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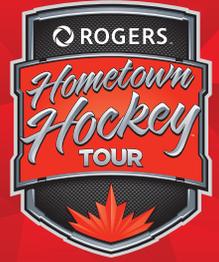
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Vice Regal Greeting

Photo by Rachel Rilko, Government House

His Honour Ashley Chester and the Honourable Janet Austin, Lieutenant Governor of British Columbia, with their West Highland White Terrier, Vice-Regal Canine Consort MacDuff, meeting with Honorary Aide-de-Camp Lieutenant Colonel Heather McClelland, her husband William Lamb and their West Highland Terrier puppy Roxy during a New Year's Day Levée at Government House in Victoria. Read the full story on page 2.

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Honorary Aide-de-Camp, privilege and honour

Peter Mallett
Staff Writer

When the Commanding Officer of 11 (Victoria) Field Ambulance began her 35-year military career, she never imagined herself working alongside one of Queen Elizabeth's vice-regal representatives.

But that is what happened last April when reservist Lieutenant Colonel Heather McClelland was named an Honorary Aide-de-Camp to the newly appointed Lieutenant Governor of British Columbia, Janet Austin.

LCol McClelland says the importance of the appointment and its significance really hit home for her during this year's New Year's Day Levée ceremony.

"I am so privileged and honoured to be in this position," she said in the days following the ceremony. "This appointment truly allows me to further show my respect for the monarchy and to stand on guard for Canada."

A nurse by profession, who currently works as a case manager with a local health organization, she was one of six personal assistants to Lieutenant-Governor Janet Austin at the Government House reception that was attended by over 1,400 guests. The annual ceremony can trace its roots to the 17th Century when British and French monarchs receiving their subjects and representatives in an exchange of New Year's greetings at the royal palace on the first day of the calendar year. The tradition lives on today in Canada's provincial capitals and at military bases where visiting military and civilians are greeted by senior leaders.

LCol McClelland, 54, is one of 28 Honorary Aides-de-Camp across the province who serve LGov Austin at official functions throughout the year. She is there to assist Her Honour with anything she may need or want during a ceremony, ensuring the Lieutenant

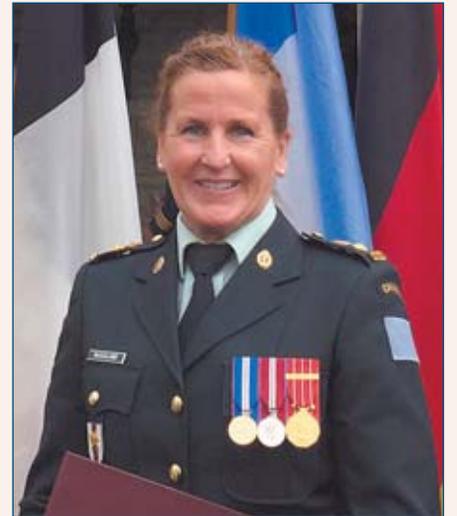
Governor has the opportunity to spend time with everyone in attendance equally.

LCol McClelland typically attends one or two events per month depending on her personnel schedule and the events schedule sent out by staff at Government House.

LCol McClelland rose through the ranks of her reserve unit of the Royal Canadian Medical Services after beginning her military service in 1984. She never imagined, when she first joined, of one day being a Commanding Officer. Starting out as a Private Medic, she became a Warrant Officer 17 years later, taking her commission in 1999. In 2015 she was appointed Commanding Officer of 11 (Victoria) Field Ambulance, and then a year later took up the post of Commanding Officer, 12 (Vancouver) Field Ambulance.

She was nominated to the position of Honorary Aide de Camp by a former commanding officer of her unit and was thrilled with the nomination. She says the formality and protocol of the Office of Lieutenant Governor are part of Canada's history and tradition, but those who hold the position are regular, often exceptional, people who have accomplished many milestones in their professional careers and through community commitments.

"Lieutenant governors are engaging and humble people; there is no pretentiousness and they are exceptional socially conscious servants of the people," says LCol McClelland. "She [LGov Austin] is a champion of social justice, strongly believes in reconciliation for First Nations people, and is interested in preserving democracy. It is amazing just to be in her presence and listen to her passions, which makes me feel more engaged and passionate about these same things."



LCol McClelland recently learned she had something else in common with LGov Austin on a personal level; their mutual love for West Highland White Terrier puppies. Prior to the proceedings at Government House, the Lieutenant-Governor encouraged LCol McClelland's White Terrier puppy named Lady Roxanna du Beau Chien, Roxy for short, to have her own meet and greet with eight-year-old Vice-Regal Canine Consort MacDuff Austin-Chester, telling her "you must bring your puppy."

The two dogs immediately caught the attention of the entire gathering in the Lieutenant Governor's receiving line as Roxy appeared to greet MacDuff with the respect and adoration worthy of a royal canine.

"It was so great to see them meet each other, there was no guarantee they would like each other but the two dogs really hit it off," said LCol McClelland. "The people loved it and it really stole the show. A few people came up to me and said 'oh my gosh did you see those two cute puppies', and I said 'yes I did' as the tiny puppy was mine. It was one of those moments I'll never forget."

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Author expands horizon with Reserves

Peter Mallett
Staff Writer

A MILITARY mother and recent recruit of Victoria's Naval Reserve Unit *HMCS Malahat* says choosing a career with Canada's military is giving her a new set of skills and time to develop as an author.

Ordinary Seaman Charleyne Oulton was at Coles bookstore in the Westshore Town Centre ahead of the holiday break to promote her latest writing project as a contributing writer in two recently released books by Golden Brick Road Publishing: *Her Art of Surrender* and *On Her Plate*, both a collection of short stories. After signing copies for customers, she spoke glowingly about signing up for service in the Naval Reserves.

"Being a reservist has allowed me an opportunity to greatly expand my horizons. It opens a host of new options for me: to have training, a reliable salary and the freedom to pursue my passions and dreams while serving my country."

She is a 32-year-old divorced mother of three and the fiancé of Petty Officer Second Class Jonathan McGregor, Naval Fleet School (Pacific). She joined the Naval Reserves in August to broaden her horizons and bring some steady income into the household. For now, she spends approximately two nights a week at *HMCS Malahat*.

This leaves her time to spend with her two sons,



Photo by Peter Mallett, Lookout

Naval Reservist Ordinary Seaman Charleyne Oulton signs a copy of *On Her Plate*, a recently released collection of short stories by Golden Brick Road Publishing that contains one of her short stories.

ages 14 and 12, and her 10-year-old daughter and allows time for her writing projects.

"My whole life, I have kept a journal and written down notes, lists, feelings and ideas," says OS Oulton. "I had always dreamed of writing as a way to offer my thoughts and life experiences to others."

Her story in *Her Art of Surrender* joins the overarching theme of encouraging women to let go of things in their lives that hold them back and improve their mental and physical health

and sovereignty in life.

"In my contribution to our book, I specifically talk about my divorce, surviving the chaos that comes with divorce and re-discovering my self-worth. Sometimes you must fight for what you believe to be true and right, and sometimes you must surrender what actually is."

On Her Plate is

a collection of essays that explores exercise regimens, and common health obstacles women face such as hormonal issues and cancers. OS Oulton's essay discusses new mothers and their journey to health and wellness while juggling a career, raising children, and managing married life.

She is also a regular contributor to the blog and podcast channel *You've Got This Mama* <http://ygtmama.com>

She is a firm believer that, because of the lives they lead, other military members and their spouses have much to offer Canada's literary community.

"These people have such interesting experiences in life to share with the world. Writing, journaling and reading is therapeutic for me, and I know this could also be the case for so many others in the military community. Imagine how the world would be if we better supported one another and offered our love and experience to all."



Nominate a peer for sports achievement

Nominations for the 2019 Sports Awards Ceremony will be accepted in the following categories for the 2019 CAF Sports Achievement Awards - these awards consider 2018 sports achievements only: Male Athlete, Female Athlete, Coach, Official, and Team.

- Deadline for 2019 Command Achievement Awards Nominations for PSP to receive and review nominations prior to being forwarded to RCN Command is Friday March 1. The process and forms for nomination for these awards can be found at this link www.cafconnection.ca/cafsportsawards.
- For 2018 CAF Hall of Fame, CAF Honour Roll, Dedication to CAF Sports Award and Outstanding Contribution Award nominations, the deadline for PSP to receive and review the nominations prior

to being forwarded to CAF Sports Coordinator is Friday April 12. **Note the requirement that the member must have completed his/her sporting career to be able to be considered for the CAF Hall of Fame.

- The Dedication to CAF Sports Award recognizes individuals or groups who have gone above and beyond to provide time, effort and support to the promotion and development of CAF Sports. Nominees may include persons who have served or are serving in the CAF, persons who have been employed or are currently employed as NPF Staff, civilians or corporate sponsors.

The nomination forms for these awards can be found at this link www.cafconnection.ca/cafsportsawards

- The Outstanding Contribution Award recognizes the outstanding contributions of a civilian to the CAF Sports Program over the year. This award recognizes an individual who has gone above and beyond to provide time, effort and support to CAF Sports.

The nomination form for this award can be found at this link www.cafconnection.ca/cafsportsawards

For further information and/or assistance completing the nomination form contact Manager, Fitness & Sports Penny Blanchard at Penny.Blanchard@forces.gc.ca or local 3-4067; Formation Sports Coordinator, Ryan Elborne at Ryan.Elborne@forces.gc.ca or local 3-4068; or Formation Sports & Athletics Assistant Rebecca Coulter at rebecca.coulter@forces.gc.ca or local 3-4069.

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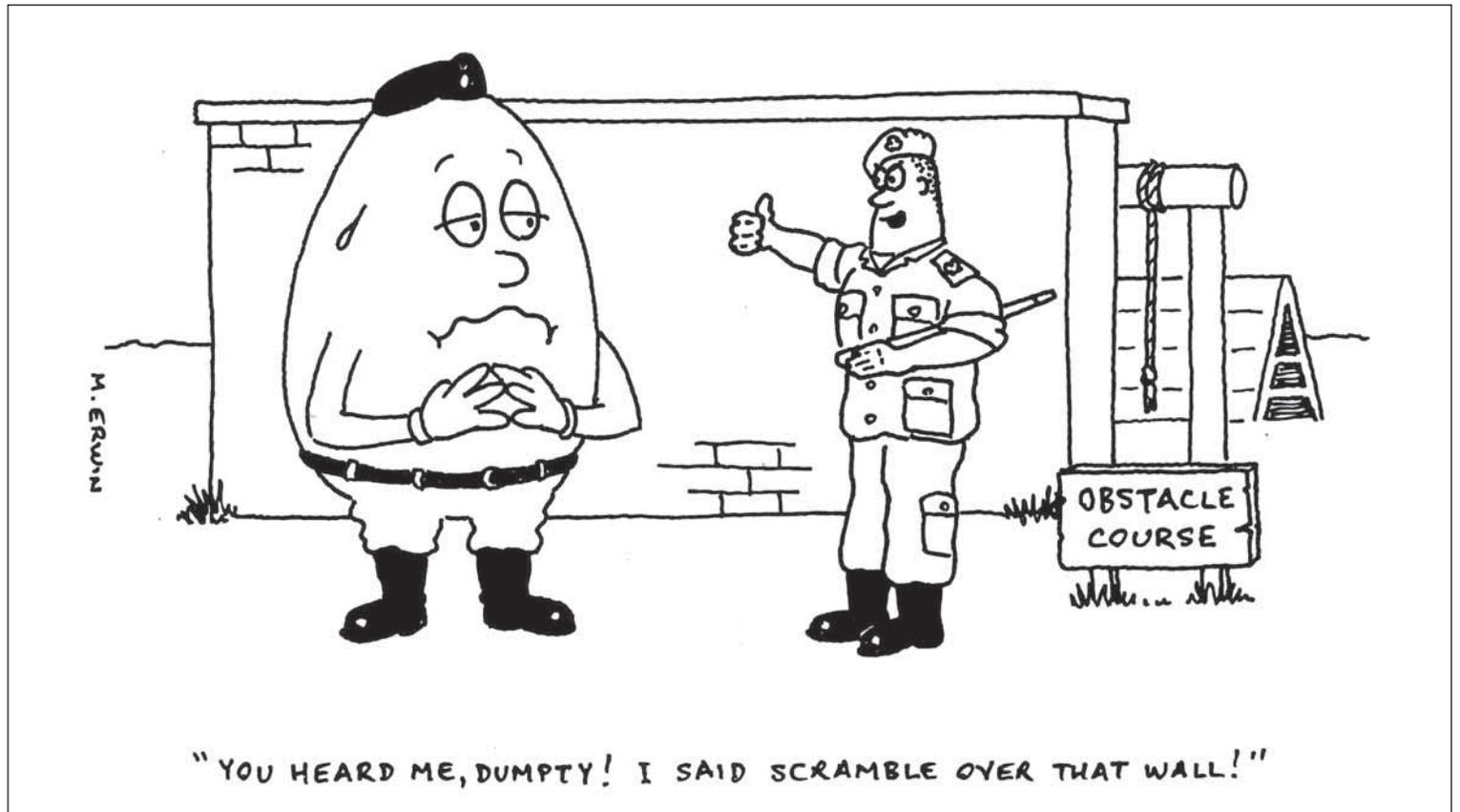
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WHAT SAY YOU



WHAT SAY WE

SPORTS trivia BASEBALL INEPTNESS

By Stephen Stone and Tom Thomson, Contributors

Questions

Not all players who make "The Show" are above the Peter Principle. These questions are about those who have shown a tremendous ineptness in the "big". There is one who even made into the Hall of Fame.

1. The voice of the Milwaukee Brewers, a Miller Lite pitchman, and drunken announcer Harry Doyle in the movie "Major League," in six seasons this catcher amassed a staggering 200 lifetime batting average.
2. He was the worst player on the worst team of all time – the 1962 Mets who lost a record 120 games. He once hit a triple but was called out after missing first and second base on his way to third.
3. He stood three feet, seven inches tall, and made only one plate appearance for the St. Louis Browns. His lifetime on base percentage is 1.000.
4. He once owned a car with the licence plate E3. He holds the Boston Red Sox record for errors by a first baseman in a single season – 29 in 1963. On June 28, 1963, he became the first

first-baseman to record three assists in one inning. Even the inept are "ept" at least once.

5. Despite a career batting average of .217 and a .259 slugging percentage, he did win four World Series rings with St. Louis and Oakland. In 67 World Series at-bats he hit just .115. In 1968 he went 0 for 22 in the World Series
6. In 1979 he gave up eight runs off seven hits pitching for the Yankees in the only game he pitched. Unfortunately, he never recorded an out. He ended the season with an ERA of infinity.
7. He is in the Hall of Fame. He was once thrown out three times trying to steal home. He holds the record for putouts by a short stop with 5,139. Although he stole almost 300 bases he was caught 112 times.
8. He managed 81 extra-base hits in 2,301 career at-bats. By comparison, Babe Ruth had 119 extra-base hits in 540 at-bats in 1921.
9. In 26 games he posted a 6.48 ERA over three seasons. In 1956 for the Kansas City Athletics he volunteered to throw at the heads of Yankee batters, which

sparked a brawl – Duh! He also ended up coaching the Los Angeles Dodgers watching Kirk Gibson's World Series home run from the dugout.

10. He had no major league plate appearances and never played in the field. As baseball's only "designated runner," he scored 33 runs over bits of two seasons (1973-74). He stole 31 bases on 48 attempts. He was picked off in the ninth inning of game two of the 1974 World Series, killing an Oakland rally and giving the victory to the Dodgers.

- Answers**
1. Bob Uecker
 2. Marv Throneberry
 3. Eddie Gadel
 4. Dick Stuart
 5. Dal Maxvill
 6. Bob Kammeyer
 7. Rabbit Maranville
 8. Rafael Belliard
 9. Tommy Lasorda
 10. Herb Washington

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SAILOR PROFILE

Leading Seaman Thomas LeBlanc, Marine Technician



Photo by Operation Caribbe Imagery Technician, HMCS Edmonton

SLt Samantha Crocker
Unit Public Affairs Representative
Operation Caribbe

Leading Seaman Thomas LeBlanc's decision to join the Regular Force felt like a family tradition, he says.

That's because there have been members of his family in the Canadian Armed Forces since the First World War.

The marine technician from Arichat, NS, enrolled in the Royal Canadian Navy in 2010. He was first posted to HMCS Protecteur and to HMCS Brandon in 2014. During this time, Brandon supported Canadian Coast Guard search and rescue efforts off the west coast of Vancouver Island. LS LeBlanc was then posted ashore at the Damage Control School before joining HMCS Edmonton in June 2017.

"I really enjoyed being on a supply ship," said LS LeBlanc. "But I love the small crew size on the Maritime Coastal Defence Vessels."

As a Marine Technician, he is an essential member of the crew.

"I love the hands-on aspect of my job and it's great that I play such an important role in keeping the ship running."

Since joining Edmonton, LS LeBlanc has sailed on Operation Limpid from August to October 2017 and completed two deployments on Operation Caribbe in 2018. During Operation Caribbe, Royal Canadian Navy vessels and Aurora aircraft conducted patrols in the Caribbean and eastern Pacific Ocean in support of the multinational, U.S.-led effort to disrupt illicit trafficking operations in the region.

"I like knowing we're doing our part to prevent the ingress of drugs into North America," said LS LeBlanc. "I feel like we're making a difference for Canadian society as a whole."

LS LeBlanc currently lives in Victoria. Despite his busy sailing schedule, he enjoys spending time outdoors hiking and camping. He also volunteers with the Royal Canadian Army Cadets, the Royal Canadian Marine Search and Rescue, as well as Ducks Unlimited – a multinational conservation group.

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CANADA'S
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STORY

Navy veteran dedicates golden years to hockey

Peter Mallett
Staff Writer

Butch Boucher enjoyed a 46-year career with the Department of National Defence but now his days are filled with hockey.

The 72-year-old retired Chief Petty Officer says while most men his age have hung up their skates, he is still quite handy between the pipes with a stick and blocker.

His passion for the national sport began with shinny hockey on outdoor rinks in Timmins, Ontario, in the 1950s and later for his high school team. He wasn't always a goaltender; he only took up the position when he was asked to fill a vacancy in a local recreation league back in the mid-1990s. Now he doesn't want to play anywhere else on the ice.

Boucher tends goal three days a week in three different senior leagues around the Greater Victoria area plus tournament play.

When he turned 65 he played 115 games that year; however, he has slowed down a bit, now playing only 85 to 90 games.

"As a goalie, I play against many younger players who could well be my grandsons and enjoy both the competitiveness and the comradeship."

In December, he enjoyed a reunion with his military peers, playing in a Hull Tech's charity hockey game at Wurtele Arena.

Later in the month, he volunteered during the World Junior 'A' Hockey Championship Games in Victoria. He is also with the Victoria Playmakers Old-Timers Committee which holds an annual tournament in Victoria, and 2019 is their 30th year.

He also mentors the next generation of hockey players.

Boucher is one of three educational advisors for the Victoria Grizzlies Junior 'A' hockey team. He began working for the BCHL team 12 years ago, with his efforts focused on helping players achieve their dreams of playing university hockey in Canada and the United States. He acts as a liaison for the team with the National Collegiate Athletic Association and Canadian universities. It's his job to make sure players have their paperwork and high school transcripts in order, player profiles, properly prepared entrance exams such as SATs, and that they remain fully focused on both education and hockey.

"The biggest challenge is getting players to recognize if they want a scholarship they have to really work hard; that it's not going to be given to them," said Boucher. "These are young men with a lot of pressure on them because unfortunately at the end of the day you may have more than a third of your players on the roster without a scholarship."

He says between 10 and 12

players on their roster each season get scholarships.

Some players make it to the National Hockey League like Victoria hockey siblings Jamie and Jordie Benn who both played for the Grizzlies. Then there are others like former Grizzlies centre Tyler Bozak who now plays for the St. Louis Blues.

"The NCAA is the path for many to the NHL," says Boucher. "There are 133 Junior 'A' teams in Canada and the NCAA seems to just love the BCHL, which is considered the premier Jr. 'A' league in Canada."

Boucher's son Nick Boucher earned a scholarship to Ivy League school Dartmouth College, where he was drafted by the Pittsburgh Penguins after starting his hockey career with the Cowichan Valley Capitals, and then went on to play professionally with the Fort Wayne Komets of the International Hockey League (IHL). His jersey, hanging in the rafters, was retired by the Komets six years ago.

Grizzlies right-winger Marty Westhaver says most of the players on the team are aware of Boucher's passion for hockey – not to mention his abilities as a goalie. He also knows what it takes to get them the attention of collegiate scouts, says Westhaver.

"I and the rest of the players have a really good working relationship with Butch. He can be hard on us, making us get stuff



Photo by Peter Mallett, Lookout

Victoria Grizzlies Educational Advisor Butch Boucher (left) gives advice to Grizzlies right-winger Marty Westhaver in the team's head office at the Q-Centre in Colwood.

done, and he keeps after us for things like school transcripts but we know he is a good guy who is helping us pave a way to an education and a possible career in hockey."

Don Robinson, a member of the Grizzlies ownership group agrees.

"He keeps track of all our players and you can tell he has a genuine interest and truly cares about these kids and wants to make sure they make it."

Boucher and the team are now

looking forward to Grizzlies Military Appreciation night at the Q-Centre in Colwood on Jan. 25 when they take on the Cowichan Valley Capitals. He says it will give the team an opportunity to showcase itself to the military community.

"I hope people from the base come out because they will enjoy the Grizzlies and the BCHL because it is really good hockey that is both affordable and exciting."

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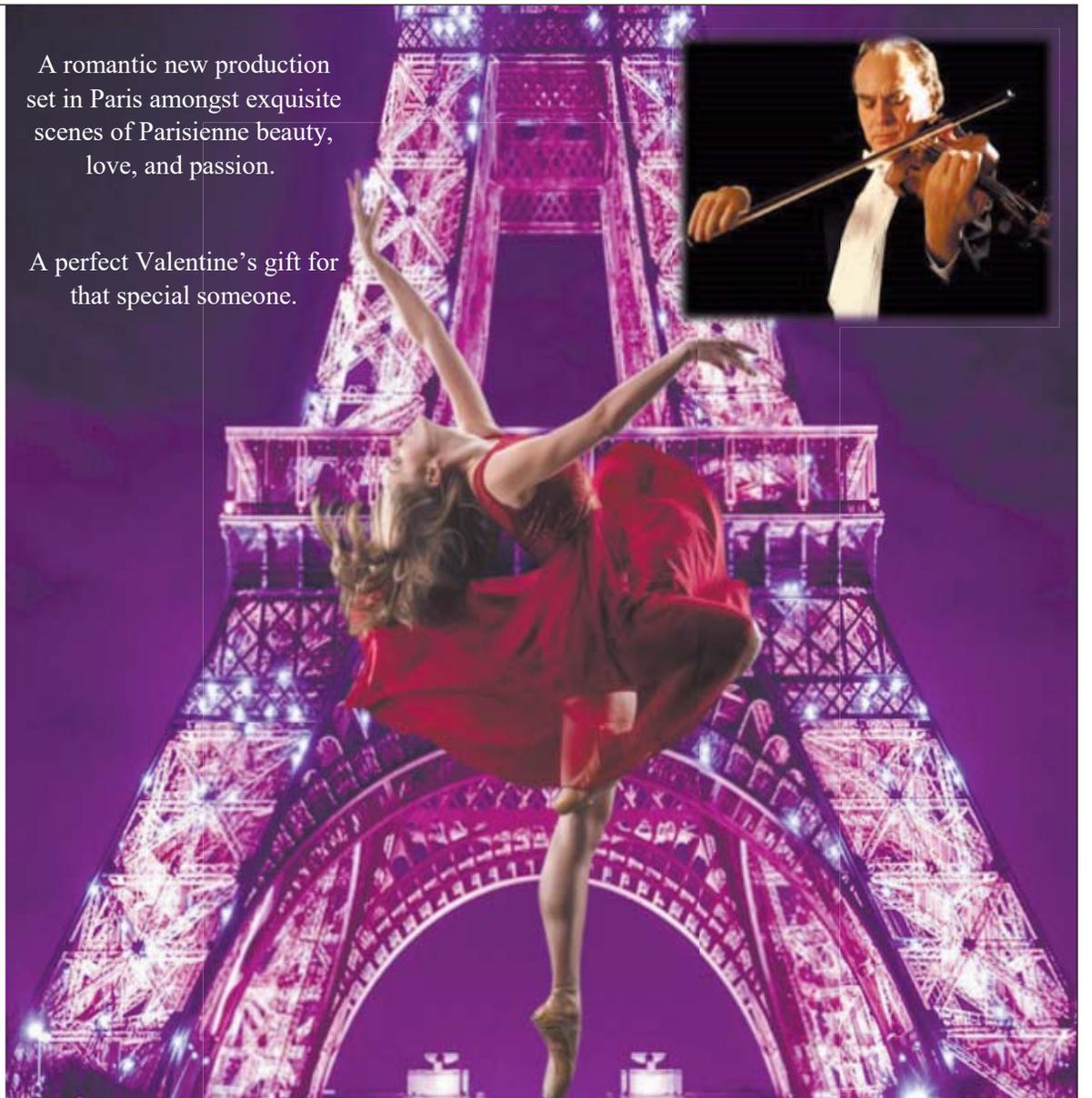
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ONE NIGHT ONLY

'Go take a hike,' say former Navy veterans

Peter Mallett
Staff Writer

High above the Chilkoot Pass three retired sailors looked upon the breathtaking panorama laid out before them.

Captain (Navy) Mike Knippel, Chief Petty Officer First Class Paul Helston, and Lieutenant Commander Gary Lahnsteiner, all retirees from the Royal Canadian Navy, had conquered the often barren and harsh landscape that is the high mountain pass through the Boundary Ranges of the Coast Mountains in Alaska and British Columbia.

Their three-day hiking journey had brought them to this vista, and to a fresh way to live their retirement: exercise, adventure, and friendship.

"When we got up there, we thought what a great experience and who would have thought three ex-navy buddies would ever do something like this," said Lahnsteiner.

Also on the August trip was Lahnsteiner's brother Dan, a 52-year-old civilian.

To get their boots on the rugged ground they flew from Victoria to Whitehorse, then took a bus to Carcross before boarding a train to the beginning of the trail in Skagway.

They each carried a backpack stuffed with food, safety equipment, and supplies, about the weight of a toddler.

On the first day of their journey they hiked from the coastal rainforest zone near the Klondike ghost town Dyea, Alaska, and then up a steep incline known as the Golden Stairs before arriving at the Chilkoot Pass near the Canada-United States border.

The trail was well marked with rest stops, camp grounds and park rangers, lessening the danger of a wilderness trek. But Knippel had a close encounter with a black bear outside his tent, and a massive porcupine in a defensive posture blocked their path for several minutes.

"I would put it up there as one of the best outdoor experiences I've had because it was more complex logistically and the scenery and wildlife was amazing," said Knippel, 58.

He is a former MARPAC Chief of Staff, and is currently employed as a Strategy Manager at Fleet Maintenance Facility Cape Breton. He began hiking six years ago and was soon joined by Helston, 57, a former MARPAC Formation Chief who enjoyed a 33-year career in the navy, and former Pacific Fleet Chief Dave Bliss.

They started a closed Facebook Page called The Old Military Fat Guys Group (OMFG) encouraging others to get active.



Gary Lahnsteiner, Dan Lahnsteiner, Paul Helston and Mike Knippel at the trailhead on the first day of their hike.



Crossing Taiya River to explore Canyon City.

The group currently has about 10 members who hike regularly with the group and 40 members who join them for hikes occasionally. They stay in touch about future hikes through their social media posts.

The page is also a sounding board to encourage each other to stick with their personal exercise goals.

"We needed to get this message out to people to encourage them: Do some activity outdoors instead of doing nothing," said Lahnsteiner. "When you get outdoors don't stop doing your activity; do it daily. Stay active and stay young."

Lahnsteiner, 54, is fully convinced about the benefits of hiking. He believes the sport is not only beneficial to physical health but is also mentally uplifting. He retired from the military in 2007 after a 24-year career as a Mechanical Systems Engineering Officer and says hiking helped fill a void in his life.

"I hike to clear my mind and for physical fitness; it's quite a challenge to climb a mountain as you get older. But mainly it's the comradeship. When you get out of the military you lose that tight-knit group element in your life and hiking allows me to hang with people and get some of that back."

The benefits for Helston has been losing nearly 70 pounds. Now the great outdoors is a daily passion; he spends up to six hours a day jogging, hiking or walking, normally covering distances of approximately 40 kilometres.

"From a retirement perspective, after you retire some people never figure out what comes after that," said Helston. "Part of what's after is learning how to take care of yourself and I think hiking provides a great healthy lifestyle. Just get outdoors whenever you are able."



Knippel looks over Lake Bennett on day five.



The group at the end of five days.



Maritime Museum honours difficult past

Peter Mallett Staff Writer

A

NEW EXHIBIT commemorating one of the darkest chapters in Canadian history opened earlier this month at Victoria's Maritime Museum of B.C.

The Lost Fleet exhibit sheds light on the wave of hysteria and anti-Japanese sentiment that swept the west coast of North America following the bombing of Pearl Harbor on Dec. 7, 1941. It included the seizure of approximately 1,200 Japanese-Canadian owned fishing boats on the Pacific Coast. The vessels were confiscated by members of the Royal Canadian Navy Reserves and other government agencies, and eventually sold off to canneries and other non-Japanese fishermen.

As part of the Government of Canada's War Measures Act, approximately 22,000 Japanese-Canadians were deemed a threat to national security and were abruptly arrested. Most were separated from their families and forced into internment camps across B.C. and the rest of Canada in early 1942.

The exhibit uses a combination of archival photographs, newspaper articles, government posters, infographics, and art work to showcase the history.

A *Series For Contemplation* consists of four paintings created specifically for the exhibit by Langford Artist-In-Residence Marlene Howell.

Howell, a Toronto-born Japanese-Canadian, is excited to be part of the exhibit because researching and painting about the fleet has been an educational process. Her grandparents immigrated to Canada in 1916 but they never spoke of the war years or what the family had endured.

"They didn't talk about the war, so I really don't know very much about what happened during the internment on a personal level," said Howell. "That is why I was so intrigued with taking part in The Lost Fleet, and when I received an e-mail inviting me to be the Artist in Residence, I immediately accepted as it was a great honour.

Howell was contacted by the museum on June 29 and worked until mid-November taking her inspiration from national archive photos to come

up with her paintings.

Her feature painting entitled *Under New Ownership* depicts the seizure of a boat named Kuroshima No. 2. She says the acrylic painting "impacted me the most" and is being used as the feature piece for the show. She learned recently that the Kuroshima No. 2 belonged to the father of one her Aunt's friend. The discovery was made when David Nishioka was looking through the greeting cards depicting the paintings from the show.

"The coincidence is bizarre," said Howell, wife of Major (Retired) Bob Howell.

The exhibit is on display until March 31. The rest of the exhibit is on loan from the Vancouver Maritime Museum. Duncan McLeod, Curator of the Vancouver Maritime Museum, says The Lost Fleet takes a closer look at the deep-seated racism Asian-Canadians experienced during the period.

"We are honoured to share this important part of our history and the exhibition has allowed the museum to connect with the audience through working with the Japanese-Canadian community," said McLeod. "It also provides a context to present a discussion of prejudice against minorities in a modern Canadian context."

On the evening of Jan. 24 the museum will hold a launch event featuring three speakers: The Nature of Things host Dr. David Suzuki; Project Director of Landscapes of Injustice, University of Victoria Associate Professor Dr. Jordan Stranger Ross; and Landscapes of Injustice Project Manager Michael Abe.



Photos by Peter Mallett, Lookout

Artist Marlene Howell displays her feature painting entitled *Under New Ownership*, which is featured in *The Lost Fleet* exhibit at the Maritime Museum of B.C.



A Royal Canadian Naval Reserve Officer questions a Japanese-Canadian fisherman.

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Photo by MCpl Andre Maillet, MARPAC Imaging Services
 HMCS Ville De Quebec's CH148 Cyclone, Avalanche, deploys flares over the Atlantic Ocean during Operation Reassurance on Jan. 16.

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GoFundMe PTSD SUFFERERS' TREATMENT PROGRAM

LAUNCHED FOR

Peter Mallett
Staff Writer

A military couple from the Comox Valley are raising funds to send current and former soldiers and first responders to a Post-Traumatic Stress Disorder (PTSD) support program.

Karen Shelton, who works for the Department of National Defence as a civilian employee, and her husband Warrant Officer (Ret'd) Jeff Foss recently launched a GoFundMe campaign. Their goal is to send 10 people to a retreat-style PTSD clinic in rural Ontario called Project Trauma Support.

It is a non-profit charity and runs its operations from a sprawling 250-acre farm near Perth, Ont. Approximately 10 to 12 people attend separate men's and women's pro-

grams over five days. The program includes psychotherapy, physical activities, information sessions, lectures and group support sessions. Those enrolled are fed and housed at the site and spend most of the five days on the property.

But the program isn't cheap and costs up to \$7,000 per person. The couple knows that financial support isn't available for everyone in need of the program.

To solve that problem, Shelton and Foss launched the GoFundMe campaign ahead of the Christmas break. While they say things have started off slowly, they are working hard to raise awareness and have set a fundraising goal of \$70,000 that would cover the cost for 10 people.

Foss has intimate knowledge of the program; he attended it in December.

His PTSD symptoms began following his involvement in United Nations Peacekeeping deployments to Haiti and the Golan Heights. In 2002, he was clinically diagnosed with PTSD but suspects he had been suffering from the symptoms since traveling to Haiti in 1996. Two years ago, he was given support dog Zeni, a "godsend" he says because the four-year-old lab has eased his symptoms.

He heard about Project Trauma Support from a friend at the Vancouver Island Compassion Dog Society.

"For me, the road getting to participate in Project Trauma Support involved 23 years of searching for answers, carrying the burdens, trying to deal with it all and just soldiering on," he says.

He says he returned

home from the program a changed man.

Shelton, his domestic partner of over 23 years, noticed the change.

"Taking the course has given him a different perspective. He seems to have a different energy about him, and it seems like the weight of all the stress and anxiety in his life has been taken off his shoulders and a new calm has taken over."

Project Trauma Support is a non-profit charitable organization and has received financial support from the True Patriot Love Foundation, Boomer's Legacy and Veterans Affairs. For more information visit their website at projecttraumasupport.com. Donations to the GoFundMe account started by Foss and Shelton can be made at www.gofundme.com by searching Send Vet to Project Trauma Support.



Photo by Peter Mallett, Lookout
Warrant Officer (Ret'd) Jeff Foss with his wife Karen Shelton and support dog Zeni. Foss recently attended Post-Traumatic Stress Disorder retreat in Ontario and is now raising funds to send other military and first responders.



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Bravo Zulu

Sailor of the Quarter



Photo by Ed Dixon, MARPAC Imaging Services

Able Seaman Brayden R.R. Hart-Young, a Naval Combat Information Operator with Canadian Fleet Pacific (CANFLTPAC) onboard HMCS Ottawa, is the CANFLTPAC Sailor of the Quarter for the fourth quarter of 2018.

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Naval Fleet School (Pacific) PLQ Course Graduation Ceremony

Capt(N) Martin Drews, Commander of the Naval Personnel Training Group, presents certificates during the Naval Fleet School (Pacific) Primary Leadership Qualification Course Graduation Ceremony.

Photos by David Gariepy, MARPAC Imaging Services



LS Krista Horne receives her Certificate of Achievement.



MS Rick Horton receives his Certificate of Achievement.



MS John Ingram receives his Certificate of Achievement.



MS John Lang receives his Certificate of Achievement.



MS Jean-Luc Larocque receives his Certificate of Achievement.



MS Ryan Lasaga receives his Certificate of Achievement.



MS Brandon Mayer receives his Certificate of Achievement.



MS Kevin Olid receives his Certificate of Achievement.



LS J.A.R. Peake receives his Certificate of Achievement.



MS Randy Price receives his Certificate of Achievement.



MS Michael Reid receives his Certificate of Achievement.



MS Frederick Villena receives his Certificate of Achievement.



MS Trevor White receives his Certificate of Achievement.



CPO1 Sylvain Jaquemot, Canadian Fleet Pacific's Chief, presents MS Randy Price, the Chiefs' and Petty Officers' Association Award for being the top graduating student.



CPO1 Michael Miller, Naval Personnel Training Group's Chief, presents MS John Ingram with the Formation Chief Petty Officer Award.



CPO2 Jason St-Jean, presents MS Adrian Hebert with the Primary Leadership Esprit De Corps Award.



CPO2 Carl Dixon, Leadership CPO of the Naval Fleet School (Pacific), presents MS Frederick Villena with the Drill Competition Award.



Presentations and Promotions

Images by MS Robin Moncrief



Capt Abraham is promoted to his current rank by Cdr Nicholas Manley, Base Information Services Officer, accompanied by Capt Abraham's wife Caroline.



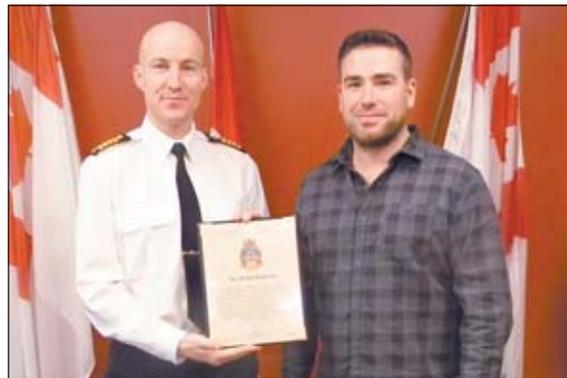
PO1 Robinson is promoted to his current rank by LCdr O'Regan, Naval Fleet School (Pacific) and PO1 Allen, Naval Personnel Training Group.



OS Kenneth Searle is awarded his A-ticket on board HMCS Yellowknife by LCdr Donald Thompson-Greiff, Yellowknife Commanding Officer.



CPO2 Charles Kuyper receives the Physical Silver Award for Aerobic Excellence from Cdr Brad White, Commanding Officer Naval Personnel Training Group Headquarters. In the last year, CPO2 Kuyper has run 2,500 kilometres and cycled 4,800 km contributing to the achievement of the Silver level. He has now accumulated a total of 10,000 aerobic units of various activities.



Michael Knowland receives a Fleet Maintenance Facility Cape Breton Bravo Zulu from Capt(N) Ed Hooper, FMF CB Commanding Officer.



LS Kailyn Swinton is awarded her B-ticket on board HMCS Yellowknife by LCdr Donald Thompson-Greiff, Yellowknife Commanding Officer.

Want to recognize someone in your unit?
Send your BZs to melissa.atkinson@forces.gc.ca



Certificates and Medals

Commander Lucas Kenward, Commander Coastal Forces, presents certificates and medals on HMCS Nanaimo.

Images by Capt Jennifer Jackson



LS Chris Berti receives his Engineering Officer of the Watch B/K Certificate.



PO1 Samir Saeed receives his Operational Service Medal.



PO2 Paul Curtis receives his Operational Service Medal.



LS Dakota Roomere is promoted to his current rank while so employed by Cdr Lucas Kenward, Commander Coastal Fleet and LCdr Jason Bergen, Commanding Officer HMCS Nanaimo.



MS Tony Adams receives his Operational Service Medal.



LS Brian Ercanbrack receives his Operational Service Medal.



AS Ramsin Zaro receives his Operational Service Medal.



SLt Tobin Semple is awarded his Bridge Watchkeeping Certificate by LCdr Jason Bergen, Commanding Officer HMCS Nanaimo.

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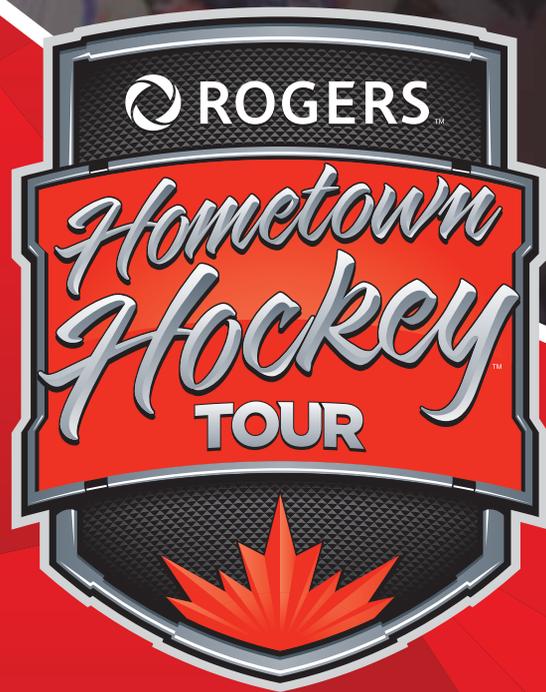
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