

On Jan. 25  
let's talk about  
Mental Health



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Let's Talk  
bell.ca/letstalk

See pages 8-9  
for more  
information.

Volume 62 Number 3 | January 23, 2017

# LOOKOUT

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## Jerseys on the auction block

Victoria Grizzlies mascot Grizz and the BCHL hockey team are wearing specially designed Wounded Warriors jerseys at all of their home games at the Q Centre Arena this January. See page 11 for full story.

Photo by Kyle Robinson Photography



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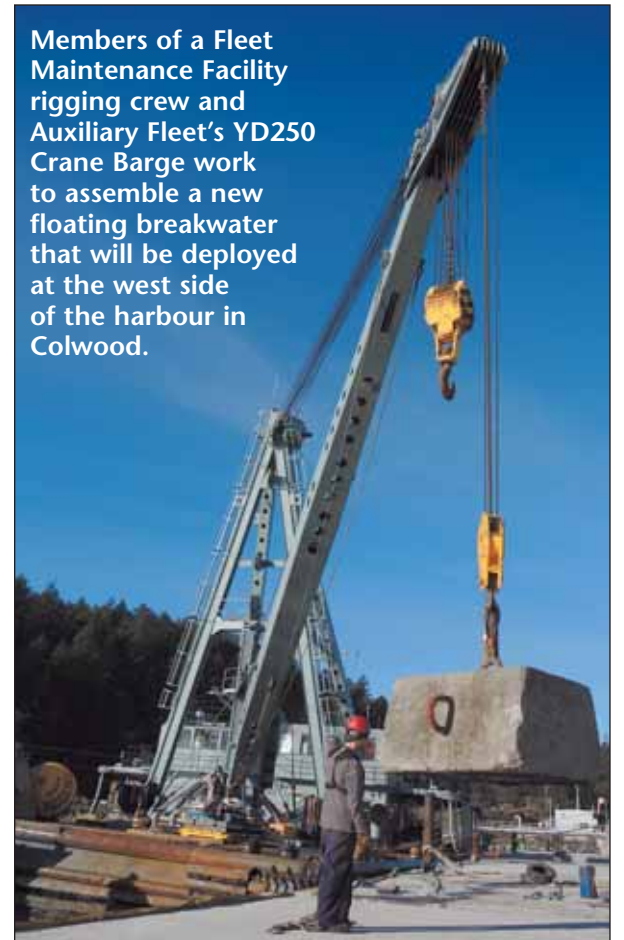
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Once fully installed, the wave attenuating breakwater will rest 14 feet below the waterline with just 18 inches visible above the surface.



Members of a Fleet Maintenance Facility rigging crew and Auxiliary Fleet's YD250 Crane Barge work to assemble a new floating breakwater that will be deployed at the west side of the harbour in Colwood.

Photos by Peter Mallett, Lookout

# Installation of breakwater begins in Esquimalt Harbour

**Peter Mallett**  
Staff Writer

In an effort to provide wave protection for smaller Royal Canadian Navy vessels, a floating breakwater is being installed on the Colwood side of Esquimalt Harbour.

The setup of the 400-foot long, 30-foot wide breakwater, overseen by the Port Operations and Emergency Services Branch (POESB), began Jan. 4. The breakwater will be deployed to the east of D Jetty and provide a buffer for navy and Auxiliary Fleet vessels from large, wind-driven waves and swells that are common on the harbour's west side.

The Colwood side of the harbour will also provide a temporary home for the fleet's smaller vessels to make room for the \$781-million A/B Jetty Recapitalization Project, which is expected to enter the construction phase this spring. The

massive construction project will replace the two 70-year-old jetties, and include dredging to remove contaminated seabed sediments throughout Esquimalt Harbour.

POESB Manager Doug Kimmitt says the installation of the breakwater was the best solution to make the west side of the harbour a suitable interim port.

"Taking note of the various options and time constraints involving the Recapitalization Project, we felt something that was portable, built off site, and deployed by base personnel would be the fastest method to build some sheltered berths," he explains.

The foam-filled concrete structure, which includes multiple ballast tanks, was designed by marine construction company Blue Water Systems Ltd., of Delta, B.C. and was delivered to Esquimalt via tugboat in early December 2016.

Personnel from POESB, Fleet

Diving Unit (Pacific), and a team of riggers from Fleet Maintenance Facility have been attaching the four pieces of the breakwater together prior to its deployment, with the assistance of the Auxiliary Fleet's steam-powered crane barge YD250.

Still to complete are attaching the breakwater's moorings, which consist of 26 concrete anchors and chains that will be lowered by YD250 to the seabed floor.

The breakwater will rest approximately 14 feet below the waterline and just 18 inches above the surface, and is expected to be fully operational by mid-February.

Prior to its installation, the Queen's Harbour Master reviewed any possible navigation impacts the structure might have on harbour traffic, while an environmental impact assessment of the construction and deployment was also reviewed and approved.

## Breakwater installation uses mapping services

**Peter Mallett**  
Staff Writer

In order to properly space the new temporary breakwater anchors on the seabed floor, an exact measurement is required.

To do this Port Operations and Emergency Services Branch has brought in the Hydrographic Services Office for their expertise and use of their Pathfinder ProXRT GPS.

Their standard ground surveying equipment will be attached to the main boom of YD250, the steam-powered crane barge, in order to guide the cement blocks within one metre of the assigned spacing, anywhere from 20 to 80 feet. MCpl Nicolette Ducharme and Sgt Todd Blanchette of the Digital Response Section of

Hydrographic Services Office will use the Pathfinder ProXRT GPS receiver to determine the right coordinates and then relay the information to the crane operator who will lower the blocks into place.

"With calm weather and secure anchoring, our aim is to place the blocks within a metre of the position point given to us by the design team," says Sgt Blanchette. "Using an external GPS antenna on the crane allows for fine adjustments to be made more easily as placement occurs, instead of having to try and make adjustments by manoeuvring the barge itself using GPS."

The blocks will then be attached to a system of 26 chains that connect to the breakwater.



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# HMCS St. John's sails for Operation Reassurance

**Ryan Melanson**  
Trident

After months of preparation, *HMCS St. John's* and crew departed Halifax Jan. 9, the first Royal Canadian Navy ship to deploy in the new year.

It will join NATO partners as part of Canada's continuing contribution to Operation Reassurance.

The newly modernized Halifax-Class Frigate replaces *HMCS Charlottetown* as the navy's representative with NATO

Standing Maritime Group 2, a mission focused on enhancing regional security and stability in the Mediterranean.

Despite frigid weather, which many people remarked was colder than any departure or arrival ceremony they could remember, hundreds of family members and loved ones of the crew were on hand to watch the ship sail through the sea smoke out into the harbour.

Cdr Sheldon Gillis, the ship's Commanding

Officer, spoke to media shortly before departing, expressing confidence in his crew and the job they've done through the workups program. Speaking on the mission of Op Reassurance, Cdr Gillis said the deterrence measures in Central and Eastern Europe are an important part of demonstrating NATO resolve against aggression in the region, and that the Canadian Armed Forces plays an important role.

"As a NATO ally, it's important for Canada to

demonstrate our resolve and our partnership with other NATO countries. We will be demonstrating some of the interoperability of maritime assets, working closely with many of our partners."

The frigate is expected back in Halifax in the late summer or early fall.

"We'll be deployed for as long as the Government of Canada needs to us to be, and we'll be happy to get home to Halifax when that time comes," Cdr Gillis said.



Photo by LS Ogle Henry, Formation Imaging Services  
A member of the Maritime Tactical Operations Group repels off HMCS St. John's as the ship transits across the Atlantic Ocean to participate in Operation Reassurance.

Photo LS Peter Frew/FIS Halifax  
HMCS St. John's sails out of Halifax Harbour on the morning of Jan. 9 to begin an extended deployment to the Mediterranean in support of Operation Reassurance.

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# matters of OPINION

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## WHAT SAY YOU

### People Talk

Lookout asked this question:

*With warmer and sunnier days ahead in Victoria, what outdoor activity are you most looking forward to doing again and why?*



I like to ride my bike to work from Goldstream, but the recent weather and road conditions haven't really been too great for that. So when the warmer weather returns it will allow me to resume an activity I really enjoy and is an important part of my healthy lifestyle.

Allan Blaskovich,  
FMF Information Management  
Information Technology Unit



Running because I'm training for the Vancouver Marathon, and instead of putting on a pair of big fuzzy track pants, the warmer weather will allow me to put on shorts and be much more comfortable.

MCpl Geoff Harshaw,  
Canadian Forces Fleet School  
(Pacific)



I'm looking forward to cycling again because it's always been a big part of my life. I've been posted on RCN ships for six years and recently arrived in Victoria, so with the warmer weather here I'm really looking forward to getting back into one of my favourite activities.

PO2 Luc Trudeau,  
Fleet Diving Unit (Pacific)



I like to go camping with my son and family in my old hometown of Parksville every year when the warmer weather arrives because it's a great way to relax and unwind and catch up with all the people close to me.

Don Olsted,  
Commissionaire

## WHAT SAY WE

### SPORTS trivia World Junior Hockey Tournament

by Stephen Stone & Tom Thomson

#### Questions

- Which country has the most consecutive gold medal victories?
- Which country scored the greatest number of goals in one game?
- Which country had the greatest margin of victory in a World Junior game?
- Who holds the record for the most goals scored by a player in one tournament?
- Who holds the record for the most assists by a player in one tournament?
- Who holds the record for most points by a player in one tournament?
- Who holds the record for most points by a defenseman in one tournament?
- Who holds the record for most points by a line in one tournament?
- Who holds the record for most shutouts by a goaltender in one tournament?
- Who is the leading all-time goal scorer in World Junior play?
- Who is the all-time assist leader in World Junior play?
- Who holds the record for most points by a Canadian player in one tournament?
- Who is the all-time Canadian scoring leader in World Junior play?

1. Canada — five, 1993-97 and 2005-09.
2. Czechoslovakia — 21-4 over Austria in 1981.
3. Sweden — 19 goals, beating Japan 20-1 in 1993.
4. Markus Naslund (Sweden): 13 - 1993.
5. Peter Forsburg (Sweden): 24 - 1993.
6. Peter Forsburg (Sweden): 31 (7 goals, 24 assists) - 1993.
7. Peter Andersson (Sweden): 14 (4 goals, 10 assists) - 1985.
8. Markus Naslund, Peter Forsburg, Niklas Sundstrom (Sweden): 69 (30 goals, 39 assists) - 1993.
9. Justin Pogge (Canada): 3 - 2006.
10. Pavel Bure (USSR): 27 - 1989-91.
11. Peter Forsburg (Sweden): 32 - 1992-93.
12. Dale McCourt: 18 (10 goals, 8 assists) - 1977 and Brayden Schenn: 18 (8 goals, 10 assists) - 2011.
13. Eric Lindros: 31 (12 goals, 19 assists) - 1990-92.

Answers

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# EXTRA EXTRA BREAKING NEWS



Broken Moose Milk mug found at the scene of the crime.

The gnasty rumours are true: the Gnaval Gnome has been gnome-gnapped, and is currently being held by a gnefarious faction of gne'er-do-wells who operate under the name "Joe Gnapper".

On Saturday Jan. 14 while attending a social event in one of the messes, the Gnaval Gnome

was overpowered and transported to an unknown location.

His friends waited gnervously for word of his status, and later found it in the form of a Facebook post showing the Gnaval Gnome bound and blind-folded in the back seat of a gnondescript sedan, along with a ransom demand.

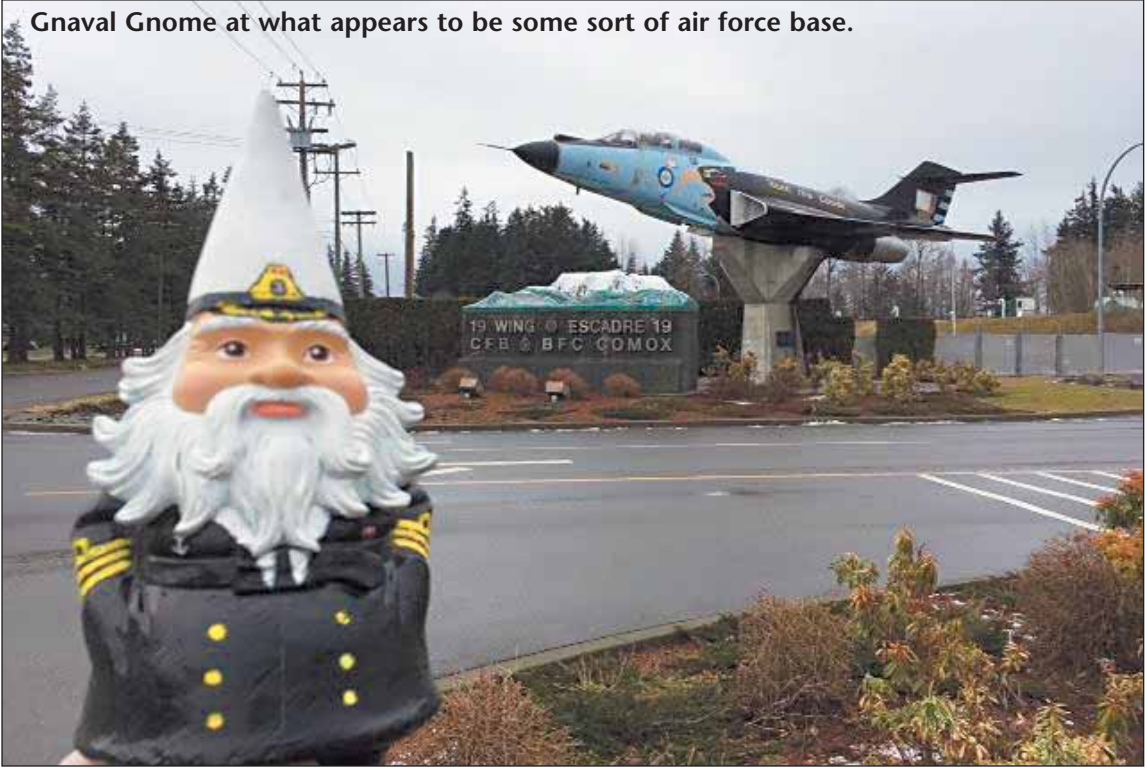
Subsequent photos released by Joe Gnapper's Facebook page show the Gnaval Gnome in apparently good condition. The photos suggest the Gnaval Gnome is being held at some sort of air-related location, perhaps an RCAF base or somewhere similar.

Gnaval Gnome supporters

have made a plea to the gnome gnappers to treat the Gnaval Gnome gnicely, and to provide him with his unique dietary gneeds, including medicinal mugs of moose milk, soup every day at 10 a.m., weiner supreme, steak on Thursdays, and gnaval clam chowder on Fridays. Additionally,

attempts have been made to contact a Liam Gneeson and to use his "very particular set of skills, skills acquired over a very long career".

At this time, every effort is being made to secure the return of the Gnaval Gnome, and authorities are spreading their gnet ever wider.



Gnaval Gnome at what appears to be some sort of air force base.



Gnaval Gnome held captive in a "yellow" helicopter at an unknown air force base on Vancouver Island.



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- BCIT Legion Military Skills Conversion Program
- Camosun College
- Q College
- 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
- Vancouver Island University
- Victoria College of Art
- Westshore Centre for Learning and Training
- West Coast College of Massage Therapy

### HEALTH AND WELLNESS

- Another Brick in Nepal - Canada
- 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
- 1UP Single Parent Resource Centre

- Inbalance 4 Life
- Island Hand Therapy Clinic
- Island Health Tobacco Prevention and Vapour Prevention & Control
- Island Prostrate Centre
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# Canadian military team has impressive regatta showing

**Peter Mallett**  
Staff Writer

Two sailors from Esquimalt's Naval Fleet School (Pacific) joined another military member from Halifax to take part in the Admiral's Cup Regatta Dec. 7 to 10 in India. The three-person Canadian Armed Forces (CAF) team took a 13th place overall finish.

The seventh edition of the annual all-military international sailing competition, held on the waters of Ettikulam Bay in Kerala State, was a five-day event hosted by the Indian Naval Academy. It brought together 54 participants from 24 nations.

"The overall mission was not strictly to race, it was really about encouraging international cooperation, understanding, and friendship," says Lt(N) James Lee, an Above Water Warfare Training Officer at Naval Fleet School, and team leader. "Our team returned home having made new friends from all over the world and memories that will last a lifetime."

It was the first time a CAF team participated in the competition. Team members were Lt(N) Lee, Lt(N) Allana Foscari, and Lt(N) Kevin Pallard from Halifax.

Competitors used standard 14-foot radial rig laser sailing dinghies. The final team scores were determined by combining scores from individual races.

"We put our team together on rather short notice and some of the other teams were very competitive, so 13th overall is a good achievement especially for a first time participating in the event," said Lt(N) Lee.

There was also a bronze lining for the team as Lt(N) Foscari finished 11th overall amongst all sailors, and third in the female category, picking up a bronze medal.

*The overall mission was not strictly to race, it was really about encouraging international cooperation, understanding and friendship."*

Lt(N) James Lee,  
Above Water Warfare Training Officer

"Allana finished exceptionally well to due to her experience and individual sailing skills," said Lt(N) Lee.

The passage to India for Lt(N) Lee and Lt(N) Foscari was a gruelling 54 hours in duration including five flights, four layovers, and a three-hour drive from the airport on unpaved roads. In the end, says Lt(N) Lee, the journey to Kerala took up nearly as much time as the entire competition.

"But the long journey was definitely worth it," he says. "The opening and closing ceremonies were elaborate; there were activities and tours planned for each day prior to racing, and shows and briefings every evening after the race."

They were introduced to the culture and history of India through presentations, briefings and cultural shows during their stay at India's Naval Academy. Lt(N) Lee felt the regatta helped contribute to a "positive international perception" of the Canadian Armed Forces and Canada to the other participating nations at the regatta.



Lt(N) James Lee, an Above Water Warfare Training Officer at Naval Fleet School (Pacific), poses with the Admiral's Cup Regatta Trophy in Kerala State, India.



Lt(N) Allana Foscari, who works as a Naval Training Officer at Naval Fleet School (Pacific), prepares her Radial Rig Sailing Dinghy for competition in the Admiral's Cup Regatta.



Photos courtesy Lt(N) James Lee

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# On January 25, let's talk.



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Clara Hughes

# On Jan. 25 let's talk about what Mental Health means to you.

On Bell Let's Talk Day, Bell will donate 5¢ more towards mental health initiatives in Canada, by counting every text, call, tweet, Instagram post, Facebook video view, and Snapchat geofilter.

The Bell Let's Talk Campaign is all about having the right tools to combat the stigma around mental illness.

**If you would like to be supported locally to hold a conversation on your unit,  
please contact Krista Durand at 250-363-5567.**

## Frequently Asked Questions

### What does stigma mean in the context of mental illness and why must it be addressed?

Many people living with a mental illness report that negative stereotypes about mental illness, and the resulting potential for discrimination, causes them more suffering than the illness itself. As a result, two thirds of those suffering from mental illness are too afraid to seek the help that they need.

Mental illness affects people of all ages and from all walks of life. It can take many forms, including depression, anxiety and schizophrenia. Most individuals find ways to live with their illnesses but how they are treated by others often proves to be more of a challenge than the illness itself.

### Did you know:

- Half a million Canadians missed work because of a mental health problem or illness; just as many will miss work next week.
- Mental health is the number one cause of disability claims in Canada.
- The personal toll on employees, and the financial costs to their employers is enormous.
- Many of these costs can be avoided by ensuring a mentally healthy workplace.
- The Mental Health Commission of Canada has the tools and resources to help businesses do that.



### What can a reduction in the stigma associated with mental illness achieve?

Stigma surrounded many diseases in the past, but concerted efforts to confront these attitudes resulted in change for the better, including better treatment, more funding for research, and greater understanding from family, friends and colleagues. The goal is to achieve the same level of acceptance and understanding regarding mental illness.

### How is Bell "engaging in a national conversation" surrounding mental health?

"Engaging in a national conversation" means working with Canadians to help get the message out and break down the stigma surrounding mental illness.

Reducing stigma is the first pillar of Bell Let's Talk and is at the core of our annual Bell Let's Talk Day campaign.

Bell Let's Talk Day, this year on January 25, 2017, is one way we are helping to start and sustain the conversation about mental health issues.

By taking an active role in the conversation, Bell hopes to lead by example and encourage others to participate.

By focusing on mental health and dedicating resources, we're confident that we can positively contribute to the goals of de-stigmatizing mental illness, improving community care and access, supporting research and enhancing workplace health.

## 5 Simple Ways to end the stigma

### 1. Language matters

The words you use can make all the difference. Words can help but they can also hurt. What would you choose?

Words to watch out for:

- Schizo
- Crazy
- person with schizophrenia
- person with a mental illness

### 2. Educate yourself

Stigma has been around for a long time and knowing the facts and myths about mental illness can be a great way to help end stigma. Read about facts and myths and become a stigma buster.

### 3. Be Kind

Simple kindness can make a world of difference. Whether it be a smile, being a good listener or an invitation for coffee and a chat, these simple acts of kindness can help open up the conversation and let someone know you are there for them.

Expressions like "You'll get over it" and "Just relax" can minimize how a person is feeling. Instead offer your support and say "I'm sorry you aren't feeling well." Ask what you can do to help.

### 4. Listen and ask

Mental illness is a very common form of human pain and suffering. Being a good listener and asking how you can help, sometimes just even being there for people you care about, can be the first step in recovery.

Here are a few examples of what to ask:

- I'm sorry you aren't feeling well.
- I've noticed you've seemed down lately.
- Is everything ok?
- How can I help?

### 5. Talk about it

Break the silence. Mental illness touches us all in some way directly or through a friend, family member or colleague. Stories of people who have experienced mental health issues and who are doing well can really challenge stereotypes. Most people with mental health issues can and do recover, just by talking about it.



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## IN MEMORIAM - WARRANT OFFICER IAN MOTHUS

The Commander Maritime Forces Pacific, RAdm Art McDonald, regrets to announce the passing of Warrant Officer Ian Mothus, physician assistant and shipmate from *HMCS Winnipeg*, at home on Jan. 11.

A dedicated soldier and more recently sailor, WO Mothus spent more than 20 years in the Canadian Armed Forces and accrued a fantastic level of experience including four tours in Afghanistan. His humour, professionalism and caring nature will be keenly missed.

## Help Wanted: Food Service Attendant, CFB Esquimalt

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Photo by Kyle Robinson Photography

Team captains Cole Pickup of the Victoria Grizzlies (right), and Spencer Hawson of the Nanaimo Clippers get set for the ceremonial puck drop by PO2 Allan Kobayashi, Wounded Warriors Canada, at the Q Centre Arena in Colwood, Jan. 12. The BCHL team has designated the month of January Wounded Warrior month and is auctioning off specially-designed team jerseys on behalf of the non-profit and its upcoming Wounded Warrior Run.

## Grizzlies score for Wounded Warriors

**Peter Mallett**  
Staff Writer

The Victoria Grizzlies are giving hockey fans the shirts off their backs as part of a fundraising effort to support Wounded Warriors Canada. The Junior 'A' hockey club has designated January Wounded Warrior month and are now wearing specially-designed jerseys that feature the non-profit organization's name intertwined with the BCHL team's logo at their home games.

It's all part of an effort to raise funds and awareness for the charitable organization that honours and supports Canada's ill and injured Canadian Armed Forces members, veterans and first responders, and their families.

The white sweaters with black and gold trim are being worn by the team at all five January games played at Colwood's Q Centre Arena and will then be auctioned off during their Jan. 27 game against the West Kelowna Warriors, with 50 percent of the pro-

ceeds from the sale of the jerseys and 50 percent from ticket sales going Wounded Warriors Canada.

"I am super-stoked to see this interaction between our group and these hockey players because it is all very positive, and they seem to be massively eager and driven to promote and support us," said Wounded Warrior Run B.C. cofounder PO2 Allan Kobayashi, who works as an analyst for the Naval Training Development Centre.

PO2 Kobayashi will be part of the six-person team running this year's six-day Wounded Warrior Run B.C. relay, Feb. 20 to 26, a gruelling 700 kilometres that covers the length of Vancouver Island from Port Hardy to Victoria.

PO2 Kobayashi, a former member of Princess Patricia's Canadian Light Infantry who was deployed to Kosovo in 1999 and Kabul in 2003, was diagnosed with Post-Traumatic Stress Disorder (PTSD) when he returned to Canada.

He credits his love of long-distance running, the support of the community, and programs offered by Wounded Warriors in helping him move beyond the dark days in his life. During the lowest point of his battle against the disorder, PO2 Kobayashi says he suffered from alcoholism, depression, and a state self-induced isolation from his family and friends.

"I didn't seek help right away," he says. "I realized it

was time to look inwards instead of outwards, and having the willingness to let go when another veteran said to me 'I know what you are going through'. He let me know what I needed to hear and that is where my journey took a U-turn."

PO2 Kobayashi says his group's involvement with the BCHL club will raise more awareness and help others suffering from PTSD become more self-aware and chart a new direction in life.

He said the concept for a Grizzlies' Wounded Warrior month and the jerseys was derived through conversations he had with Victoria Grizzlies Governor Lance Black in late 2016, and since that point he has unbridled support from the club's management and front office staff.

He pointed to the Jan. 10 kickoff event for Wounded Warrior month when Grizzlies scoring leader Cole Pickup said it was an "honour" to support his organization; he realized his organization's message is really hitting home.

"I think hockey or any sporting or community event is a good way to get people talking about PTSD, which can only result in more awareness and support," says PO2 Kobayashi.

Tickets for their game against West Kelowna are now on sale at West Shore McDonald's outlets for a reduced rate of \$10 with proceeds going to Wounded Warrior.

**The Victoria Grizzlies are giving hockey fans the shirts off their backs as part of a fundraising effort to support Wounded Warriors Canada.**

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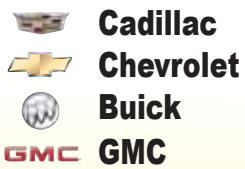
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# Halifax supports LGBTQ+ community

**Ryan Melanson**  
Trident Staff

CFB Halifax is taking another step towards inclusivity with the establishment of a working group that will focus on supporting the many LGBTQ+ Canadian Armed Forces members and civilian employees who make up part of the DND community.

The CFB Halifax Positive Space Working Group stood up in August 2016, and the group's charter was recently signed by Base Commander Capt(N) Chris Sutherland. The founding executive consists of a military and civilian co-chair, an executive champion and a small but diverse group from across the base.

The initiative gets their root from a diversity program created by the Ontario Public Service; in 2013 it was sanctioned by the Treasury Board with a set of guidelines for use across the Federal Public Service.

"As far as we know we are the first on a DND base to actually stand up a positive space working group," says Tracy Mitchell, a technical support employee with Base Information Services and civilian co-chair of the Halifax group.

"It's a very good program; it's



moving through the public service, and I think we'd all like to see go across DND and the CAF."

The group plans to fulfill its goal by establishing a wide network of champions across the formation - volunteers who will be expected to become leaders in the promotion of positive spaces and challenging negative stereotypes and attitudes. This could include encouragement of a

welcoming environment, discussing different sexual orientations and gender identities in a positive way, or simply referring questions and concerns to the appropriate resources. Champions will also display positive space indicators in their personal workplaces to help visually represent the initiative.

Champions will receive training and guidelines, but will not be acting as counsellors to employees.

While the work of volunteers will be the heart of the initiative, Mitchell said the group's executive also hopes in some cases to serve the LGBTQ+ in a similar capacity as the various Employment Equity groups do for other groups.

"We do want to position ourselves in a role where we can advise senior leadership on issues specific to our community, and we'll be doing outreach and education as well."

## Bravo Zulu

### Naval Fleet School (Pacific) Promotions



CPO2 Kevin Parent is promoted to his current rank by Cdr Todd Bonnar and Jody Parent.



MS Eric Villena is promoted to his current rank by Lt(N) Brumwell and Mariea Villena.



PO2 Greffard-Fournel is promoted to PO1 by Cdr Todd Bonnar, and PO2 Greffard-Fournel's wife Chris.

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# Howitzer, military keeps Rogers Pass safe

**SLt Melissa J Kia**  
MARPAO PAO

Deep in the heart of Glacier National Park, the majestic mountains in Rogers Pass put even the loftiest skyscrapers to shame. They form a deep and impressive valley containing both the Trans-Canada Highway and the Canadian Pacific Railway corridors that connect British Columbia to the rest of Canada.

This area is also home to some of the most treacherous avalanche country in the nation, containing over 134 known avalanche pathways.

To counter this winter threat, Parks Canada Agency (PCA) and the Canadian Armed Forces (CAF) run the avalanche control program, Operation Palaci, which first started in 1961. Operation Palaci stays true to its Latin name

*This area also is home to some of the most treacherous avalanche country in the nation, containing over 134 known avalanche pathways.*

by taking care of Canada's "palace" in the sky, keeping it safe for trains and winter commuters to make the leg from Golden to Revelstoke, B.C., at the western side of the Pass.

Palaci has led the charge in the battle for winter avalanche safety for the past 56 consecutive years, making it Canada's oldest and longest running domestic operation.

Avalanche control is serious business and is run by joint agency collaboration between the CAF and PCA. Over 4,000 vehicles and up to 40 trains crisscross Rogers Pass each day during the winter months. Keeping the Pass open amounts to billions of dollars in commercial trade annually, and road and rail closures due to an avalanche cause substantial impacts on the Canadian economy.

"Operation Palaci is the largest mobile avalanche control program of its kind in North America," says Captain Mark Hynes of Maritime Forces Pacific's Land Operations cell. "We are extremely proud of our continuing partnership with PCA and our role in keeping Canadians safe each winter."

Parks Canada employees in Rogers Pass have a big role to play during Operation Palaci. They work as research specialists in snow science by measuring

the snow types and levels which impact the mountains surrounding Roger's Pass. They also play a prevention role by predicting potential hazardous slide areas within the hundreds of avalanche paths that cross the 39 kilometre stretch of the transportation corridor.

Whenever they need to prevent a big slide, PCA calls in the Royal Canadian Horse Artillery's 105mm Howitzers. The guns are positioned on one of the 17 specialized rings that line the highway, and traffic is halted while the artillery crews go to work keeping the roads and rails safe. Shells are fired at over 300 known avalanche trigger points identified by PCA, creating smaller, controlled slides that keep the snowpack from building into a naturally occurring uncontrolled avalanche which can threaten the Pass and its users.

This year, the CAF portion of Operation Palaci will be carried out in two rotations. Both rotations will comprise 17 members from 1st Regiment, Royal Canadian Horse Artillery, based out of CFB Shilo, Manitoba, and augmented by various reserve artillery units.

For more information on Operation Palaci please visit: [www.forces.gc.ca/en/operations-canada-north-america-recurring/op-palaci.page](http://www.forces.gc.ca/en/operations-canada-north-america-recurring/op-palaci.page)



Photo by SLt Melissa Kia, Public Affairs Officer, MARPAO  
Members of 1st Regiment Royal Canadian Horse Artillery instruct Parks Canada Agency staff on how to position the site on the C3 Howitzer gun.

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PSP W17REC600

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**Location:** CPAC**PSP W17REC317****Thursdays, Feb 2-23, 6-7pm****\$59****father  
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couple****FUN SEEKERS  
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**Location:** CPAC**PSP W17SC311****Power Rangers - Mar 20-24, 9am-4pm**

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**PSP W17SC312****Everything is Awesome - Mar 27-31, 9am-4pm**

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- **Extended Camp Activities PM: 4:00-5:30pm,**  
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**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  
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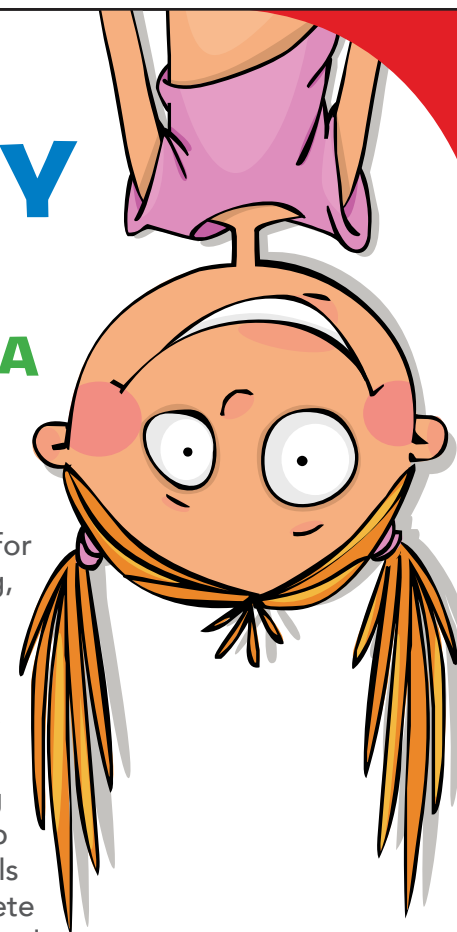
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**Location:** Naden**PSP W17SC313****Mar 27-31,****8:30am-12:30pm**

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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.

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### MISCELLANEOUS

KIDS MEGA SALE Sat, February 4th from 09:30 - 12:30. Pearkes Rec Centre, 3100 Tillicum Road. Gently used baby and children's clothing, toys, equipment and maternity. If interested in selling, please email: kidsmegasale@gmail.com. Facebook: https://www.Facebook.com/KidsMegaSale

### 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

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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

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**SUNDAY, JUNE 18, 2017**

**5K, 10K  
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FUN RUN**

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The Navy Run - 10K, 5K and Kids Fun Run is an inclusive community event. Involve the children and discover a fitter family lifestyle. Get excited about improving your health. Do it because you can!

### **START TIMES**

Kid's Run Starts at 8:00 a.m.  
The 5k and 10k runs start at 8:45 a.m.

Free childcare is available.  
Registration required: Call 250-363-1009

### **EARLY BIRD\* FEES**

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- ▶ Public: \$35
- ▶ Kids Fun Run: \$15

\* Early Bird until March 31, 2017

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