As part of their port visit to Manila, Philippines, members of HMCS Regina’s crew hosted children from the impoverished Helping Land community. LS Lee Thibault shows the children how to use the ship’s helm. Read the full story on page 3.
Operation Caribbe: Minor warships leave for major mission

DND

HMC Ships Nanaimo and Whitehorse departed Esquimalt last Monday for the Eastern Pacific Ocean to support Operation Caribbe, Canada’s contribution to the multinational campaign against illicit trafficking by transnational criminal organizations in the Americas and Caribbean.

Nanaimo and Whitehorse are Kingston-class Maritime Coastal Defence Vessels (MCDVs), designed for surveillance and patrolling. Their departure marks the beginning of several naval deployments scheduled for 2014 in support of Canada’s commitment to Operation Martillo - a multinational, joint, combined, and interagency effort among Western Hemisphere and European nations. The operation is designed to deny transnational criminal organizations air and maritime access to the coastal regions of Central America.

Operation Caribbe continues to help strengthen international partnerships and also demonstrates Canada’s commitment to support efforts to address security challenges in the region, including illicit trafficking.

Quick Facts

The Canadian Armed Forces (CAF) have conducted Operation Caribbe since November 2006, and remain committed to working with Western Hemisphere and European partners in successfully disrupting illicit trafficking operations in the region.

As part of Operation Caribbe 2013, the Canadian Armed Forces contributed four CP-140 Aurora surveillance aircraft, four MCDVs (HMC Ships Edmonton, Kingston, Summerside and Yellowknife), two Halifax-class frigates (HMC Ships Ottawa and Ville de Quebec), one supply vessel (HMCS Preserver), and one Victoria-class submarine (HMCS Victoria) to combat transnational crime, resulting in the seizure or disruption of more than 5,000 kilograms of cocaine.

As part of Operation Caribbe 2014, the Royal Canadian Navy will deploy a periodic rotation of warships from both the East and West Coasts, while the Royal Canadian Air Force will provide CP-140 Aurora aircraft from various long-range patrol squadrons, all in support of Operation Martillo. One CP-140 Aurora aircraft has already contributed to Operation Caribbe 2014, completing a deployment this past January.

Operation Caribbe is one of the many activities undertaken by the Government of Canada and DND/CAF as part of Canada’s broader commitment to engagement in the Americas. This annual operation directly supports the CAF’s mission to defend against threats and security challenges to Canada, North America, and our defence and security partners.

Crewed primarily by naval reservists, Kingston-class vessels excel in surveillance and patrol of coastal waters. As such, these warships have regularly deployed in support of Operation Caribbe since 2011.

HMCS Whitehorse departs Esquimalt harbour on its way to Operation Caribbe on Feb. 10.

Cpl Blaine Sewell, MARPAC Imaging Services
Children delighted with HMCS Regina tour

Lt(N) Mark Fifield
Op Artemis PAO

The busy seaport of Manila, Philippines, was HMCS Regina’s third port of call during its Operation Artemis deployment; the city provided a welcome five-day break from operations at sea.

While on shore leave, a number of Regina sailors participated in community outreach activities in Manila.

Members of Regina’s crew accompanied Irene Hansen-Reeder, wife of the Canadian Ambassador to the Philippines, and Project Pearl (a non-profit organization focused on ending child poverty) outreach workers during a guided tour of Helping Land, children from the community were bussed back to Regina, given a tour of the ship, and enjoyed lunch in the crew café.

“It was obvious from their smiling faces they had a wonderful experience, and if the kids had half as much fun as we did then the day was a huge success,” said CPO1 Janet Graham-Smith, Regina’s Coxswain.

The outreach activities continued until the end of the port visit when Regina’s Padre, Capt Moley Mangana, encouraged the crew to donate unspent Philippine Pesos to charity. A total of 9,100 Pesos ($200 U.S.) was gathered by the ship’s company and distributed to a local medical centre.

“I would like to express my thanks to the ship’s company for their generosity . . . we made the lives of these people a little bit brighter,” said Capt Mangana.

Cpl Michael Bastien, MARPAC Imaging Services

Children delighted with HMCS Regina tour

Lt(N) Chris Horsman demonstrates how to use fire fighting hose pipe. Filipino children took part in a tour of HMCS Regina as part of the ship’s outreach initiative in the community of Helping Land during a port visit to Manila, Philippines, on Feb. 2.
A taste of Turkey: You can go back to Constantinople

I’ve been craving the exotic tastes of my youth lately, and that brings me to the Middle East. Nothing transports my mind back to Istanbul like kefta with yoghurt, and fattoush salad on the side. This combination may sound a bit eccentric, but trust me, one bite and you’ll be booking your taste buds a direct flight to Turkey’s enchanted ancient city.

Kefta
1 tsp olive oil
1 lb of lean ground lamb or beef
2-3 tsp fresh chopped parsley
1 tsp salt
½ tsp ground cinnamon
1 tsp ground cumin
fresh ground pepper
1/4 tsp cayenne pepper
1/2 onion (diced finely)
1 egg
1 slice bread or pita (shredded)

For the topping:
1/2 pomegranate
1/2 cup plain yoghurt
1-2 tsp mint leaves (chopped)
salt and pepper
a smattering of smoked, sweet paprika or cayenne

Put all the meat and fixings into a food processor and grind the lot to fine pumice. If you don’t have a food processor, things are going to get personal since you will need to take your hands to the mix and show who is boss.

After the blend has been beaten into submission, roll the individual kefta into cigar shapes. Here’s where you get some options. I like to stick the cigars onto soaked wooden skewers and prepare them on the barbecue. If you wish to do an indoors friendly version, change the shape and make the kefta into little meat balls and roast them in an oven at 425°F.

While the meat is browning, prepare the yoghurt topping. Simply chop the mint leaves and mix them with the yoghurt, salt and pepper. To plate the kefta, spoon the sauce over the meat, yoghurt, salt and pepper. To plate the kefta, spoon the sauce over the meat, with a sprinkle of paprika (or something hotter if the urge strikes you) and finish the presentation with the beautiful gems of pomegranate fruit. The easiest way to get the fruit out of a pomegranate is to break the fruit in half, and then while holding the fruit in the palm of your hand over top a bowl, strike the peel of the fruit with a wooden spoon.

Fattoush Salad
For the Dressing
1/2 cup olive oil
The juice of two small lemons or one very large one
A generous 1-2 tbs of Sumac
Two or more mashed garlic cloves with salt

Prepare the ingredients with the necessary chopping. Then toss all the veggies together with the dressing. Top the whole thing with the olives, feta and bread sticks.

I love the uninhibited and daring combinations of these dishes. It takes me on an expedition every time. I hope that you and your family will take the same culinary journey. Enjoy the ride. I know I will.

Your Itinerant Chef, A/Slt Melissa Kia

About Melissa: I grew up in a family with a large multicultural background. My Chinese grandfather owned his own restaurants in Halifax, and my French Grandmother was a Cordon Bleu graduate like me. I started cooking at the age of five under their tutelage, and continued on to my formal studies at Le Cordon Bleu after graduating from Université Laval with a B Sc in Kinésiologie. Afterwards, I worked in many high-end bistros and restaurants before opening my own business in 2010. I ran a French pastry (Patisserie la Petite France) for two years before I joined the Forces.
10k, 5k & Kids Fun Run
Sunday June 22 • Start Time 8:30AM

Sign up now and SAVE!

Get excited about being fit!
Make it a family experience.
Support those who serve by participating!
Do it because you can!

@ Navy10kEsq  
EsquimaltNavy10K

Free childcare is available for children over the age of two to runners during the race.
Pre-registration is required, please call 250-363-1009 to register.

Our proud sponsors:

103.1 Jack fm
www.1031jackfm.ca

98.5 Ocean
www.ocean985.com

DO IT BECAUSE YOU CAN!

More info and registration at www.navyrunesquimalt.com
Regina families do Family Day in style

Judith Guichon, Lieutenant Governor of British Columbia, helps the arts and crafts section during a reception held at Government House on Feb. 10. The reception was held for family members of sailors in HMCS Regina, which is away on a deployment to the Mediterranean Sea.

Left: RAdm Bill Truelove, Commander of Maritime Forces Pacific (MARPAC), along with his wife Brenda, and Formation Chief CPO1 Paul Helston greets Jessica Weber, wife of Lt(N) Christopher Weber, and their daughter Ava.

Right: Family members gathered at the main hall of Government House for a group photo.

photos by LS Ogle Henry, MARPAC Imagery Services

Now is the time for CLEAR VISION!

Ask about our Military Discount!

kingLASIK
kinglasik.com
**Warriors run across Vancouver Island for mental health**

Shawn O’Hara  
Staff Writer

Five Canadian Armed Forces members have undertaken an arduous journey this week, running from one end of Vancouver Island to the other in the name of mental health.

PO2 Allan Kobayashi, creator of the Wounded Warrior Run B.C., began the initiative following his own personal struggles with Post-Traumatic Stress Disorder (PTSD).

“I did everything they could to contribute back. I went to therapy, I took medication, I did physical therapy. It was many, many years, but I never felt like it was enough,” he says. “Once I got involved with Wounded Warriors I found there was an organization looking to help people just like me, and I wanted to do what I could to contribute back.”

The six-day relay style run across Vancouver Island started Sunday in Port Hardy and will end Friday in Colwood.

“It’s quite a distance,” says PO2 Kobayashi before the run. “We’re all experienced runners, so I think we’ll be just fine.”

That being said, PO2 Kobayashi isn’t looking to take any undue risks for the team. Runners will only be on the road during the day, and will be followed by support vehicles full of food, water, and medical supplies should any need arise.

“The only thing we had to worry about was packing on a few pounds before we run,” he says. “We’ll be shedding more than our fair share of weight running that far.”

Money gathered through fund raising will go to Wounded Warriors Canada, a non-profit organization that helps Canadian Armed Forces members who have been wounded or injured in their service to Canada.

Founded in 2006, Wounded Warriors Canada helps injured CAF members with a wide range of programs and services, focusing on mental health and the effects of PTSD.

The run is an independent venture, with support coming from the Royal Canadian Legion Yukon Command. Legions across the Island are lending a helping hand with fund raising and event support.

“They’ve been really instrumental in making people aware of the event,” says PO2 Kobayashi. “Without them it would have been a lot harder to get the word out.”

The event, at its heart, is one of thanks.

A former infantryman with the Princess Patricia’s Canadian Light Infantry, PO2 Kobayashi went on several deployments including Kosovo and Afghanistan.

Upon returning home he found himself changed, and with the help of programs such as Wounded Warriors he has been making his way back.

“There are a lot of programs out there to help people suffering from work stress injuries and PTSD, and Wounded Warriors is one of them,” says PO2 Kobayashi. “Untold number of military service members are going through the same struggles every day, and I want them to know they can come forward. If raising some extra money helps a few struggling people find their peace I’ll be thrilled.”

For more information, or to donate, visit www.woundedwarriorrunbc.com.

**Suicide awareness and response presentation**

All civilians and military personnel of the MARPAC/JTFP, lodger, ship, integral, and reserve units are invited to attend a suicide awareness and response presentation from the Vancouver Island Crisis society. There are only 200 spots available so reserve your spot today.

February 19, 12:30 - 3:30 p.m.

Chief & Petty Officer’s Mess - Rainbow Room

RSVP by email to Dwayne.boyd@forces.gc.ca

Chiet & Petty Officer’s Mess - Rainbow Room

(Ensure that you are approved by your supervisor to attend this three hour presentation.)
Lt(N) Mark Fifield
Op Artemis Roto 4 PAO

It is not everyday sailors wear gas masks and Individual Protective Equipment on the bridge of Her Majesty’s Canadian Ships. However, this was the scene on board HMCS Regina as the ship’s company conducted Chemical Biological Radiological Nuclear (CBRN) work-ups in January while transiting the Pacific Ocean in preparation for Operation Artemis.

This training ensures the crew are equipped and trained to survive and fight in a contaminated environment.

“Although the likelihood of being attacked by a CBRN threat is relatively low we must be capable of operating in parts of the world where the prevalence of toxic industrial materials is considerable,” said Cdr Dan Charlebois, Regina’s Commanding Officer.

“CBRN workups provided the ship’s company with valuable experience and increased confidence in the robust capabilities of our ship to deal with a CBRN threat environment.”

There are many challenges associated with conducting operations at sea in a CBRN threat environment, such as wearing the gas mask and Individual Protective Equipment. Both can become uncomfortable, especially if working in a hot climate. Personnel will become exhausted quickly, which in turn requires them to be replaced more frequently.

Personnel exposed to contamination must decontaminate in one of the ship’s two cleansing stations before they can enter the ship’s interior. Additionally, the ship’s numerous doors and hatches are closed in the event of an elevated CBRN threat level, which results in personnel requiring extra time and effort to move around the ship.

Despite these challenges, HMC Ships possess robust CBRN capabilities and countermeasures such as:

• an airtight series of internal compartments (Citadel);
• an external sprinkler system (Prewet System) that prevents contaminants from adhering to the ship’s exterior, two external cleansing stations for decontamination;
• four CBRN filter compartments that decontaminate air taken from the outside.

HMC Ships can also maneuver away from the threat to a safe distance.

“Conducting high intensity training at sea allows the crew to overcome the inherent fear factor associated with the CBRN threat so they can accomplish the mission at hand and stay in the fight,” said Lt(N) Jeffrey Seburn, CBRN Staff Officer, who was embarked to supervise the training.

Sailors train for all aspects of Operation Artemis

Above: A member of the naval boarding party conducts small arms training on the flight deck.
Right: Naval boarding party members conduct ladder training on the port boat deck.
Charges laid in Wainright

The Canadian Forces National Investigation Service (CFNIS) have charged a former member of the Canadian Armed Forces (CAF) with five weapon-related and other offences, in relation to an incident that occurred at 3rd Canadian Division Support Detachment Wainwright on Feb 5.

Dennis Charlong, a former Canadian Armed Forces member, who had served at 3rd Canadian Division Support Detachment Wainwright, was charged with:

• One count of possession of weapon for dangerous purpose contrary to section 88 of the Criminal Code of Canada (CCC);
• One count of carrying concealed weapon contrary to section 90 of the CCC;
• One count of possession of prohibited or restricted firearm with ammunition contrary to section 95 of the CCC;
• One count of uttering threats contrary to section 294 of the CCC; and
• One count of possession of property obtained by crime contrary to section 354 of the CCC.

Through strong criminal intelligence and decisive action by members of the Military Police, along with support from CAF personnel, a potentially devastating situation in Wainwright was averted,” said Colonel Robert Delaney, Canadian Forces Provost Marshal. “I commend the professionalism and diligence of the Military Police personnel involved in this incident ranging from off-duty personnel in Kingston to the Military Police members in Wainwright and the CFNIS Western Region investigation team. Their dedication to service and prompt response to this threat were instrumental in ensuring public safety and containing a dangerous situation.”

The CFNIS is an independent Military Police unit with a mandate to investigate serious and sensitive matters in relation to National Defence property, DND employees and CF personnel serving in Canada and abroad.

Notification of military trial

A general court martial (GCM) has been ordered to try OS Cawthorne, from HMCS Algonquin. The GCM will take place at 3rd Canadian Division Support Detachment Wainwright at 9:30 a.m. on Feb 24 in building 30-N, CFB Esquimalt.

OS Cawthorne has been charged with the following offences under the National Defence Act (NDA):

• Charge 1: s. 130 NDA - possession of child pornography
• Charge 2: s. 130 NDA - accessing child pornography

Spectators are encouraged to attend. Military spectators are to wear the dress of the day and are to be seated by 9:20 a.m.

The trial will be conducted in English.

Results of court martials

On Jan. 28 LS Schelder was tried by Standing Court Martial on one charge under the National Defence Act (NDA): s. 84 - striking a superior officer.

Following a judicial confession, LS Schelder was found guilty and fined $2,500.

On Jan. 20 AB Hall was tried by General Court Martial on the following charges under the National Defence Act (NDA):

• charge 1: s. 125 NDA - wilfully made a false statement in a document signed by him that was required for official purposes
• charge 2: s. 117(f) NDA - an act of a fraudulent nature not particularly specified in sections 73 to 128 of the NDA
• charge 3: s. 117(f) NDA - an act of a fraudulent nature not particularly specified in sections 73 to 128 of the NDA
• charge 4: s. 125 NDA - wilfully made a false statement in a document signed by him that was required for official purposes

The accused pleaded guilty to the third charge. Charges one, two and four were withdrawn by the prosecution prior to commencement of the GCM.

The court sentenced the offender to a reprimand and a fine in the amount of $2,000.
Air, Army and Sea Cadets from across the province participated in the Provincial Biathlon Competition at Mount Washington on Saturday, Feb. 1, and many walked away with medals. While they were competing for medals, they were also looking to secure a place for the National Cadet Biathlon Championship that will be held in Aldershot, Nova Scotia, from March 2 to 7.

Biathlon is a sporting event made up of two disciplines: cross-country skiing and rifle shooting.

Medals at provincial competition

**Cadet Male Youth - 3.5 km Individual**
- Joren Jackson of 828 Air Cadet - Gold
- Emile Vogel-Nakamura of 72 Army Cadet - Silver
- Tae-San Kim of 205 Air Cadet - Bronze

**Cadet Female Youth - 3.5 km Individual**
- Anneliese McNish of 100 Sea Cadet - Gold
- Kim Buller of 754 Air Cadet - Silver
- Paige Johnston of 848 Air Cadet - Bronze

**Cadet Male Sr - 3.5 km Individual**
- Lucas Morissette of 754 Air Cadet - Gold
- Josh Lunley of 205 Air Cadet - Silver
- Evan Jacob Szabo of 848 Air Cadet - Bronze

**Cadet Female Sr - 3.5 km Individual**
- Sophie Vogel-Nakamura of 72 Army Cadet - Gold
- Nicole Tupy of 907 Air Cadet - Silver
- Destiny Underwood of 848 Air Cadet - Bronze

**Cadet Male Jr - 2.8 km Individual**
- Daniel William Niles of 89 Air Cadet - Gold
- Andrie Secu of 754 Air Cadet - Bronze

**Cadet Female Jr - 2.8 km Individual**
- Yimi Huang of 759 Air Cadet - Gold
- Silken Tschofen of 848 Air Cadet - Silver
- Sarah Ya Li Jiang of 89 Air Cadet - Bronze

Qualified For National

In total, 12 cadets will take part in the National Cadet Biathlon Championship in four different teams. Iver Jackson, Joren Jackson and, Christopher Giao from 828 Air Cadet Squadron in Delta will make up the Male Unit Team. Silken Tschofen, Destiny Underwood and, Paige Johnston of 848 Air Cadet Squadrions are part of the Female Unit Team. The two composite teams are made up of Daniel William Niles, of 89 Air Cadet, Emile Vogel-Nakamura 72 Army Cadet and Lucas Morissette 754 Air Cadet, as well as Yimi Huang of 759 Air Cadet, Anneliese McNish of 100 Sea Cadet and Sophie Vogel-Nakamura 72 of Army Cadet.

Proudly posing after receiving their medals are Anneliese McNish from 100 Sea Cadet (centre) who won gold, Kim Buller of 754 Air Cadet (left) who won silver and Paige Johnston of 848 Air Cadet (right) who won bronze.

Cadets earn spot in national biathlon
Victoria Hindu Society members visit HMCS Calgary

SLT Trivedi
HMCS Calgary

The Victoria Hindu Society is a socio-cultural charity with a temple in Saanichton catering to the religious needs of Hindus in Victoria. Members of the Society toured HMCS Calgary on Saturday, Jan. 18 – the first time a Hindu group has toured the ship. The tour was attended by 50 adults and children. The group was received at the dockyard gate by SLT Trivedi and SLT Chen and, after being welcomed and receiving a brief history of the dockyard, walked down to C3 jetty.

On the way, the group had an opportunity to see Maritime Coastal Defence Vessels and appreciate the large Fleet Maintenance Facility Cape Breton structure.

Upon crossing the brow of Calgary, Lt(N) Stewart, the Officer of the Day, welcomed the members on board and gave them a safety brief. Leaders of the Victoria Hindu Society presented a flower bouquet and a thank you plaque, which was received by Lt(N) Stewart on behalf of the Commanding Officer.

The tour began with a brief from the flight deck about helicopter flying operations. Children took particular interest in firefighting and force protection kit. They were excited to know how the ship’s company fights fires and floods on board and how they undertake force protection. Moving through the port hangar lobby onto the port missile deck, the group learned about the harpoon and the ESM missiles and their role in naval combat. They were also introduced to the ship’s boats on the boat deck and how they are employed. Moving to the foc’sle, they saw the 57mm gun and the anchor. Also visible from the foc’sle was HMCS Victoria. The children in particular had a lot of questions about the role of submarines in the Royal Canadian Navy.

From here the group was divided into two – the first group went up the bridge where SLT Chen and Lt(N) Stewart explained navigation equipment while the second group, led by SLT Trivedi, walked through two deck and had a look at cabins and offices to gain an appreciation for life in a warship.

The tour concluded on the flight deck where SLT Trivedi and SLT Chen thanked the group on behalf of the Commanding Officer, answered questions from the older kids about the Canadian Armed Forces (CAF) as a career option, and left them on the flight deck for some time to enjoy being a sailor. The group was guided to the dockyard main gate to conclude the tour.

Throughout the tour, Hindu Society members were amazed by the humanitarian work undertaken by Canada’s sailors and the CAF in general.
Military member represents Canada at Paralympic Games

Cpl Dominic Larocque will represent Canada with pride at the XI Paralympic Winter Games in Sochi, Russia, in March. “I would like to acknowledge and congratulate Cpl Dominic Larocque for making the Canadian National Sledge Hockey Team,” said General Tom Lawson, Chief of the Defence Staff. “Cpl Larocque’s drive and determination serves as an inspiring example for us all. This March I urge you to join me cheering on Cpl Larocque, and all of the men and women who will represent Canada as part of our Paralympics teams.”

In 2007, Cpl Larocque was deployed with the 3rd Battalion, Royal 22e Regiment in the Panjwayi District of Afghanistan. While on patrol, he was wounded in an improvised explosive device attack. As a result, his left leg was amputated above the knee.

Following an extensive rehabilitation period, Cpl Larocque was introduced to the Soldier On Program and to the sport of ice sledge hockey.

“In 2010 I had the opportunity to visit Vancouver during the Paralympics. It really inspired me and I decided that I would like to be part of the national team in Sochi. I am extremely proud and excited that my dream has become a reality,” says Cpl Larocque.

**Military/sport connection**

There is a long relationship between sports and military service in our country. Canadians serving in the First and Second World Wars, and the Korean War often took part in games days and other official and unofficial athletic contests. This military/sport connection has continued in the post-war years. Not surprisingly, some of these ‘soldier-athletes’ have worn both a military uniform and an Olympic athlete’s uniform for our country.

**Paralympic Games**

The origins of the Paralympic Games are closely tied with military service. In the years after the Second World War, some allied servicemen and servicewomen who had been seriously injured in duty began turning to sport to help in their rehabilitation. This modest beginning has grown into the worldwide competition the Paralympic Games are today.

Cpl Dominic Larocque will be competing in the Paralympics in Sochi, Russia.

The peace and freedom we in Canada enjoy today is only a dream in many of the countries that compete in these international games. These privileges are ours because generations of Canadians, like the people mentioned here, have defended them over the years.

Soldier On: Using sport to improve the quality of life

Awareness of the importance that sport and other physically challenging activities can play in helping to rehabilitate and reintegrate injured servicemen and servicewomen has grown over the years. The Soldier On program is a highly visible and integral component of the Department of National Defence and Canadian Armed Forces’ commitment and priority towards the recovery, rehabilitation, and reintegration of serving and retired CAF members with visible or non-visible illnesses or injuries.

Since 2006, the program has helped over 750 members to overcome their illness or injury such as Sgt (retired) Doug Brown and Capt Simon Mailloux, the first known Canadian soldier to return to Afghanistan after an amputation. The program has also helped ill or injured members such as Cpl Dominic Larocque and Sgt (retired) Steve Daniels obtain the necessary training and equipment to be selected to the national team in the respective sports and compete for Canada at the Paralympic Games.

Many ill and injured members credit Soldier On with helping them to accept their new normal and move forward in life.
CPO2 Christopher Robinson receives the Operational Service Medal from the Commanding Officer of CF Health Services Centre (Pacific), LCol Joane Simard.

LS Scott Morgan receives the Commanding Officer’s Coin from LCol Simard.

Lt(N) Jody Young receives her Canadian Armed Forces Decoration from LCol Simard.

MCpl Andy Sache receives his Canadian Armed Forces Decoration from LCol Simard.

Defence Aboriginal Advisory Group welcomes veteran Joe “Bingo” Thorne at February meeting

Military co-chair Sgt Tetrault-Hamel has invited local Aboriginal veteran Joe Thorne to speak at the Defence Aboriginal Advisory Group’s (DAAG) Feb. 19 meeting. He will share his experience about military service and how it inspired and encouraged him in his life’s work.

Thorne is a recipient of the Queen’s Diamond Jubilee medal, recognized for his service to Canada and to his community. With a long history of public service, Thorne remains active and has been serving as an elected member of Duncan City Council since 2008. He also serves as a member of the Cowichan Tribes Council, and is proud of his ancestry from both Cowichan and Nuu-chah-nulth (Dzawada’enuxw) nations. He also helps with the 2924 (Khôwutzun) Army Cadets Corp that brings together First Nations youth in the spirit of public service.

With Thorne’s dedication to his vision to create a community that embraces all cultures as “One Heart, One Mind” (Nutsa Maat Shqalulhnuwn), he continues to inspire others with his efforts.

All are welcome to attend this meeting at the Naval and Military Museum in Naden on Feb. 19th at 1:15 p.m. For more information contact: Sgt Tetrault-Hamel at moogy.tetrault-hamel@forces.gc.ca or 250-363-3746.
ATTENTION BASED PERSONNEL:

The base hotel offers a vacation to active military personnel. For information on this vacation, please contact the Activity Guide at 250-382-2626.

Call 363-3014 to book your display or word ad

RATES:

MILITARY and DND PERSONNEL: 25 words $9.70 • ALL OTHERS: 20 words $11.09 • Each additional word 19¢ • Tax Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11a.m.

CAREGIVING FOR SOMEONE with dementia? The Alzheimer Society of B.C. has support groups for caregivers. Contact the Alzheimer Resource Centre at 250-382-3052 for info and to register.

VIEW ROYAL READING CENTRE. Conveniently located at Admirals Walk Shopping Centre. We have books, audio, videos, & DVDs for all ages. Internet is also available. For hours of operation and other information please call 250-479-2723.

STV TUNA is LOOKING for CF/SF/CFVND civilian members to join the forces offered sailing program. Any one interested in sailing or learning to sail is encouraged to join us. All skill levels are welcome. For more information about the program please contact Sgt Steve Wright 902-427-4417 or steven.wright@forces.gc.ca or check us out on facebook (STV Tuna) for more information.

3005 11 Svc Bn ARMY STV is also available. For hours of operation and other information please call 250-888-1212.

MILITARY FAMILIES: If you have a loved one deploying, DND offers networking opportunities for caregivers. Available for daily, weekly or monthly rental!

Beautiful & Convenient

Pick the finishing
Free hold lots - NO STRATA
Corner of Selwyn & Mill Hill Rd.
Beautifully landscaped & fully fenced for privacy

Keith Ferguson
250-744-3301
victoriahomesforsale.com

Take advantage of the many advertising opportunities available at Canadian Forces Base Esquimalt.

Make the most of life.

Stay fit with the Activity Guide.

Available at all PSP and MFRC outlets

Base Taxi Service
for Naden, Dockyard & WorkPoint
Operates 7:30am to 3pm
Monday to Friday.
Try to use Base Rounders before calling the Base Taxi to reduce wait times.
Available for military-related appointments or meetings on base only.

Taxi Dispatch
363-2384
RATES:
MILITARY and DND PERSONNEL: 25 words $9.70 • ALL OTHERS: 20 words $11.09 • Each additional word 19¢ • Tax Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11a.m.

Call 363•3014 to book your display or word ad

RESUMES & CAREER TRANSITION PREP/COACHING with a former SCAN Coord Judy Marston. 10% Military Discount, www.resumecoach.ca or 250-888-7733.

PIANO TEACHER WITH MORE THAN 30 YEARS EXPR. Lessons are offered to all ages and levels. In home teaching is available. Celebrate your time! Or give a gift that lasts a lifetime! One month free to beginners. References are available. Phone 250-881-5549, and find me at musiciswaycool.com.

GUARANTEED TIRES FROM $10.00. WE SELL New and Used Tires. Full service auto repairs. 8088 Esquimalt Road - corner of Mary. Proud members of the Military Discount program. 728-440-8473. Open Mon-Fri 8-5 Sat 8-4 Sun.

SHARE YOUR RECREATIONAL INTERESTS this fall by supporting a person with a disability to become more active! By donating only 1-2 hrs a week you have the opportunity to change someone’s life while having a great time doing it. To get involved or for more info, please call Kim at 250-477-6314 ext. 15 or email volunteers@rivonline.org or visit http://www.rivonline.org/Volunteering.htm.

HAZEL FOR HUMANITY AND THE RESTORE are seeking volunteers to help out with customer service, warehouse and driver assistants. We are also looking for ambassadors for special events. Please contact Hazel @ volunteer@habitatvictoria.com or 250-480-7688 ext. 103.

Notaries on Douglas
Services Provided:
• Real Estate Transactions
• Mortgage Refinancing
• Wills + Representation Agreements
• Powers of Attorney
• Statutory Declarations
• Travel Letters
• and more...

Services Offered:
• HAIR & ESTHETICS:
  • MEDICAL ESTHETICS
  • SKIN & BODY TREATMENTS
  • JACUZZI SPA PEDICURES

10% MILITARY DISCOUNT

Enjoy a sweet treat with Navy flair
The collectable Roger’s Chocolate HMCS Rainbow Tin and Canadian Navy Chocolate Bar

Buy them at Canex
CFB Esquimalt
Belmont students ready to combat bullying

Belmont Secondary School students (left to right) Alexis Rourke, Ashleigh Burton, Erin Kay and Cassidy Kennedy (kneeling), pose in their anti-bullying t-shirts with MCpl Kyle Mitchell at the school lobby on Feb. 7. MCpl Mitchell represented the Pacific Fleet Club and donated $1,000 to the school’s anti-bullying campaign. Feb. 26 is Anti-Bullying Day and this is the second year CFB Esquimalt and the defence team is authorized to participate by wearing the pink shirts as part of dress with a difference day.

Photo by LS Ogle Henry, MARPAC Imaging Services

Feb. 26
Stand up to bullying with Pink Shirt Day

HOW CAN YOU PARTICIPATE?

• Wear something pink, like a shirt or a tie!
• Purchase and wear a pink t-shirt from the EAP office, building D29, room 103/105, or from London Drugs.
• Pick up and wear one of the stickers distributed at the front gates of Dockyard on Feb. 26.
• Challenge others in your group to participate.
• Send a high resolution picture of you and your group to production@lookoutnewspaper.com to be posted in the Lookout.
  (If you are emailing your photo from a MAN account, turn off the NX Powerlite in Outlook)
• Check out the EAP website for resources on base and in the community, at http://esquimalt.mil.ca/eap/index.htm.

Find out more about the national Pink Shirt anti-bullying campaign, or donate directly, by visiting: http://shop.pinkshirtday.ca.