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LOOKOUT

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Photo by SLt M.X. Déry

INTERNATIONAL WOMEN'S DAY

Just before departing on a day sail in HMCS Edmonton as part of International Women's Day, Jennifer Gervès-Keen, Nicole Schaaf, LCdr Kristina Gray, Lt(N) Cass van Benthem Jutting, and HCapt(N) Mandy Farmer struck a pose to demonstrate this year's theme of Better the Balance, Better the World.

SLt M.X. Déry
MARPAAC Public Affairs Office

Maritime Forces Pacific celebrated International Women's Day (IWD) last Friday with a day sail aboard HMCS Edmonton for influential female community members, including Jennifer Gervès Keen, keynote speaker at the Chiefs and Petty Officers' mess celebration event.

Edmonton's commanding officer, LCdr Kristina Gray, and Honorary Captain(Navy) Mandy Farmer hosted the event.

"I welcome events like this on my ship that show people, in and outside of the defence community, what we do, how we live, and the lifestyle challenges sailors deal with every day. It allows

sailors to demonstrate to the public the professionalism and pride they have in their work in a way that an outsider would never get through a medium like a presentation or video."

She commanded Edmonton through the second most successful Operation Caribe deployment since the operation began in 2006. Her ship and crew, with an embarked law enforcement detachment from the U.S. Coast Guard, disrupted 8,700 kilograms of cocaine in the eastern Pacific Ocean.

"Being able to reflect on Edmonton's success during Op Caribe in the fall has made me appreciate what a dynamic, tactically challenging operation, in a challenging working environment, the deployment really was," she said.

Being in a position of command, empowered by the Royal Canadian Navy to get the mission done, is rewarding. But it also comes with the uncomfortable reminder that women in the rest of the world may not have the same rights.

"IWD is important in Canada, but I think it is important to understand what many women face in the rest of the world," said LCdr Gray. "I was dealing a lot with navies from Japan, South Korea, Sri Lanka, India, into places where they have never had an interaction with a woman in a power position, because some of those navies don't allow women in the navy at all, some don't allow them to go to sea, some aren't allowed in certain jobs, and it opened my perspective into how different Canada is."

For HCapt(N) Farmer, IWD is a celebration and an opportunity.

"For me it is a day we celebrate how far we've come as women, but more importantly it is the day we get together and talk about how we move towards a world that is a balance of diversity with females in the workplace."

This year the theme of IWD is "Better the Balance, Better the World" and for HCapt (N) Farmer, it is something she agrees with strongly.

"Better the balance, we need more representation of women in the higher levels of leadership. That is both in the navy and in the business world. Right now, there are more CEOs named John than there are female CEOs."

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Team lead Matt Carlson, Personnel Support Programs Esquimalt, runs near Nanoose Bay on Highway 19 on March 2. In the car behind is Race Director, Captain Jacqueline Zweng of the Regional Cadet Support Unit (Pacific).

Wounded Warriors run surpasses expectations

Photos by John Penner, John's Photography

Peter Mallett
Staff Writer

The runners in this year's Wounded Warriors Run BC pounded the pavement and raised the bar for mental health awareness and funding.

Before arriving at the finish line in downtown Victoria March 3, the seven-member team had surpassed their fundraising goal of \$100,000.

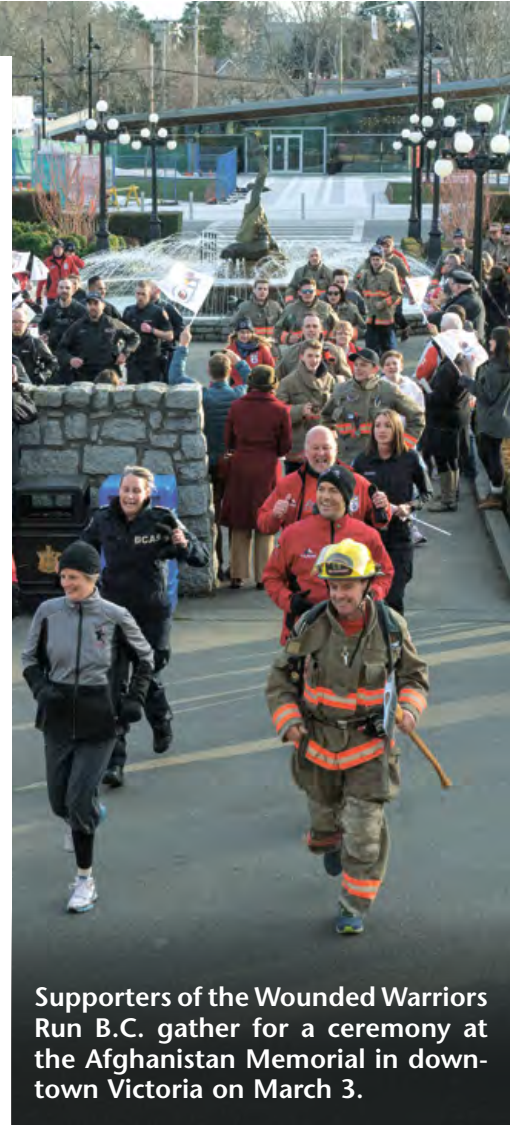
"Reaching our fundraising goal means we are able to take more people off the waiting list for Wounded Warriors mental health support programs and get them into life-saving programming right away," said Race Director, Captain Jacqueline Zweng. "That was our mission and that was our focus during the run. If people are brave enough to step forward and say I need help, then we don't want them to be forced onto a waiting list."

The team of current-serving military members, veterans, first responders and one DND employee set out on their gruelling seven-day 650-kilometre trek at the north end of Vancouver Island in Port Hardy, B.C., on Feb. 25. Seven days later they ran to the B.C. Legislature to a hero's welcome.

By the time the runners got to Victoria, they had Rear-Admiral Bob Auchterlonie, all five mayors from Greater Victoria, police and fire chiefs, coast guard personnel and paramedics with them at the finish line.

"People with mental health injuries will only feel safe to come forward if senior leadership in their communities signal that it is okay," said Capt Zweng. "I think the scales are tipping in our favour and we have crossed a new barrier. Having a mental health injury is on par with an injury on the outside and just as important to treat."

For more information on how to support Wounded Warriors, visit their website woundedwarriorrunbc.com.



Supporters of the Wounded Warriors Run B.C. gather for a ceremony at the Afghanistan Memorial in downtown Victoria on March 3.



The Wounded Warriors Run B.C. team and their supporters gathered on the steps of the B.C. Legislature after completing their journey.



Flanked by police and ambulance vehicles, members of the team run between Courtenay and Port Alberni on March 1.

98.5 OCEAN
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Robin & AJ
Good morning. Good times.



PO1 Gingras and OS LaRiviere launch a Rigid-Hulled Inflatable Boat to send Calgary's Naval Boarding Party to USS Gridley during a boarding exercise.

Photo by SLt Jeff Vea, HMCS Calgary

Calgary set for Cyclone helicopter training

Peter Mallett
Staff Writer

The crew of *HMCS Calgary* have returned to home waters after a month-long deployment to Southern California; however, they won't be coming alongside right away.

This week they will be in the Strait of Juan de Fuca near Constance Bank training with a CH-148 Cyclone helicopter.

Halifax-class frigates are required to complete Ship Without Air Detachment (SWOAD) training roughly every six months. This qualification allows the ship's crew to conduct helicopter operations when there is no Air Force detachment embarked.

"It's a collaboration of members from different trades and elements all working together," said Chief Petty Officer Second Class Mark Stevens, who runs *Calgary's* Deck Department. "Training will not just involve the deck crew. There are a lot of moving parts

going on with landing a helicopter, which includes the Ops Room, Bridge, LSO (Landing Signal Officer) and FLYCO (Flying Coordinator)."

The exercise provides the ship's company training to perform helicopter landings, personnel transfers, supply transfers, and refueling operations.

CPO2 Stevens says sailors need to keep these skills refined because there are times while deployed when they need to interact with helicopters from other nations, as was the case last year during their Operation Projection deployment in the Asia-Pacific region.

"We worked with helicopters of navies from all around the world and it was our sailors doing those helicopter operations; it's really important to get everything perfect," he said.

Calgary returned from that deployment just before Christmas but was deployed back to sea early January to assist the United States Navy in readying three warships for a NATO deployment to the South China Sea, the Middle East and the Atlantic.



Photo by Corporal Stuart Evans, Borden Imaging Services

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WHAT SAY YOU

People Talk

Several hundred people attended the Maritime Forces Pacific Civilian Career and Hiring Fair on March 6 at the Chief and Petty Officer's Mess. Lookout asked those in attendance:

What is the most important thing you can do to impress a potential employer at a job interview?



Honesty and integrity. When you say something about your abilities, make sure you can back it up with the skills to do the job.

Jennifer McLeod,
Base Foods



Be personable and be able to talk to the employer in a manner where they get a good sense of who you are and what you'd be like to work with.

Sean Flanagan,
Victoria



Be confident in yourself. If you show confidence it will show that you have lots to offer, and you will be able to carry out the required tasks of the job.

Sue Taylor,
Victoria



Listen and be attentive. In many cases people are too busy thinking about what they are going to say next to the interviewer, as opposed to listening to what they are being asked. Being confident but ignorant doesn't really work.

Andrew Burgess,
Victoria

WHAT SAY WE

On the hunt for employment



Photos by Peter Mallett, Lookout

Maritime Forces Pacific had an overwhelming response to its Civilian Career and Hiring Fair on March 6 as hundreds of job hunters attended the Chief and Petty Officer's Mess in Esquimalt to drop off their resumes and speak with human resources representatives from the base. *Left:* A representative from the base shakes hands with one of the career and hiring fair attendees. *Right:* The lineups stretched from the front door, through the main entrance, down the stairs into the conference rooms during the morning portion of the event.

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Photo exhibit reveals the effects of war and survival



Master Corporal Mike Trauner and his fiancée, Leah Cuffe, offer counselling to other couples who, like them, are dealing with the aftermath of battlefield injuries. Cpl Trauner lost both legs and suffered profound injuries to his left arm while serving in Afghanistan in 2008.



Corporal Gorden Boivin suffered terrible injuries in a rocket-propelled grenade attack while serving in Afghanistan in 2008. Though he still has metal fragments in his body as a reminder, counselling has helped him overcome depression and addiction brought on by the trauma.

Photos by Stephen J. Thorne/Legion Magazine

Steven Fouchard Army Public Affairs

A new photography exhibit at the Canadian War Museum features haunting portraits of wounded Afghanistan veterans. The photographer, Stephen Thorne, says they show Canada at its best.

The exhibit, entitled *The Wounded*, consists of 18 large-format black-and-white photos by Thorne, an award-winning photojournalist and writer. It was originally commissioned by the Legion Magazine in 2016. He also wrote the stories behind the subjects' battlefield injuries, travelling across Canada to meet with each one.

Speaking at a media preview of the exhibit, Thorne thanked each of his subjects, saying, "You represent the best of Canada."

In his three decades with the Canadian Press, Thorne added, "I saw and did a lot of extraordinary things, and nothing came close to what I saw and experi-

enced in covering what these people did in Afghanistan."

Carried wounded soldier despite own broken pelvis

One soldier depicted is Captain Hélène LeScelleur, who was wounded while travelling in a military convoy in October 2007. A roadside bomb blast broke her pelvis, and, despite the injury, she carried a wounded comrade 200 metres to safety. Cut off from the rest of the convoy, she stood guard through the night.

In the aftermath, Capt LeScelleur experienced suicidal thoughts and panic attacks. She was later medically released from the military and is now studying social work with an eye to helping other Veterans.

Father and son served at same time

Master Warrant Officer André Renaud and Corporal Martin Renaud are a father and son who served simultaneously in Afghanistan. When Cpl Renaud was travelling in a vehicle hit by an improvised

explosive device, his father was just 15 kilometres away and heard the blast.

Cpl Renaud's spine was broken in the blast and doctors later had to amputate both his right foot and left leg. The long healing process involved the whole Renaud family.

The wounded is a more precise term than injured, says Thorne.

"Injury doesn't do justice to what happened to these folks. It doesn't convey the profound, life-changing nature of what they faced. To be truthful, no words can do that, but at least 'wounded' tells people that what's happened has been inflicted upon them with the intention to kill."

His subjects, Thorne says, didn't want the attention.

"They did this [agreed to be photographed] out of a sense of duty and service. It was one more sacrifice for the sake of their fellow soldiers, for the thousands who were wounded, physically and mentally,

and for the public to know."

Legion Magazine General Manager Jennifer Morse said properly portraying the profound sacrifices soldiers make is no small challenge. Thorne has "proven to be an elegant and effective ambassador for these veterans" through his work, she says.

"Stephen chose to create the portraits in black and white. And in doing so he has captured the truth of war, and survival."

The Wounded opened Feb. 15 and is on display at the Canadian War Museum in Ottawa, Ontario, through June 2.

The stories featured in this exhibition describe serious physical injuries and psychological trauma. They also show the toll rehabilitation can take on individuals and their loved ones.

If you are reading this, and are suffering, you are not alone. Help is available. Veterans Affairs Canada Assistance Service: 1-800-268-7708; Operational Stress Injury Social Support: 1-800-883-6094; Canada Suicide Prevention Service: 1-833-456-4566.

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Snelling Rink triumphs at annual bonspiel

Peter Mallett
Staff Writer

The Snelling Rink were crowned champions of the Pacific Region Logistics Invitational Bonspiel at Archie Browning Sports Centre March 1 to 3.

An extra end was needed to determine a winner in the curling competition's A Division final with team Snelling coming up with a 7-6 win over skip Rosie Carter and her team. The championship team was made up of husband and wife duo Clay and Gail Snelling, Cdr (Retired) Steve Nicol and his daughter, NCdt Stephanie Nicol, who works as a logistics officer at Maritime Operations Group 4.

Rear-Admiral Bob Auchterlonie didn't participate in the curling competition but may have drawn some of the biggest cheers of the weekend after throwing the first ceremonial rock to kick off the bonspiel.

He cautioned everyone that he had no curling experience before he took to the ice to throw his granite curling stone with NCdt Nicol and CPO1 Slater as his sweepers. But his throw down the 44 metre sheet of ice landed dead centre and just a few feet shy of its target.

"It was a great shot for his first one ever," said event organizer, Chief Petty Officer First Class Will Slater. "If we had known what a great shot it was from the point of delivery, we would have swept it down into the house for him. It was a perfect guard rock actually."

This year's competition brought together 17 teams and approximately 70 curlers competing in four separate divisions. Other winners included B Division, Issel Rink; C Division, Wynott Rink; and D Division Bodie Rink.



Photo by Peter Mallett, Lookout

RAdm Bob Auchterlonie, Commander Maritime Forces Pacific, throws the ceremonial first rock at the 43rd Annual Logistics Bonspiel with organizers NCdt Stephanie Nicol and CPO1 Will Slater.



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Sailor endeavours to create a positive workplace

SLt M.X. Déry
MARPAC PA Office

LS Danielle Dewitt has joined a troop of volunteers across the country dedicated to creating a welcoming and inclusive workplace for everyone, including members of the lesbian, gay, bisexual, transgender, two-spirit, intersex, and questioning (LGBTQ2) community.

She recently completed Positive Space training at the base to become an ambassador at her unit - Patrol Craft Training (PCT).

It's not a new role. She completed a similar course at CFB Halifax following her transition from male to female.

After coming out as transgender to her chain of command, LS Dewitt spent years navigating the complex and uncharted waters of the military medical system that did not have a process in place to assist a transitioning military member.

While she was shore-posted she helped create Positive Space training and aided other military members in the same boat navigate the medical system.

Her new posting as senior boatswain at PCT has her back to sea almost every week in one of the eight Orcas training junior officers.

"I've found a new family at this unit, so I love it here," she said. "It is a good way to get my feet wet since it has been a couple of years since I've sailed."

Regular interactions with junior officers have the added benefit of introducing future naval leaders to LGBTQ2 issues.

"Since being here I have had a lot of questions from junior officers about what is to be trans. I find that helpful; showing them that LGBTQ2 members are sailors first. I've had NWO IV (Naval Warfare Officer) graduates contact me about trans issues. Because of the networking I've done

here, I've been able to point them in the right direction."

It hasn't all been positive; not everyone appropriately handles the shift from the male to female pronoun. For those who outright disagree with identifying her as a woman, LS Dewitt has a stock answer.

"My rank has no gender. Just call me leading seaman, and on this ship call me buffer."

She is looking forward to the day when she can sail in a larger class of ship.

"Eventually I want to be a buffer on an MCDV, and ultimately a frigate," she says.

No matter where her future takes her, she will endeavour to create a positive work environment with her shipmates.

The Positive Space initiative supports the CAF's commitment to promoting diversity, inclusion and a respectful environment, as outlined in Canada's Defence Policy Strong, Secure, Engaged.



RCN sailors in 'The Sea in Her Blood' exhibit

This summer, the Maritime Museum of the Atlantic in Halifax will open an exhibit centered on Nova Scotian-based women and their experience of, and connections to the ocean.

Entitled "The Sea in Her Blood", the exhibit will highlight up to 20 women who live, work, and play with the sea, including female Royal Canadian Navy sailors.

LS Dewitt was asked to participate in the exhibit. Her portrait and an interview will form part of the exhibit that includes the challenges of traditional gendered assumptions about maritime work and play.



Leaving the Military? Come to this free transition workshop!

Career Opportunity Redefinition and Exploration Fundamentals Program Overview

Program at a glance

Overview: The CORE Fundamentals Program is a high-energy, hands-on workshop designed to equip transitioning service members with personalized guidance and resources to identify and obtain an ideal career in the civilian workforce.

Outcomes: Leveraging Deloitte's award-winning leadership curriculum, CORE Fundamentals is a highly interactive workshop, consisting of four modules, including high-energy networking and brand development exercises. A variety of instructional strategies are utilized to deliver a *high-impact experience within a short timeframe.*

Program details

Learner Profile: The target audience includes personnel of all ranks from all branches of service who have initiated their transition. As the program is **designed to support the diverse population of transitioning veterans**, there are no other prerequisites or restrictions (e.g., educational level).

Learner Experience: Each learner experience is intentionally personalized and high-touch, with each workshop including 12-20 participants – **maintaining CORE's proven high-touch delivery.**

Logistics

Timing: A 5-hour, highly-intensive agenda **Thursday 21 March 2019 from 09:00-14:00.** Includes a working lunch. Dress is civilian business/business casual.

Location: 737 Yates Street, Suite 300, Victoria

How to apply: Submit your current resume/CV (two pages maximum) along with a brief 100-word explanation of what you expect to learn and gain from this program to core@deloitte.ca as soon as possible. Deloitte will screen and select participants.





Capt Chris Dare poses on board HMCS Winnipeg in his climbing gear.



Capt Dare gets ready to pull his sled towards the summit of Antarctica's Mt Vinson in December 2016.

A DARING SUMMIT

Peter Mallett
Staff Writer

Captain Chris Dare is trading his dentist's drill for a mountaineer's axe.

The 35-year-old army dentist who works at the Dockyard dental clinic is set to ascend 8,850 metres to the top of Mount Everest.

If successful, the accomplished outdoorsman's latest expedition will bring to fruition a nine-year journey to hike the "Seven Summits", considered one of the top bench marks of accomplishment in the world of mountain climbing. They are the highest mountains of each of the seven continents.

He tackled the first mountain while deployed to Afghanistan nine years ago.

"When I returned back to Afghanistan I was feeling down as there were a lot of people I was working with getting seriously injured, dying, and there seemed to be a consistent wave of ramp ceremonies going on. I decided I would climb the Seven Summits even though it seemed like an impossible task."

While on leave, he summited Africa's Mount Kilimanjaro, a 5,895 metre climb to the top.

From there he travelled the globe climbing the continental geological behemoths in Europe's Mount Elbrus (5642 m), Alaska's Mount Denali (6104 m), South America's Aconcagua (6962 m), Oceania's Carstensz Pyramid (4884 m) and Antarctica's Mount Vinson (4892 m).

Capt Dare will fly from Vancouver to Nepal March 21 and complete several weeks of altitude training under the guidance of a Sherpa guide named Nuru. Then in late May, when conditions are good, the two will begin the journey up the mountain from Tibet side.

It should take between two to three weeks to reach the summit. Weather and the amount of time waiting behind other hikers could prolong their journey.

He says Alaska's Mount Denali climb was his toughest to date because of the



thin air and Arctic weather, but the Everest ascent presents a new challenge in that he has never hiked above 8,000 metres. The last 895 metres is considered the most dangerous and is dubbed the Death Zone among mountaineers. That's because altitude sickness and lack of oxygen at these heights has led to the death of 288 people since records began in 1924.

Capt Dare says he is aware of the statistics and confesses the Everest challenge will be his greatest.

"As I've never been that high before, I'm expect-

ing to be completely exhausted despite my use of oxygen in the final stages of my climb. It's going to be another element of complexity to manage that oxygen supply and the flow rate so that I don't end up running out."

To complete the climb, he will need approximately 150 lbs of food and equipment including harnesses, ascenders, carabiners, an ice axe and high performance clothing that include base layers, multiple jackets and waterproof gear.

The equipment will be broken up into two back packs, one with equipment needed for climbing lower levels of Everest below 5,000 metres and the rest will be shipped to the Everest base camp located at an elevation of approximately 5,000 metres. The most expensive item he will bring is a pair of La Sportiva Olympus hiking boots, which cost \$1,600.

Throughout his journey Capt Dare will be able to stay connected and send

spectacular imagery back to the base courtesy of a rocket stick provided to him by the Maritime Forces Pacific (MARPAF) public affairs team, which he will attach to his cell phone.

For higher up the mountain, when he is out of cell phone range, the Canadian Armed Forces have provided him with a small satellite dish for photo sharing and communications.

Planning his trip has been a journey unto itself. Capt Dare estimates the total cost of the Everest trip from beginning to end will be \$60,000.

He also attained sponsorship through Vancouver-based Ener-C, who has agreed to supply him with their highly portable electrolyte powders, which he likens to an IV bag full of essential nutrients and vitamins.

In recent weeks he decided to dedicate his climb as a fundraiser for the B.C. Children's Hospital. Those wishing to donate funds on behalf of Capt Dare's expedition can do so at his Summits of Hope web page https://www.summitsofhope.com/climbers/chris_dare



During a break in the weather, Capt Dare stopped for a photo while climbing Alaska's Mt Denali in June 2012.



Capt Dare (left) reaches the summit of Tanzania's Mount Kilimanjaro with his mountaineering partner MCpl Tom Rogers in January 2010.



At 6,962 metres, Argentina's Mount Aconcagua is the highest summit Capt Dare has reached to date. He accomplished the feat in December 2012.

Wear your Air Force pride on your sleeve

RCAF Public Affairs

The rules governing Royal Canadian Air Force (RCAF) personnel wearing badges or insignia on their operational uniforms are about to change.

An upcoming amendment to the Canadian Air Division Orders (CADO) on operational dress will allow aviators who wear flight suits and Enhanced Combat Uniforms (ECUs)/CADPAT to add certain optional Velcro-backed badges and insignia to their sleeves.

This change in the CADO is intended to enhance squadron and tactical unit morale and esprit de corps. The spirit of the RCAF unit is centered on the members and how well they work together. Part of this spirit comes from the symbols they wear: the badges and crests of the unit.

The CADO amendment will allow badges, especially a unit's heraldic badge, to be embroidered in full colour, as well as low visibility green.

All other badges can be embroidered in full colour, which will be up to the unit as part of their design process. Yes, a unit can design their own patch.

What other kinds of patches can there be?

Units can now create and wear badges to mark a special anniversary or participation

in an exercise or operation. Courses may have their own patch as well.

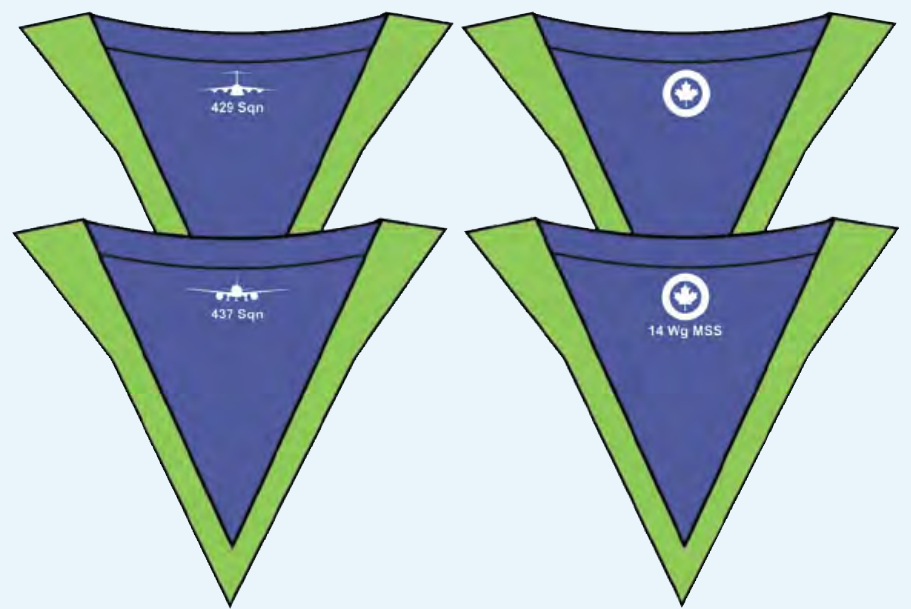
In addition, personnel at wings, squadrons and tactical units will soon be able to wear blue t-shirts with an embroidered logo at the neck—or, on Fridays, their own squadron coloured T-shirt.

Lieutenant-General Al Meinzing, Commander RCAF, and Chief Warrant Officer Denis Gaudreault, RCAF Command CWO, noted this forthcoming direction will serve to enhance esprit de corps and identity, adding that RCAF aviators are encouraged to “take the opportunity to embrace and contribute to this next chapter of our traditions.”

Each new patch design must be endorsed by the chain of command and approved by 1 or 2 Canadian Air Division or the RCAF Aerospace Warfare Centre, as applicable.

Some items will be available through the Canadian Forces Supply System, while others will be available through unit kit shops or through CANEX.

This change could mean some badges currently in use will become obsolete. For example, the multi-colour, low-visibility green and colour mix, heraldic badge will be phased out over the coming year, to be replaced with the full-colour heraldic badge and/or the low-visibility green heraldic badge.



Samples of unit identifiers embroidered on the necks of T-shirts. Personnel at wings, squadrons and tactical units will soon be able to wear blue t-shirts with an embroidered logo at the neck—or, on Fridays, their own squadron coloured T-shirt.

Image: RCAF



An example of a unit heraldic badge embroidered in low visibility green (the 1 Canadian Air Division badge, left) and full colour (the 425 Squadron badge, right). An upcoming amendment to the Canadian Air Division Orders on operational dress will allow aviators who wear flight suits and Enhanced Combat Uniforms/CADPAT to add certain optional Velcro-backed badges and insignia on their sleeves.

Image: RCAF

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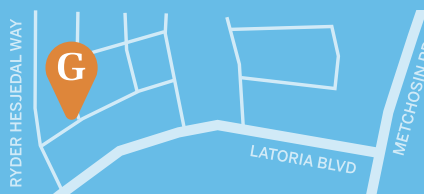
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CP Rail team snags key military employer award

Capt Jeff Manny
39 Canadian Brigade Group

CP Rail Vancouver took home a unique honour two weeks ago as the Canadian Armed Forces recognized its support to a military Reservist who, by day, works as a locomotive engineer.

General Superintendent Jeff Castellari was on hand at Vancouver's iconic Seaforth Armoury Feb. 26 to receive a 2019 Provincial Employer Support Award. He was nominated by engineer, union chaplain and Regimental Sergeant Major Mike Bergan of the Royal Westminster Regiment.

"Since 2004, when I started with CP Rail, they've always given me time off with no questions asked and been very supportive," said RSM Bergan. "That kind of flexibility really makes a difference to my family and ultimately to the Army Reserve."

"It's an honour for Mike to nominate us," said Castellari, who

spent four years working on the F-117 Stealth Fighter while serving in the U.S. Air Force. "I think for all employers, if you don't look at veterans or serving Reservists, you're missing the boat, so to speak. They bring a lot of discipline, a lot of knowledge, a lot of common sense and overall good values to a company."

Military Reservists in B.C. typically hold down a civilian job while regularly working one evening per week and one weekend per month for the military. However, they must often participate in additional training or operational deployments that requires them to take time off work.

The Canadian Forces Liaison Council hosted the award ceremony. The CFLC is a Canada-wide volunteer group of civilian business and educational leaders dedicated to promoting the benefits of Reserve Force training and experience to civilians in the workplace.

Reservists are encouraged to recognize the generosity of their



CP Rail earned a Provincial Employer Support Award Feb. 26 for Best Practices in Employer Support, Large Organization from the Canadian Forces Liaison Council. The award recognizes employer support to military reservists who must take time off work for training or operational deployments. From left: locomotive engineer, union chaplain and Regimental Sergeant Major for the Royal Westminster Regiment, Mike Bergan; Josh Hill, Teamsters Division 320; General Superintendent Jeff Castellari; MGen Paul Bury, Chief of Reserves and Employer Support; Derral Moriyama, B.C. Chair of the CFLC; and commanding officer of the Royal Westminster Regiment, LCol Chuck MacKinnon.

Photo by Pte Daniel Pereira, 39 CBG

employers with a nomination. The ultimate aim, said Major-General Paul Bury, who oversees all of Canada's nearly 30,000 Reservists, is to help Reservists achieve balance in their busy lives.

"Thanks to employers like CP

Rail, Reservists in B.C. are able to be true citizen soldiers, keeping a civilian job or going to school while also serving their country," MGen Bury said. "That makes them effective, capable and potent complements to our Regular

Forces." While there's a downside with staffing issues when a Reservist needs time off, there's a huge upside for the employer, added Castellari. "You can just count on them when things get tough."



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All three Tritons teams celebrate stellar hockey season

Peter Mallett
Staff Writer

All three Tritons hockey teams did the base proud by capturing their respective Canada West Regional titles and advancing to the Canadian Armed Forces national championship tournaments this year.

The men's open age team had the strongest finish when they captured a silver medal after a 5-2 loss to Gagetown in the championship CAF Men's nationals game at CFB Edmonton on Feb. 28.

Heading into last week's other national championship tournaments, also held in Edmonton, the women's and old timer's teams had ambitious medal hopes before their eventual elimination in their respective semi-final games.



Tritons Men



SILVER MEDAL WIN

Tritons Men

The Tritons men's open age team captain, Lieutenant (Navy) Braden Casper said he and his teammates used their "underdog" tag as motivation to play hard and make something special happen.

After losing their first three games, something happened in their semi-final match on Feb. 27. Esquimalt scored a 6-5 double overtime win against Valcartier courtesy of a goal from Petty Officer Second Class Curtis Gillies that vaulted them into the gold medal game.

"This year's performance by the Tritons was just shy of remarkable because we failed to reach our ultimate goal of winning the gold medal," said Lt(N) Casper who plays forward. "After a few days to reflect on the tournament, we are proud of our accomplishments; however, we are still hungry to bring a gold medal from the nationals back to CFB Esquimalt."

In their final game, Esquimalt was deadlocked 1-1 with Gagetown at the end of two periods in the championship game before eventually losing 5-2, earning them the silver.

SEMI-FINAL LOSS

Tritons Women

The women's team medal hopes were dashed after winning one of three games in the round robin portion of the tournament and then falling 4-0 to eventual champions Ottawa in the semi-final.

Defenceman Ordinary Seaman Dakota Davis was voted Esquimalt's Most Valuable Player for the tournament and credited her award to her teammates, who she says supported each other on and off the ice this season. Triton's coach, Petty Officer Dave Hillier and assistant coach Sgt Nikki Ducharme echoed OS Davis' sentiments about her team's unity.

"We accomplished something to be proud of and had a strong contender for a gold medal this year," said Sgt Ducharme. "The girls have made a strong showing and are holding their heads high despite the outcome."

Esquimalt dropped the first two games of the tournament, then lost a 4-3 overtime nail-biter to Ottawa in their third game before coming up with a 2-0 win over Trenton in their final game of the round robin. Ottawa then beat Trenton 4-0 in the tournament championship on March 7.



Tritons Women



Old Timers

SEMI-FINAL LOSS

Old Timers

The Old Timers also suffered disappointment in their final four matchup, with an 8-2 defeat to tournament champions Valcartier, but remained upbeat despite the loss.

Tritons forward, Petty Officer First Class Michael Tibbetts picked up the tournament's overall sportsmanship award for his play. PO1 Tibbetts raved about the performance of Corporal Jon Michel who joined the Tritons from the men's open age team for the senior age tournament and was voted his team's overall MVP.

"He had a phenomenal tournament in his first time out with us and proved himself as a goal scoring threat and an adept finisher," said PO1 Tibbetts.

In the championship game, Valcartier beat Trenton 5-2 to capture the 2019 CAF Oldtimers hockey title.

Base Commander and forward with the Tritons Old Timers team, Captain (Navy) Jason Boyd, said all three base hockey teams should be proud of their accomplishments this year.

"It was an extreme honour to represent the CFB Esquimalt Tritons Old Timers hockey team at the Nationals last week and to see all three of CFB Esquimalt's hockey performing a real hat trick, each representing the base well," said Capt(N) Boyd. "The dedication of the men and women who play on each team is phenomenal and a testament to Canada and the Canadian Armed Forces deep hockey roots."



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Naval Fleet School Pacific Promotions and Awards

Photos by LS Billanes, NFS (P)



Lt(N) Derek Cousins, Deputy Engineering Division Commander, and PO2 Michael Briggs, Marine Technician Instructor, promote Able Seaman Plant to his current rank.



Lt(N) Derek Cousins, Deputy Engineering Division Commander, and CPO2 Michel Michaud, MSE Division Chief, promote Leading Seaman Toney to his current rank.

Divers sink SAR Techs in annual hockey contest

Peter Mallett
Staff Writer

Clearance Divers from the base scored a landslide 11-0 victory in this year's annual hockey game against Comox-based Search and Rescue Technicians.

Fleet Diving Unit Pacific right-winger Leading Seaman David Divers captured Most Valuable Player honours in this year's edition held at the Glacier Greens Arena in Comox.

Leading Seaman Joe Falletta says the friendly competition has been played every year since the early 1990s, with the game switching between Esquimalt and Comox. He says there is a long-standing bond between the two trades, which exist in different branches of the armed forces but often find themselves working with together.

"These two Alpha trades are often regarded as the pinnacle occupations in their respective elements, so a friendly face-off against each other to see who reigns supreme on the ice is always something to look forward to," said LS Faletta.



MS Christopher Welch is promoted to his current rank by Cdr Alaine Sauve, Naval Training Development Centre Commanding Officer, and CPO2 Ashley Cox.

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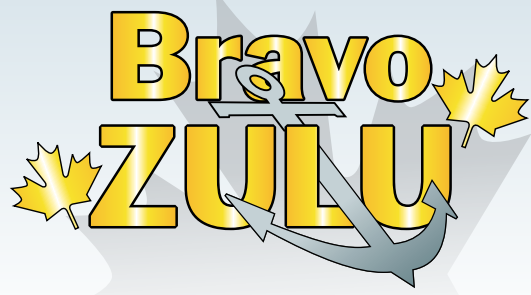
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HMCS Calgary Awards and Presentations

awarded by Cdr Ryan Saltel, Commanding Officer



LS Hall is promoted to his current rank.



AB Mooring is promoted to his current rank.



AB Chiasson is promoted to his current rank.



AB Jones is promoted to his current rank.



SLt Poulin-James is awarded the Special Service Medal – Expedition for Operation Projection 18-1.



SLt Place is awarded the Special Service Medal – Expedition for Operation Projection 18-1.



PO1 Demarce is awarded the Special Service Medal - Expedition Bar for Operation Projection 18-1.



PO2 Gonzales is awarded the Canadian Forces' Decoration.



AB Nasrat is awarded the Special Service Medal – Expedition for Operation Projection 18-1.



PO1 Blanchard is awarded the Sea Service Insignia – Bronze.



PO2 Hamilton is awarded the Sea Service Insignia – Bronze.



PO2 Rielly is awarded the Sea Service Insignia – Bronze.



The following personnel were awarded the Sea Service Insignia – Gunmetal by Cdr Saltel. Back, from left to right: OS Austen, AB Michaud-Reasbeck, SLt Elliott, SLt Place, OS Ratych, MS Remington, OS Romany-Phipps, LS Jacques, OS Ranville, and MS Morrison. Front, from left to right: AB Darrington, SLt Poulin-James, Sgt Sheppard, WO McCaul, and OS Struthers.



PO1 Baldwin is awarded the Sea Service Insignia – Silver.



SLt Place is awarded a Bridge Watchkeeping Certificate.

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