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Following Seas
**HMCS Ottawa,
HMCS Winnipeg**
- AND -
HMCS Oriole

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Prime Minister puts best foot forward

Photo by Cpl Stuart MacNeil, MARPAC Imaging Services

Prime Minister Justin Trudeau and the Minister of National Defence Harjit Sajjan took part in the Fleet five-kilometre fitness run at Canadian Forces Base Esquimalt on March 2. The Fleet Run is a Personnel Support Programs monthly event. See pages 10-11 for full story.

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Warships deploy for Asia & Poseidon Cutlass 17

Peter Mallett
Staff Writer

Two Pacific Fleet warships have set a course for Asia on Poseidon Cutlass 17.

HMC Ships Winnipeg and *Ottawa* and their crews left Esquimalt Harbour Monday for a six-month deployment to the Indo-Asia-Pacific region.



"The crew of *HMCS Ottawa* has been working tirelessly to prepare for this deployment and I have every confidence they will serve as excellent ambassadors for the Royal Canadian Navy," said Commander Sylvain Belair, *HMCS Ottawa's* Commanding Officer.

The ships will stop in China, South Korea, Japan, the Philippines, Malaysia, India and Sri Lanka. Poseidon Cutlass 17 includes participation in multinational task group interoperability exercises, and above and below water warfare training, and an ambassadorial role for the ships' company with international engagements at their ports of call.

"This deployment is an example of Canada's enduring commitment to the maintenance of regional peace and security in the strategically important

Indo-Asia-Pacific region," said Rear-Admiral Art McDonald, Commander of Maritime Forces Pacific. "I'm confident that *HMC Ships Winnipeg* and *Ottawa* will be well received as capable expressions of Canadian interest and contribution. All Canadians can be proud of the impressive ambassadors that our sailors will be, as well as the world-class support we'll afford them and their families during another period of great personal sacrifice."

Winnipeg's Commanding Officer, Cdr Jeff Hutchinson said the deployment will be an excellent opportunity to strengthen partnerships and support the RCN's "generate forward" concept.

"Operating with international partners will provide valuable training and improve interoperability while continuing to generate increased readiness in embarked soldiers, sailors, airmen and airwomen," said Cdr Hutchinson.



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Canadian Armed Forces women put their candle-making skills to the test at the Nightingales Children's Project in Cernavoda, Romania, during HMCS St. John's visit to Constanta Feb. 5.

Female sailors visit Romanian charity

Lt(N) Emily Anglin
HMCS St. John's

HMCS St. John's had a unique opportunity to make a difference for a group of disadvantaged youth while alongside in Constanta, Romania, Feb. 5 during its Operation Reassurance deployment.

Kevin Hamilton, the Canadian Ambassador to Romania, invited 21 women from St. John's, three women from their forward logistics support team, and four Romanian officers to Cernavoda, Romania, to volunteer for the Nightingales Children's Project.

Founded and led by two British expatriates and their Romanian spouses, the project focuses on preventing human trafficking. It aims to keep young women and men from being trafficked into the sex trade by offering them education and meaningful employment.

Upon arrival, the ambassador and volunteers were greeted by program founder David Savage, manager Ben Wells, and a group of curious, but largely shy

children. Their demeanor changed when the ambassador invited the soldiers, sailors and air women of St. John's to hand out donated toques to each child, who then happily posed for photos.

"When interacting with the girls I could sense a level of hardship in their lives, but also determination, strength, and hope," said Able Seaman Roxanne Hovan, a reserve boatswain sailing in St. John's.

Once the formalities were over, the volunteers buckled down to work; half went to paint the walls of a building, while the others learned about candle making. The candles serve a dual purpose for the girls at Nightingales. They spend their free time in a positive, creative way, and they are able to make money by selling their work.

Sergeant Jeanine Fraser, Senior Meteorological Technician onboard St. John's, was especially moved by the experience.

"So often you hear stories of what it is like for women in other countries, that they do not have the same opportunities as

Canadian women," she said. "To see this firsthand makes it all so real. This program seems remarkable, and gives me hope that these young ladies have a brighter future ahead of them now."

When the groups were called together to prepare

for departure, the volunteers reluctantly left their activities, wishing they could stay and do more. The formerly shy girls hugged their favorite military member goodbye, asking them to visit the next time the ship is in Romania.



Leading Seaman Michaela Alexander, a Marine Systems Engineer, helps a little girl build a snowman at the Nightingales Children's Project at Cernavoda, Romania, during HMCS St. John's visit to Constanta Feb. 5.

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WHAT SAY YOU

People Talk

On Feb. 28 Fleet Diving Unit was presented with its first Theatre Honours (see story on page 5) for the work of their unit's Clearance Divers during Canada's mission in Afghanistan. Lookout asked those attending:

Why was the Theatre Honours Presentation important?



Clearance Divers saw a lot of things in Afghanistan that people shouldn't see. We sent so many of our people in this unit over there, so it is so nice to see their sacrifice and hard work recognized.

LS Matt Dawkins



The Clearance Diver community is a tightly knit group. It's important to acknowledge the efforts of our shipmates that served in Afghanistan. Attending this ceremony today is an important way to recognize these efforts.

Lt(N) Michael Cormie



Even though I didn't serve there I understand the significance for the people that did, and at the time more than half of our unit was deployed there. The conflict has been over since 2013 and this moment today adds both recognition and closure to a huge chapter in the history of the FDU.

CPO1 Robert Deproy



This Theatre Honour represents everything that we have trained for as a unit and that was put into action in Afghanistan. It recognizes the people that served there and gives everyone in our unit a sense of accomplishment. It is important to the morale of the unit.

CPO1(Ret'd) Walter Dubeau

WHAT SAY WE



PSP Facility Closures

Weight rooms

Both Naden and Dockyard gym weight rooms will be closed March 23 – 31.

The closure is to allow delivery and installation of the new weight room equipment.

All military personnel and gym members with valid identification are allowed free access to the Esquimalt Recreation weight room during the closure.

Naden Pool

The Naden pool repair project has been extended and the pool will remain closed until June 1.

Sorry for any inconveniences this will cause.

– PSP Management

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Clearance divers feted with Theatre Honours

Peter Mallett
Staff Writer

Last week, in a highly prestigious ceremony, Fleet Diving Unit (Pacific) (FDU(P)) received its first Theatre Honours in recognition for their work in Afghanistan.

Rear-Admiral Art McDonald, Commander of Maritime Forces Pacific, presented the honours on behalf of David Johnston, Governor General of Canada, and called the moment a "significant milestone."

After inspecting the 49-member Guard of Honour on parade at the unit's West Shore explosive ordnance disposal garage on Feb. 28, the Admiral presented the Battle Board for display in their mess.

"For all of you currently serving or who have served in the FDU, this honour recognizes the exceptional excellence that is synonymous with the Fleet Diving Unit," said RAdm McDonald. "The war in Afghanistan was synonymous with IED [Improvised Explosive Device] and the work of defusing these devices by FDU Clearance Divers was done in dangerous situations. That work changed the course of the war and your unit should be extremely proud of what you achieved in Afghanistan."

The 4' x 4' wooden Battle Board

features rope work carved out of wood with the inscription: *Fleet Diving Unit Pacific, Afghanistan 2002-2014, Strength in Depth.*

"It's incredibly nice to receive this official recognition," said LCdr Chad Naefken, FDU's Commanding Officer. "It is a great source of pride for the entire unit. It will be used as a centre piece for all of our functions."

Theatre Honours are official public recognition of Canadian Armed Forces units for their participation in NATO-led United Nations-sanctioned mission in Afghanistan. On May 9, 2014, Prime Minister Stephen Harper announced that the honours, officially entitled South-West Asia Theatre Honours, would be bestowed on units of the Royal Canadian Navy, Royal Canadian Air Force, and Canadian Special Operations Forces Command.

Over 40,000 soldiers, sailors and aviators served Canada's 12-year mission in Afghanistan, the longest military conflict in Canadian history. When operations in Afghanistan officially ended in 2014 it had claimed the lives of 158 Canadian Armed Forces members.

After the presentation was made, those attending bowed their heads for a moment of silence and prayer to remember Canadian military members killed in battle, and for

those who suffered physical and psychological injuries during the conflict.

One of those deployed to Afghanistan was RAdm McDonald's younger brother, who is a retiring Sergeant in the Second Battalion of the Royal Canadian Regiment (2 RCR) of Gagetown, N.B.

"You insured our people, our shipmates and family members came home, including my brother," said RAdm McDonald.

One of those who didn't come home was 37-year-old father of two, PO2 Craig Blake, a Clearance Diver with the FDU(Atlantic), who was killed by an IED May 3, 2010, just three weeks into his first tour of duty in Afghanistan.

In attendance was CPO2 Alexander MacNeish, one of two clearance divers that served in Afghanistan. He knew PO2 Blake very well.

"I was a pallbearer during the ceremony when we walked his casket up the ramp [of the plane] in Afghanistan. It was not only a devastating loss for his family but also for our trade as a whole," he said. "It's a tight-knit family; there are only 134 Clearance Divers in Canada."

For CPO1 (Ret'd) Darrell Colwell the ceremony also marked the 10th anniversary of the day he returned home from Afghanistan.



From the left: RAdm Art McDonald, Commander of Maritime Forces Pacific; CPO1 Gilles Gregoire, Formation Chief; LCdr Chad Naefken, Commanding Officer Fleet Diving Unit (Pacific); and CPO1 Robert DeProy, FDU Coxswain, display the Battle Board presented at the unit's Theatre Honours ceremony Feb. 28. The unit's Clearance Divers were recognized for their bomb-defusing efforts in Afghanistan.

He was attached to the U.S. Army's Combined Explosive Exploitation Cell unit, which conducted blast investigation work. Over his 223 days of deployment, CPO1 (Ret'd) Colwell says his unit investigated 112 explosions,

most of which were from IED's.

"I'm hoping this acknowledgement will also help or be supportive to those who are still suffering from psychological injuries and Post-Traumatic Stress Disorder," he says.



Photos by Peter Mallett, Lookout Newspaper

Senior leadership from the base and members of the Fleet Diving Unit (Pacific) Guard of Honour gather for a group photo following the Theatre Honours ceremony.

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RCAF airman who survived a Nazi death camp passes away

Joanna Calder
Air Forces PA

Edward Carter-Edwards, who survived the notorious Nazi death camp Buchenwald, died Feb. 22, in Smithville, ON. His funeral was held on Monday, Feb. 27. He was 94.

Sergeant Carter-Edwards was a wireless air gunner on a Halifax Mark III bomber when it was shot down over occupied France in 1944. He made his way to Paris, but was picked up by the Germans, imprisoned, and eventually shipped by cattle car to Buchenwald: five long days under brutal conditions.

He and other airmen should have been sent to a prisoner of war camp but his captors refused to believe that he was an Allied airman and instead accused him of being a spy and saboteur.

"The thing that frightened us the most was this tall chimney with smoke belching out of it. And the only way to get out of Buchenwald was through the chimney," he said in a video posted on the "Lost Airmen of Buchenwald" Facebook page, as he described his arrival at Buchenwald.

Sergeant Carter-Edwards was one of 168 airmen—including 26 Canadians—wrongfully imprisoned in the concentration camp. While there, he fell sick with pneumonia and pleurisy, which ordinarily would have been a

death sentence as there was no medical treatment for those who were sick; the prisoners got better or they died. In fact, anyone who was considered too sick was hastened to his end with a fatal injection.

According to Nathan M. Greenfield in his book *The Forgotten: Canadian POWs, Escapers and Evaders in Europe 1939-1945*, one of the reasons Sergeant Carter-Edwards survived was that "at night the orderlies 'submerged' the Canadian delirious with fever; that is, they moved him bed to bed so that the Doktor would not recall him from the day before and order his death."

In addition, a French doctor, who was also a prisoner, used a syringe to extract fluid from Sergeant Carter-Edwards' lungs.

Eventually, Sergeant Carter-Edwards and all but two of the Allied airmen were transferred out of Buchenwald to Stalag Luft III prisoner of war camp on Nov. 28, 1944, through the intervention of members of the Luftwaffe.

"Somehow, the German Air Force—who was our enemy in combat but strictly comrade-in-arms—found out there was 166 allied airmen in Buchenwald," he recounted in a video posted on the Veterans Affairs Canada website. "Our enemy, who was German Air Force and maybe even shot some of us down, saved our lives, saved their lives... they found out

after they got out that five days later we would all have been hung on the meat hooks below the crematorium by stringing piano wire around our necks and hanging them on these meat hooks. We would have all been strangled to death. That was the orders that came down from Buchenwald."

For many years, Carter-Edwards didn't speak of his experience because, simply put, no-one believed him. But in 1988 the International Red Cross confirmed, from its investigation of German records, that he had been

committed to Buchenwald by the SS, treated several times in the infirmary, and transferred to Stalag Luft III. In his later years, Edward Carter-Edwards became a tireless speaker about his war experiences and the dangers of intolerance.

At the end of his talks and speeches, Edward Carter-Edwards would often sing Vera Lynn's beautiful song, "We'll Meet Again":

*We'll meet again
Don't know where,
don't know when.
But I know we'll meet again.
Some sunny day.*




Edward Carter-Edwards speaks with Her Majesty Queen Elizabeth II during the dedication of the Bomber Command Memorial in London, England, June 28, 2012.




Photo by Lieutenant-Colonel (Retired) Dean Black, Royal Canadian Air Force Association


Edward Carter-Edwards sings "We'll Meet Again" during a visit to Buchenwald concentration camp in 2014.




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Calgary enters dry dock



Yard Tug Tillicum (left) and Yard Tug Glendale gently transfer HMCS Calgary from C Jetty across Esquimalt harbour to Victoria Shipyards where the warship will go into dry dock.



Commander Ryan Saltel, Commanding Officer of HMCS Calgary, signs the Assumption of Custody paperwork for Calgary to Victoria Shipyards.



Photos by MCpl Brent Kenny, MARPAC Imaging Services

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B.C. Mayors get an inside look at navy base

Peter Mallett
Staff Writer

A delegation of 28 mayors wrapped up a three-day conference in Victoria Feb. 24 with a tour of Fleet Maintenance Facility Cape

Breton and HMCS Regina.

The municipal leaders were taking part in the Mayors' Caucus, a regular convention that rotates to a different location biannually. It allows municipal leaders to identify common priorities and prob-

lems their communities face.

The mayors were given guided tours of the Halifax-Class frigate's machine control room, bridge, operation room, a review of the vessel's small arms capability, and a demonstration by Fleet

Diving Unit (Pacific).

Their tour of Fleet Maintenance Facility included stops at the electrical, mechanical, machining, sheet metal, combat, chemical cleaning and electroplating, and plant maintenance departments.

Comox Mayor Paul Ives said he was "delighted and fascinated" to visit CFB Esquimalt as part of the convention because of the economic impact it has in Victoria and the province.

Ives is a former naval reservist, serving from 1981 to 1987 with HMCS Scotian in Halifax

and HMCS Discovery in Vancouver. He says the visit helped many of his colleagues gain better insight into what CFB Esquimalt is all about.

"It's great to build awareness among the mayors of B.C. about the role the navy plays for Canada and the impressive facility in FMF for maintaining the fleet," said Ives. "I would say CFB Esquimalt is almost like the Capital Regional District's 14th municipality considering the huge role it plays in contributing to both the local and provincial economy."

Jude Schooner, Mayor of Tahsis, located on the northwest coast of Vancouver Island, said the tour was one of the high-



Photo by Peter Mallett, Lookout Newspaper

Chris Roy, a sheet metal fabricator who works in the Fleet Maintenance Facility HMCS Cape Breton, displays a project he is working on to a delegation of B.C. mayors.



Photo by MCpl Brent Kenny, MARPAC Imaging Services

Honorary Captain (Navy) Mandy Farmer (front centre) joins a group of mayors from various British Columbia communities for a group photo in front of HMCS Regina.

lights of the Mayors' Caucus.

"It was wonderful to be reminded of the dedication, team work and enthusiasm of the members of the Royal Canadian Navy we met during the tour, and their civilian counterparts," she said.

"Small communities on the coast find solace knowing the Forces contribute to our safety, and play a vital role in the case of a natural disaster by augmenting our emergency preparedness plans (when called upon)."

At a lunch in the Wardroom Honorary Captain (Navy) Mandy Farmer and Dr. James Boutilier, MARPAC's advisor on Asia Pacific, addressed the Mayors.

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 greatest 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.

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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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IN THE COURTS

Drug trafficking charges laid against a military member at CFB Halifax

DND

On Feb. 24, the Canadian Forces National Investigation Service's National Drug Enforcement Team charged a member of the Canadian Armed Forces with drug-related offences under the National Defence Act.

The charges relate to an investigation initiated in May 2016 into illegal drug activity at Canadian Forces Base Halifax. In December 2016, members of the National Drug Enforcement Team arrested the accused following a search of his private residence located off base in Halifax Regional Municipality.

Leading Seaman Kristopher Stow, a member of *HMCS Montreal*, faces:

- one count of possession for the purpose of trafficking under section 5(2) of the Controlled Drugs and Substances Act, punishable under section 130 of the National Defence Act;

two counts of possession for the purpose of trafficking under section 4(1) of the Controlled Drugs and Substances Act, punishable under section 130 of the National Defence Act; and

- one count of resisting arrest under section 129(a) of the Criminal Code of Canada, punishable under section 130 of the National Defence Act.

During the search of the accused's residence in December 2016, members of the National Drug Enforcement Team discovered 20 grams of suspected cocaine, 5.5 grams of suspected cannabis (marijuana), one gram of suspected methamphetamine (MDMA - commonly known as ecstasy), as well as packaging materials, a scale and drug paraphernalia.

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.

Officer pleads guilty in Nova Scotia

On Feb. 22, Lieutenant (Navy) James Clark pleaded guilty in a standing court martial in Sydney, Nova Scotia, to four charges related to harassment and making inappropriate comments.

Chief Military Judge Colonel Mario Dutil subsequently found Lt(N) Clark guilty of four offences that occurred at or near Sydney, Nova Scotia, between the dates of July 1, 2012, and June 30, 2015.

The court martial of Lt(N)

Clark that began on Feb. 20 was originally dealing with five charges. The charge for assault was withdrawn by the military prosecutor after Lt(N) Clark was found guilty of four charges - three related to harassment of two military members and one civilian employee, and the other charge for making inappropriate comments to a subordinate member.

Sentencing was postponed to April 18 and will occur at the Asticou Centre in Gatineau, Quebec.

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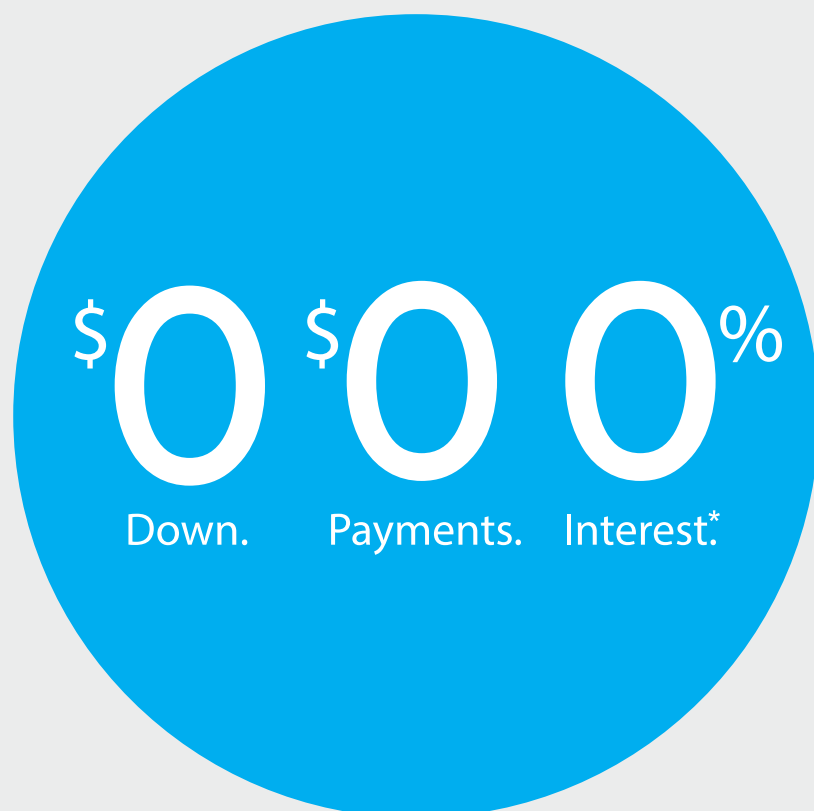
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Photo: MCpl Chris Ward, MARPAC Imaging Services
With HMCS Ottawa and its crew in the background, Justin Trudeau, Prime Minister of Canada, and Harjit Sajjan, Minister of National Defence, take part in a press conference at CFB Esquimalt on March 2.

Photo: MCpl Chris Ward, MARPAC Imaging Services
Left to right: Harjit Sajjan, Minister of National Defence; Lieutenant (Navy) Brian Perrett, HMCS Ottawa Combat Officer; Justin Trudeau, Prime Minister of Canada; and Ottawa's Executive Officer, Lieutenant Commander Christopher Rochon show the Prime Minister the ship's operations room.



Photo: Cpl Stuart MacNeil, MARPAC Imaging Services
Prime Minister Justin Trudeau gives a hug to Brooke Ingram during a meet and greet held at the Wardroom.

Prime Minister Trudeau, Defence Minister Sajjan visit CFB Esquimalt

Peter Mallett
Lookout Staff

DRESSED in a navy emblazoned t-shirt, Prime Minister Justin Trudeau joined more than 700 military and civilian personnel for a five-kilometre run around CFB Esquimalt last Thursday morning, March 2.

Also serving as a fitness role model was Defence Minister Harjit Sajjan who kept in step with the 45-year-old Prime Minister.

Before the run, the Prime Minister and Defence Minister made their way to

A-jetty for a visit to submarine HMCS Chicoutimi. Wearing a Naval Combat Dress jacket inscribed with his last name, Royal Canadian Navy ensign patch, and ship badges of both Chicoutimi and HMCS Ottawa, the Prime Minister climbed down the hatch into Chicoutimi.

After the run the two guests toured Ottawa, which was finalizing preparations for its Asia-Pacific deployment on Poseidon Cutlass 17, and spoke to many sailors on board.

Following lunch at the Wardroom, Prime Minister Trudeau and Minister Sajjan

concluded their visit with a media scrum on A-Jetty. Flanked by a group of Ottawa sailors, Trudeau thanked CFB Esquimalt for their hospitality and chance to visit the submarine and warship before highlighting the recent announcements by his government and taking questions from the assembled media.

The Prime Minister then departed in his motorcade for his next engagement, a meeting with Victoria Mayor Lisa Helps. He wrapped up his two-day visit to British Columbia on March 3 in Vancouver, meeting with Premier Christy Clark.

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WOUNDED WARRIORS



RUNNERS OVERWHELMED BY SUPPORT



Peter Mallett
Staff Writer

Motivation was all the fuel Wounded Warrior Run B.C. participants needed to reach the finish line of their grueling 700-kilometre trek covering the length of Vancouver Island.

"I was physically drained and

taxed, but all the overwhelming support we received along the way reinvigorated me and made me feel fantastic when I was running," said PO2 Allan Kobayashi, Wounded Warrior Run B.C. co-founder and team leader.

PO2 Kobayashi, who works as an analyst for the Naval Training Development Centre, was the leader of a three-woman and

four-man team who set out from Port Hardy Feb. 20 for the seven-day relay-style run to raise funds and awareness for current and former military and Emergency Service workers suffering from Post-Traumatic Stress Disorder (PTSD).

PO2 Kobayashi, who was the only member of this year's team to suffer from PTSD, says he's noticed a paradigm shift in people's attitudes and understanding of PTSD during stops in 15 communities.

"The biggest difference in this

year's run was people's willingness to step forward and talk about their own experiences, their own traumas, and their own family members and friends who are suffering. That was the biggest motivation in pushing us forward along the route, by seeing how our interaction was making a notable difference."

The best was yet to come as the runners were greeted with a hero's welcome when they crossed the finish line in Langford at 3 p.m. Feb. 26. Wearing red jerseys emblazoned with the slogan

"Not all Wounds are visible", they headed into the Royal Canadian Legion Branch 91 to the sound of music and cheers from members of the Victoria Grizzlies Junior 'A' Hockey Team, the West Shore Rebels

junior football team, friends, family, sponsors and local politicians who came out to show their support.

CPO2 Chris Fraser, a Technical Coordinator with Fleet Maintenance Facility, Cape Breton, says he and the other runners had "a mix of emotions" when they crossed the finish line.

"We've done all this work and don't want to let the momentum and awareness surrounding PTSD slide and have people forget what we are doing," he said.

The annual run is now in its fourth year and raises funds for their parent organization Wounded Warriors Canada, a non-profit organization that assists former and current soldiers and Emergency Services workers suffering from PTSD and mental illness. PO2 Kobayashi is optimistic his group met its \$40,000 target, but they are still counting the donations.



Bravo Zulu

MARPAC Awards Ceremony

Commander Wes Golden, Commanding Officer of MARPAC Headquarters, presented awards and promotions Feb. 24.
Photos by MCpl Brent Kenny, MARPAC Imaging Services



MS William Huston (middle) is promoted to his current rank by Cdr Golden and PO1 Jessica Cooley.



CPO1 Ghislaine Arseneau is presented the Canadian Forces' Decoration Second Clasp.



CPO2 Michel Michaud is presented the Canadian Forces' Decoration First Clasp.



Capt Sebastien Lemire is awarded the Sea Service Insignia Gun Metal.

MARPAC Presentation

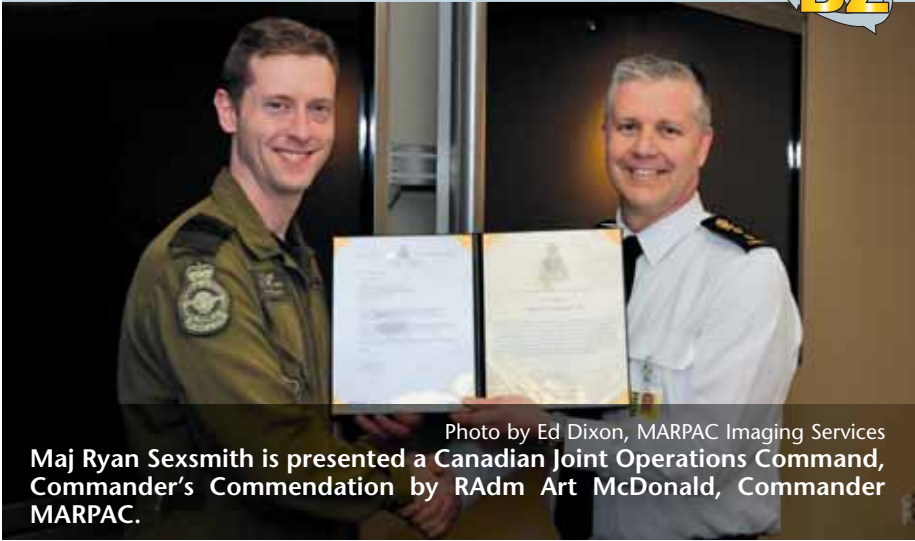


Photo by Ed Dixon, MARPAC Imaging Services
Maj Ryan Sexsmith is presented a Canadian Joint Operations Command, Commander's Commendation by RAdm Art McDonald, Commander MARPAC.

West Jet Contest



Photo by Peter Mallet, Lookout
MS Beverly Hibbs is the West Jet flight voucher for two winner from the MARPAC Expo draw. She plans to go either home - Newfoundland, or vacationing in Las Vegas.

Bravo Zulu

Admirals' Council Presentation

Left to right: Cmdre Jeff Zwick, RAdm Gilles Couturier, Cmdre Marta Mulkins, Cmdre (Ret'd) Craig, VAdm Ron Lloyd, RAdm John Newton, and RAdm Art McDonald gather for a group photo at the Esquimalt Wardroom for the presentation of a departure gift to Cmdre (Ret'd) Craig on Feb. 6.
Photo by Cpl Carbe Orellana, MARPAC Imaging Services



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Tax return filing tips

Pierre Goulet
SISIP Financial Service

Yes, it's that time again; time to report your annual income and other financial details to the government. While your tax return may show that you have to pay more or less tax – hopefully even no tax – it can also help you identify whether you are eligible for any tax rebates such as health care, child care or school credits.

The information to fill out your tax return will be provided to you by your employer, usually on a T-4, listing your income along with any deductions that have been made on your behalf for income taxes, employment insurance, Canada Pension Plan, etcetera.

The deadline for filing your tax return is usually at the end of April. There are, however, special circumstances such as if you are a Canadian Armed Forces (CAF) member on deployment, in which case

you may be allowed an extension.

You can fill out and send your tax return on paper or via e-file.

It is important to keep a record of your income slips from all sources and tax returns for seven years.

If you owe the government money, there are financial penalties for filing a late return.

Filing for the first time? Still feel like a rookie at this? The Canada Revenue Agency (CRA) offers an online course to help you learn how to file a tax return, and further information to help you understand all about your tax return, including some life events, such as moving, getting married, a disability or a death in the family, which can affect your income tax.

Likewise, CRA's My Account connects you to your personal tax and benefits information 24/7, and allows you to check your tax refund, Registered Retirement Savings Plan

(RRSP) limit, track your GST/HST payments, and change your address.

You can view and print the General Income Tax and Benefit Return online, or you can download the files onto your personal computer's hard drive.

You can get a printed copy of the general income tax and benefit package mailed to you by calling 1-800-959-2221.

You can get the General Guide and forms book for your province or territory from any postal outlet or Service Canada office near you between February and early May.

You can also avail yourself of the 10 per cent discount on a full tax return offered by H&R Block, or their free online tax software program, offered exclusively to CAF members, through your CF Appreciation Program. For CFB Esquimalt members, check out AACT Financial Services Solutions at 1353 Esquimalt Road; they also offer a military discount.



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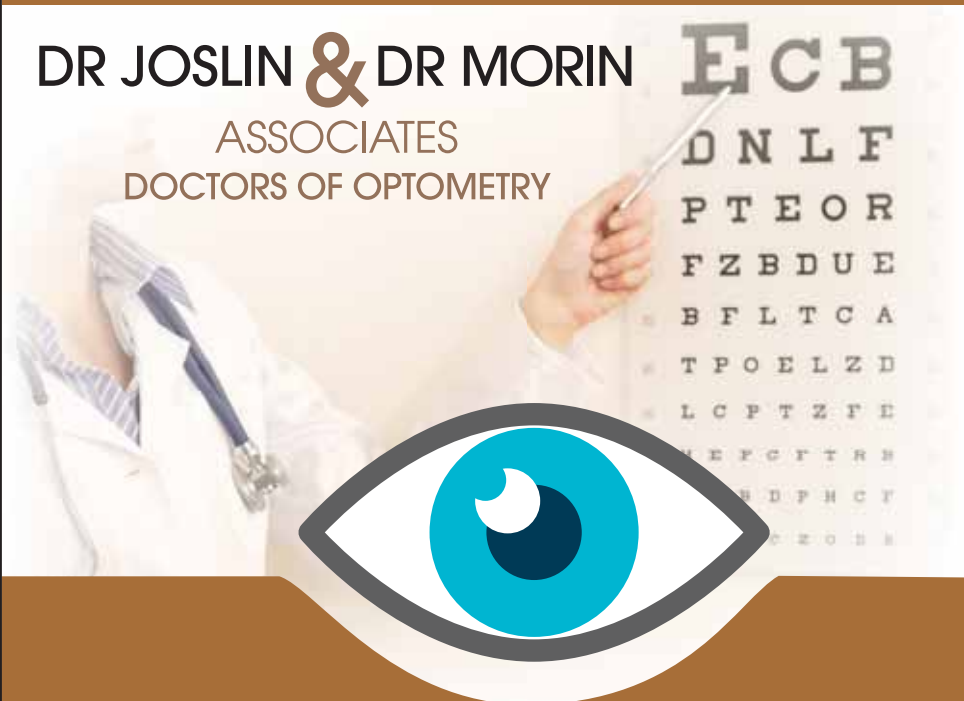
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20 h Cérémonie : Discours officiels, escorte de drapeaux de la Légion Royale Canadienne Filiale 91 et hommage au général Sir Arthur Currie, de Victoria.

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Canada

Naden hosts volleyball regionals



Members of the Tritons Men's Volleyball team display their Pacific Region Volleyball Championship banner.



Members of the Tritons Women's Volleyball team.

Peter Mallett
Staff Writer

The Tritons Men's Volleyball team are off to the Canadian Forces National Championships after defeating the Comox Totems 2-1 in a three-game Pacific Region qualifying series on March 1 and 2.

Esquimalt's women's team didn't fare as well as their male counterparts and were swept by Comox 2-0 in their best-of-three series also played at Naden Athletic Centre.

The national championship tournament for both men's and women's teams will be held concurrently April 22 to 26 at 19 Wing Comox, and feature representatives from national qualifying zones Prairie, Ontario, Quebec and Atlantic.

LS James Poirier who works for Canadian Forces Fleet School received the men's tournament's overall Most Valuable Player (MVP) award, while Capt Teesha Wheaton-Sparkes from 19 Wing Comox received the women's MVP award.

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