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Photo: MCpl Brent Kenny, MARPAC Imaging Services
Corporal Carbe Orellana (centre), an Imagery Technician deploying in HMCS Winnipeg, waves goodbye with the crew to those assembled on B Jetty as the ship departs for Poseidon Cutlass. The warship left with HMCS Ottawa March 6 for a six-month deployment to the Asian-Pacific region.

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Clearance divers review 87-year-old shipwreck

Peter Mallett
Staff Writer

at Fleet Diving Unit. Our navy divers continuously demonstrate their ability to effectively keep our marine environment safe for all."

From March 6 to 9 a team of five clearance divers and two support staff conducted the first phase of the remediation project, which focussed on information gathering and the creation of a detailed survey of the site, says CPO2 Alexander (Sandy) MacNeish, Operations Chief, Fleet Diving Unit.

After setting up their base camp on shore, members of the team drove to the site in a Rigid Hulled Inflatable boat and used a camera attached to small remote-controlled submersible vehicle to photograph the wreck.

"They are not touching or changing the state of the wreck and there is no recovery work taking place at this time," said CPO2 MacNeish. "Their sole purpose right now is to determine the precise location and integrity of the wreck, as well as establishing the type and number of unexploded ordnance through visual observations."

In the coming weeks their detailed report will be presented to Maritime Forces Pacific/Joint Task Force Pacific staff. Clearance Divers are expected to return to the wreck later this summer to complete the removal of ordnance and dispose of it safely.



Photo: George Metcalf Archival Collection, Canadian War Museum

Members of Thiepval's crew maintain the ship's main armament, a 12-pounder cannon mounted on a platform in the bow. Thiepval's limited weaponry was sufficient for the ship's peacetime patrol work. After being transferred to the West Coast from Halifax, Thiepval's duties included counting seals, patrolling against rum-runners, and ensuring that American fishing boats did not enter Canadian territorial waters. Years after Thiepval's 1930 sinking, divers raised this gun and placed it on display at nearby Ucluelet, British Columbia.

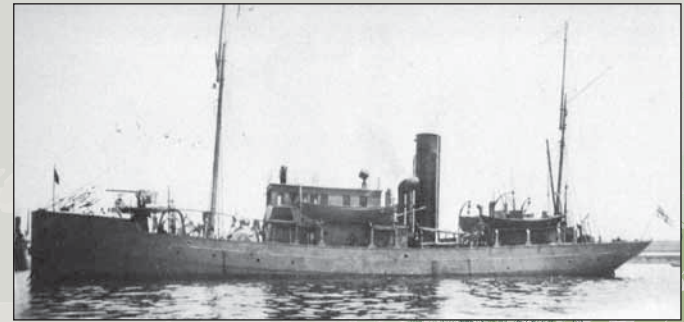


Photo: Canadian War Museum

The HMCS Thiepval was a naval trawler built in 1917, the seventh ship built at the Kingston Shipyards. This class of ship was used for antisubmarine patrols.



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Photo: Master Corporal C.A. Stephen, Formation Imaging Services Halifax

HMCS Athabaskan pulls into port at Halifax Dockyard for the last time on March 10. The last of the Iroquois-class destroyers was paid off after more than 44 years of service.

HMCS Athabaskan takes final salute

DND

HMCS Athabaskan was paid off during a ceremony at HMC Dockyard in Halifax on Friday.

Athabaskan, the last of the four Iroquois-class Area Air Defence destroyers, served the Royal Canadian Navy (RCN) with distinction for more than 44 years.

"Today we celebrate the end of an era," said Vice-Admiral Ron Lloyd, Commander of the Royal Canadian Navy. "When Canada put this ship into service the technological achievements were so impressive that the Tribals were referred to as the 'sisters of the space age'.

For those of us fortunate to have sailed in these ships we celebrate the important leadership role that Athabaskan, and her sister ships, fulfilled in the defence of Canada and in support of partners and allies. Canadians can

proudly reflect on Canada's response to the occupation of Kuwait, the terrorist attacks of 9/11, Hurricane Katrina, and the devastating earthquake in Haiti. I know that those of us serving today, are proud to continue to follow in the wake of all those who have so brilliantly served in HMCS Athabaskan during the last 44 years. We stand here today as equally committed and dedicated as those who walked aboard her on the day of her commissioning."

The Iroquois Class was a made-in-Canada solution to the defence and security challenges of the Cold War and post-Cold war era of the late 20th Century. They introduced state-of-the-art Canadian sonar technology to undersea surveillance, and perfected the combat operations of two large maritime helicopters from each of their flight decks.

Under the auspices of


the National Shipbuilding Strategy, the RCN is in the midst of one of the most comprehensive periods of fleet modernization and renewal in its modern history. Despite the retirement of the Iroquois Class and its long-range air defence capability, the modernized Halifax-class Canadian Patrol Frigates, Kingston-class Maritime Coastal Defence Vessels, and Victoria-class submarines are the bridge to the future fleet.

These platforms will sustain the role of the RCN in the defence of Canada and protection of sovereignty on three oceans. Moreover, the RCN will continue to provide the Government of Canada globally deployable maritime force options that serve the national interest in defence, security, and capacity building in foreign states and humanitarian aid. It is with great anticipation

that the navy awaits the first of the DeWolf-class Arctic Offshore Patrol Ships and a leased solution from industry for the provision of an underway replenishment ship to support the long distance deployments of a navy widely recognized for its global reach and effect. It is the Canadian Surface Combatant, however, that will return the navy to its full potential, just as the Tribal-class destroyers did during their remarkable era of service from 1970 to 2017.

On Friday the sailors of Athabaskan gave a last cheer to the ship and marched off for the final time, followed by the Commanding Officer being piped ashore as the commissioning pennant, Jack, and Ensign were hauled down and the port flag hoisted. A fitting tribute to a warship and its sailors who served with distinction.

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matters of OPINION

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WHAT SAY YOU

People Talk

Lookout asked those attending the celebration for International Women's Day at the Chiefs' Petty Officers' Mess:

Why is International Women's Day important to you?



It's important for us as women to celebrate our accomplishments to date and to also realize even though it's 2017 we still have a long way to go.

**Veronica Hackett,
Base Logistics**



In a big organization it's easy to lose focus on the simplest things and how we treat our people. The day is an opportunity for us to focus on female members and recognize that women are not a homogeneous group, and to have a frank discussion as to what we can do for women as an organization, and how far we have to go.

**Cdr Blair Saltel,
HMCS Calgary**



It's a day when we recognize the obstacles to equality that women have overcome, and those many men who have helped in this effort. We set aside this day to remind people how far we have come, and that there is still much more to accomplish.

**PO2 Jenn Morgan,
HMCS Calgary**



I have three daughters and it's important for us to celebrate the empowerment of women and teach young women, and men, that we can do anything we want to in life.

**Bev Kosch,
Fleet Maintenance Facility**

WHAT SAY WE

SPORTS trivia Basketball

by Stephen Stone & Tom Thomson

Questions

1. What was the first National Basketball Association (NBA) team established in Canada?
2. When, where and who played in the first NBA game?
3. How long did the Huskies last?
4. Who was the first of the dominant "big men" in the NBA?
5. Who was the first Canadian to play in the NBA?
6. Who were the first African-American players in the NBA?
7. Which player has won the most NBA championships?
8. Who was the first African-American coach in the NBA?
9. Which player scored the greatest number of points in a single NBA game?
10. Who holds the record for the second-most points scored in a single game?
11. Who holds the NBA record for the greatest number of points scored in a career?
12. This graduate of St. Michaels University School in Victoria, BC is a two-time MVP in the NBA.
13. Who are the only two NBA players to win the scoring title seven consecutive times?
14. Which teams have won the greatest number of NBA championships?

1. Toronto Huskies formed in 1946.
2. November 1, 1946 at Maple Leaf Gardens between the Toronto Huskies and New York Knickerbockers. Knicks won 68-66.
3. One season. After compiling a 22-38 win-loss record, the team folded in the summer of 1947.
4. George Mikan. Mikan was 6'10" tall, played the bulk of his career for the Minneapolis Lakers and was so dominant he caused several rule changes in the NBA, such as the introduction of the goaltending rule, widening of the foul lane, and creation of the 24-second shot clock.
5. Hank Biasatti. He started the season with the Toronto Huskies and is cited as the first international player in league history.
6. Earl Lloyd (Washington Capitols), Nathaniel "Sweetwater" Clifton (New York Knicks), and Chuck Cooper (Boston Celtics) all started in the 1950-51 season.
7. Bill Russell (Boston Celtics) - 11.
8. Bill Russell (Boston Celtics).
9. Wilt Chamberlain (Philadelphia Warriors) - 100 points on March 2, 1962.
10. Kobe Bryant (Los Angeles Lakers) - 81 points on January 22, 2006.
11. Kareem Abdul-Jabbar (Milwaukee Bucks, LA Lakers) - 38,387 points.
12. Steve Nash.
13. Wilt Chamberlain and Michael Jordan.
14. Boston Celtics - 17.

Answers

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Celebrating International Women's Day

Three female sailors with *HCMS Calgary* were asked a series of questions in recognition of the March 8 International Women's Day.

Lt(N) Sara Kucher, MARS Officer

How long have you been in the CAF/RCN?

I have been in the CAF since July 1999; I was a CIC Officer in Alberta and B.C. prior to becoming a MARS Officer in 2011.

What made you join the CAF/RCN?

I wanted to support my local cadet corps in the best way that I knew how and in order to be the Training Officer for my cadet corps I had to become a CIC Officer. As time progressed I was able to foster my love for travelling and my desire to work on the bridge of a ship. After moving to Victoria I chose to become a MARS Officer and realize a dream that I'd had since I was a teenager.

What is your favourite thing about serving in the military?

As cliché as it sounds I love the opportunities I have to travel and get a glimpse of the world and other cultures. However, on a day-to-day basis I absolutely love the fact that I get to meet and work with so many new and interesting people. I've been able to grow as a person and as a leader from my experiences with the people that I work with; each person has taught me something new and I look forward to meeting many more people in the future.

What is your biggest challenge?

My biggest challenge is finding a balance between work and family. I love to sail, but I also love watching my children grow and helping them to become the amazing individuals that they are and will be.

Do you have any advice for women joining the CAF?

My advice to women is no different than my advice to anyone joining the CAF - just be you, everyone has something to offer and once you find what you're good at and what makes you happy, keep at it. Never stop learning. Professional curiosity is your number one asset and may lead you and your career in a direction you didn't imagine possible.



WO Laurie Elliott, Senior Cook



How long have you been in the CAF/RCN?

I have been in the CAF for 17 years and I've served with the RCN for the past three years.

What made you join the CAF/RCN?

I wanted to work in an environment that provided opportunities for advancement and allowed for future travel and ability to move throughout my career.

What is your favourite thing about serving in the military?

I've loved my time onboard *HMCS Calgary*. Ship life is challenging but also fun and rewarding.

What is your biggest challenge?

Juggling home life with work commitments can be hard sometimes. Having strong family support is very important.

Do you have any advice for women joining the CAF?

Take advantage of all the amazing opportunities that will come your way. Be open to new postings/taskings as you will often be surprised how much you enjoy learning new things.

AB Elysia Allen, RMS Clerk

How long have you been in CAF/RCN?

Since February 2010.

What made you join the Forces?

I wanted a challenge and a diverse career with lots of opportunity.

What is your favourite part of serving in the military?

Enjoying the opportunities I wouldn't have had in a civilian position - playing against the Canucks Alumni in the "Heroes for Hockey", travelling the world, to name a few.

What is the biggest challenge?

Working with other women (smile).

Do you have any advice for women joining the CAF?

Have fun. Challenge yourself. Embrace the opportunities offered, and see the glass is always half full.



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CDS appoints LGen Parent

Lieutenant-General Alain Parent will assume the position of Acting Vice-Chief of the Defence Staff from Vice-Admiral Ron Lloyd as of May 30, 2017.

This change will enable Vice-Admiral Lloyd to return to the significant task of leading the Royal Canadian Navy full-time.

I would like to thank Vice-Admiral Lloyd for his outstand-

ing work in filling a critical role to the institution during a demanding time and I look forward to working with LGen Parent.

LGen Parent's replacement as Deputy Commander, Allied Joint Forces Command Naples, will be announced in the near future.

*Gen Jonathan H. Vance
Chief of the Defence Staff*

Tackle the Snow to Surf

The 35th running of the Royal LePage Snow to Surf Relay in the Comox Valley takes place Sunday, April 23. Teams can register and get race information at www.snowtosurf.com. Team registration is \$543 and registrations can be received up to and including April 23.

The event consists of alpine and Nordic skiing, two running legs, a mountain bike leg, kayaking, road biking and canoeing. Start line is at the Mount Washington Alpine Resort and finish line at the Comox Marina with a racing tour through the Comox Valley.

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Enjoy a plate of diversity

Allison Smit
CHRSC (P)

Racism can exist anywhere in the world in any form. It can exist through offensive names, discrimination, and the refusal to accept diversity.

In Canada, diversity is what makes us strong; we are a country made up of a variety of cultures, beliefs and traditions. In order to eliminate racial discrimination, we must celebrate the beauty of diversity that exists in our multi-cultural country.

Maritime Forces Pacific and the Defence Visible Minority Advisory Group (DVMAG) will commemorate International Day for the Elimination of Racial Discrimination on March 21 by hosting an international lunch buffet. The buffet will feature international dishes

to celebrate various cultures around the world, and will include vegetarian options.

The international lunch buffet will be offered from 11 a.m. to 1 p.m. March 21 at Nelles Block, the Wardroom, and the Venture/NOTC Galley for \$10. All DND/CF personnel are encouraged to attend.

It is important to note that members do not have to identify with one of the groups to get involved. Advisory Group participation is voluntary and open to all. Your contribution is important and can be helpful in a variety of ways based on your interests and availability. For more information on the MARPAC Defence Advisory Groups or Employment Equity general inquiries, please contact the Civilian HR Planning and Programs Office at 250-363-7626.

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Developing tomorrow's leaders

Deborah Morrow
Contributor

This year marks the 100 anniversary of the Navy League in British Columbia, and to kick off the year of celebration cadets from the Navy League Cadet Corps Captain Rankin of Vancouver toured the base and dockyard, and had a sleepover in the Work Point barracks over the March 4 weekend.

The weekend included a tour of HMCS Regina, Dockyard, and the base Naval and Military Museum, where the youth received lessons from Navy League Lieutenant Commander Cliff Mah about the history of the Royal Canadian Navy (RCN).

A visit from Rear Admiral Art McDonald, Commander Maritime Forces Pacific, was an added bonus. He chatted with the cadets, asking about their program and giving them a sincere navy welcome. Nine-year-old Ordinary Cadet Connor Tse beamed with delight when RAdm McDonald held him up high so he could see over the heads of his colleagues and view the dockyard landscape.

"The navy is now real to them," says LCdr (NL) Mah. "Spending time with working members of the RCN is the only way to give

them a firsthand glimpse inside the navy."

On Sunday the cadets travelled back to Vancouver with a lifetime of stories for their families and peers.

Over their three days on the base they learned it takes a fleet of ships to make a navy, which not only includes warships, but other types of ships in support roles.

The Navy League Officers gave ordinary kids extraordinary opportunities and will lead the path to the next hundred years of British Columbia's Navy League.

About the Navy League of Canada

The Navy League of Canada was initially formed in 1895 to advocate for an effective naval

defence for Canada, as a navy had not existed in Canada prior to that date.

Once the task of establishing the RCN was accomplished, local branches of the Navy League began to take shape throughout Canada and its mission was expanded to include three elements: the Navy League Cadets, the Royal Canadian Sea Cadets

and Maritime Affairs.

The Royal Canadian Sea Cadet programme is funded and operated in partnership with the Department of National Defence and is for youth aged 12 to 18; however, the Navy League Cadet Program is unique and is entirely funded and operated by a cadre of Navy League volunteers. It is for youth aged 9 to 12.

In keeping with the traditions of the RCN, Navy League officers teach the children respect for the uniform, traditions, structure, values, history, fitness and elemental seamanship skills of the naval service.

Retired naval Captain Harry Harsch heads up the Navy League's national Maritime Affairs portfolio, and is a strong supporter of the Navy League Cadet programme.

"The Navy League Cadets is a great opportunity for 9 to 12-year-olds and has been a unique Canadian success story since 1948," he says. "In many respects it is similar to the Royal Canadian Sea Cadet programme, but modified to serve the needs of the younger age group. These youngsters learn citizenship, seamanship, a sense of duty, self-discipline, teamwork, healthy living and respect for others, and have a lot of fun at the same time."



Photo: Deborah Morrow

Little Ordinary Cadet Connor Tse couldn't see over the heads of his Cadet friends until Rear-Admiral McDonald picked him up and held him high above his colleagues.

On March 17, we're inviting everyone over.

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Commander Jeff Watkins of Base Logistics throws the ceremonial first rock to open the 43rd Annual Logistics Bonspiel March 3, while Steve Kelly plays the bag pipes. The Logspiel curling competition at Archie Browning Sports Centre in Esquimalt brought together approximately 80 curlers from Comox and Victoria for a weekend of athletic competition and sportsmanship.

Curlers rock for fun in bonspiel

Peter Mallett
Staff Writer

Last week military and civilian curlers grabbed their rocks and brooms and gathered at the Archie Browning Sports Centre for the Annual Logistics Bonspiel.

This year's 43rd Annual Logistics Bonspiel was March 3 to 5, and brought together 16 teams from Greater Victoria, CFB Esquimalt, CFB Comox, and the Comox Valley. The Chair of this year's Bonspiel, CPO1 Will Slater says the curling event is more a

friendly social gathering rather than serious athletic competition focussed on results, titles and trophies.

"The primary focus of the annual bonspiel is comradeship and a chance for old friends to acquaint and new ones to be made around some fun competition," he says. "That goal was met and over the course of the weekend the 80 curlers involved did have fun, and some shared a few laughs too. At the same time they were also in pursuit of victory, but not at all costs, and bragging rights for next

year's bonspiel in Comox."

The Sandwith rink, a team of civilians from Victoria, were this year's overall winners. Air Force One, a team made up mostly of current and former Resource Management Clerks from 19 Wing Comox claimed the B Division title. The Perry rink, led by CPO2 Chris Perry of Fleet Maintenance Facility Cape Breton captured the C Division title, while the Bouchard rink led by former Naden Band musician Lt(N) (Ret'd) Camil Bouchard won the D Division title.



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IN MEMORIAM

**LEADING SEAMAN
JONATHAN "JOE"
FORTIN**



On Dec. 17, 2016, the Canadian Armed Forces and Royal Canadian Navy (RCN) lost a member of its family. Leading Seaman Jonathan "Joe" Fortin, a Naval Communicator employed at Base Information Services Esquimalt, passed away unexpectedly from complications associated with a sudden illness, at just 26 years of age.


Jonathan was born in Victoria, B.C., and grew up within a military family setting and, following in his father's footsteps, joined the RCN in 2009 in Hamilton, Ontario.

Joe also inspired one of his brothers to join, who is now currently serving with the RCN on the East Coast.

Jonathan spent his career on the West Coast proudly serving onboard *HMC Ships Ottawa, Regina, Protecteur, and Algonquin* prior to his posting to Base Information Services on Dec. 5, 2014.

An avid scuba diver, motorcyclist, and outdoor enthusiast, Joe leaves behind his mother Charlie, his father and stepmother Andre and Dominique, his fiancée Leah, and puppy Mika, and also his siblings Gabrielle, Shae, Tristan, Liam, and Ayden.

His free spirit, compassion, and good nature will be dearly missed by his friends and family alike.





Retired sailor turns to
new career
 with *Cully* the service dog

Peter Mallett
 Staff Writer

It is noon at the MARPAC Health and Wellness Expo and the crowd streaming through the Naden upper and lower gyms is robust and noisy.

At one booth in the lower gym an Australian Shepard sits attentively by his owner's side. Sensing the rise in his anxiety from the activity beyond the booth, the dog gently nudges him, nose to leg. This is the signal it's time for his owner to take a break and head outside.

The dog, Cully, is a specially trained service dog

to (retired) Master Seaman Tyson King. The booth they man together is for VI (Vancouver Island) K-9 Consulting and Training Inc, a business that specializes primarily in training service dogs, and also behaviour reconditioning and obedience.

For King, his service dog is helping him deal with Post-Traumatic Stress Disorder (PTSD) brought on by two back-to-back tours in the former Yugoslavia in the early 1990s that included the Battle of Medak Pocket. At the time, he was a reservist from the North Saskatchewan Regiment.

He returned to Yugoslavia in 1996 after his direct entry into the 2 Battalion Princess Patricia Canadian Light Infantry in November 1995. In 1999 he re-mustered to the navy as a marine engineer.

Undiagnosed anxiety, hypervigilance (an acute state of detecting perceived threats) and night terrors slowly engulfed his daily life. His mental illness was finally diagnosed in 2014, 20 years after his last tour.

"Anything can set it off for me but big crowds, loud noises like gun fire, banging, construction zones, fireworks; the smell of rotten meat and walking on grass can sometimes trigger negative reactions from things that happened to me in Yugoslavia," explains King. "But Cully has been crucial in my going off medication. He instantly recognizes what I'm going through and will nudge me or lick me, tug on my clothing to get my attention, and extract me from these situations."

Before Cully there was Moxey, a 14-year-old Lab-Collie cross, who stuck by King's side when the night terrors and anxiety stuck.

Around the same time, King was reading articles and watching television documentaries about service dogs helping people besides the visually impaired.

"I realized that if my dog Moxey had this natural ability then imagine what a fully trained service dog could do," says King.

He became convinced a service dog could be another kit in his "PTSD tool box" to treat his disorder.

In 2014 King and Cully were united at the Winnipeg-based Courageous Companions, a non-profit run by veterans that pairs dogs with veterans suffering from a variety of conditions. Together, person and canine went through a bonding and training process, and then full certification testing a year later.

The founder of Courageous Companions, George Leonard was so impressed with King's training and interaction with Cully, he offered him to become a service dog trainer, and so his new career path was forged.

About the training program

He founded VIK-9 Consulting and Training Inc in January 2016. Six months later he left the military.

Service dog training can be as little as \$6,500 if the handler has a suitable pet and both are willing and able to be a part of the training program. This program is 40 weeks and takes a pet that is ideally no older than two years of age, fixed, has a significant bond with the handler, and an acceptable level of obedience achieved.

Normal service dog training starts after a minimum of nine to 12 months of service dog task training (imprinting), socialization training, obedience, and public access training. The pairing process



Photos courtesy Picassa

Service dog Cully takes a ride in the specially designed carrier on Tyson King's motorcycle.

immediately follows the successful achievement of public access testing for the dog, with the gradual training of the handler with the dog. After the pairing process is successfully achieved, and the dog is under the full-time care of the handler, then the bonding and team training carries on from six to 12 months before challenging the team certification test. This full process starts at \$20,000 for some single disabilities, but more complex disabilities may require more training time and result in higher costs.

Restricted breeds from the VIK-9 program are Rottweiler, Doberman Pincher, Pit Bull, German Shepherd, Mastiff, and Husky Malamute (full or cross breeds) due to their public perceived aggressiveness.

Common breeds for service dogs are Labs and Golden Retrievers due to their lack of protective drives, and easy trainability. However, each dog (any breed outside the restrictions) must be looked at for their own individual personality for suitability of

training, says King.

"Some dogs are right for the program and others are not," he says

King says current financial support by the Dominion Command Poppy Fund is on hold until a national standard is established for these kinds of service dogs.

"Very little support is available for the general public as many foundations, charities and service dog providers only support veterans," says King. "VIK-9 is wanting to bridge this gap and be able to provide this training program not only to serving CAF, veterans and retired RCMP, but also to the general public. The need is great and VIK-9 is willing and able to assist in meeting that need."

VIK-9 is currently seeking charities or foundations willing to support (portion or full) the costs of the service dog training. Once these organizations are identified, King can direct potential clients to the respective organization(s) to apply for funding.

Anyone interested in King's services should check out www.vik9.ca.



Cully, a four-year-old Australian Shepherd, stops for a break on his walk with Tyson King. King started his own business training service dogs to combat a variety of medical conditions.

Photo: Peter Mallett, Lookout Newspaper



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Naden Band conductor tweaks O Canada

Photo by Peter Mallett, Lookout Newspaper
SLt Vincent Roy, Musical Director of the Naden Band, takes a break while practicing a new arrangement of the national anthem he created for the Music Branch of the Canadian Armed Forces. SLt Roy began working on his one-size-fits-all ensemble in 2012. It is now the official arrangement used by military bands across the country.

Peter Mallett
Staff Writer

For decades *O Canada* has been a trusted staple for Canadian Armed Forces bands, but now military musicians will play from slightly different sheet music.

The national anthem has been revamped by Sub-Lieutenant Vincent Roy, Commanding Officer of the Naden Band of the Royal Canadian Navy, in time for Canada's 150th celebrations across the country.

While he was the bandmaster of 14 Wing Greenwood's volunteer band in 2012, SLt Roy was approached by the Canadian Armed Forces Supervisor of Music, LCol Stephen Murray, to create a new arrangement that could be used in any given circumstance, such as a parade, a concert or a military tattoo.

"The average person may not notice all the differences [from the old version] but a trained musician would," says SLt Roy. "The biggest change to this arrangement is the switch in key from F to Eb, which makes it more manageable for singers. There are also a few chord changes that give the new version a slightly different colour."

He worked on the updated music on his own time, writing ideas out on paper and then testing them out at the piano to see if they would fit. After years of work, the Music Branch submitted his arrangement for final approval from Ottawa.

"I needed to stay close to the conventional version though," says SLt Roy. "I was excited to work on a new arrangement, but also knew it would be a huge challenge to do a one-size-fits-all version."

In late 2016 he heard back from the Music Branch that his new arrangement had been approved and as January 2017 it is the official arrangement played by bands across the country.

"It was a great feeling to see it through and know that my work had been recognized and accepted," says SLt Roy. "It was even nicer to get some positive feedback from musicians across the country on social media and through e-mail that they liked it. It is a nice change."

SLt Roy says he and the Naden Band are now looking forward to testing their new song sheets at the Canada 150 celebrations in Vancouver and other performances such as the Okanagan Military Tattoo, and during the multiple outdoor performances planned for this summer. A digital recording and sheet music of the new arrangement can be downloaded on the CAF Music Branch webpage: www.cmp-cpm.forces.gc.ca/dhh-dhp/musi/o-canada-eng.asp

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TOP CADETS IN CHILE

Capt Peter Fuerbringer
RCSU(P) PAO

For Johnathan Dimalanta and Matthew Lozhkin, there are few words to describe the wide ranging vistas and diverse landscape of Chile.

Dimalanta and Lozhkin were among 18 army cadets from across Canada who travelled to Chile in February as part of this year's international expedition to the globe's southernmost nation.

"I experienced sights that absolutely left me with a sense

of awe," said Dimalanta, a Vancouver-based cadet from 72 Royal Canadian Army Cadet Corps. "I haven't travelled too much in my life, but experiencing the culture and the terrain in Patagonia are experiences I won't ever forget."

The International Expedition departed Feb. 10 from the Vancouver International Airport with the group spending 13 days in the country, starting in Punta Arenas and working their way through some of the world's most beautiful terrain in the

Torres Del Paine national park.

Dimalanta and Lozhkin were among 18 of the most accomplished army cadets in Canada selected to make the voyage, along with Cadet Leaders Amelie Asboth (Ontario), Meghan MacNeil (Nova Scotia) and expedition leader Jeff Davis (British Columbia).

The journey included cultural experiences, challenging hikes, kayaking, and field craft. Every day in Chile brought with it its own set of challenges, unforgettable moments and personal rewards for each cadet.

"Chile definitely helped me define my path forward, what's important to me and what isn't — things like staying connected with people, nature, and the friends I made on this journey are certainly things that matter in life," said Lozhkin, a B.C. cadet with 1867

Royal Canadian Cadet Corps in Delta.

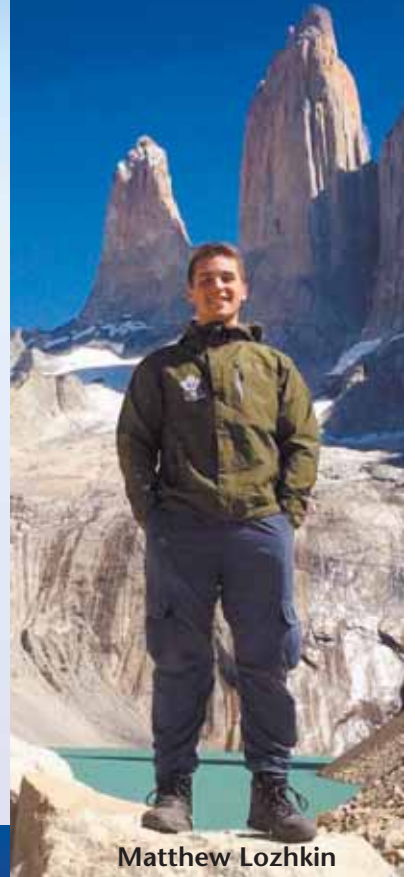
While the expedition took them to some of the most famous places on earth for outdoor adventurers, including the peaks of Las Torres and the glacial waters of Lago Grey, it was the conversations and team building that left the lasting impression for Dimalanta.

"I loved the environment, meeting local people and the physical challenges, but if I am asked what I valued the most? It is definitely the other cadets that I got to know really well. This is such a unique experience, and how do you describe an experience to people who weren't there. I really value these lifelong friendships."

The expedition also involved mentorship training on how to become better stewards of the environment, leaders and communicators. Both Dimalanta and Lozhkin say they will continue to improve themselves in those areas now that they're back in Canada.



Photos courtesy Regional Cadet Support Units (Pacific)



Matthew Lozhkin

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Photo by Davina Graham

Capt(N) Chris Earl speaks to those gathered at the special fundraiser for Honour House.

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SLt Melissa Kia
 MARPAC/JTFP PAO

On a quiet street in Vancouver's New Westminster area sits Honour House, a place of refuge and "home away from home" for serving Canadian Armed Forces members, veterans, police and emergency services personnel and their families as they recover from illness and injury.

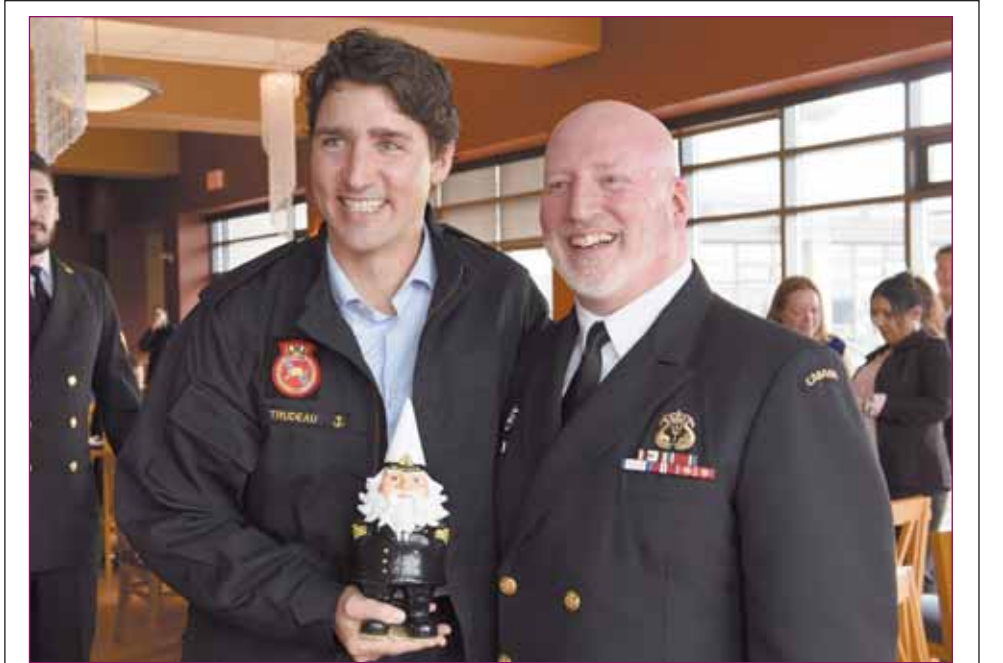
On March 4, Captain(N) Chris Earl, Commanding Officer Fleet Maintenance Facility Cape Breton, trav-

elled to the mainland to attend the Honour House "A Night for Heros". It was a fundraising gala in support of their mission to provide respite and recovery services to those who need them most.

"I was very honoured to be a part of this event and to present the Admiral's coin to the members who co-chaired this important event," says Capt(N) Earl. "In the past year, Honour House has supported several members of JTFP (Joint Task Forces Pacific), and provided each of them with a home away from

home. Giving them that home significantly assisted each and every one of them through a difficult time. We as a nation rely on our military and first responders in times of need, and Honour House provides that back to those who serve."

All of Honour House's funding is raised through charitable donations and fundraising activities to support its operations, which are carried out by a small staff and a network of dedicated volunteers. To donate to Honour House visit <https://honourhouse.ca/>



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Bravo Zulu

HMCS Malahat Awards and Promotions

Lieutenant Commander Michael Lawless, Commanding Officer HMCS Malahat, presented awards and promotions to naval reservists.

Photos by PO1 Al van Akker



MS Erik Lindholm is presented a Bravo Zulu award.



LS Kathy Sanchez is presented a Bravo Zulu award.



PO1 Yin-Yee Yip is promoted to her current rank.

Bravo Zulu



MS Michele Schnob is promoted to her current rank by Cdr S.P. Godin, Officer in Charge of Personnel Coordination Centre, and her spouse PO2 J.T. Schnob of HMCS Ottawa.

Bravo Zulu



Sgt Jim Wilson is promoted to his current rank by Major Vic Ethier and Master Warrant Officer Ron Cridland.



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HOW IT WORKS

- Buy \$100 - Get \$10 Extra
- Buy \$200 - Get \$20 Extra
- Buy \$300 - Get \$30 Extra

Offer Available March 16-22 Only

Farmer Ben's
Large Brown Eggs
"From the Cowichan Valley"



2/**\$6.00**

Dozen

Red Barn
Coffee
All Varieties
"Roasted in Vancouver"



\$7.99

340g

ea.

Portofino
**Multigrain & Marble
Rye Pan Loaf**

"Made in Central Saanich"



2/**\$7.00**

810g

Happy Planet
Smoothies & Juice
All Varieties



4/**\$10**

325ml

Imported
**Organic Cherry
Tomatoes**



\$2.99

ea.

397g

Peru
Kent Mangoes
All Varieties



3/**\$5.00**

Imported
Asparagus



\$1.99

lb

\$4.39/kg

Imported
Red Peppers



99¢

lb

\$2.18/kg

Red Barn's Own
**Fresh Turkey
Sausages**
Breakfast & Maple



\$1.59

100g

Red Barn's Own
Classic Bacon



\$1.79

100g

AAA Beef
Ribeye Steak



\$2.69

100g

Frozen
**Sockeye Salmon
Fillets**



\$2.99

100g

Find our flyer at REDBARNMARKET.CA

WEST SAANICH
5550 West Saanich Rd
7:00am-7:00pm
(250) 479-8349

MATTICK'S FARM
5325 Cordova Bay Rd
7:00am-7:00pm
(250) 658-2998

VANALMAN
751 Vanalman Ave
6:30am-8:00pm
(250) 479-6817

LATORIA WALK
611 Brookside Rd
6:30am-8:00pm
(250) 590-8133

OAK BAY
1933 Oak Bay Ave
6:30am-9:00pm
(250) 592-0424

ESQUIMALT
1310 Esquimalt Rd
6:00am-9:00pm
(778) 265-0370