day end up working as a submariner, but looking back, she says there were clues in her childhood.

"Three years ago my mom found an old science project of mine that detailed how submarines work, showing the periscope and all the main parts," she recalls.

In Canada, she will fulfill the role of an Officer of the Watch while the submarine is surfaced and dived.

So far, Lt (N) Campbell has spent time training on emergency operating procedures at the submarine simulator located in Halifax. She is currently preparing for her first long-term sail in a RCN submarine.

She has most enjoyed how welcoming and warm Canadian military members have been.

"Being a submariner means living a very extreme lifestyle," says Lt(N) Campbell. "It's either the worst or best day of your life when you're out there. There doesn't seem to be much in-between, so it's always a great surprise as to what the day is going to be."

Lt(N) Campbell is often only one of a few women on board a sail.

"You end up forgetting that you're any different. You're showering once every four days, not looking in a mirror. You get treated exactly the same, and I have dozens of brothers now," she says.

She is working towards becoming an executive officer onboard a submarine, and says any other goal is a very difficult to gauge as it requires the completion of the submarine command course *Perisher*, arguably one of the most intense courses in the navy.

"For now, I'm looking forward to training in the different environment Canada has to offer. I'm used to hot weather and keeping certain depths; here there's cold water and ice. It's going to be a very different playground."

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# Child care options for families

The Canadian Armed Forces (CAF) and Military Family Resource Centres (MFRCs) have tools to support military families planning for child care emergencies.

In support of the operational readiness of the CAF, Family Care Plans, Emergency Child Care Plans and financial assistance can ease the burden of unexpected child care challenges.

## Family Care Plan

All military families need a Family Care Plan. This Department of National Defence form identifies primary and secondary caregivers, which helps ensure families of CAF members are taken care of in case of emergency callouts and planned deployment.

Although the form is not a legally binding document, it is kept on the member's file. It is also protected under the Privacy Act.

## Emergency Child Care Plan

Through the Military Family Services Program, in support of operational readiness, MFRCs facilitate access to short-term emergency child care services in diverse situations.

An Emergency Child Care Plan, like a Family Care Plan, speaks for parents when they are not able to do so.

The Emergency Child Care Plan can assist the local MFRC staff and/or anyone

designated to provide child care in the event of an emergency.

An up-to-date Emergency Child Care Plan lists the names and contact information of preferred child care providers and provides useful child care information.

Beyond the Family Care Plan, a completed Emergency Child Care Plan provides detailed personal instructions about children including medical information, bedtimes, bus-stop times and favourite foods, to minimize the stress placed on children when their primary caregivers are not with them.

If a military family requires emergency child care, they can immediately connect with their local MFRC. Staff may support the family during a challenging situation by facilitating access to supports and services (up to 96 hours per emergency) to help address short-term emergency child care needs.

Depending upon the specific situation and the available resources in the community, MFRCs can assist by looking after the children, financially reimbursing for child care, giving referrals or providing caregiver coordination. Each case is unique and is assessed individually.

## Financial Assistance

Further, there are several programs and policies in place to help financially support military families in

either accessing child care or covering some of the additional costs of unanticipated child care expense dependent upon individual situations.

CAF single parents and service couples are supported by Family Care Assistance, designed to assist by offsetting increases in the normal costs for child care or attendant care, when service requires them to be absent from home for 24 hours or longer.

Families are entitled to be reimbursed for either the daily amount established by Treasury Board or the difference between the amount paid for dependent care during the absence and the amount normally paid for care, whichever is less.

The Caregiver Assistance Benefit may be available to ill and injured members of the CAF, who suffered permanent catastrophic impairment, temporary catastrophic impairment, or a non-catastrophic impairment in Afghanistan, and have a dependent child living with them.

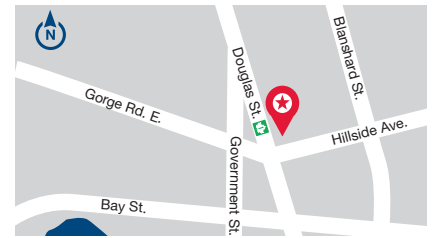
These military members can request reimbursement for child care payments or other caregiver expenses through their Integrated Personnel Support Centre.

To learn more about child care for military families, call or visit your local MFRC, visit FamilyForce.ca or contact the Family Information Line at 1-800-866-4546.

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The Triathlon of Compassion is a fund-raising event to support the Victoria Sexual Assault Centre.





Captain (Navy) Steve Waddell, Base Commander of CFB Esquimalt, and Victoria Mayor Lisa Helps took the salute from the dais at Centennial Square during the Victoria Day Parade.

**Left:** The Naden Band of the Royal Canadian Navy with a contingent from the United States Navy march past.

**Below:** The Canadian Scottish Regiment (Princess Mary's) Association Pipes and Drums Band march past.

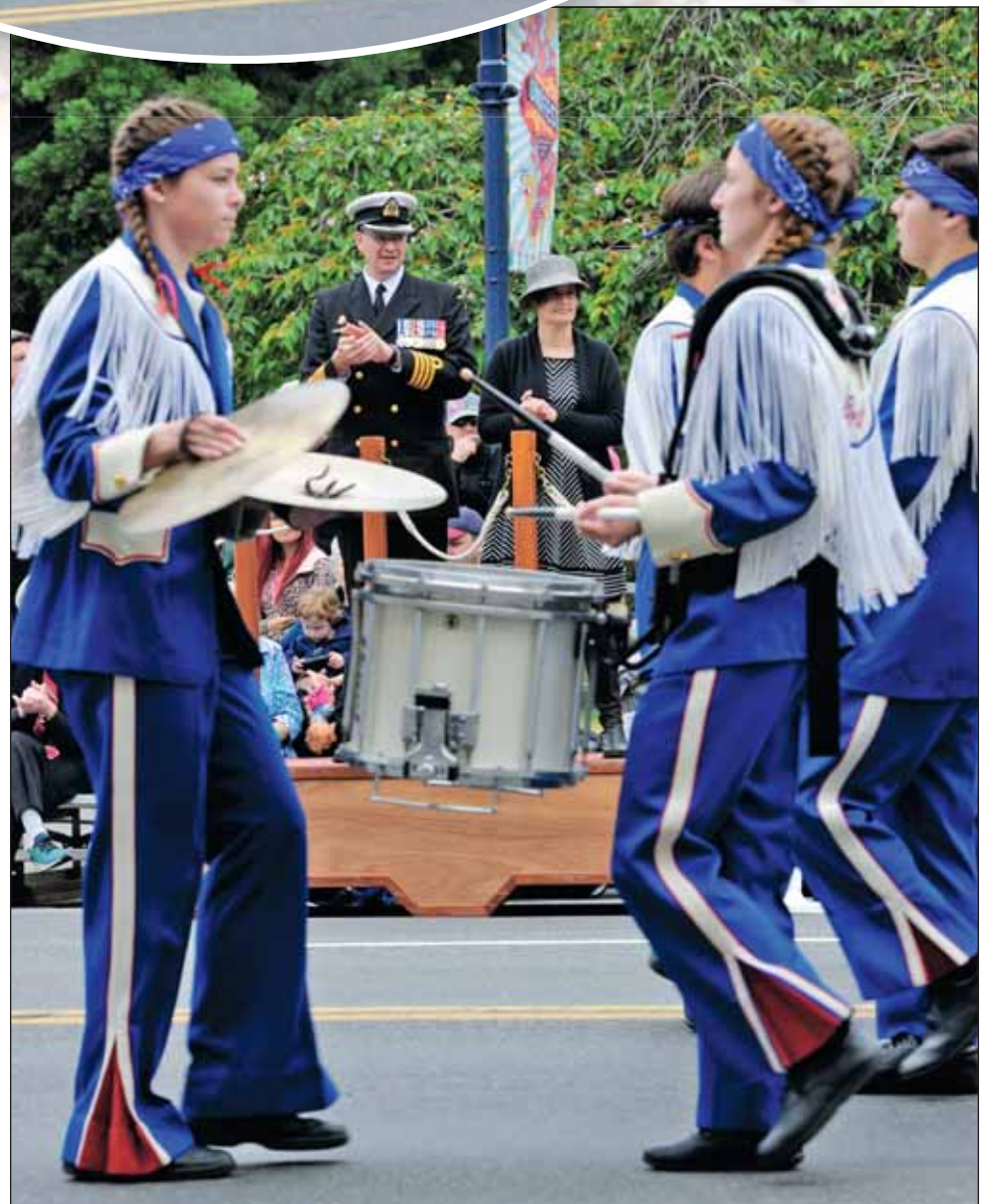
# Victoria Day Parade

Images by Ed Dixon, MARPAC Imaging Services



**Bottom left:** Members of the Pacific Region Navy League Cadets march past the reviewing stand.

**Bottom right:** Members of the Chimacum High School (Cowboys) Marching Band march past.





# THE POWER OF PHOTOS

## Imagery Technicians capture the moment



Cpl Michael Bastien, MARPAC Imaging Services

**Sonya Chwyl**  
MARPAC PA Office

Photographs can often capture a moment in a way that words cannot.

For the military, imagery is one way to connect with the public and tell the story of Canadian Armed Forces (CAF) missions and those of its members.

Behind the lens are a team of visual media specialists known as Imagery Technicians. These accomplished military photographers are responsible for collecting and processing pictures and video footage both at home and abroad.

At CFB Esquimalt, one Imagery Technician recently captured a historic moment with one click of the shutter. It was the first homecoming kiss between a returning sailor and his male partner.

That photo was widely shared on news sites and social media, and even made the number one spot on CBC's Ten Remarkable Kisses list.

Corporal Brent Kenny, the photographer who took the photo, never imagined it would receive so much attention.

"I didn't really think about the effect that picture would have," says Cpl Kenny. "The homecoming

kiss is a tradition, and I was just there to document that."

Beyond the loving moment, and the historic first, the photo demonstrated for the world Canada and its military's inclusivity.

"Sharing these images lets people in other countries know who we are – who Canada is," says Master Warrant Officer (MWO) Paula Tremblett, head of the Imaging Department at Maritime Forces Pacific. "It lets them see that this is a great place to serve your country, for everyone."

The CAF employs over 150 imagery technicians across the country. Like all professional photographers, taking the perfect picture is a combination of technical proficiency, talent and luck.

"You can spend your time setting up to try and get what you think will be the right shot, but that doesn't mean it'll be any good," says MWO Tremblett. "It's all about being in the right place at the right time, and knowing when to pick up your camera."

When everything lines up just right, a well-timed shot has the power to give viewers a personal connection to the subject matter.

MWO Tremblett says working as an imagery technician is a coveted position.

On average, there are only a handful of new openings every year, with more applicants than available spaces. Successful applicants who don't have a degree or diploma in photography must complete a rigorous training course that lasts about eight months. They are then posted to an imaging section to gain hands-on experience and expand their newly acquired skills.

For all the work that goes into gathering images in the field, even more goes on behind the scenes.

In addition to undergoing colour correction and other photo editing, all images must be labelled with detailed tags and descriptions – known as metadata – that make them easy to store and retrieve at a moment's notice. For imagery technicians, that means spending hours meticulously cataloguing every photo.

But MWO Tremblett says it's worth the effort.

"Images have huge historical importance. Anybody can take a picture, but it's not easy to say if those images will be remembered down the road."

By cataloguing each photo imagery technicians are adding to a thorough database that will help preserve the CAF's history for years to come.



Cpl Brent Kenny, MARPAC Imaging Services



MCpl Michael Bastien, MARPAC Imaging Services



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**June 17th - Summer Solstice Party**

**June 24th - Live Music**

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**June 29th - PAINTNITE!**

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**June 26th -  
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# Military Police take the LEAD

**Rachel Lallouz**  
Staff Writer

Grade Four students gathered around Leading Seaman Andrée Noye at École John Stubbs Memorial School March 25, as the military police officer briefed them on teamwork and positive communication.

LS Noye, school liaison officer, discussed the WITS LEADS program, which teaches children in Grade 4 and above five problem solving strategies to deal with conflict.

Over and above the WITS program that provides strategies to deal with bullies - Walk away, Ignore, Talk it out, or Seek help -, the LEADS program involves Look and listen, Explore points of view, Act, Did it work? and Seek help.

"My role at the school allows me to have a positive presence in the community with the children," she says. "It really adds to the prevention aspect of our job, and that's part of policing. If, from the beginning, we can help kids develop a positive outlook, they may be less inclined to resort to using violence to resolve their issues."

"I think that having an actual officer in the class to talk about these issues allows the messages to resonate better," she adds.

Other topics she covered include drug use, cyber safety and anti-bullying.

To start this particular LEADS class, LS Noye warmed students up on the school's field with exercises. The class was then separated into two teams. Each group was given a large stuffed lion and was challenged to pass the lion around their circle without using their hands.

"I tried to emphasize developing their problem solving skills," says LS Noye. "And I went for a kinesiology based approach that allowed the kids to be active outdoors."

The class was then split into groups of three, with

each group given a plastic Hawaiian lei. Teams had to fit a part of each person inside the small lei. In order to do this successfully the children had to communicate to others on their team.

"I learned that I should never judge anyone based on how they communicate," says student Paulina Maizik.

The final activity required students to divide into small teams, hold onto each other's shoulders, and pretend they were single cars driving on a road. In order to speed up, slow down, and stop, the "cars" they had to work together to drive themselves around the field.

***I learned that I  
should never judge  
anyone based on  
how they  
communicate.***

-Paulina Maizik,  
Student

"The activity helped students understand the importance of paying attention to the body language of others," says LS Noye, who wrapped up the LEADS class with a debrief on respect and positive communication.

LS Noye works closely with the teachers at John Stubbs and includes Prescribed Learning Objectives set out by the Ministry of Education in her lessons. Her ultimate goal is to make it easier for teachers to incorporate the WITS and LEADS programs into their classrooms and know they can rely on a solid liaison program, says LS Noye.

"Military Police Unit Esquimalt are expanding their community relations and are further developing their prevention and education skills," says LS Noye. "The school supports me, I support them, and in the end, the kids are benefitting."



Rachel Lallouz, Lookout

**Above:** LS Andrée Noye encourages students to do push ups as part of the LEAD program.

**Below:** Fourth Grade students are challenged to fit themselves into a single hawaiian lei for a LEAD activity promoting teamwork.



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# Naden Band enthralls students at Whistler ConBrio Music Fest

**P02 Katrina Bligh**  
Naden Band

On the evening of April 23, the Naden Band of the Royal Canadian Navy performed two concerts for over 3,000 music students and teachers at the Whistler Conference Center, hosted by the Con Brio Festival.

The festival, now in its 17th year, features three days of non-competitive performing, grading and masterclasses for Wind Band, Orchestra and Choir students from all over Canada and the United States.

During the festival, the Commanding Officer of the Naden Band, Lt(N) Matthew Clark, adjudicated multiple wind ensemble performances and instructed several masterclasses and workshops.

The concerts on Saturday night were the highlight for the visiting students. Due to the venue being unable to accommodate over 3,000 attendees, the same concert was given twice two hours apart for approximately 1,500 students and teachers.

Once the opening acts The Delisle Vocal Project and trombonist Christopher Bill finished their sets, the Naden Band took the stage.

Special guests University of Victoria Wind Ensemble conductor Dr. Gerald King; Con



The Naden Band of the Royal Canadian Navy performs at the Con Brio Festival in Whistler, BC.

Brio Director Douglas Macaulay; Director of Bands at Pacific University, Oregon, and the former United States Navy senior bandmaster Dr. Michael Burch-Pesses; saxophone soloist Dr. Julia Nolan; singer Marcus Mosely; and Canadian composer Robert Buckley joined the Band.

In addition, the Band was augmented by musicians of the Royal Canadian Artillery Band

from Edmonton and La Musique du Royal 22e Régiment from Quebec City.

"This concert is a wonderful opportunity to connect with students and educators in order to spread the good word of the Navy," said Lt(N) Clark. "I would also like to acknowledge the hard work and dedication of the fine musicians on stage, who give their all each and every

time they put on the uniform. The students going home will treasure this memory for years to come."

The performances were met with rapturous aplomb and standing ovations. Despite the feeling of euphoria, this was a bittersweet moment for Lt(N) Clark, as the concert marked the last time he will conduct the full Naden Band before his posting

to the Royal Canadian Air Force Band in Winnipeg later this summer.

"It has been the greatest honour to lead and conduct this world-class ensemble during my tenure as Commanding Officer. As I move forward in my career, I look forward to hearing of the continued greatness and consummate professionalism your Naden Band is renowned for."

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## SISIP specialist shares expertise

**Shannon Childs**  
SISIP Financial

Pierre Goulet, SISIP Financials Associate Vice-President of Client Services Delivery, visited CFB Esquimalt Wednesday May 18.

In continuation of the "Wealthy Barber Tour", Goulet promoted the *Wealthy Barber Returns*, written by David Chilton.

The presentation took place at the Pacific Fleet Club in CFB Esquimalt. Participants wanting to gain awareness on financial education while enjoying a free lunch attended the event.

Goulet gave an engaging presentation that taught simple savings techniques with easy to follow strategies and financial tips.

He conveyed the "live within your means" concept. Learning how to budget and when to say "I can't afford it" will guide military members to their desired goal, he explained.

And he touched on paying yourself first. For military members, the six per cent pension allocation from each pay is one approach; the other is taking one percent of your pay and putting it into a savings account.

Each attendee also received a copy of the *Wealthy Barber Returns* and a chance to win \$250 towards a CAF Savings plan. The plan allows for a direct pay allotment withdrawal option for Regular Force members, or pre-authorized contribution for released and Reserve Force members.

The CAF savings plan is perfect for emergency savings, saving for a home, replacing severance loss or reaching that big ticket dream such as purchasing a boat, vacation or new car.

For those not aware of SISIP services, they provide life insurance, financial planning and financial counseling.

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# June is Recreation Month: This is my therapy

Speeding down a bike trail under sunny skies, with the day's stressful moments melting away is Lt(N) Aaron Bradley's recreation "therapy".

The notion of recreation therapy is the theme for this year's Personnel Support Programs' (PSP) June is Recreation Month. "This is my therapy" highlights how recreational activities restore and better prepare a person for the challenges ahead.

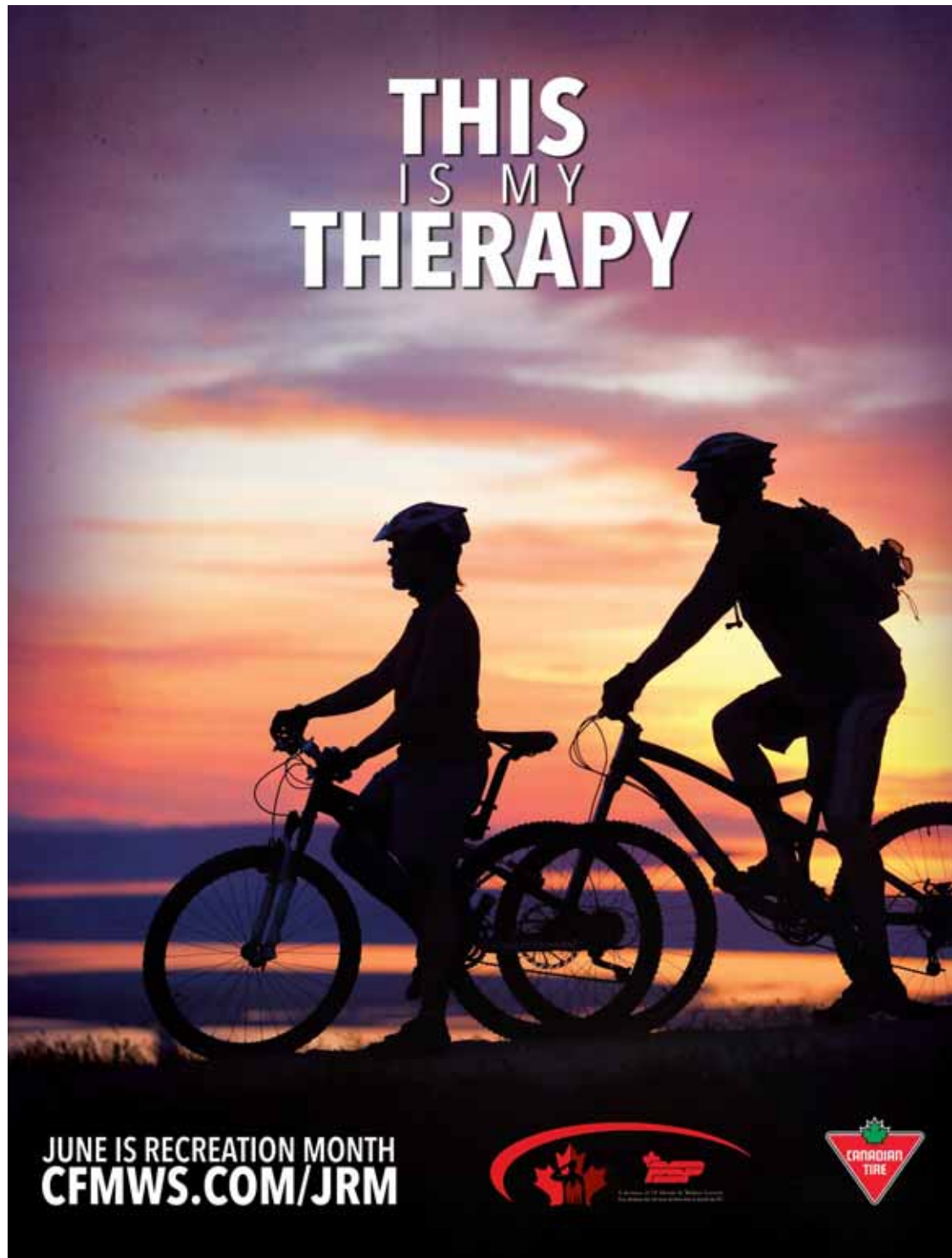
"Cycling is a getaway. Time spent in the saddle is stress-free time that can be used for reflection," Lt(N) Bradley says. "Besides physical strength, cycling will increase your mental toughness which will naturally transfer to other areas of your life."

Recreation programming has special value for military personnel functioning in a technically oriented force. A well-balanced program helps to maintain total fitness, a state of well-being that includes the physical, emotional, intellectual, social and spiritual health of the individual.

For Canadian Armed Forces (CAF) family members of all ages, postings, deployments, careers, and hectic family schedules can lead to periods of stress. Road to Mental Readiness (R2MR) training advises that engaging in things a person enjoys actually gives them more energy to manage stress. When under stress they often stop having fun due to a lack of time or a decreased interest or drive. However, during stressful times it is even more important to schedule positive activities in our day in order to effectively manage the demands in our life.

"By recharging with physical activity and community programs, CAF members and their families help protect their physical and mental health," says Col Andrew Downes, Director of Mental Health. "Scheduling fun, recreational activities into our day can help us to effectively manage the stressful demands in our lives."

For Lt (N) Bradley, hitting the road on his bike three times a week is a priority on



his schedule. As a youth, he was a runner and swimmer, so he added cycling to his recreation routine with the goal of

trying a triathlon.

"I have competed in triathlons, road racing, and most recently cyclo-cross," Lt(N)

Bradley says. "Anytime you reach a goal you get a feeling of accomplishment and cycling is no exception. Whether it's finishing your first Century (100 mile ride) or winning your first race, each goal completed will leave you thirsting for more!"

To learn more about community recreation and to enter the June is Recreation Month contest, visit [cfmws.com/JRM](http://cfmws.com/JRM).

***Scheduling fun, recreational activities into our day can help us to effectively manage the stressful demands in our lives.***

Col Andrew Downes,  
Director of Mental Health

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## Pacific Fleet awards and promotions

### Fleet School



PO1 Alan MacMillan is promoted to CPO2 by LCdr Paul Lahay and Cdr Ed Hooper, Commandant Canadian Forces Fleet School Esquimalt.

### Base Logistics



LS Ashley Taylor is promoted to her current rank by Cdr Jeffrey Watkins, Commanding Officer Base Logistics, and Lt(N) Rebecca MacDonald, OpsO, Base Logistics.

### HMCS Vancouver



LCdr Sebastien Fleury is promoted to his current rank by Cdr Clive Butler.



SLt Jason Bates is promoted to his new rank by Cdr Hooper.



MWO Joseph McDonald is presented the second clasp to his Canadian Forces Decoration from Cdr Watkins, Commanding Officer Base Logistics, and CPO2 Paul O'Keefe, Logistics Branch Chief.



LCdr David Smith is promoted to his current rank by Cdr Butler.



PO1 Michael Trahan is promoted to PO1 by Cdr Hooper and LCdr LaHay.



Rodney Wood is presented his 15 year Long Service Award from Cdr Watkins, Commanding Officer Base Logistics.



MS Matthew Denis is appointed to his current rank by Cdr Butler.

**Recognize the members of your unit.  
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Email your photos with captions, including full names and ranks, to [melissa.atkinson@forces.gc.ca](mailto:melissa.atkinson@forces.gc.ca). Deadline is Wednesday for the following week's edition.





## New Zealand sailors promoted

Images by LS Ogle Henry, MARPAC Imaging Services



Able Marine Technician Quaid Hunwick from the Royal New Zealand Navy is promoted to his current rank by Rear Admiral Gilles Couturier, Commander of Maritime Forces Pacific/Joint Task Force (Pacific) and Chief Petty Officer First Class Mike Feltham, Formation Chief Petty Officer.



Able Marine Technician Jonathon Holder from the Royal New Zealand Navy is promoted to his current rank by Rear Admiral Couturier and CPO1 Feltham.



SLt InSik Chung is promoted to Lt(N) by Capt(N) Chris Earl, Commanding Officer of Fleet Maintenance Facility Cape Breton. Helping with the promotion is Lt(N) Chung's wife Cpl Keumhee Bae.



MS Tristan Adams is appointed to his current rank by LCol Regan Legassie and Capt Nicole McConnell in Naval Personnel Training Group HQ.



Lieutenant (Navy) Dominic Lesieur is promoted to his current rank by Commander Jon Hutchinson (left), Commanding Officer of HMCS Winnipeg, and Lt(N) Darko Dimitrievski.

Image by  
MCpl Michael Bastien,  
MARPA Imaging Services

## Buccaneer Days fundraises for Tour de Rock



**Left to right:** Buccaneer Days co-chair Bill Emery; Anne Carrelli, Tour de Rock guest rider; LS Andree Noye, MP Tour de Rock rider; and Buccaneer Days co-chair Robert McKie celebrate the kick off of the Tour de Rock at the Buccaneer Days Dunk-A-Cop tank. The co-chairs donated \$500 to the Cops for Cancer Tour de Rock. In the dunk tank is MCpl Joanne Lyster from CFNIS.



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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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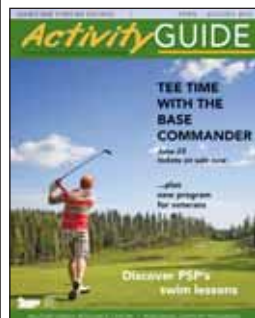
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### VOLUNTEER

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 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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2016

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