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Volume 62 Number 2 | January 16, 2017

# LOOKOUT

**MARPAC NEWS** CFB Esquimalt, Victoria, B.C.

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Cpl Blaine Sewell, Formation Imaging Services  
Celebrity chef Vikram Vij (centre) and the cooks on board HMCS Charlottetown pose for a photo after preparing supper for the ship's crew during Operation Reassurance, Dec. 17, 2016. The chef spent a few days in the warship and cooked his famous chicken curry, as well as coconut curry with vegetables for vegetarians and lactose-intolerant diners. Charlottetown and crew returned to their homeport of CFB Halifax on Friday, Jan. 13 after a seven-month deployment.

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# Labelling program at CANEX highlights healthy choices

**Peter Mallett**  
Staff Writer

A new food labelling initiative designed to assist Canadian Armed Forces personnel in making healthier food choices when shopping at CANEX stores across the country has been launched.

Canada's military store teamed up with the Health Promotion wing of Personnel Support Programs (PSP) for the kickoff of its BeneFit program; at CFB Esquimalt Base Commander Capt(N) Steve Waddell launched the program Jan. 11.

The BeneFit labelling system helps customers determine a food product's nutritional value based on protein, fibre, vitamins, calcium, calories, sodium and fat.

"Having healthy food options has always been a big concern of military members and others who work here at the base, and this latest initiative is a step in the right direction," said Esquimalt CANEX Manager Sara Johnson.

BeneFit was developed by PSP Health Promotion dietitians Renée Racine, who works at CFB Galetown, and Julie Riopel-Meunier of CFB Valcartier, and employs a points system to identify healthier options. It's all part of an effort to help CANEX shoppers quickly and easily identify the nutritional value of foods and beverages sold on store shelves and vending machines. Foods that meet the nutritional requirements have the BeneFit logo affixed to them or the shelves.

The program is based on a similar initiative initiated by PSP staff in 2014 in the lunchroom of the Canadian Forces Leadership and Recruitment School at the Saint-Jean Garrison in Saint-Jean-sur-Richelieu, Quebec, says Michael Spivock, Senior Manager of Health Promotion Delivery with Canadian Forces Morale and Welfare Services (CFMWS).

"Health Promotion staff noticed diners were really a captive audience to the marketers of unhealthy products in their own lunch room, but were eventually able to obtain 100 percent healthy food in their vending machine based on collaboration with national vending machine company Ventrex," says Spivock. "And based on this development, the idea for BeneFit was hatched."

Spivock says the BeneFit program gives CAF members



Photo: Peter Mallett, Lookout Newspaper

**Capt(N) Steve Waddell and CPO1 Gino Spinelli joined CANEX staff Tracy Horner and Sara Johnson, and Health Promotion's Allie Jones in handing out healthy food choices to patrons of Naden's CANEX outlet Jan. 11. The food items are now labelled with "Benefit" identifiers as part of a new healthy food program at the retail store.**

objective, evidence-based information to make healthy choices. It also helps CANEX shoppers avoid the false health claims on the labels of some food products.

"It is not uncommon to see products in today's world that have become victims of 'health washing' where marketers will tout one very small benefit to make their product look healthy, and shoppers are often faced with a retail environment that is not necessarily conducive to that healthy lifestyle they are seeking," said Spivock.

To address this problem, PSP dietitians broke down food sold at CANEX stores across Canada into 27 categories, from salty snacks such as chips and nuts, to carbonated beverages, yogurt, cereal and energy bars.

They assessed the ingredients in the products from fats, sodium, fibre, sugar content and protein. Foods determined by the dietitians to be healthy options scored higher points totals and will have the BeneFit logo affixed to shelves and displays.

Johnson pointed to a lineup of about a dozen products sold in the Esquimalt store that have the logo affixed to them, but said other products in the store will be categorized and labelled in the coming days and weeks ahead.



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challenges and barriers often associated with taking on a lifestyle change.

This program is open to any military member, spouse, or DND employee. The program is filling up fast so don't wait, take the first step toward an empowered you.

To LEARN more about this program or to register please contact Lyndal Greig [Lyndal.Greig@forces.gc.ca](mailto:Lyndal.Greig@forces.gc.ca) or by phone 250-363-4372.



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# Rock hazard shored up for now

**Peter Mallett**  
Staff Writer

Emergency repairs have been made to the face of a steep cliff that towers above Fleet Diving Unit (FDU) in Colwood to reduce the threat of a rock slide.

Repairs were necessary after FDU personnel witnessed a large mass of rock dislodge sending smaller rock cascading down the slope to the ground below in September.

While no one was injured, the incident forced the temporary closure of building C-39, which houses FDU's primary recompression chamber.

"It was a completely unexpected event. If the entire piece of rock had fallen off the slope the potential for massive damage to the buildings below was very high,"

said OCdt John Hufnagel, Real Property Operations Section (Esquimalt) project manager. "There was a risk of more masses of rock coming off the slope and the big concern, and worst-case-scenario, would be a large slope failure."

In 2006 geotechnical surveys determined cracks on the 200-foot-high bluff that intersects the DND property were gradually widening. That led to buildings 39, 64 and 2 being categorized as "evacuated" meaning they were no longer usable permanent work spaces and could only be used for short periods of time or as a storage space.

Shortly after the survey, a regular geological monitoring program of the bluff started.

Following the September rock slide, a geotechnical engineer determined an immediate fix to the

problem was required. The temporary solution involved Earthworks contractors applying two applications of shotcrete to stabilize the rocks. Then the installation of a lock block wall at the base of the bluff to act as an extra line of defence against falling rocks.

The work was completed in late November and after a final report by the engineer Real Property Operations determined the buildings below the rock face could reopen again for "use as needed" but would keep their evacuated status.

OCdt Hufnagel said several factors could hasten rocks coming loose again, or a full-scale slide, such as water penetration and related freezing and thawing, earthquakes, and blasting or severe vibrations from heavy equipment working on construction

projects in the area.

He says a rockslide threat remains an ongoing concern and Real Property Operations is currently preparing to tender another contract to achieve a more permanent solution.

This will involve scaling back the loose rock surface using hand tools, ropes, harnesses and lifts. The stabilization process would also involve contractors anchoring and overlaying a sturdy wire mesh over the face of the cliff to contain loose rocks, or slow their momentum. OCdt Hufnagel said both measures will greatly reduce the risk of a slope failure occurring.

In the coming weeks Real Property Operations will begin the tendering process for the project, accepting bids from geotechnical contractors. Work is expected to begin shortly after the contract is awarded.



Real Property Operations Unit (Pacific)  
Contractors work to repair rocks that came loose on a cliff located steps away from the Fleet Diving Unit's Building 39 in Colwood.

## Charlottetown air detachment home

**Capt Sylvain Rousseau**  
PAO 12 Wing Shearwater

A CH124 Sea King helicopter and air detachment from 443 Maritime Helicopter (MH) Squadron, including personnel from 423 MH Squadron, arrived at 12 Wing Shearwater on Jan. 11 after a seven-month deployment in the Mediterranean Sea.

While 443 (MH) Squadron is part of 12 Wing on the east coast, its home base is in Patricia Bay, British Columbia, and it receives administrative support from CFB Esquimalt.

"I am extremely proud of each and every member of our air detachment. Their achievements over the last several months validate the training, hard work, and the seamless collaboration and support from both CFB Esquimalt and 12 Wing Shearwater. The crew has earned a very warm

homecoming and happy reunion with their friends and family," said Lieutenant-Colonel Shawn Williamson, 443 MH Squadron Commanding Officer.

On June 29, 2016, the CH124 Sea King helicopter and air detachment from 443 Maritime Helicopter Squadron from the Pacific fleet deployed with HMCS Charlottetown to join Standing NATO Maritime Group 2 (SNMG2), which is a multinational, integrated maritime force made up of vessels from various Allied countries.

The Canadian Armed Forces has deployed personnel in Central and Eastern Europe as part of NATO assurance and deterrence measures. During this operation, the air detachment conducted training, exercises, demonstrations, and assigned NATO tasks.

Charlottetown returned home Friday Jan. 13.

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**Jan 29th - Kids Movie**  
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**Feb 11th - UFC 208**  
Lewis vs Browne.  
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# matters of OPINION

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## WHAT SAY YOU

### People Talk

Lookout asked those attending the launch of the BeneFit Program at the CANEX outlet in Naden the following question:

*What is the healthiest food item or product that you eat the most and why is it such a big part of your diet?*



I eat a lot of salads with mixed greens in my diet and always keep them around the house because I have a pet rabbit that eats them too.

**Karen Kelly,**  
**CANEX Department Manager**



Melons of all kinds, Cantaloupes and Honeydew melons especially because they are readily available at grocery stores and have a great many digestive benefits.

**Wade Walters,**  
**SISIP Financial Esquimalt Manager**



I eat a salad with dressing and also eat fruit salad with yogurt every day for my meals at work because it's healthy and gives me lots of energy.

**Tracey Horner,**  
**CANEX Invoice Clerk**



Baked kale chips because they are a healthy snack alternative for me instead of chips when I'm at home and watching movies.

**Alli Jones,**  
**PSP Health Promotion**

Township of  
**ESQUIMALT**

## Esquimalt Road Urban Design Guidelines

### OPEN HOUSE OPPORTUNITY AT ESQUIMALT MUNICIPAL HALL

**When:** 4:00-7:00 p.m., Wednesday, January 18, 2017

**Where:** Council Chambers, Esquimalt Municipal Hall,  
1229 Esquimalt Road

The Township of Esquimalt has begun work on preparing Urban Design Guidelines for Esquimalt Road. This project forms a key part of the Township's Economic Development Strategy and Official Community Plan Review.

The Township's consultants have identified a number of issues and opportunities in the corridor, and you are invited to view the material and provide your input to the design team. The purpose of this Open House is to receive early input to the design guidelines process, rather than feedback on any specific proposals.

Please drop by the Open House and talk to any of the project team members. A comment sheet/questionnaire will be available for you to submit written comments, and an online questionnaire will also be available at [www.esquimalt.ca/roaddesign](http://www.esquimalt.ca/roaddesign).

#### For more information, please contact:

Bill Brown, Director of Development Services  
Township of Esquimalt  
Tel: 250 414-7146  
Email: [bill.brown@esquimalt.ca](mailto:bill.brown@esquimalt.ca)

Capital Regional District



### To Work Point Residential Housing Unit residents:

Dear Resident

### RE: Open House: McLoughlin Point Wastewater Treatment Plant

We invite you to attend an open house to learn more about the Wastewater Treatment Plant at McLoughlin Point and the Core Area Wastewater Treatment Project. Representatives from both the Capital Regional District and Harbour Resource Partners will be in attendance. This Open House will be an opportunity for Work Point Residential Housing Unit residents to engage one-on-one with project team members and learn more about the project.

Meeting details:

**Date:** Wednesday, January 18, 2017

**Time:** 1700-1900

**Location:** Work Point, Gun Room

Sincerely,  
Dave Clancy  
Project Director  
Core Area Wastewater Treatment Project

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- Royal Roads University
- Royal Military College of Canada
- Sprott Shaw
- University of Manitoba
- UVic, Division of Continuing Studies
- University of Athabasca
- VIMA - Vancouver Island Montessori Association
- Victoria College of Art
- Westshore Centre for Learning and Training
- West Coast College of Massage Therapy

### HEALTH AND WELLNESS

- Body Logic Clinic NEW!
- BC Schizophrenia Society of Victoria
- BC Responsible and Problem Gambling Program
- Big Brothers and Big Sisters
- Bridges for Women Society
- Canadian Diabetes Association
- Edgewood Health Network NEW!
- Do Terra Essential Oils
- Dream Maker Dance Studio NEW!
- EAP
- Fort Street Cycle
- Float House Victoria- Floatation Therapy NEW!
- Greater Victoria Bike to Work Society

- Health Promotion
- Hearing Life Canada
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- Michael Walsh Addiction Recovery Solutions NEW!
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- Saanich Volunteer Services Society
- Sunshine Coast Health Centre (Sponsor!)
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- USANA Health Sciences
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- Aquarius Dive Club
- CF Golf Club
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- BPSO
- CHRSC (P) - LCC
- (DND) Employment Equity
- BC/Yukon Command of the Royal Canadian Legion

### SPORTS AND FITNESS

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## Mandatory registration for France Vimy 100 ceremony

*Canadians must register  
online no later than Feb. 28  
to attend France ceremony*

**Veterans Affairs  
Canada**

Canadians planning to travel to France to attend the Government of Canada commemorative ceremony marking the 100th anniversary of the First World War and the Battle of Vimy Ridge on April 9, at Canadian National Vimy Memorial must register online by Feb. 28.

Safety and security are paramount to this ceremony, therefore registration is mandatory. If you do not register in advance, you will be denied access to the site. Attendees will need to provide a printed copy of their official e-ticket and government-issued photo identification, such as a passport or driver's license, on the day of the event.

To register, please follow the instructions found at: [www.veterans.gc.ca](http://www.veterans.gc.ca).

If you have questions about the registration process, please email VAC. Vimy2017.ACC@vac-acc.gc.ca.

An official Government of Canada delegation will travel to France to attend ceremonies and events during the week of April 5-12. Event information will be added to the Veterans

Affairs Canada website as details are confirmed.

There will be site restrictions between April 1 and 10 at the Canadian National Vimy Memorial due to event preparations. Visitors should note the site will be closed April 6 to 9. The site will reopen on April 10 at 9 a.m. with restricted access.

For more information about the commemorative events, please visit [Canada.ca/vimy-100](http://Canada.ca/vimy-100)

For information about travelling to France, please visit Global Affairs Canada's Travel Advice and Advisories page for France.

Share your thoughts at [facebook.com/CanadaRemembers](https://facebook.com/CanadaRemembers).

### About Vimy

Part of the broader Arras offensive, the Battle of Vimy Ridge began on the morning of April 9, 1917. The four-day battle was the first time all four divisions of the Canadian Corps fought together as one formation. The Canadian victory at Vimy Ridge is considered to be a defining moment for Canada.

The Canadian National Vimy Memorial commemorates all Canadians who fought in the First World War, and remembers by name 11,285 Canadian soldiers killed in France, whose final resting places were unknown.

## Releasing after 25 years? Make sure you have the right end date

**DND**

Have you served enough days to get an immediate pension? Know what is required before you release to ensure there are no surprises?

If you are counting on a pension because you have 25 years of CAF service, note that you must have 9,131 days of CAF service at release.

In many cases, members go on leave without pay (LWOP) following enrolment into the CAF to accommodate for the time between their enrolment date and when they report for training. This type of LWOP is not considered days of CAF service.

For example, if you enrolled on Jan. 15, 2015, and took LWOP for four days (January 15 - 18), you would not qualify until Jan. 18, 2040.

Only periods of LWOP for maternity or parental reasons are days of CAF service.

There are other ways you might be eligible for an immediate pension if you don't have enough service, check out the CAF Pension website, [www.tpsgc-pwgsc.gc.ca/fac-caf/accueil-home-eng.html](http://www.tpsgc-pwgsc.gc.ca/fac-caf/accueil-home-eng.html) to find out more.

If you are planning on retiring, contact the Pension Centre at Public Services and Procurement Canada (PSPC) toll free at 18002670325 or access their pension information on-line, [www.tpsgc-pwgsc.gc.ca/fac-caf/accueil-home-eng.html](http://www.tpsgc-pwgsc.gc.ca/fac-caf/accueil-home-eng.html).

Making sure you have the right end date is easy and can save you a lot of trouble when you release. Use the resources available to you, act now, and ensure a smooth start to life after the Forces.

For more information, please see CANFORGEN 203/16 CMP 093/16 010924Z NOV 16

Units may also send pension questions to Directorate Pensions and Social Programs (++Pension Liaison - Liaison Pension@CMP DPSP@Ottawa-Hull) as they cannot contact the Pension Centre directly on a member's file.



# New documentary on PTSD goes beyond the trauma

**Peter Mallett**  
Staff Writer

A new documentary focusing on the impact of Post-Traumatic Stress Disorder (PTSD) outside of military circles will make its world broadcast premier on CBC's *The Nature of Things* this week.

*PTSD: Beyond Trauma* will air on the public broadcaster's documentary program on Jan. 19 at 8 p.m. The film is written and directed by award-winning Patrick Reed (*Guantanamo's Child: Omar Khadr* and *Fight Like Soldiers Die Like Children, Triage*) and produced by the independent Canadian TV and film production company White Pine Pictures.

His latest work covers such topics as the PTSD research and the search for a cure, new treatments available, patient recovery, the daily struggles of the diagnosed, and effects of PTSD-related medication.

"Most Canadians have never gone to war or lived through genocide," said Reed. "But many know people who struggle with traumatic memories, friends and family who often suffer in silence – whether out of guilt or a belief that PTSD somehow only affects the military or humanitarians, or other 'exceptional' people."

Reed admits to having a personal connection to the disease through a family member. His father was involved in a bus crash near Syracuse,

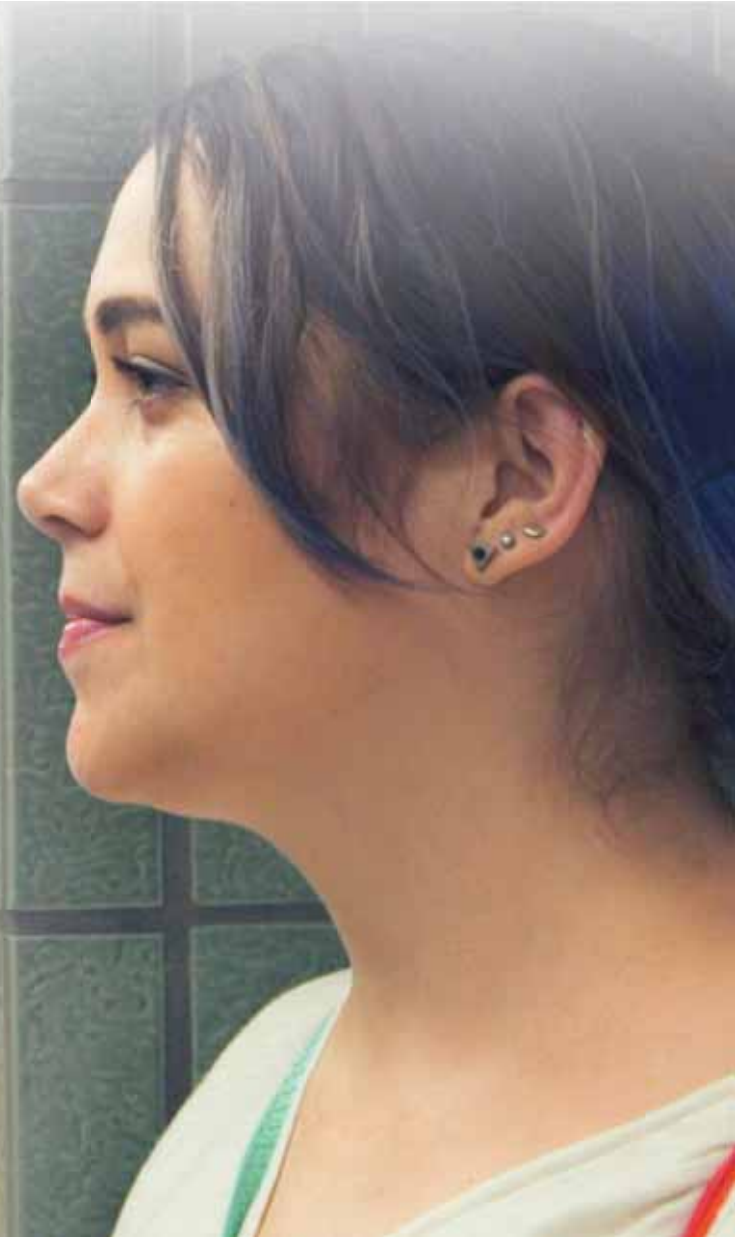
N.Y., that killed four people. Both of Reed's parents were riding in the bus, his mother recovered in time from her physical injuries, and his father was diagnosed with PTSD. Eventually after seeking treatment his symptoms subsided.

"PTSD hits more civilians than soldiers, and more women than men," said Reed. "It manifests itself with a dizzying range of symptoms, from flashbacks and nightmares to aggression and depression."

One of the subjects in *PTSD: Beyond Trauma* is retired Canadian Armed Forces member Stephen O'Brien who did tours in Bosnia and Afghanistan and was diagnosed with PTSD. Other interview subjects include Ute Lawrence and Stan Fisher, a couple trapped in the wreckage of an 87 vehicle pile-up near Windsor, Ont., in 1999, who walked away from the accident physically unharmed but still suffers from the nightmares of a crash that killed eight and injured 33.

Those who are suffering from the memories of more recent incidents include Max Guiolet, who was caught in the November 2015 terrorist attacks in Paris. Guiolet claims the drug Propranolol, a beta-blocker, has been his miracle cure.

The documentary also focuses on groundbreaking research and new treatments and brings together researchers and clinical psychologists from McGill University and Western University among others.





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# Full Steam Ahead

## No retirement in site for oldest crane barge

**Peter Mallett**  
Staff Writer

One of the oldest steam-powered crane barges in Canada resides at CFB Esquimalt, and this year it celebrates 60 years of service.

YD 250 is part of the Royal Canadian Navy (RCN) Auxiliary Fleet on the west coast, and while many barges of its kind have been converted to diesel power or tossed in the salvage yard, this 1957 barge continues to move entirely on steam power, the same technology used in the Titanic.

On the main deck of the vessel's stern is the massive 400 horse power, Scotch Marine, single return-flue, fire-tubed boiler that creates the steam.

The boiler, along with the machinery room, boom and winches, is original, which, according to Bargemaster Shawn Taylor, makes YD 250 an intricate living, floating, working museum, and an engineering marvel that pays tribute to a bygone era when steam modernized the world.

"It shocks people when they realize this crane barge is still up and running," says Taylor, the barge's commander, a marine engineer with over 31 years of experience. "But we have kept this vessel in excellent shape and the crew is very proud of what they do."

A vessel this old does require a fair amount of maintenance, and the six civilian crewmembers spend about 40 per cent of their time inspecting, tweaking, and repairing the barge.

In September 2016 Dyan Day and two other crewmembers donned full HAZMAT onesies and respirators to clean out the sooty boiler.

***We have kept this vessel in excellent shape and the crew is very proud of what they do."***

Shawn Taylor, Barge Master

The boiler is ignited by a fine spray of diesel fuel into the boiler's injector tubes that in turn helps light the furnace, heat the water, and provide steam to turn the engines to get the barge and its equipment moving. The annual four-week shutdown allowed for a thorough cleaning. Armed with giant steel brushes they undertook the dirty, labour-intensive task of removing all the oxides built up on the walls and tubes of the boiler.

"It's really gruelling physical work. The first week when we clean, punching tubes is the hardest part, but ensures the systems perform properly and safely," says Day.

"It's a full body workout – it works our shoulders, arms, triceps and biceps, and we get soaked in sweat while doing it. We are proud of this work and it's shown in the way the barge looks, and it's a testament to how well she runs too."

The boiler has a water capacity of 10,350 litres and provides 185 PSI (pound force per square inch) of pressure to operate the intricate system of engines onboard. The boiler also enables YD 250 to flex its mechanical muscle power through its giant crane, which stands over 65 feet in the air and rests on a giant rotating turntable located at the front of the main deck. It can stretch out over the water to hoist and move heavy items from the jetty.

Marine Engineer Mark Trotter operates the crane from a small windowed control room located on the vessel's upper deck. In order to operate the crane, Trotter manipulates nine stainless-steel levers that control a giant steam-powered engine located below him on the main deck.

As he pulls on a lever to lift a test weight attached to the crane's front, the giant engine below roars and belches steam as it pulls in the slack on the main hoist. As he pulls back on another lever, the giant engine emits a similar noise as the attached weight moves laterally to the right or left. Trotter is the first to admit the control room is a little "out of the ordinary" with

the control panel looking like something from an old-fashioned locomotive.

"It's a great job and I love operating the crane, but it also comes with a lot of responsibility and requires a great deal of physical and mental alertness," he says.

Part of that responsibility is staying in constant communication with the riggers - who work at the front of the barge - through a radio and a series of hand signals. Together, with the power of steam, they work to lift items weighing over 50 tonnes, including weapons, supplies and even aircraft.

One of the crew's primary jobs is testing the load-carrying devices on all of the ships in the Pacific Fleet, such as winches, pulleys and anchors. YD 250 is also used to install and maintain all seven of the RCN's maintenance buoys and moorings on the Pacific Coast, and is used to oversee replacement of sensors and electronic equipment at the Canadian Forces Maritime Experimental and Test Ranges (CFMETR) at Nanoose Bay.

As the barge transits the harbour and up as far as Nanoose Bay, the crew fuel and monitor the boiler and other working parts on the vessel to ensure they are functioning properly. As a failsafe backup, YD 250 has a duplicate for each one of its main engines and pumps, including generators to supply electrical power to the barge, air

compressors and GS, lift and fire-fighting, and bilge pumps.

Any work required is performed in the vessel's lower deck machinery room. Hard at work there is ex-navy Engineer Rob Warren who has worked in YD 250 for the past 15 years. He admits he has developed a strong personal attachment to the vessel.

"There have been many good times and also a few nightmarish ones because when you're dealing with an older machine it's a constant battle to keep it operational," says Warren.

YD 250 was one of four crane barges purchased by the RCN in the mid-1950s. A similar crane barge was operating in Halifax but is currently out of service. YD 250 remains operational and one of the main reasons for that, according to Taylor, is because it makes good financial sense.

"It's simply very cost-efficient to keep this crane running, whereas replacing it would cost many millions," said Taylor.

He estimates the barge is physically and structurally capable of providing at least another 15 years of service. He notes that a newer vessel just wouldn't have the same functionality or capabilities because stiff-legged derrick cranes and barges like it simply aren't built anymore.



Dyan Day lights a fire in the main furnace of the vessel's boiler.



Crane operator and chief engineer Marc Trotter operates the vessel's crane from the control room.



A view of the main engine that operates the crane barge's winches and boom located below the control room on the main deck of the vessel.



Dyan Day uses a giant metal pipe cleaner to remove oxides and soot from the Scotch Marine fire tube boiler aboard YD 250.

Photos: Peter Mallett, Lookout Newspaper



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**MWO (Ret'd) Bart Armstrong with British Columbia Lieutenant Governor Judith Guichon during a presentation of the Sovereign's Medal for Volunteers at Government House, Jan. 5.**

## Historian receives prestigious Sovereign's Medal for Volunteers

**Peter Mallett**  
Staff Writer

MWO (Ret'd) Bart Armstrong was among 30 people from Vancouver Island and the Lower Mainland to be presented the Sovereign's Medal for Volunteers.

Recipients were honoured in a Jan. 5 ceremony at Government House with LGov Judith Guichon presiding.

The medal recognizes exceptional achievement by Canadian volunteers in a wide range of fields across the country. It was presented to Armstrong and the other recipients on behalf of Canada's Governor General David Johnston by LGov Guichon.

Armstrong, the sole Canadian in the United-States based Medal of Honor Historical Society, has written and researched extensively about Canadians who fought in the American Civil War, the Spanish American War, the First and Second World War, Vietnam, Korea and the Philippines, and received the Medal of Honor.

Armstrong joined the Canadian Armed Forces Reserves in 1965 and retired in 1985 after serving with the Toronto Scottish (then the Princes Louise Fusiliers at Halifax) and the 11th Victoria Service Battalion.

"I was truly humbled by the honour of joining such an incredibly diversified and dedicated group of Canadians at this ceremony," said Armstrong. "When the Governor General makes these awards, and so many others, he or she perpetuates the highest level of good Canadian citizenship. This highest office teaches us that as we

walk through the streets of Canada and see problems it is our duty to fix them."

Other recipients of the award with ties to the military community included retired Second World War veteran Harry Hardy of Burnaby, who volunteers his time with the Tetra Society of North America, an organization that offers assistance to people with disabilities; Second World War nursing veteran Agnes Keegan who has volunteered with the Royal Canadian Army Cadet Corp in downtown Vancouver for over 35 years; Victoria's Thomas Martin who has held executive positions with numerous organizations including the Rotary Club of Victoria-Harbourside, which he founded, and the Queen's Own Rifles Association; and King Wan of Vancouver, who helped establish the Chinese Canadian Military Museum Society.

The Sovereign's Medal for Volunteers incorporates and replaces the former Governor General's Caring Canadian Award, created by former Governor General Roméo LeBlanc in 1995. The medal design symbolizes generosity and the action of caring, and features two intertwined hearts and a ribbon of blue, gold and red.

The new award was first announced in July 2015 as part of \$2.8-million effort by the government to update Canada's existing honours system, with its first group of recipients honoured in April 2016. The recipients are selected by The Chancellery of Honours, part of the Office of the Secretary to the Governor General which administers the program and receives nominations.



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## HMCS Regina



LS Allan is promoted to his current rank by LCdr Graham, HMCS Regina Executive Officer, and Lt(N) Marcouiller.



MS Blaney is promoted by Cdr Matthews, HMCS Regina Commanding Officer, and CPO2 Rasmussen, Logistics Chief.



# Local officer chosen for Invictus Games

**Peter Mallett**  
Staff Writer

Lt(N) Krista Seguin of Base Logistics has been chosen to represent Canada at the 2017 Invictus Games.

Lt(N) Seguin will compete in sitting volleyball and powerlifting (bench press) events next September in Toronto.

The Games' mission is to help wounded warriors on their journey to recovery through the power of adaptive sport competition, and will see 500 competitors from 17 nations compete in 12 sports.

Established by Prince Harry in 2014, the Invictus Games is the only international adaptive sporting event for wounded ill and injured active duty and veteran service members.

"Making the team has really given me a new outlook and something to shoot for," said Lt(N) Seguin. "I am energized, both physically and mentally. I look forward to planning my workouts every day. This has made a huge difference for my mental health and recovery."

Lt(N) Seguin, 27, had already been using the power of competitive sport to help her recover from a medical condition known as Compartment Syndrome that she developed in her right leg during basic training while attending Royal Military College (RMC) in 2007. Compartment Syndrome is a painful condition that puts pressure on muscles and joints. Complications that developed after corrective surgery caused permanent damage to her leg, which included a blood clotting issue that left playing sports challenging.

The diagnosis was a bitter pill to swallow for Lt(N) Seguin because sports was a huge part of her life. Growing up in Cornwall, Ontario, she played basketball and volleyball in high school and also competed on her school's track and field team in javelin, discus and shotput. She even represented RMC's varsity basketball team during her first year, but that changed with the illness and subsequent injury.

***This has made a huge difference for my mental health and recovery."***

Lt(N) Krista Seguin  
Invictus athlete

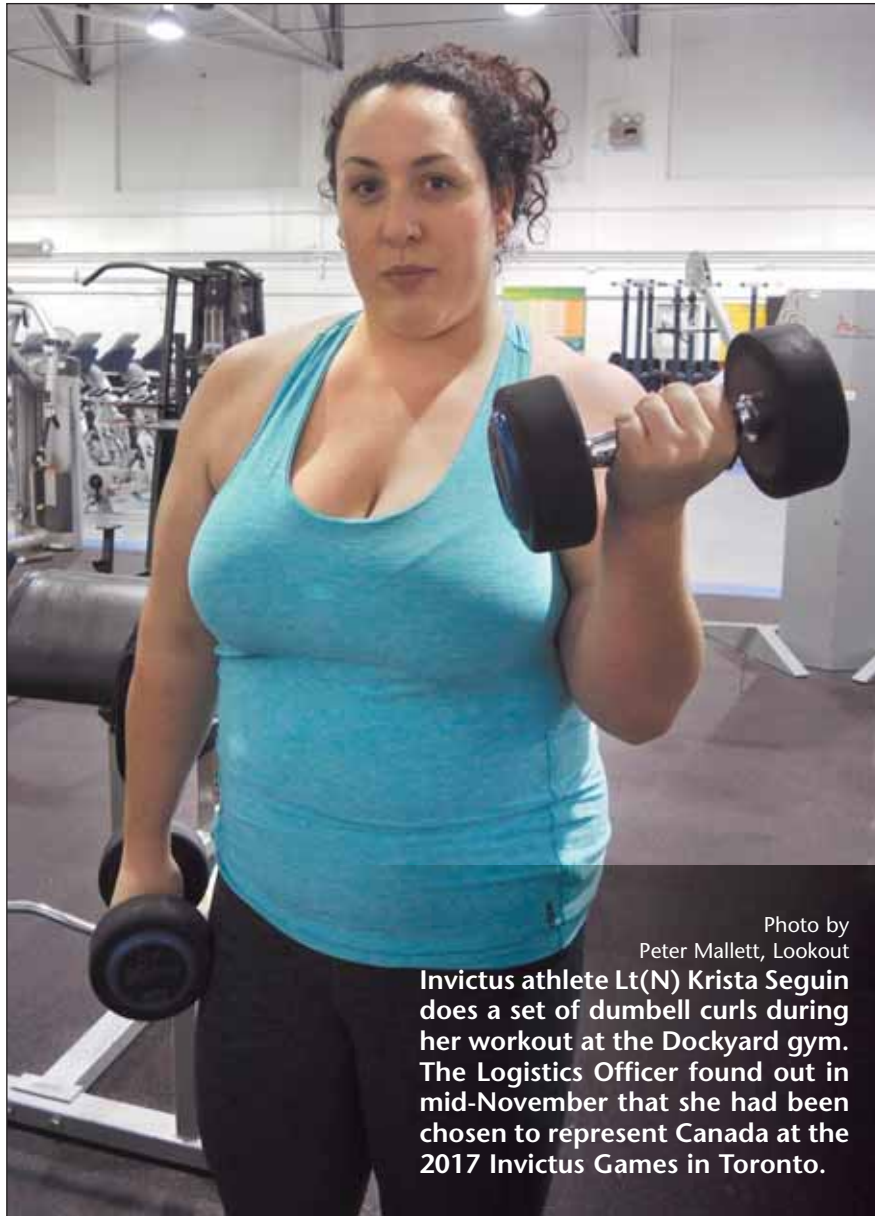


Photo by  
Peter Mallett, Lookout

Invictus athlete Lt(N) Krista Seguin does a set of dumbbell curls during her workout at the Dockyard gym. The Logistics Officer found out in mid-November that she had been chosen to represent Canada at the 2017 Invictus Games in Toronto.

"I thought I would never be able to play the sports I love again after I suffered my injury," said Lt(N) Seguin. "When I was a high school volleyball player I actually hoped and dreamed I would someday compete on the international stage. When the injury happened to me I thought I would never play again and became depressed."

She credits her friend and physiotherapist Capt Rebecca Wheaton-Sparkes with getting her back on track. Capt Wheaton-Sparkes has since moved on to 19 Wing Comox, but encouraged Lt(N) Seguin to return to the volleyball floor after she was first posted to the base in 2011. Lt(N) Seguin played three seasons for the Tritons women's volleyball team and even managed to capture a few single-game MVP awards until the pain in her leg gradually became too much. She has now taken over head coach

duties for the team.

Last year Capt Wheaton-Sparkes directed her to the Invictus Games and encouraged her to consider competing in the third edition of the Games.

"My reaction when I heard about the Games and learned what they were all about was 'cool' and then I started following the 2016 Games in Orlando," says Lt(N) Seguin.

She sent in her application back in May and heard the good news in the second week of November that she had been accepted.

"I am so proud and excited to represent Team Canada and it's given me a new lease on life," she says. "I will be meeting and competing against athletes from around the world, so I guess things have come full circle for me, and my high school dreams and aspirations of playing on the international stage are being realized."

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# Invictus Games launches sports psychology study

**Peter Mallett**  
Staff Writer

A study investigating the role of adaptive sport in the rehabilitation of current and former military has been launched by researchers at Dalhousie University ahead of the Invictus Games Toronto 2017.

Invictus Games officials announced their involvement in the research during the 7<sup>th</sup> Annual Military and Veteran Research Forum held in Vancouver in November.

They will fund the sports psychology study that will involve approximately 200 competitors and 30 family members.

Established by Prince Harry in 2014, the Invictus Games are the only international adaptive sport-

ing event for wounded, ill and injured active duty and veteran service members. The Toronto edition of the Games will be the first time Canada has hosted the event. It will bring together 550 competitors from 17 nations competing in 12 sports.

The study, conducted by Dalhousie University and the Canadian Institute for Military and Veteran Health Research (CIMVHR), will survey 200 Canadian and international competitors and ask a series of questions about their experiences in preparing for the games, during competition, and the long-term impact of the Games.

Researchers will then look for common trends in their responses in an effort to improve both policy and

program delivery for current and former military service members with illnesses and injuries.

Lead researcher Celina Shirazipour said the study will provide unparalleled opportunity to fill research gaps and allow for the exploration of sport participation and its effects on the health and well-being of military personnel and their families for the short and long term.

"We know sport has the potential to be beneficial, but we want to know what aspects of the Games positively impact athletes the most," said Shirazipour. "In the end, the results will help us promote more enhanced program development for ill and injured service members and veterans, as well as their families."

She noted there have been studies done in the past about the benefits of sports and healing, but very little as to how it impacts injured veterans and military personnel and their families in their recovery, in the short and long term.

"There have been very few researchers who have



Photo courtesy Walt Disney World Resort

**Team Canada captain Bruno Guevremont of Victoria competes in the 2016 Invictus Games rowing competition at the ESPN Wide World of Sports Complex in Walt Disney World in Orlando, Fla.**

had the benefit of interviewing such a diverse number of service members and veterans from around the world, taking part in one sporting event," she said.

Shirazipour and her supervisor, Dr. Alice Aiken, have already begun to tackle one portion of their study, which will survey more than 250

randomly selected members of the Canadian public to find out what impact the Games will have on them. She said the goal of this portion of the study is to gauge public awareness both ahead of the Games and after they have wrapped up, in an effort to better understand public perceptions of

injured currently serving military and veterans.

Shirazipour said preliminary results of the study will be announced at next year's CIMVHR forum, which will be held in Toronto in the days leading up to the Invictus Games Opening Ceremony at the Air Canada Centre.

***The results will help us promote more enhanced program development for ill and injured service members and veterans, as well as their families."***

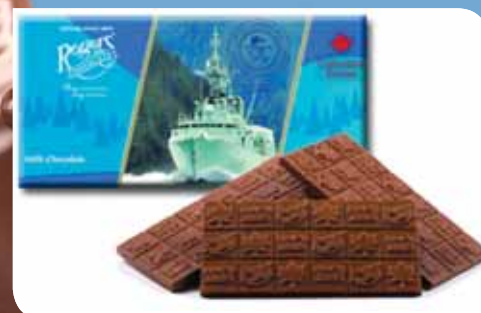
Celina Shirazipour, Researcher

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## Call 250-363-3127 to book your display or word ad

### ANNOUNCEMENTS

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

FREEMASON AND NEW to Victoria. Contact us at camosun60secretary@gmail.com. We meet the 2nd Monday of each month.

### APPLIANCES

**WESTCOAST APPLIANCE CENTRE LTD.**  
**LARGEST SELECTION GREAT PRICES**  
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 MILITARY DISCOUNT OFFERED  
 3090 Nanimo St • 382-0242

### ANNOUNCEMENTS

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

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.

### FOR RENT

ROOMMATE WANTED For January 15th 2017. \$800.00/Monthly All inclusive (all utilities and internet/TV)

\*Note: Non-smoker, non-drug user, no kids or pets \* 14 min or less, drive to CFB Esquimalt

Fully furnished house on quiet street, furnished bedroom. Plenty of parking plus room in garage for a Motorcycle. In-house Washer/Dryer, Dishwasher, Large upper level house, great sun deck with BBQ. Have your own full bathroom. Contact Fergy (vetran) D.fergy098@gmail.com or 778-677-0876

LANGFORD AREA HOUSE for Rent. Unfurn., 3 bed, 2 bath, 1,421 sf upper level of home close to Westshore Mall, bus stops, schools. \$2500/mos incl all except phone/internet. Fully fenced. New paint, w/d, blinds, etc. Call 250 947-5355 or email: glmoulatsiotis@gmail.com

### SERVICES OFFERED

**VICTORIA PREGNANCY CENTRE**  
 Free Services Include:

- Pregnancy Tests
- Pregnancy Options Counselling
- Pregnancy & Parenting Counselling
- Prenatal Classes
- Practical Help - Diapers, wipes, formula, clothing
- Pregnancy Loss Counseling
- Post Abortion Counseling
- Community Referrals

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

### MISCELLANEOUS

INTERESTED IN JOINING A coffee or social group for military veterans and military in Cowichan Valley? For info contact Bob Hedley on Facebook. The intention of the group is to meet-up with other veterans and present serving members to exchange stories and facilitate fun get-togethers. Facebook Group: cowichan valley coffee

### SERVICES OFFERED

CAREER TRANSITION COACH & Resumes Writer, former SCAN Coord Judy Marston; 10% Military Discount, www.resumecoach.ca or 250-888-7733

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 rashidamalik@royallepage.ca

### MISCELLANEOUS

VIEW ROYAL READING CENTRE. New location 266 Island Hwy. We have books, audios, videos, & DVD's for all ages. Internet is also available. For hours of operation and other information please call 250-479-2723.

### VOLUNTEER

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 or 250-480-7688 ext. 105

### REAL ESTATE • FOR SALE

#### COMPLIMENTARY MARKET EVALUATION CERTIFICATE

Selling & Buying Locally? Are You Posted Out?

- Communication
  - Representation • Negotiation
  - Estimate of Cost to Sell
  - Tips on how I can sell your home for more!
- BUYING OR SELLING, my connections can save you valuable time and money!**



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 #1-798 Fairview at Ellery

### HEALTH

**PEROGIE PINCHERS OF VICTORIA**  
 \*\*\*  
 Potato/Cheese/Onion \$7.50/dz  
 Cottage Cheese Potato/Dill \$8.50/dz  
 Sauerkraut/Bacon \$9.50/dz  
 \*\*\*  
 AUTHENTIC UKRAINIAN HAND PINCHED PEROGIES using locally grown potatoes, onions and organic dill.  
 250-634-3108  
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- Most effective Debt Consolidation Program in Canada

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### MOVING AND STORAGE

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#### MACAULAY EAST



948 Esquimalt Rd.  
 Bachelor, 1,2 & 3 bdrm.  
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 Manager 250-384-8932



To view these and other properties, visit  
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# KIDS: ACTIVE = HEALTHY

## GET FATHER/DAUGHTER DANCE READY

(5+ YRS)

Learn a few ballroom dance basics with this "Ready for the Ball" program. Dance basics and etiquette will be covered as well as how to smoothly cover the ball room floor.

Location: CPAC

PSP W17REC317

Thur Feb 2-23, 6-7pm

**\$59**

father  
daughter  
couple

## FUN SEEKERS SPRING BREAK CAMPS

(5-12 YRS)

Each week has a theme loaded with spectacular theme games, creative crafts, swims, music, an exciting day trip and heaps of silly fun. Children enjoy our Fun Seekers Spring Break Camps and parents appreciate the convenience and the price! PSP camps combine the excitement of day camp style activities with the quality and safety parents expect. Camp hours are from 9am-4pm with extended hours of activity available. GST not included in camp prices.

Location: CPAC

PSP W17SC311

Power Rangers - Mar 20-24, 9am-4pm

- Camp:  
\$130 Reg/\$135 Ord/\$140 Assoc
- Extended Camp Activities AM: 7-9am,  
\$35 Reg/\$40 Ord/\$45 Assoc
- Extended Camp Activities PM: 4-5:30pm,  
\$25 Reg/\$30 Ord/\$35 Assoc

PSP W17SC312

Everything is Awesome - Mar 27-31, 9am-4pm

- Camp:  
\$130 Reg/\$135 Ord/\$140 Assoc
- Extended Camp Activities AM: 7:00-9:00,  
\$35 Reg/\$40 Ord/\$45 Assoc
- Extended Camp Activities PM: 4:00-5:30pm,  
\$25 Reg/\$30 Ord/\$35 Assoc

## WINTERRUPTION PRO D DAY CAMP

(5-12 YRS)

Need to keep your kids active while you work? This Pro D Day camp will get their hearts racing and their creative minds busy. Participants will enjoy a day of games, crafts and a possible out trip.

Location: CPAC

PSP W17REC310

Fri Feb 24, 8:30am-4:30pm

**\$40**

## TEEN NINJA AND MINI NINJA WORKSHOPS

AGES 12-20 YRS - TEEN

AGES 6-12 YRS - MINI

This workshop is tailored for all kids who love to hang, climb, swing, bound, jump and run wild. Athletes will learn a variety of movements designed to overcome any obstacle including; Animal Walks, monkey bars, bounding over and balancing on top of objects. After these skills are learned kids will complete the Final Obstacle Course and become a certified Ninja!

Location: Naden Athletic Center  
Gymnasium

PSP W17REC600

TEEN WORKSHOP (13-20 YRS)

Sat Apr 8 - 9am-noon

MINI WORKSHOP (6-12YRS)

Sat Apr 15 - 9am-noon

**\$25**

## SPRING BREAK SPORTS DEVELOPMENT CAMP

(10-15 YRS)

Studies have now shown that kids who develop a wide variety of sport based skills are more likely to have success in their chosen sport when they reach a competitive age. Introduce your kids to the fundamental movement skills in the following sports led by special guest coaches.

Monday	Basketball - NAC Gym
Tuesday	Soccer - NAC Gym
Wednesday	Volleyball - NAC Gym
Thursday	All Sports - NAC Gym
Friday	All Sports - NAC Gym

Passing, Kicking, Running, changing direction, striking, catching, receiving are all essential sport skills that will be introduced. Each day will focus on a new sport where the fundamental skills needed to perform that sport will be covered.

Location: Naden

PSP W17SC313

Mar 27-31,

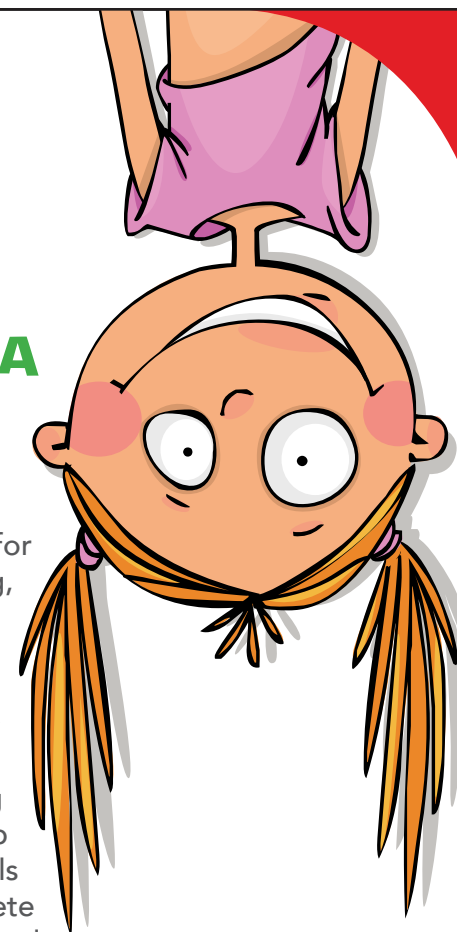
8:30am-12:30pm

(\*Please note: no before and/or after camp activity time offered with this camp)

**\$45**  
Regular

**\$50**  
Ordinary

**\$55**  
Associate



**BOOK TODAY!**  
**250-363-1009**