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Peter Mallett, Lookout Newspaper
Left to right: CFB Valcartier players Capt Stephane Guillemette, Cpl Paul Lanteigne and Capt Gerard Caron show off the CAF Old Timers Hockey Championship trophy and pennant Mar. 10 at Wurtele Arena. Valcartier defeated Petawawa 5-1 to claim their third consecutive national title.

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MARPAC celebrates International Women's Day

Carmel Ecker
Staff Writer

Attendees at this year's International Women's Day celebration not only learned about female leadership in Canada's military, but also got a little insight into their financial personalities.

Presented by the Defence Women's Advisory Organization, the mid-day gathering featured a keynote presentation by renowned financial advisor Honorary Colonel Diane McCurdy and a panel discussion about female leadership within the Canadian Armed Forces.

After a brief opening statement by Rear-Admiral Gilles Couturier, Commander Maritime Forces Pacific (MARPAC), HCol McCurdy posed the question everyone asks about retirement: How much is enough?

The answer is different for everyone, she said. It depends on your financial personality.

During her 25 year career as a certified financial plan-

ner, HCol McCurdy has developed a 14 question multiple choice survey to help people determine which category they fall into.

Working with people from all walks of life, she found that "once people understood how they got where they were, they were able to move forward."

Encouraging everyone in the audience to record their answers to her questions, she asked about choices in cars, propensity to spend lavishly or frugally, views on credit cards and debt, and use of a budget among other things. Muffled chuckles could be heard throughout the room as people recorded their spending or saving habits.

In just 10 minutes, each person knew whether they were a spender, a builder, a giver or a saver.

None of these categorizations is good or bad, HCol McCurdy told the audience. Everyone simply needs a financial plan that takes their spending habits into consideration.

"It's your financial roadmap," she said.

She pointed to her three-step process of building a plan.

1. Assess your current financial situation
2. Decide what your goals are
3. Agree that you're going to get there by sticking to a plan

HCol McCurdy pointed out that military families face unique challenges with their finances due to posting moves.

With the possibility that the non-military partner will have to give up their job, "moving can seriously derail a financial plan," she said.

She recommended keeping a record of all spending as well as building up a reserve to accommodate any surprise expenses. For dual income households, she recommends trying to live on one income so you're prepared for it if it's necessary.

"If you leave here with one thing, let it be this: if you have a plan, you have a

chance."

You can find HCol McCurdy's financial personality quiz on her company website: <http://mccurdyfinancial.com/>. There, you'll also find a free cash flow calculator that will help you assess your monthly expenses.

Panel discussion

Following HCol McCurdy's talk, she was joined by CPO2 Natalie Scalabrini, Strategic Training Officer at Fleet School; Cdr Brigitte Boutin, Base Administration Officer; and Nicole Schaff, Fleet Maintenance Facility (FMF) Acting Unit Support Manager.

The four women answered questions about their experiences in leadership roles. Though much of their advice applied universally to men and women, some advice stood out. Cdr Boutin pointed out it's important that women leaders not try to emulate their male equivalents and instead be true to themselves.



Cpl Blaine Sewell, MARPAC Imaging Services
Honorary Colonel Diane McCurdy, a member of the discussion panel at the International Women's Day celebration, answers questions from the crowd.

"We are leaders in our own rights," she said.

Cdr Boutin and CPO2 Scalabrini each recalled their early years in the military when they faced an uphill battle for respect among their male peers.

Cdr Boutin remembered joining the Canadian Armed Forces in the 1980s and being unable to join as a signalman because women weren't yet allowed to serve on ships, a barrier that forced her to go into logistics instead. However, she's watched the military change over the years.

"In the 90s I saw the barrier steadily falling down," she said.

By the time CPO2 Scalabrini joined the navy in 1996, women were allowed at sea, but not without a fight from some of the men. On her first day on a ship, the first thing her supervisor said to her was that women shouldn't be on ships.

After she recovered from the initial feeling of shock and dread at having to work with someone who didn't want her there, she said to him, "It's up to me to prove you wrong."

As the first female Naval Electronic Sensor Operator to reach the rank of Chief Petty Officer, she certainly did prove him wrong, though she admits negative male attitudes toward women at the start of her career were tough to bear at times.

"I had a weight on my shoulders," she said.

Thankfully, over the years, support for women in the military has grown, she added. "You are never alone."

Though the environment has become more supportive, Schaff pointed out that women are still outnumbered by men in the military environment and it can be intimidating. She advised the men in the room to keep that intimidation factor in mind and to make sure everyone's voice is heard.

At the event's close Cdr Christopher Earl, Commanding Officer of FMF and DWAO Champion, thanked everyone for coming and echoed comments about the need for inclusivity.

"The different point of view that women bring is beneficial," he said.



MCpl Michael Bastien, MARPAC Imaging Services

Defence team personnel pose for a group photo mid-way through 5 kilometre walk from CFB Esquimalt to Saxe Point in Esquimalt and back in support of International Women's Day on Mar. 7.

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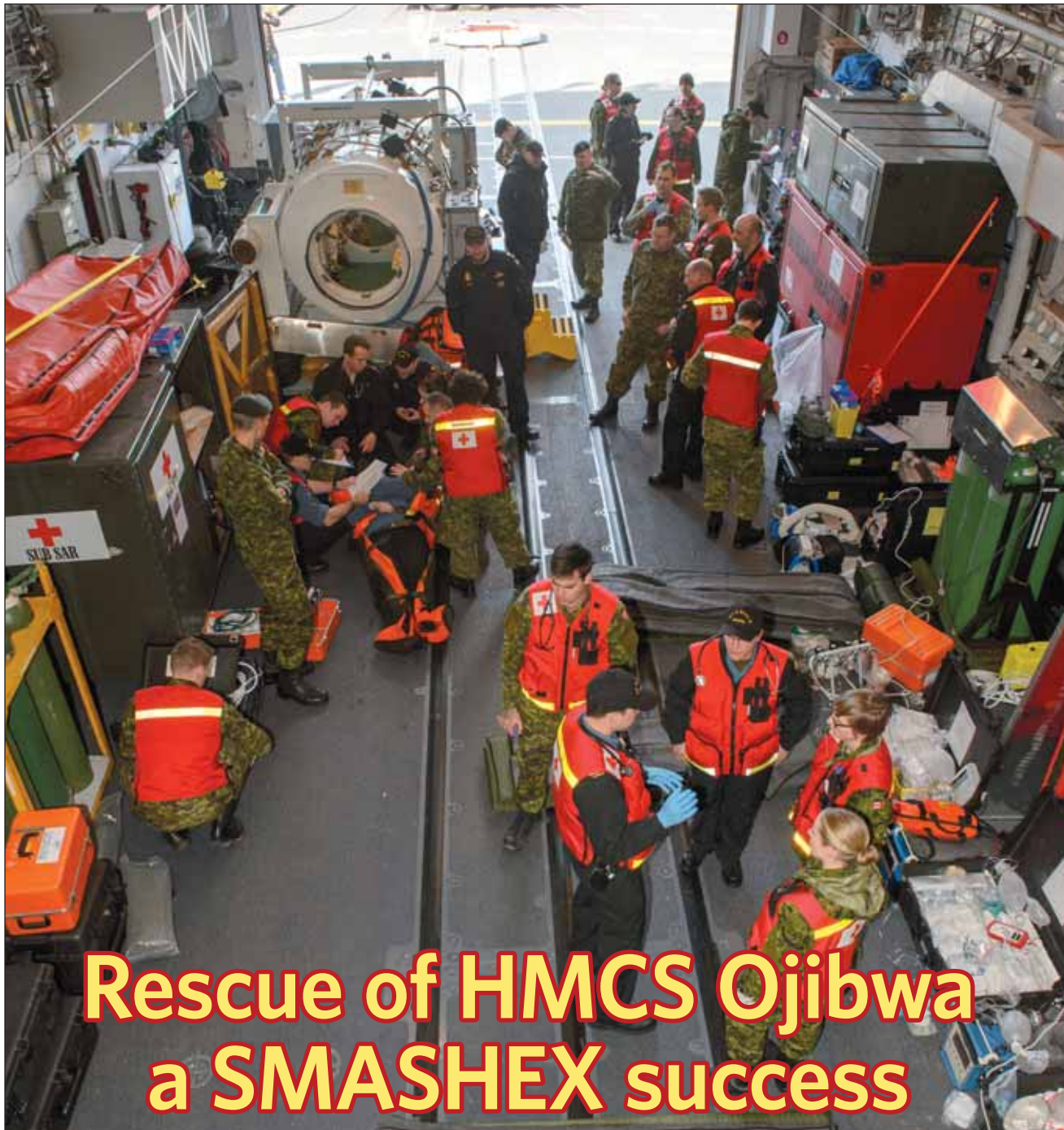
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Rescue of HMCS Ojibwa a SMASHEX success

Cpl Stuart MacNeil, MARPAC Imaging Services

On board HMCS Ottawa, a simulated casualty receives medical care from a team of doctors, physician assistants, nurses and medics from Canadian Forces Health Services Centre (Pacific) during SMASHEX 2016.

Peter Mallett
Staff Writer

The scene: Early on the morning of Feb. 25, 2016, the fictitious submarine HMCS Ojibwa fails to report for its regular communications check.

After repeated attempts to communicate with the vessel, the Battle Watch Operations Centre (BWOC) springs into action alerting members of the Joint Rescue Coordination Centre (JRCC) in Victoria who then set into motion an intricate search and rescue plan.

All essential personnel are immediately recalled to the base.

Drawing on all available assets including satellite, radar, aircraft from 443 Squadron and any nearby ships, JRCC staff find Ojibwa on the floor of the Pacific Ocean in a remote location.

The vessel is taking on water in its engine room and a dangerous reaction has begun between the submarine's batteries and the sea water. Twelve of the 59 crew members are injured.

While Ojibwa has a lim-

ited power supply, there is still enough energy remaining to provide life support for a few days if necessary, but the casualties need medical attention.

As the trapped submariners await rescue, more than 300 personnel from three units are being assembled, briefed and transported to the site to begin the rescue operation.

This nightmarish scenario of a disabled submarine was a complex training exercise that combined the efforts of multiple units and assets to practice submarine escape and rescue operations.

"Operations at sea are inherently dangerous for any mariner, making our ability to carry out rescue operations a top priority," said Commander Lorne C. Carruth, Deputy Chief of Staff Operations and Intelligence Fusion. "Of all rescue scenarios, it is difficult to imagine one more daunting than the need to rescue the crew of a submarine from beneath the surface."

SMASHEX 2016 involved approximately 400 personnel from HMCS Ottawa,

Fleet Diving Unit (Pacific) (FDU(P)) and Canadian Forces Health Services Centre Pacific (CF H Svc C (P)) and took place in the waters adjacent to F Jetty in Colwood. However, if the annual training exercise had been the real thing it would have been an "all-hands-on-deck" situation involving thousands of personnel and more than likely military and rescue staff from multiple nations, says SLt Melissa Kia, Public Affairs Officer with Maritime Forces Pacific/Joint Task Force Pacific.

This complex training exercise hinges on "collaboration" between multiple organizations all working in tandem, much like the moving parts of a well-oiled clock, explained Cdr Carruth.

"SMASHEX was an excellent opportunity to exercise our sailors, medical staff and operations teams in the fundamental skills required to initiate a response to such an event that we can effectively support rescue efforts here in Canada and around the world," he said.

A crucial part of that

response is reacting to the unexpected. As is the case with many real-life emergencies, not all of the tasks in SMASHEX 2016 ran according to the plan. The time-consuming process of loading Ottawa with the necessary supplies for deployment was a massive task that took longer than expected.

Although getting to injured personnel and treating them as quickly as possible are always the priority in such a situation, both rescue unit and health care responders were able to use the extra time caused by the delay for a more comprehensive debriefing and planning stage.

"The delay is something that could easily happen in a real-life situation. In fact, other unforeseen circumstances could make such a situation an even greater challenge," explained Lt(N) Tasha Sprenkle, Operations and Training Officer with CF H Svc C (P). "There was a silver lining to the scenario this time because it gave us an opportunity to go over our briefs and fully understand what the expectations

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were for treatment."

Lt(N) Sprenkle also noted that the introduction of new computer technology, including casualty-tracking software, helped her and the staff better understand the medical needs and health status of their patients, thus making it easier to more effectively run their triage unit, which was located in Ottawa's hangar.

"In the past, everything in triage was done with white board and paper, but now we were able to instantly determine the location of each patient and their medical status, which was invaluable," said Lt(N) Sprenkle. "Organization is critical in our job."

Also new to this year's SMASHEX was the use of a peer-to-peer web-based software program, which is much like a social media chat application. Developed by ISMERLO (International Submarine Escape and Rescue Liaison Office) and used by NATO countries with submarine programs, the application allows military units and government branches to effectively communicate crucial information during an emergency situation.

This was the first time CF H Svc C (P) staff have used the application, which was loaded on the laptops of senior officers, and Lt(N) Sprenkle said it streamlined communication between them.

She said the application enabled the quick flow of information such as casualty numbers and status, supply inventories, and other essentials.

While praising her staff for their efforts, Lt(N) Sprenkle also commended supporting units Ottawa and FDU(P) for their contributions to the success of the exercise.

"Our queries were answered promptly and our needs were met with urgency," she said.

matters of OPINION

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WHAT SAY YOU

People Talk

Lookout asked this question for Nutrition Month:

What is your favorite way to prepare and enjoy fruit and veggies?



Super green smoothies...
kale, spinach, cilantro,
green apples, avocado,
lemon juice, coconut
water, throw in banana
or blueberries if desired...
blend and enjoy. It will
change your life!

Tom Campbell



Root bake. Any kind of root
vegetable, carrots, pota-
toes, rutabaga, beets, etc.
Drizzle with olive oil, salt
and pepper in the oven or
in the slow cooker.

MaKenzie Klepsch



Brussell Sprouts...purchase
1lb fresh, cut in half, fry in
a pan with the cut side face
down for 5 min. Add broth
of any kind, simmer, add
garlic, simmer, heat off, sit
for 5 min. Game over bud.

Sylvain Verrier



Raw with ranch dip every
day.

Rustin Tribe



Berries, right off the bush
and into my mouth!

Alli Jones

CORRECTION: In last week's people talk, we assigned the incorrect retiring rank to two individuals. William Cumby's rank should have read Chief Petty Officer Second Class (Ret'd) and Hedley Cullen's rank should have read Petty Officer First Class (Ret'd). We apologize for the errors.

International Women's Day is a worldwide event occurring every year on Mar. 8 in order to celebrate female achievement. The aim of the day is to raise awareness of the continued inequality between the sexes and use that awareness to reach gender parity.



The women currently serving in HMCS Vancouver's gather on the flight deck to celebrate International Women's Day while on Southploy.

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March is Nutrition Month

Prioritize portion size

Joanne Baxter
Health Promotion

You have two weeks behind you on your healthy eating pledge. Now it's time to look at what you can focus on in week three. Prioritize portion size!

When it comes to healthy eating, how much you eat can be just as important as what you eat. Eating portions that are too big can lead to overeating and weight gain. Follow these tips to manage the munchies while enjoying realistic portions.

Give yourself a hand! Size up your portions with handy estimates.

Wondering if you're eating too much or too little? Use your hand and try these estimates on for size:

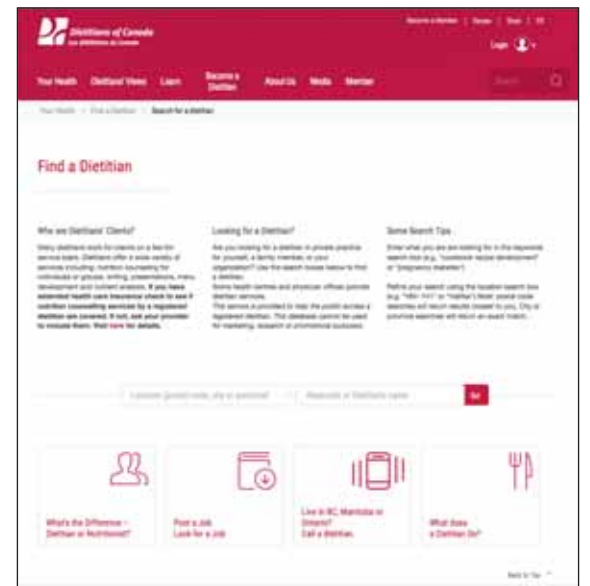
- 1 cup of leafy green veggies or 1 whole piece of fruit = 1 fist.
- Fresh, frozen or canned vegetables = ½ fist.

- 1 slice of bread or ½ bagel = 1 hand.
- 1 cup of milk or ¾ cup of yogurt = 1 fist.
- 50 grams of cheese = 2 thumbs.
- Serving of chicken = palm of hand.
- ¾ cup of pulses (e.g. lentils, black beans, chick peas) = 1 fist.

Dietitians can help you manage your portion sizes and eat mindfully. Check out some of these favourite dietitian-designed tips:

- Downsize big portions when eating out: split an entrée, skip appetizers or share dessert.
- Turn off screens during meals so you are less likely to eat mindlessly long after you are satisfied.
- Slow down when you eat. Put your fork down in between bites.

For customized help with your diet find a dietitian in your area: www.dietitians.ca/find.



www.dietitians.ca/find

Many dietitians work for clients on a fee-for-service basis. Dietitians offer a wide variety of services including: nutrition counseling for individuals or groups, writing, presentations, menu development and nutrient analysis. If you have extended health care insurance check to see if nutrition counselling services by a registered dietitian are covered. If not, ask your provider to include them. Visit the website for more details.

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Practices will be held on Wednesdays from 1600-1800 hrs at the Colville Sports Field located beside the Health Clinic starting March 16.

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Photos by PO2 Bibeau, FDU(P)

The Operational Dive Team poses for a picture during the ice dive exercise on Lac Des Roches in Lone Butte, B.C.

Local divers chill out in northern B.C.

Katelyn Moores
MARPAC Public Affairs

An icy dip in Canada's northern waters is not something most people would look forward to, but for Fleet Diving Unit (Pacific) (FDU(P)), diving in frigid and isolated conditions is an excellent opportunity to hone a unique and

important skill set.

Last month, 16 divers from the Operational Dive Team, consisting of six Reserve Port Inspection Divers and 10 Clearance Divers, deployed to Lac Des Roches in Lone Butte, B.C., for a five-day ice dive exercise to ensure they are prepared to operate in Canada's Arctic.

"Clearance divers have a mandate to operate in all Canadian waterways," explained Lieutenant (Navy) Kevin Okihiro, the officer in charge of the exercise. "It's important that we stay practiced in operating in these northern areas."

The exercise aimed to combine the capabilities of the divers with

those of the SeaBotix Remotely Operated Vehicle (ROV), a tethered robot controlled from land that provides real-time information on the underwater environment. Capable of traveling to a depth of 950 metres, the ROV allows the dive team to get a clear picture of what's beneath the ice while eliminating the time constraint that decompression imposes on divers. After the ROV does an initial scan of the area, objects of interest can be further investigated by the divers.

Exercises like this one happen at least once a year and provide an excellent opportunity to familiarize the divers with Arctic operations in a demanding, real-world environment.

The cold weather isn't the only challenge these divers faced. Lt(N) Okihiro said the main obstacle when operating in the Arctic isn't the frigid temperature, but the remote location.

"The biggest challenge for us is getting there, setting up, cutting through the ice and having to operate with limited support," he said. "The diving isn't any harder, but the logistics of getting there are."

The Lac Des Roches exercise was a success, helping the team build confidence in both their procedures and abilities in isolated, cold-weather conditions.

This confidence will be valuable later this month when FDU(P) divers head north once again. This time they will be participating in an exercise led by the Undersea Warfighting Development

The biggest challenge for us is getting there, setting up, cutting through the ice and having to operate with limited support. The diving isn't any harder, but the logistics of getting there are.

LT(N) Kevin Okihiro,
Commanding Officer

Centre's Arctic Submarine Lab on an ice floe in the Beaufort Sea, 250 nautical miles north of Prudhoe Bay, Alaska. The bilateral operation will establish an ice camp to support a U.S. submarine exercise that includes participation from a number of organizations and militaries, including the United States Navy, the Royal Navy, the Royal Canadian Navy and the Royal Canadian Air Force.

The remoteness of Canada's North combined with the lack of infrastructure requires a uniquely trained force to effectively operate in the area. By participating in exercises like these, FDU(P) divers ensure they remain trained and equipped to operate in Arctic conditions as they continue to enhance northern sovereignty in support of the Canada First Defence Strategy.

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LS David Gariépy, DND

A recently constructed bald eagle nest on Signal Hill will be monitored by Formation Safety and Environment.

Eagle nest sighted atop Signal Hill

Rachel Lallouz
Staff Writer

Anyone leaving or entering dockyard over the past few months may have had the pleasure of an eagle sighting or two courtesy of a pair of eagles who have made the tallest Grand Fir on Signal Hill the home of their new nest.

Situated near the top of the 34 metre tree is a large nest made of twigs and other natural debris. It was first spotted by Defence Construction Canada staff in November 2015. Bald Eagles build their nests in

tall sturdy trees usually within a few metres from the top. The nest trees generally are located close to water and a food source and must be strong enough to hold their heavy nest.

"I believe at this point the eagles are done nest construction as we haven't seen them take any additional nesting materials to the site," says Tracy Cornforth, Environment Officer with the Formation Safety and Environmental Branch.

The eagles, she explains, would have begun their nesting in December or January, after the nest was

built, and can lay eggs as early as February.

"Hopefully we'll see them sitting on their nest for longer periods of time, which will indicate to us that they are incubating, which means we'll possibly see some little nestlings," says Cornforth. One to three eggs are laid, but most often the clutch size is two eggs.

After speaking to Provincial biologists, Cornforth says this pair is likely the same one that built a nest in the fir trees near the dockyard tennis courts a couple years ago.

One nesting pair will have up to four nests in their nesting territory and different nests may be used in different years.

Good breeding locations usually have two things in common, large trees for nesting and an abundant food source. As with the previous dockyard nest, Cornforth says she expects to see quite a bit of debris on the ground under the nest, including discarded remnants of marine birds and fish, evidence of successful hunting in both the ocean and surrounding forested areas.

Nominate an exceptional member of the defence team

The Celebrating Excellence Awards (CEA) Program is an important initiative to highlight the Defence Team's greatest strength – its people. It is now time to share and recognize the accomplishments and hard work of the members of DND/CAF for 2015.

All DND civilian employees and CAF personnel are eligible to be nominated for an award and to nominate

other deserving individuals or teams. Nominations must be endorsed by L1s and received by the Awards and Recognition Team (DDWB - 6) no later than March 18, 2016.

To view the list of awards, visit the Celebrating Excellence Awards intranet page, <http://intranet.mil.ca/en/res/awards-honours-recognition/awards-recog/celebrating-excellence/celebrating-excellence.page>, on the

Defence Team site. On this page, click on the "Nominate Now" button for an overview of the CEA Program, nomination forms and instructions.

For more information about the CEA nomination process, you can also contact your L1 Awards and Recognition coordinator or Grace Olha from the Awards and Recognition Program at 613-971-0397 or by email at grace.olha@forces.gc.ca.

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CAF goaltender offers solid defence against Canucks Alumni

Peter Mallett
Staff Writer

CAF Warriors goalie Chief Petty Officer Second Class Ken Simoneau admits he was nervous and had a few butterflies prior to his memorable night of minding the net in a charity game against a cast of former NHL stars. After all, the highest level of hockey CPO2 Simoneau had ever played at was house league back in his hometown of Baie-Comeau, Que.

But after the first period of the March 6 Heroes Hockey Challenge, it was NHL legends like Dave 'Tiger' Williams and Dave Babych who were in awe of the 40-year-old naval electronics sensor operator.

"They [the CAF Warriors] scored the heck out of us in the first half of the game," said two-time NHL All-Star defenceman Babych. "Their goaltender was amazing. Sometimes you run into good goals like this in our alumni games and it's a struggle to figure them out."

The Warriors, a team selected from players participating in the Canadian Armed Forces Old Timers Hockey Championship held last week in Esquimalt, eventually fell by an 11-7 score line. It was CPO2 Simoneau's puck stopping skills along with two goals by Warriors forward Sgt Jodie Noseworthy of CFB Edmonton that helped the give the Warriors a 6-3 lead after the first of two 30 minute periods in the game.

Earlier that day CPO2 Simoneau, starting goaltender for CFB Esquimalt's Tritons Old Timers team, was voted game MVP in the Old Timers tournament opener. Six hours later he was busy frustrating the NHL alumni, stopping forward Kyle Wellwood on a penalty shot and closing the door on scoring opportunities for Williams, Geoff Courtnall and Ty Gretzky among others.

"I'll just attribute my success to being in the right place at the right time," said CPO2 Simoneau, who, for his efforts, received an autographed puck from Wellwood after the game. "I'm so glad I was on my game and it worked out for me. It was awesome just to step on the ice and play against world class athletes like this."

But there were other moments when CPO2 Simoneau admits he was simply out-classed by former NHLers, including one of Wellwood's power moves to the net where the fleet-footed centre sliced through the Warriors defence and easily backhanded the puck past CPO2 Simoneau and into the roof of the net, for one of his four goals.

But the goals weren't coming easily for the rest of the Canucks Alumni. That forced Williams, once an infamous enforcer in the NHL during the 1970s and 80s, to dig deep into his bag of tricks in a failed attempt to

LS Ogle Henry, MARPAC Imaging Services
CAF Warriors goaltender CPO2 Ken Simoneau makes a save as Canucks Alumni forward Dave 'Tiger' Williams looks for a rebound during Heroes Hockey 2016 action at the Q Centre on March 6.



About Heroes Hockey Challenge

Founded by Vancouver entrepreneur Glenn Cumyn, President of SFE Global and owned by Princess Patricia's Canadian Light Infantry Foundation, Heroes Hockey Challenge (HHC) is a series of charitable hockey fundraising events which take place annually in communities across Canada. HHC combines two Canadian icons - Canada's national sport of hockey and Canadian Armed Forces members to create a unique, family-friendly entertainment event. The PPCLI Foundation supports programs that benefit current and former members of the armed forces and their families. This year the Amputees Coalition of Canada was represented at the game by MCpl (Ret'd) Paul Franklin, a veteran who lost both of his legs in a suicide bombing in Afghanistan.

HHC Victoria 2016 netted more than \$10,000 for the PPCLI Foundation. Funds from the game's 50-50 draw supported the Esquimalt Military Family Resource Centre.

Unfortunately, for the Warriors, the NHL alumni stepped it up during the second period. CPO2 Simoneau was replaced by SLt Reggie Simmons at the break and the Canucks Alumni then shifted gears in the final 30 minutes to score seven unanswered goals with Wellwood leading the charge and Courtnall tallying two goals and two assists.

"One thing you don't want to do as a professional is get embarrassed. We beared down in the second half," said Gary Unger, who once held the NHL's ironman record after playing 914 consecutive games from Feb. 24, 1968 to Dec. 21, 1979.

Ty Gretzky, the son of NHL legend Wayne Gretzky, said a lockerroom speech by Coach Orland Kurtenbach and some inspirational words by Williams' helped turn things around.

"When I came off the ice after the first period, I said, 'I'm telling you this [CAF team] is an innate group of highly-trained physically and mentally trained guys and all they want to do is pin it,'" Williams said. "We've got to use our skills, shorten our bench get our best players out on the ice and get our line of Courtnall, Matt Pettinger and Wellwood working together."

Williams put his money where his mouth was, converting two quick goals in a one-minute span two minutes into the final period, precipitating his trademark ride-the-broom celebration, where Williams puts the stick between his legs as a seat and uses his blade as a rudder to steer himself.

Williams has been a strong Canadian Armed Forces supporter since 2007 after a trip to Afghanistan when he, Bob Probert, Ron Tugnutt, Rejean Houle and Yvon Lambert showed off the Stanley Cup and played a game of ball hockey with Canadian soldiers in the sweltering heat of Kandahar.

Williams has since done multiple overseas tours for the CAF, visiting troops on other deployments to Afghanistan, Kuwait, Oman and Ireland.

"We are very privileged as athletes, but not very often does any Canadian get a call from their country to go and do something for our brave and devoted men and women in the CAF so that's why I get involved," he said. "I'm representing my clan, the hockey clan and other Canadians I've met along the road during my lifetime so I feel obligated to do this."

I'm so glad I was on my game and it worked out for me. It was awesome just to step on the ice and play against world class athletes like this.

CPO2 Ken Simoneau
Goalie

distract CPO2 Simoneau. Late in the opening period, Williams collided with CPO2 Simoneau and lightly butt-ended him in the mid section; then moments later Williams was at it again, whacking the goaltender's pads repeatedly with his stick in another attempt to rattle CPO2 Simoneau.

"He wasn't too happy, and then before a face-off congratulated me for the 'accidental saves', as he put it, and also told me to let a few goals in for us and told me 'I'm gunning for you now,'" chuckled CPO 2 Simoneau. "It was all in good fun though and I'll cherish that moment forever."

Lions reign supreme on the ice

Peter Mallett
Staff Writer

CFB Valcartier's Lions roared to their third consecutive CAF Old Timers Hockey Championship title with a 5-1 victory over the CFB Petawawa Stags in the final tournament game at Wurtele Arena on March 10.

Valcartier set the tone early, scoring just 25 seconds into the first period when Corporal (Cpl) Rock Lirette capitalized on a goalmouth scramble and bested Petawawa goaltender Pte Ryan Kershaw with a quick snap shot above his right blocker. Lions Team Captain Cpl Gino Methot scored the game's second goal on the power play with one minute remaining in the opening period with a shot from a tight angle into the right side of the net.

"We had to work hard to win this trophy and we are all very proud of collecting our third consecutive national championship," said Lions coach Warrant Officer (WO) Ghyslain Simard. "Most of the players on the squad have been here for all three of our wins and our team chemistry this week has been simply extraordinary."

WO Simard noted that even though Valcartier had a smaller lineup than most of their opponents they used their speed and quicker reaction time

to their advantage. He said their closest game in the tournament was also against Petawawa whom they defeated 3-2 on opening day of the tournament on March 6.

"We made some adjustments after the first game and then the chemistry just seemed to come together for us," said WO Simard.

Valcartier went undefeated in the tournament finishing with a record of 6-0 while outscoring their opponents by a combined margin of 38-12. On March 9, they beat CFB Edmonton 9-1 in the first semi-final. Petawawa earned its berth in the championship game by defeating 2015 finalists CFB Halifax 8-5.

Valcartier outshot Petawawa 38-17 and dominated puck possession for most of the game.

Major (Maj) Stephane Hamel, Captain Michel Cormier and Master Warrant Officer (MWO) Patrick Crepeau also scored for Valcartier while Master Corporal (MCpl) Jamie Pilatzke scored the lone goal for Petawawa. Sergeant Mathieu Deschenes led Valcartier in scoring with three assists.

MCpl Pilatzke collected game MVP honours for Petawawa while Maj Bryan Ouellet was voted MVP of the game for Valcartier.

At the closing banquet held at the

Wardroom later in the day the Lions collected two awards, and LCol Sebastien Bronsard was named tournament MVP while Stags WO Dave Query collected the sportsmanship award.

Tritons go winless

The CFB Esquimalt Tritons failed to capitalize on their home-ice advantage in this year's tournament going winless over four games. They lost their opening game to fourth-place finisher CFB Edmonton 2-1 in a shootout. They then lost 6-2 to Petawawa and 4-3 to Halifax in two games on March 7. In their final preliminary round game on March 8, they lost 8-1 to tournament champions, Valcartier.

Tritons place fifth, Lions collect Men's Hockey Championships in Borden

Esquimalt's U-35 team also went winless over four preliminary round games at the Canadian Armed Forces Men's Hockey Championships held at CFB Borden March 5 to 10.

The Tritons were defeated by CFB Galetown 6-1 in their opening game and then lost to CFB Borden 5-0, CFB Valcartier 6-2 and CFB Moose Jaw 4-2 for a last-place finish.

Valcartier also skated away victorious from the Borden tournament with a 3-2 win over the Moose Jaw Flyers in the final.



Peter Mallette, Lookout
Valcartier players celebrate and gather for a team shot after capturing the CAF Old Timers Hockey Championship at Wurtele Arena, March 10. Valcartier defeated Petawawa 5-1 to claim their third consecutive national title.

RESULTS

Canadian Armed Forces
Old Timers Hockey Championship

AT CFB ESQUIMALT
Opening Round
(With CFB Esquimalt game MVPs in parentheses)

SUNDAY, MARCH 6
Edmonton 2, Esquimalt 1
(MVP: Goaltender CPO2 Ken Simoneau)
Valcartier 3, Petawawa 2

MONDAY, MARCH 7
Petawawa 6, Esquimalt 2
(MVP: Maj Maris Kierstead)
Valcartier 6, Halifax 4
Petawawa 3, Edmonton 2
Halifax 4, Esquimalt 3
(MVP: Capt(N) Jason Boyd)

TUESDAY, MARCH 8
Valcartier 7, Edmonton 3
Halifax 3, Petawawa 2
Valcartier 8, Esquimalt 1
(MVP: RAdm Gilles Couturier)
Edmonton 3, Halifax 2 2

WEDNESDAY, MARCH 9
Semifinals
Valcartier 9, Edmonton 1
Petawawa 8, Halifax 5

FRIDAY, MARCH 10
Final
Valcartier 5, Petawawa 1

OPEN AGE
Canadian Armed Forces National
Men's Hockey Championship

AT CFB BORDEN
Opening Round
(With Pacific Region game MVPs in parentheses)

SUNDAY, MARCH 6
Galetown 6, Esquimalt 1
(MVP: LS Butler)

MONDAY, MARCH 7
Borden 5, Esquimalt 0
(MVP Cpl Yannick Beaulieu)
Valcartier 6, Esquimalt 2
(MVP: LS Robinson)

TUESDAY, MARCH 8
Moose Jaw 4, Esquimalt 2
(MVP: LS John Helpard)

WEDNESDAY, MARCH 9
Semifinals
Moose Jaw 7, Galetown 4
Valcartier 7, Borden 2
Final
Valcartier 3, Moose Jaw 2

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Rachel Lallouz, Lookout

Captain (Navy) (Ret'd) Kevin Carlé in front of Commander (Ret'd) Maurice Chadwick's naval themed watercolour paintings, which were recently mounted on the walls of the Wardroom on Feb. 25.

Watercolours painted by former navy commander adorn walls of Wardroom

Rachel Lallouz
 Staff Writer

Hanging in the Wardroom's lower level are nine realist watercolours that take viewers back in time to ships of Canada's naval past.

Painted by Commander (Ret'd) Ernest Maurice Chadwick, who died in 2008 at the age of 87, the detailed works are made up of tiny brush strokes in tones of blue and gray – a tribute to his time as a sailor on ships ranging from HMCS Uganda to Skeena to Nootka.

Each of the Wardroom paintings features a ship cutting confidently through breaking waves, capturing Cdr Chadwick's spirit for adventure and dedication to a life at sea.

"These paintings demonstrate remarkable stories," said Captain(Navy) Steve Waddell, CFB Esquimalt Base Commander. "When you see this imagery you can recognize that some folks have done some pretty important and powerful things in our history. They are a beautiful reminder of what the navy has done."

Cdr Chadwick was born on May 6, 1921, and served

with distinction in the Royal Canadian Navy. He participated in the Battle of the Atlantic and served, most notably, as an officer on Tribal Class Destroyers. He retired in 1968, embarking on a successful career as a marine artist in Victoria before passing away on May 19, 2008.

An informal reception held at the Wardroom on Feb. 25, which was organized by the Wardroom's Mess Committee, celebrated the new additions to the building's art collection.

"We tried to locate members of the Chadwick family to attend, but weren't able to reach them, so if they do surface we will point them in the direction of the Wardroom so they can view the paintings themselves," says Capt (Ret'd) Carlé, who became involved with the project as a member of the Naval Association of Canada Vancouver Island Branch.

A member of the Chadwick family donated the watercolours to the Naval Association of Canada Vancouver Island Branch in 2010.

"The aim, in accordance with the Chadwick family

wishes, was to find a permanent home for the art," said Capt (Ret'd) Carlé.

"We ensured that they were properly framed and then I became involved in finding a suitable location where the collection could be properly displayed," he said.

When the Wardroom was suggested as a potential location, the Wardroom Mess Committee agreed and found a place that did not have direct exposure to the damaging rays of sunlight.

"I think we are all delighted that they are in an accessible place where not only navy folks but all Canadians and visitors to the Royal Canadian Navy can appreciate this unique art collection," said Capt (Ret'd) Carlé.

Ships in the collection:

- HMS Sardonyx
- HMS Vindictive
- HMCS Gatineau
- HMCS Uganda
- HMCS Skeena
- HMCS St. Stephen
- HMCS Nootka
- HMCS St. Stephen
- HMCS Saguenay

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Peter Mallett, Lookout Newspaper

Cpl Jonathan Lapierre, a stock taker for Base Logistics at Colwood's building 66, displays a copy of the March 19, 1972 Daily Colonist newspaper he discovered while doing a routine inventory investigation recently.

Warehouse worker finds window to the past

Peter Mallett
Staff writer

One of the unique benefits of working for an organization with a long history is that unintended time capsules can show up in the strangest of places now and then.

Cpl Jonathan Lapierre stumbled across such a relic recently among the many rows of towering 50 foot shelves in Colwood's Warehouse building C66.

As a stock taker for Base Logistics, Cpl Lapierre was checking a box for some electronic components when he found two pieces of paper that piqued his curiosity.

"There were these two crumpled balls of paper inside the box," he says. "I took the balls of paper out of the box and noticed they were yellowed. When I started unfolding them I quickly realized I had found a 44-year-old newspaper."

As he opened up the

baller up pieces of paper they revealed themselves to be eight pages from the March 19, 1972 Times Colonist.

"It was pretty incredible because I don't think that box has been opened since 1972, years before I was born," said the 26-year-old. "I don't think the person who packed this box would believe that it would go unopened for 44 years. I've opened boxes as old as this before, but never found a relic like this."

As Lapierre held up one of the frayed, tattered yellow pages in the staff lunch room, he read from the newspaper some of the top international news stories of the day.

One story is about writer Clifford Irving pleading guilty to fraud for playing a part in the forgery of letters that appeared in his book on American billionaire and aviation engineer Howard Hughes.

Another article discusses then-U.S. President Richard Nixon's trip to China.

On the sports pages, news from the 14-team National Hockey League notes that the Montreal Canadiens had closed the gap on the Eastern Division-leading New York Rangers to five points.

Advertising in the newspaper serves as a reminder about some of the drastic cost of living changes that have occurred in the past four decades. An advertisement for CN's railway passenger service boasts a \$61 one-way fare between Toronto and Vancouver, a trip that now costs around \$700. Meanwhile, a grocery store coupon offers seven cents off Kellogg's cereal.

Lapierre says his recent finding has changed his perspective on his job. Seemingly mundane inventory investigations will have an element of excitement for him in the future.

Nominate an exceptional mariner

The Maritime Museum of British Columbia is inviting nominations for the SS Beaver Medal, an annual award that recognizes outstanding contributions to the marine sector.

Nominations are encouraged for anyone who has made noteworthy contributions to B.C.'s marine sector, including: science, technology, business, applications of maritime skills, nautical heritage and culture, and academic offerings. An award is also made to recognize a noteworthy organization, vessel or technological project.

"This year will mark the fifth competition to recognize noteworthy achievements in our province's diverse maritime scene," said Barry Rolston, who heads the medal project. "The 2015 awards were presented by Lieutenant Governor, the Honourable Judith Guichon in November to Captain Ron Burchett who builds dynamic working models of tugboats used to train mariners worldwide; veteran marine writer Mr. Syd Heal; and Mr. Helmut Lanziner who developed the electronic charts and information display systems that have replaced paper charts. The Pacific Pilotage Authority which

operates the deep sea pilotage service all the way up the BC coast was recognized by a special award."

The gold-plated medal is struck from copper salvaged from the 19th century paddlewheel steamship S.S. Beaver, built in England in 1835 for the Hudson's Bay Company. After rounding the treacherous Cape Horn, Beaver reached the northwest coast where it served for 53 years. This iconic vessel pioneered commercial navigation on the B.C. coast as a floating trading post, hydrographic survey ship and towboat. It grounded near Vancouver in 1888 and after foundering, some of her machinery was recovered providing the metal for the Beaver Medal.

"To our knowledge, no other award encompasses all aspects of our coastal industry, history, technology, or practical application of skills," said former Ambassador and retired Admiral John Anderson.

Nominations for 2016 close on May 16, 2016. Nomination information, easy-to-complete forms and due dates are located at <http://mmbc.bc.ca/about-2/s-s-beaver-medal>.

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Base Information Services

Cdr Byren Derby, Commanding Officer of Base Information Services, made several presentations to members of his unit.



Master Seaman Champoux (centre) is appointed to his current rank by Capt MacFadyen (right), Operations appointed Officer Base Information Services and Cdr Derby.



Master Seaman Oliver (centre) is promoted to his current rank by Capt MacFadyen (right), Operations Officer Base Information Services and Cdr Derby.



Petty Officer First Class Dierk is presented the First Clasp to the Canadian Forces' Decoration.



Leading Seaman Champoux is presented the Gun Metal Sea Service Insignia.



Leading Seaman Masin is presented the Canadian Forces' Decoration.

MARPAC HQ recognition



Corporal Stuart MacNeil receives the Canadian Forces' Decoration from Lieutenant Commander Colleen O'Brien, Maritime Forces Pacific Headquarters Executive Officer.



Photos by MCpl Michael Bastien, MARPAC Imaging Services
 Chief Warrant Officer Andrew Quinn receives his Canadian Forces' Decoration First Clasp for 22 years of dedicated service to the Canadian Armed Forces from LCdr O'Brien.

PTSD survivor tells his story

Rachel Lallouz
Staff Writer

Ten years ago, LS Brian Gabrysh witnessed an event at sea that triggered a life-long battle with post-traumatic stress disorder (PTSD).

Now he is telling his story of healing to encourage other PTSD survivors to reach out for help.

“Me sharing my story is like passing the torch on,” he says from Dundurn, Saskatchewan, where he is posted to Joint Personnel Support Unit. “I want to give the gift of hope to others in the military who suffer or who have been diagnosed. I want to show them that there is a way of overcoming this illness.”

During a man overboard exercise off the coast of Victoria in 2006 a fellow crewmate was tossed from the Rigid Hull Inflatable Boat (RHIB) sent out to rescue the dummy, Oscar. “The boat hit a wave and he was thrown out of the boat and his face was pushed against the propeller,” says LS Gabrysh.

The injured sailor was rushed back to the ship

where LS Gabrysh was among the first to see him and even rode with him in the ambulance for moral support. “It was a pretty gruesome thing to see, but I didn’t think much of it at the time,” he says.

Two years later, on board *HMCS Athabaskan* off the coast of Barbados, LS Gabrysh found himself manning the motor on a small boat cutting through the water for another man overboard exercise.

“A big wave hit the boat and I fell overboard and I somehow ended up being okay,” he says.

He was able to haul himself back inside the boat and even continued the drill, but after that, he says, he started having nightmares every day, for upwards of three years.

Those two boating events, he explains, plus ongoing challenges in his personal life, led LS Gabrysh to begin experiencing life differently.

“I was on edge all of the time and emotionally I felt like Dr. Jekyll and Mr. Hyde. I also had no confidence in myself. I always was seeing the negative in something.”

He stopped leading an active lifestyle and began to isolate himself from friends and family. Eventually, his marriage fell apart and he was only able to see his three young children in the summer months.

“At one point, I was even considering suicide,” he says.

In 2011, LS Gabrysh was posted to CFAD Dundurn, where a social worker on base referred him to psychologist Dr. Susan Brock, who diagnosed him with PTSD. Only after his diagnosis was LS Gabrysh able to reach out for the help he needed.

He joined a PTSD support group, Operational Stress Injury Social Support program (OSISS), organized by Veterans Affairs Canada (VAC) and the Department of National Defence. He started routine counselling, took mental health first aid courses and other programs such as Discover the Power in Me, a program that provides PTSD coping strategies.

“So many people have been dead-ended with the PTSD diagnosis,” says Pat Varga, Co-Facilitator and



Chair of Discover the Power in Me in Saskatchewan. “But we feel these programs give them hope and the ability to look to the future.”

LS Gabrysh says he was able to build healthy habits that exercise his mind and keep him happy, like learning how to play the guitar, doing yoga, reading and writing.

“It’s all about having those little goals for yourself,” he says. “Maybe on a really hard day the goal is to just make your bed or cut the grass.”

Now, LS Gabrysh says he’s gotten back to physical training, makes time for himself every week in his busy schedule and enjoys the simple things such as listening to new music.

Following his medical release in July of this year, he plans to move to Quebec City, where his three children live, so that he can be a part of their lives.

“I will always have PTSD, but now I have the tools to help manage my rough days,” he says. “Ultimately, I am a survivor, and my PTSD has made me a stronger, better person.”



New army website a one stop shop for well-being

Jeanne Gagnon
Guard of Honour

The Canadian Army has implemented a new strategy to ensure men and women in uniform are physically and mentally prepared to participate in domestic and international operations.

The Canadian Army Integrated Performance Strategy (CAIPS) recognizes that soldiers who are healthy and fit, are socially active, have a good support network at home and have a positive outlook on life contribute to the well-being of the Forces.

The “Mission: Ready” website <http://strongprouready.ca/missionready/en/home-en/> is one element of the strategy and was launched this past December. The website allows military members and civilians to find resources linked to their career, their family, their health, their relationships, their beliefs, their fitness and their finances. Users can search information by geographic location and tailored to their situation, whether they are part of the regular force or reservists, whether they are family members or DND employees.



The goal is to reinforce the army, the unit and the individual while keeping the Canadian Armed Forces and the Department of National Defence informed, wrote Commander of the Canadian Army Lieutenant-General Marquis Hainse, in “Mission: Ready – The Canadian Army Integrated Performance Strategy (CAIPS).”

“My end state is an army that is proud, strong, and ready to deploy on demanding missions and operations but equally possessing of the resiliency requisite to succeeding and successfully

returning to Canada,” wrote LGen Hainse. “Performance optimization and healthy lifestyle choices will permeate everyday life at the unit and at home.”

Other elements of the strategy include the Road to Mental Readiness training packages, a Readiness and Resiliency Guide for leaders and Performance Triad training guides to improve sleep, nutrition and activity.

The website gathers many of the programs and services available to military members and civilians in one location, which is one of the goals

of the strategy, explains Maj Jolanta Harding, the team lead on the CAIPS project.

“The website provides a platform from which they can access all the information and resources already available to them,” she says. “The intent to have information available to the visitors in three clicks or less is the most unique feature of the website.”

The response so far has been favourable, says Maj Harding.

“The ultimate measure of success is the increased level of readiness and resiliency in our soldiers,” she adds.

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ANNOUNCEMENTS

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