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Maritime Forces Pacific leadership and DND civilian employees in D100 show their support for anti-bullying by donning the symbolic pink shirt.

PINKSHIRTDAY | FEB. 22

NATIONAL ANTI-BULLYING DAY

The last Wednesday of February is known as Anti-Bullying or Pink Shirt day in Canada.

The original event was organized at a Nova Scotia high school following the bullying of

a student who wore a pink shirt during the first day of school.

Wearing pink on this day symbolizes a stand against bullying.

On Wednesday, Feb. 22, Maritime Forces Pacific

(MARPAC) will participate in this community recognition of anti-bullying day by encouraging military and civilian personnel to wear pink clothing items. Military members may wear pink over their uniform while

on base. Special anti-bullying pink t-shirts can be purchased at London Drugs for \$9.80, plus tax. Proceeds fund local anti-bullying programs in the community.

The monthly Fleet Run has

been moved from its usual time slot of Thursday to Wednesday Feb. 22.

MARPAC leadership is encouraging all those running to wear pink during the Fleet Run.



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Opening of the BC Legislature

The following personnel were in leading parade positions:

- Guard Commander
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- Right Guard Platoon Officer
Lieutenant (N) David Fillion
- Left Guard Platoon Officer
Captain Joshua Weissbock
- Colour Guard Chief
Chief Petty Officer 2nd Class Eric Pohoney
- Naden Band Director of Music
Sub-Lieutenant Vincent Roy
- Troop Sergeant Major
Warrant Officer Lisa Kachanoski
- Artillery Troop Commander
Lieutenant Krysta Spielmacher
- Artillery Salute Alpha Gun
Detachment Commander
Master Corporal Christopher Yuill
- Artillery Salute Bravo Gun
Detachment Commander
Sergeant Bill Colesweb.

A ceremonial Guard of Honour comprised of 100 members from Maritime Forces Pacific (MARFAC) were on parade during the opening of the 40th Parliament of the Legislative Assembly of British Columbia, Wednesday Feb. 14.

Also participating was the Naden Band of the Royal Canadian Navy and an artillery saluting battery from 5th B.C. Field Regiment Royal Canadian Artillery.

The ceremony began with a 15-gun Vice-Regal Salute when Her Honour, Lieutenant Governor Judith Guichon, arrived to meet Premier Christy Clark on the steps of the Legislature Building at 1:40 p.m.



EXERCISE ROGUISH BUOY

Underwater training

Peter Mallett
Staff Writer

Military divers from seven NATO countries have converged in the waters off Albert Head for Exercise Roguish Buoy 2017 as part of a month-long collaborative effort to share knowledge and skills.

Approximately 100 army divers from Canada, the United States, Belgium, the Netherlands, France and Germany are making the residences of Albert Head Cadet Training Centre their temporary homes during the month of February, and a small coastal inlet on

Vancouver Island's southern shore their classroom.

The exercise is run by the Army Dive Centre at the Canadian Forces School of Military Engineering (CFSME) in Gaagetown, N.B. The exercise began in 1979 and rotates to a different location each year.

"Exercise Roguish Buoy is a great benefit for all the divers involved because it provides a unique opportunity for cross-pollination of experience, knowledge and training from Canada's NATO allies," said Capt Harry Morrison, Exercise Roguish Buoy 2017 Coordinator. "It's also an

excellent way for Canadian army divers to learn from the methodology of others, and find out how they approach certain common tasks."

From a domestic perspective, Capt Morrison said Exercise Roguish Buoy is providing Canadian Forces combat engineers from CFB Gaagetown, Valcartier, and Edmonton an unparalleled training experience.

Divers have been broken into four Canadian-led teams with this year's training focusing on underwater construction, demolition, and debris clearance, along with search and recovery.

Capt Morrison says each component of the exercise has practical applications for future military deployments down the road. He cited international humanitarian efforts such as an earthquake or a hurricane as a real-life application of tasks carried out during the exercise.

"We are learning how to work together in various aspects of military engineering operations," he said, noting the rare wintry weather that included heavy snow, wind and poor visibility hampered operations but provided a realistic back-

drop for the exercise.

In one of their tasks during the first week, divers conducted a debris clearance exercise using jackhammers and oxygen cutters to break apart a giant concrete block underwater. They then used C4 plastic explosives to break up the material in an effort to clear a navigable path through the waterway.

During a search and recovery exercise spearheaded by First Lieutenant Josh Voorhees of the United States Army, he and Canadian Army Corporal Olivier Castonguay repaired a hole in a submerged metallic cube lying on the seabed. Assisted by a team of divers in the Zodiac Mark 5, the two divers descended to a depth of approximately 10 metres to locate the object and perform the recovery.

After making structural repairs to the cube using a combination of foam and plywood, they filled it with air and then guided it safely to the surface.

"It's all about international co-operation and teamwork with our NATO allies, and the learning process is a two-way street," said Lt Voorhees, adding U.S. divers are also sharpening and enhancing their skill set.

Exercise Roguish Buoy is a great benefit to all the divers involved because it provides a unique opportunity for cross-pollination of experience, knowledge and training.

Capt Harry Morrison,
Exercise Roguish Buoy 2017 Coordinator



U.S. Army diver First Lieutenant Josh Voorhees prepares for a search and recovery procedure during Exercise Roguish Buoy 2017 at the Albert Head Training Centre.



A team of divers prepares to deploy from a Zodiac.

Photos by Peter Mallett, Lookout Newspaper

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WHAT SAY YOU

People Talk

Lookout asked army engineer divers from around the world participating in Exercise Roguish Buoy 2017:

What was the most important aspect of training exercise?



I didn't begin my career as a diver until 2015, so the most important aspect of this exercise for me is the ability to get more dive time and become more proficient with my underwater skills.

Corporal Olivier Castonguay
2 Combat Engineer Regiment
Canadian Army



It's a wonderful experience to work with divers from other countries and take a look at their procedures and methods, and learn more about how they carry out operations and how we can improve.

Sergeant-Major Bjorn Vandesteene
Belgian Armed Forces



The biggest benefit of this exercise is that all divers have similar mission tasks, but we all have a different way of completing these tasks. There is always room for improvement in our work and interacting with other NATO partners is an excellent way to learn.

Sergeant Chase Turner
United States Army



The exchange of information and learning from other NATO partners while we perform tasks underwater is beneficial to all of the participants. This the first time I have visited Victoria and Albert Head, and doing it in such a beautiful natural setting is a wonderful experience for all involved.

Corporal 1st Class Michiel
Netherlands Army

WHAT SAY WE

SPORTS trivia Figure Skating by Stephen Stone & Tom Thomson

Questions

- Who was the first nine-time Canadian men's figure skating champion?
- Who is the only nine-time Canadian women's figure skating champion?
- What other accomplishment did the Wilson's achieve?
- Who is the second nine-time Canadian men's figure skating champion?
- Who has the greatest number of podium finishes in Canadian men's competition?
- Who has the second greatest number of podium finished in Canadian men's competition?
- Who has the greatest number of podium finished in Canadian women's competition?
- Who has the second greatest number of podium finished in Canadian women's competition?
- Who are the only skaters to win gold medals in five different disciplines at the Canadian figure skating championships?
- This skater was a five-time men's champion, then retired from competition to complete medical school and came back six years later to reclaim the title.
- Three skaters have won gold medals at three consecutive Olympics. Who are they and what disciplines?

- Answers**
1. Montgomery "Bud" Wilson (1929-35, 1938-39). Wilson was also six-time North American champion (1929-35).
 2. Constance Wilson-Samuel (1924, 1927, 1929-35). Constance was Bud's sister, she was also four-time North American champion (1929-35).
 3. They were five-time Canadian pairs champions (1929-30, 1932-34) and three-time North American champions (1929-33).
 4. Patrick Chan (2008-14, 2015-17). Chan has also won three world championships (2011-13) and two Olympic silver medals in singles and team trophy (2014).
 5. Montgomery Wilson — 13 (nine gold, three silver, one bronze).
 6. Elvis Stojko — 11 (seven gold, four silver). Stojko was three-time world champion (1994-95, 1997) and won two Olympic silver medals (1994, 1998).
 7. Constance Wilson Samuel — 12 medals (1994, 1998).
 8. Jennifer Robinson — 10 (six gold, nine silver, two silver, one bronze).
 9. Suzanne Morrow and Wallace "Wally" Diestelmeyer. Morrow won women's singles three times (1949-51). Diestelmeyer won men's singles in 1948. Together the pair won gold medals in 1948 in pairs, ice dance, waltz and tenstep. They won bronze medals in pairs at the 1948 Olympics and world championships and are credited with developing the one-handed death spiral in pairs competition.
 10. Charles Snelling (1954-58, 1964). Snelling is the youngest Canadian champion to date, being only 16 when he won in 1954.
 11. Gillis Grafstrom - Sweden (men's singles, 1920, 1924 and 1928), Sonja Henie - Norway (women's singles, 1928, 1932, and 1936), and Irina Rodnina - Soviet Union (pairs, 1972 with Alexei Ulanov, 1976 and 1980 with Alexander Zaitsev).

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Final note on a four-decade career

Peter Mallett
Staff Writer

After 41 years hitting all the right notes, the Naden Band musician Petty Officer Second Class Michael Savich will pack up his tuba at the end of the month and call it a career.

The band's longest serving Canadian Armed Forces member, who has also played bassoon, euphonium, bass guitar and Sousaphone in a career spanning four decades, says he really doesn't want to go. But on Feb. 28, he turns 60, the mandatory retirement age for military personnel.

"It will be very difficult for me to leave the band because I have had such a tremendous career. After four decades of playing music for 'Team Canada' I don't think any other career path could have made me happier," said PO2 Savich.

His current and former bandmates will also be sorry to see him go.

"Mike has commit-

ted his life to the preservation and promotion of the Music Branch, and is also the greatest archivist the branch has ever seen," said former Naden Band Commanding Officer, Capt Matthew Clark. "I always relied on him to instill a sense of calm, and his natural ability to express proper concern to the chain of command is one of legend. Simply put, when he spoke I listened."

PO2 Savich says his career allowed him to make a living at the thing he loves most – playing music and travelling Canada and the world.

Career highlights include playing at Vimy Ridge six times, an outdoor mass at the Vatican for Pope John Paul II, the 2010 Vancouver Winter Olympics and Paralympics, the Calgary Stampede, and multiple appearances at the Royal Nova Scotia International Tattoo music festival and on Parliament Hill in Ottawa.

"It would be unfair to

pick just one event as a career topper because there are just too many," he says. "Even the local events we play every year, we may have performed at the event 10 times but there is always something different each time that makes it interesting."

But if he had to pick one memorable performance he says his participation with the CF Vimy Band in the 60th Anniversary of the Royal Canadian Air Force at CFB Trenton in 1984. It was a ceremony that involved over 1,200 military members marching in unison on the tarmac of the base's runway. It held special significance for PO2 Savich because his father, Sgt (Ret'd) John Savich served in the Royal Canadian Air Force during the Second World War.

His father met his mother Betty when they both sang in Ontario Hydro's choir in the early 1950s, and although both parents encouraged all five of their children to pursue their musical interests, it was his mother who kept up supporting and promoting his musical side.

"She deserves a lot of the credit," he says.

He joined his high school's band and shortly afterwards began his military musical career as a member the Royal Canadian Sea Cadet Corp Illustrious in Toronto.

"As a teen growing up in Toronto in the 1970s, being involved in music kept me on the straight and narrow. I simply loved listening and playing music from a wide range of genres, from country to rock to classical. With the cadets I was exposed to marching and concert band music for the first time and knew it was my calling. It was a no brainer for me."

He joined the Forces in

1976 and did basic training at CFB Cornwallis before being posted to Canadian Forces Music School at CFB Esquimalt later that year.

It was a career that would see lengthy spells in all three element uniforms including the CF Vimy Band in Kingston, the CFB Cornwallis Base Band, and the RCAF's Central Band based in Ottawa, along with two separate postings in Esquimalt.

It was his first spell at this base where he met his life-long friend PO1 (Ret'd) Andy Reljic. Reljic, who himself enjoyed a 42-year musical career, was PO2 Savich's bassoon instructor for two years at the CF School of Music. The two men formed a lifelong friendship with Reljic still marvelling at PO2 Savich's warm and friendly personality to this day.

"He has embraced his career with a playful, wide-eyed and unparalleled enthusiasm that is the essence of Mike," said Reljic. "Generous to a fault, he is the kind of person that will always be there for you, and whatever job you give him to do he will take it on with pride."

But it wasn't just his musical skill that had Reljic and other bandmates marvelling, it was his attention to detail and hard work ethic in the business side of the band that was also remarkable. Reljic credits PO2 Savich with being the "de-facto historian" of the Naden Band, tirelessly documenting their history for

both their 60th Anniversary in 2000 and their 70th Anniversary celebration.

"When we were putting together our 70th anniversary, we had piles of boxes of photos with no captions, information or dates," Reljic recalls. "Mike just looked at me with this big Cheshire grin and said 'I love doing this stuff'. He has been such a big part of the band celebrating its history."

Reljic was among 90 former bandmates who attended a special retirement dinner for PO2 Savich at the Chiefs' and Petty Officers' Mess on Jan. 21. A testament to how much the guest of honour is liked, Capt Clark, now Commanding Officer of the RCAF Band, travelled from Winnipeg to celebrate the occasion.

The accolades for PO2 Savich reverberated higher up the chain of command as two days later the

Commander of Maritime Forces Pacific, Rear-Admiral Art McDonald, made a surprise visit to the band's headquarters. He dropped in on a practice session to show his appreciation to PO2 Savich for his long and distinguished service to the Canadian Armed Forces by presenting him a Bravo Zulu Certificate and Commander's Coin.

His Depart With Dignity Ceremony is slated for Feb. 27. After that PO2 Savich says he is looking forward to spending "more quality time" with his wife Virginia and his four children Kendra, Grant, Mallory and Dean at his home in Colwood.

His retirement won't end his lifelong love affair with music though, as he is now exploring possible roles with local cadet and community bands.



CPO2 Mike Savich of the Naden Band practices his Sousaphone at the band headquarters. CPO2 Savich will retire later this month, ending a musical military career that spanned over 41 years.

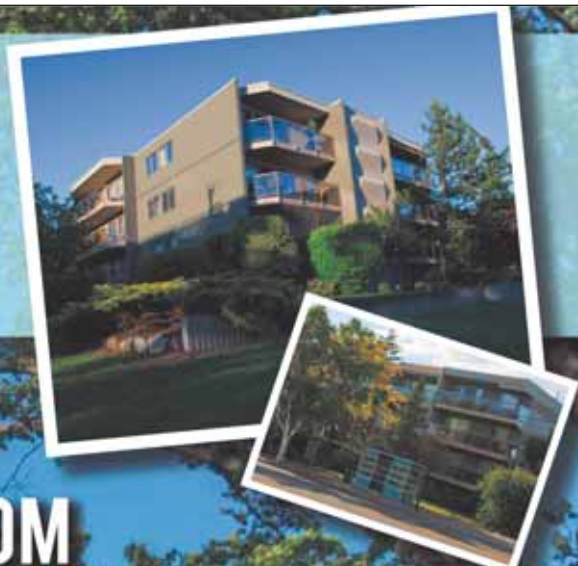


PO2 Michael Savich met a military tuba player from the Soviet Union during Festival International de Musique Militaire in Saumur, France, in 1987.

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Barber Barb Arnaud at the new barbershop located inside Dockyard's main gate.



Peter Mallett
Staff Writer

For six decades a small space in D11 has been the place where both sailors and civilian employees have come for that perfect haircut.

But the growing footprint in dockyard has meant deconstruction of the building and the relocating of the Dockyard Barbershop.

Resident barber Barbara Arnaud, who has been cutting hair in the D11 shop for 21 years, is now located just inside Dockyard's main gates at the rear of the Base Logistics building – D211.

Arnaud says her new shop includes new furniture, a new barber's chair and a shampoo sink.

"Over the years my old location became a home away from home, but it's nice to start fresh in a new location, especially one that faces south and is right next to the ocean. It's in a bit more of an out-of-the-way spot, but it has its advantages."

MAKES A MOVE

She says the new shop may be trickier to find than her previous location. It's tucked away at the rear of the Logistics building to the right of the Port Operations and Emergency Services Branch Environmental Protection Office.

She was informed of the move in August 2016 after Real Property Operations announced they were finalizing demolition plans for buildings D11 and D29.

According to Arnaud, the D11 location had been home to a barber-shop since the late 1960s when Bob 'Bulkhead' Wallace opened up shop and operated there until the mid-1980s. The business was then taken

over by Paul Molinari, who ran the shop until Arnaud took over in 1997.

The shop has attracted a fair number of regular customers over the years.

One long-time customer, CPO2 (Ret'd) Danny Poirier, who served in the former *HMCS Algonquin*, started getting his hair cut in the Dockyard barbershop 27 years ago. He says the move won't change his loyalty.

"That's because Barb really knows what she's doing with the clippers," says Poirier, who currently works for the Queen's Harbour Master.

Arnaud says she will continue to operate the shop at her regular hours, Monday to Friday, 6 a.m. to 2 p.m.

Resident barber Barbara Arnaud is now located just inside Dockyard's main gates at the rear of the Base Logistics building – D211.

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Weapons engineering technicians hit their mark on the ice

Peter Mallett
Staff Writer

Team White defeated Team Black in the Weapons Engineering Technicians Hockey Challenge game Feb. 10, but the game's organizer says the final score was of little importance.

Even though Master Seaman Aaron Butler played on the winning team and organized the first annual game, the *HMCS Ottawa* Weapons Tech says his team's 4-3 victory wasn't the real triumph. Instead, he says, it was the esprit de corps and the strengthening of trade solidarity that was the true cause for celebration.

"Playing a popular sport like hockey is a great way to get everyone from various units together for a good time," he says. "And judging by the reactions and expressions of the players on the ice we accomplished our mission."

Interest in the game gradually snowballed when it was announced in late January, leading to enough players to create two randomly selected teams, along with a "boisterous crowd" of approximately 40 co-workers and friends in the stands.

The Formation Chief, CPO1 Gilles Grégoire, attended the



Formation Chief CPO1 Gilles Grégoire (centre) is set to drop the puck in the ceremonial opening faceoff of the first annual Weapons Engineering Trade Hockey Challenge at Wurtele Arena, Feb. 10. The game brought members of the trade together on the ice for an afternoon of esprit de corps.

game and participated in the ceremonial opening puck drop.

CPO1 Grégoire was there in an official capacity, but also has a personal connection to both the game and the trade.

CPO1 Grégoire enrolled in the Canadian Armed Forces as a Naval Weapons Technician in 1986, and worked as a Naval Weapons Technician and later as the Canadian Forces Naval

Engineering School's Naval Weapons Training Chief.

"I was delighted to be able to attend the event; not only is it an opportunity for members of the trade to have some fun, but

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it's also a good team-building exercise," he said.

After the faceoff he congratulated MS Butler and the game's other participants for their "morale-boosting" efforts.

On March 17, we're inviting everyone over.

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MARPAC HEALTH & WELLNESS expo

Rear-Admiral Art McDonald, Commander Maritime Forces Pacific (MARPA), presents a \$385,000 cheque to Eileen Dooley of HealthPartners Canada and United Way of Greater Victoria CEO, Patricia Jelinski at the MARPAC Health and Wellness Expo at the Naden Athletic Centre, Feb. 16.

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Photos by Peter Mallett, Lookout



Base promotes health and wellness

Peter Mallett
Staff Writer

Over 120 business and community organizations converged on the Naden Athletic Centre Feb. 16 for the 2017 MARPAC Health and Wellness Expo.

The annual expo attracts approximately 1,000 military and DND civilian employees.

This year's event saw representation from local non-profits and businesses representing health and wellness, recreation, sports, fitness, and outdoors activities, as well as area schools and base clubs.

The expo is hosted by the Lookout Newspaper and the Maritime Forces Pacific (MARPA) Health and Wellness Strategy Team. Complimentary meals were given to the first 500 visitors for Deadbeetz and Rolling Reef food trucks.

Maryse Neilson, Manager of Health Promotion, says the expo is an important opportunity for the MARPAC community to gain exposure to health and wellness programs and businesses.

"Events such as the expo fit into the health promotion approach and address the pillar of health education and individual and group behavioural change," said Neilson. "Not only does the expo bring awareness to people of the resources available to them, but the event itself communicates a strong message that MARPAC believes in creating a supportive and healthy community."

The Expo was also the venue for the National Defence Workplace Charitable Campaign conclusion of its annual fundraising campaign. This year's campaign began in September and wrapped up on Jan. 31, 2017. Through a variety of fundraising events and other initiatives this year's campaign raised a total of \$385,000 for the United Way of Greater Victoria, Canadian HealthPartners and numerous registered charities.

During the noon hour, Rear-Admiral Art McDonald made an official cheque presentation to Eileen Dooley, Chief Executive Officer (CEO) of HealthPartners Canada, and Greater Victoria United Way CEO Patricia Jelinski.

"Since 2004, through our workplace campaign, we have been a leading contributor to the United Way of Greater Victoria, HealthPartners Canada and countless registered charities," said RAdm McDonald. "Despite many challenging factors during 2016, we still managed to come together in support of registered charities near and dear to our hearts."

RAdm McDonald made special note of the more than \$33,000 contribution by HMCS Regina and an equally "impressive" effort by HMCS Vancouver that generated over \$20,000 of support.

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Pounding the pavement to raise PTSD awareness

Peter Mallett
Staff Writer

With each stride they take, the participants in this year's Wounded Warrior Run B.C. know they are changing the attitudes surrounding mental illness and Post-Traumatic Stress Disorder (PTSD).

On Feb. 20, a team of seven military and civilian athletes will begin their seven-day, 700 kilometre relay run covering the length of Vancouver Island. The relay run is now its fourth year and co-founder Petty Officer Second Class Allan Kobayashi believes the non-profit charity, which has raised a total of \$100,000 for Wounded Warriors Canada since its start, is helping change the perceptions about mental illness and PTSD.

"When I started running four years ago, I introduced myself to people and said 'I'm Allan and I have PTSD', many people would look puzzled and really wouldn't know what I was talking about," says PO2 Kobayashi. "Now people have empathy and compassion, and want to help or find out more

for their own educational purposes."

Runners will set off from Port Hardy, located on Vancouver Island's northern tip, and pound the pavement along the Trans-Canada Highway, regardless of rain, snow, wind or shine. If all goes according to plan they will cross the finish line Feb. 26 at 3 p.m. at the Royal Canadian Legion Branch 91 in Langford.

PO2 Kobayashi, previously a member of the Princess Patricia's Canadian Light Infantry, was deployed to Kosovo in 1999 and Kabul in 2003. He was diagnosed with PTSD following those deployments. PO2 Kobayashi now works as an analyst for the Naval Training Development Centre and will be the only runner on the team this year to be diagnosed with PTSD.

Like many other PTSD sufferers he says regular physical activity has been the key factor in his recovery. Not only does the exercise offer him an outlet for anxiety, stress and depression, he says being a member of a team of like-minded individuals uniting for a common goal to change the

stigma attached to mental illness and PTSD has also been crucial.

"It's all about overcoming the gap and the fear associated with asking for help. If you don't have people in the community that are willing to make human contact and look another person in the eye and say I understand PTSD and some of the difficulties you are facing, you can have all multi-billion dollar facilities and the greatest health care professionals in the world treating you but it won't matter."

The team also includes returning runner CPO2 Chris Fraser, a Technical Coordinator with Fleet Maintenance Facility Cape Breton; OS Sebastien Deschamps, a Marine Engineer with HMCS Regina; Capt Jacqueline Zweng who works with the Regional Cadet Support Unit; MS Mary McGregor, a claims clerk with Base Administration; Tsartlip First Nation runner Bernice Smith; and Q 100.3 radio-show host Chris Loran.

The relay format typically sees runners log between 17 to 30 kilometers individually each day. Safety vehicles



Photo by John W. Penner, John's Photography

Wearing their uniforms, participants in this year's Wounded Warrior Run B.C. gather at Jim Pattison Subaru in Colwood to kick-off the fundraising campaign.

driven by event volunteers help maintain visual contact with the runners while also picking up and dropping off runners along the route.

CPO2 Fraser is an experienced distance runner who estimates he has logged over 40,000 km since he started long-distance running in 2005. Since then has competed in marathons and half marathons at Canadian Forces Running Nationals, and also for the Canadian Forces team at the CISM (Conseil International du Sport Militaire). He's

the only returning runner besides PO2 Kobayashi and says he's running the relay again because he has several co-workers and friends who have suffered from mental illness and PTSD, and knows the efforts of the runners are helping.

"The stigma associated with mental health and PTSD is slowly decreasing but it hasn't completely gone away," he says. "But it's events like this that raise people's awareness, gets them talking and realizing you are not alone and you

don't need to be silent."

PO2 Kobayashi noted as people's attitudes have changed several businesses and community groups in the area have stepped up to the plate to support his organization, including Thrifty's Grocery Stores, The Victoria Grizzlies, The Royal Canadian Legion, CTV, Popeye's Supplements Canada, and Jim Pattison Subaru. Now, says PO2 Kobayashi, it's up to himself and the other runners to build on last year's success and push things forward.

Find your place in the lacrosse box

Community spirit can often times be attributed to sport. Like a stimulating activity or hobby, sport can help assimilate Canadian Forces members and their families into a new community.

There is no shortage of sports in the Westshore community, but its love affair with lacrosse runs deep. At the heart of it, lies the Belmont Park Lacrosse Box. For over 40 years it has been many military families' first exposure to this amazing team sport. The Belmont Park Box, located on the south side of John Stubbs Memorial Elementary School, is the former stomping grounds of Western Lacrosse Association's superstar Jesse King, a forward for the 2015 Mann Cup Champion's, the Victoria Shamrocks. "Belmont box is one of the foundations to my box lacrosse career," King recalls. "I look back on practicing at Belmont and realize that it was a place where some of my great-

est memories, and friendships were made. Two of my best friends to this day are two guys who I met at that lacrosse box. For this, Belmont lacrosse box is more than just a place to play lacrosse."

Being one of two outdoor lacrosse boxes in the Westshore community, Belmont comes to life during the April – June box lacrosse season, and even in the off-season, hosts many kids coming out to practice their skills. Complete with the perfect concrete wall for practicing "wall ball", it is a great place for parents and siblings to watch the fun.

In recent years, box lacrosse has become one of the fastest growing sports in North America. Although not widely known, the National Sports Act of Canada named lacrosse our national summer sport in 1994. Due to BC's mild climate, lacrosse is a sport that players can practice outdoors all year round. For families looking for an exciting sport, consideration should be given to enrolling their youngsters in lacrosse. Children as young as five years old can participate. For more information, check out your local Minor Lacrosse Association.



I look back on practicing at Belmont and realize that it was a place where some of my greatest memories, and friendships were made.

-Jesse King, Victoria Shamrocks Forward



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Charges laid in St. Hubert

DND

On Feb. 14, the Canadian Forces National Investigation Service charged a member of the Royal Canadian Air Force with one count of sexual assault under the Criminal Code of Canada.

The charge relates to a reported sexual assault against another member of the Canadian Armed Forces at Canadian Forces Station Alert in Nunavut, where the accused was deployed as part of a technical main-

tenance team in June 2016.

Corporal Frédéric Richer of 438 Tactical Helicopter Squadron located at St. Hubert, Québec, faces one count of Sexual Assault under section 271 of the Criminal Code of Canada, punishable under section 130 of the National Defence Act.

The matter is now proceeding in accordance with the military justice system for possible court martial at a date and location still to be determined.

Second pedestrian gate in Dockyard now open

A second pedestrian gate, located at the main entrance of dockyard on the D211 side is now open from 7-8 a.m. Monday to Friday.



Volleyball Regionals

Come out and cheer the men's and women's Triton Volleyball teams.

Regional play is in the Naden Athletic Centre lower gym.

Tuesday Feb. 28

0800 hrs Opening Ceremonies

0815 hrs Team Photos

0830 hrs Women's Game #1

1030 hrs Men's Game #1

1500 hrs Women's Game #2

1900 hrs Men's Game #2

Wednesday Mar. 1

0830 hrs Game #3 (if required)**

1030 hrs Game #3 (if required)**

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**Feb 26th –
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**March 1st –
CFB Esquimalt
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Come down to enjoy some healthy and not
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**March 4th –
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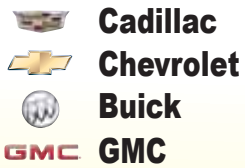
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Awards and Presentations



Sgt Ridgway is presented with his new rank from LCol Honorio, Commanding Officer, Real Property Operation Unit (Pacific).



Kevin Flarrow is presented with his Red Seal certificate, Electrician, from Maj Mark Kierstead, RP Ops Section Esquimalt.



Thomas Hunter is presented his Red Seal certificate, Fire Sprinkler Systems, from Maj Mark Kierstead, RP Ops Section Esquimalt.



PO2 Migneault (middle) is promoted to PO1 by LCdr Stogran (left) and Cdr Bonnar (right), Commanding Officer Naval Fleet School.



AB Turenne (middle) is promoted to LS by LCdr Stogran (left) and Cdr Bonnar (right), Commanding Officer Naval Fleet School.

Admiral visits Operation Palaci

SLt Melissa Kia
 MARPAC PAO

On Feb. 13 Rear Admiral Art McDonald, Commander Maritime Forces Pacific / Joint Task Force Pacific, visited partners from Parks Canada and the troops at Rogers Pass deployed on Operation Palaci.

Operation Palaci is conducted through a Memorandum of Understanding between the Department of National Defence and Parks Canada, which has jurisdiction over Rogers Pass because it lies within the boundaries of Glacier National Park.

Together, the Canadian Armed Forces and Parks Canada work each winter to keep Canadians safe by providing avalanche control to this vital transportation corridor through the Selkirk Mountains.

Both the TransCanada highway and the Canadian Pacific Rail lines, which are iconic and vital in their unification Canada, traverse Rogers Pass.



RAdm Art McDonald peers through the gunsight of a 105-mm Howitzer stationed at Rogers Pass.



Photo by OS Ross, CFB Borden Imagery

Members of this year's Pacific Region Team that competed in the Canadian Armed Forces National Badminton Championship at CFB Borden Jan. 29 to Feb. 2.

Pacific Region team captures gold medals at CAF Nationals

Peter Mallett
Staff Writer

The Pacific Region Badminton team captured two gold medals and finished in second place overall at the Canadian Forces Badminton Championships Jan. 29 to Feb. 2 at CFB Borden.

The duo of Cpl Amanda Reid, an Aviation Systems Technician from CFB Comox, and Capt Jillian Doiron, a dentist with Canadian Forces Health Services, claimed the Women's Doubles title defeating Quebec Region's M2 Nancy Simard and Maj Nathalie Frigon.

PO1 William Crocker, a Weapons Engineering Manager with HMCS

Calgary and the Pacific Region team captain, won the Open Singles title defeating MCpl Jonathan Decary from the Quebec region's CFB Valcartier.

The victory was PO1 Crocker's first military badminton title and the first time in approximately 15 years that anyone not from Quebec has won the Open Singles title.

"I was dead set on the task, composed and in total control, and probably one of my best performances since taking up the sport when I was a 12-year-old student in Trout River, Newfoundland," says the 35-year-old Petty Officer.

The Pacific Region team fell short of their pre-tournament goal of bumping

perennial champion Quebec off of their perch, finishing 20 points behind the title holders who amassed 57 points to repeat as tournament champions.

"It was disappointing but they [Quebec] are tough opponents with so much depth and experience," says PO1 Crocker. "With our team's strong performances at nationals the last few years, our players have started to take practice sessions more seriously, which will make us stronger and more competitive for the nationals next year."

The badminton nationals were held concurrently with the Canadian Armed Forces National Squash Championships. The short-handed Pacific squash team didn't fare so well, finishing the competition in last place with 27 points, well behind national champions Quebec who scored 158 points and edged out runners-up Ontario by 10 points.

Team Captain CPO2 Timothy King warned ahead of the tournament that his players would face an uphill battle and forfeit some matches by default since many players who qualified for the team at Regionals were unavailable for the trip to Ontario.

"The experience to compete against other CAF athletes was rewarding, but the Pacific Region did not stand a chance of winning the title," said CPO2 King.

Both team captains are encouraging players of all levels of skill to get involved in regular practices at the Naden Athletic Centre.



(Left) Major-General Al Meinzing presents PO1 William Crocker with his first place medal in the Open Singles category.

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Special Thanks to:

- BIS - MCpl Lefort for the PA System
- MARPAC Imaging - Ed Dixon for photos
- RP Ops – Capt Landolt and her team for all the electrical work
- BLog Disposal – Mr. Langlois and his team for providing tables and chairs
- BLog TME - Mr. Burton and his team for providing transportation support
- BLog - Base Waste Contracts for securing refuse containers
- Base Fire Services - for fire inspection
- CF Health Services - for health inspections

AND

PCC for providing Base Personnel for set up, traffic control, and tear down as follows:

- LS Prowse
- Pte(B) Anghaei
- LS Ead
- LS Guy
- LS Villano
- LS Rivard
- LS Lang
- AB Blum

AND

- PSP Fitness - Penny Blanchard and her staff
- PSP Recreation Manager - Ryan Anderson
- Naden Athletic Centre Facilities Operations – Tom Campbell and his staff
- PSP - Christine Farrington for coordinating the Expo set up from start to finish!



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