

# LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

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**NEWS** 3

*Cedric Steele champions the navy*



**FILM** 11

*Capt Trevor Greene's remarkable journey*



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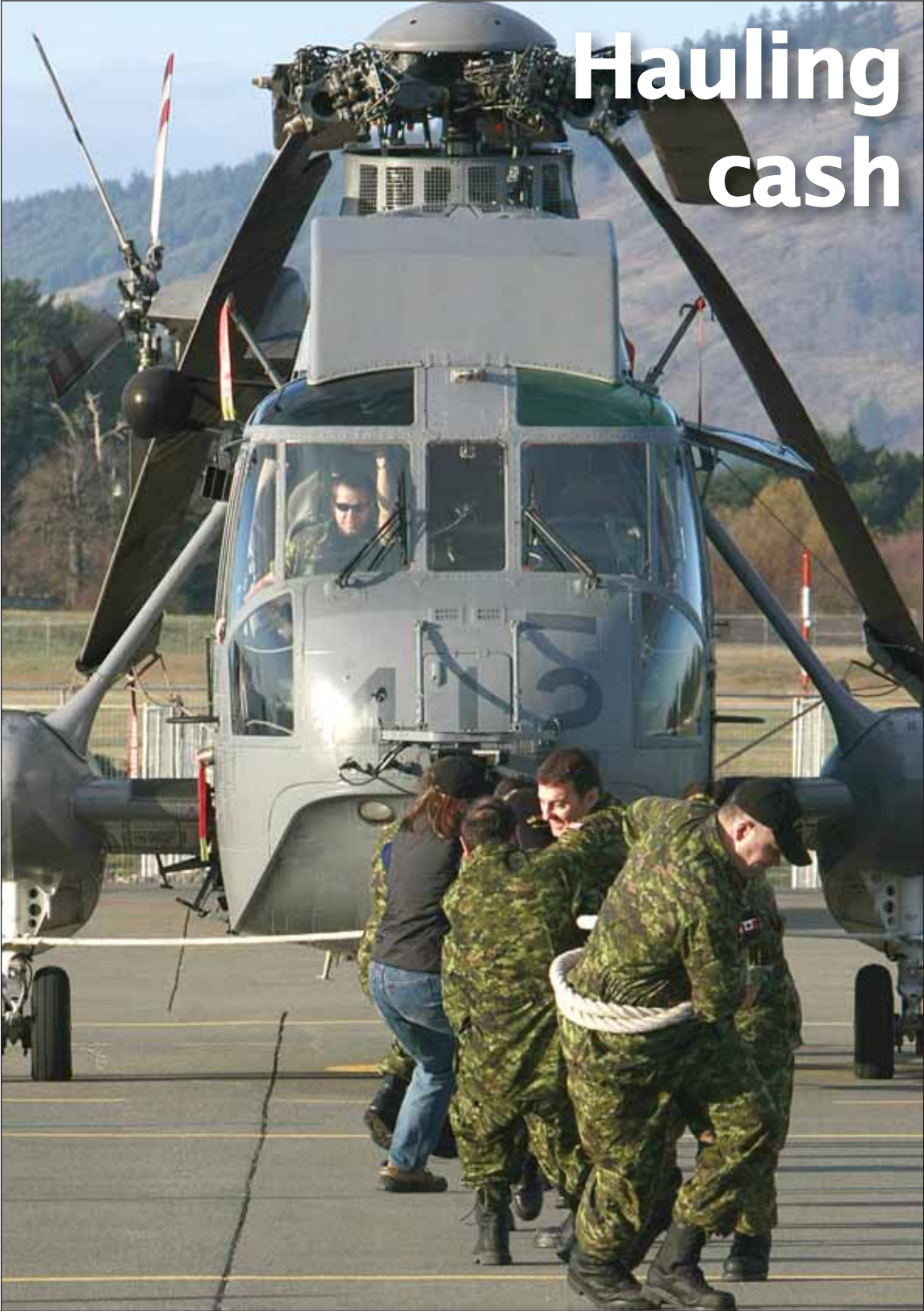


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Check out Base Administration's barbecue next Wednesday, it's a great way to donate a few more dollars to the campaign.

See page 2 for details



## Hauling cash

Dunc Malcolm, Black Press

It was all heave ho on Saturday Nov. 22 as five teams attempted to pull a 20,500 lb Sea King, and crew, 75 feet across the tarmac at the Victoria Airport. The event was a joint fund-raiser between 443 Maritime Helicopter Squadron and the Victoria Airport Authority, raising \$1,597.35 for the GCWCC/United Way. Team Victoria Flying Club was the fastest with a time of 13 seconds.

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## DOCUMENT MANAGEMENT: CHANGES COMING NEXT YEAR

# New way to store files

**Mary Ellen Green**  
Staff writer

Filing cabinets crammed with paper documents are taking up vital space at CFB Esquimalt.

On top of that, finding information quickly is challenging, even if it's saved on a network drive, which often has numerous copies of documents complicating data retrieval and taking up virtual storage space.

To streamline information management, Maritime Forces Pacific (MARPA) and Joint Task Force (Pacific) are transitioning to a new way of storing data.

The Records Document Information Management System (RDIMS) is a suite of electronic records management software products that will enable users to retrieve data in an efficient way. It is currently in use at Maritime Forces Atlantic, Chief of Maritime Staff, ADM (Mat) and other federal government departments.

"Bringing in a tool like RDIMS won't solve all of our information management challenges, but it is a tool that will allow us to implement our vision of ready-access to electronic records," says IM officer and RDIMS implementation manager, Lt(N) Bruce Winter.

The system is an "electronic filing cabinet" where paper documents will be scanned and stored, and electronic documents archived. The author of each document has the ability to profile the data, making it searchable by all RDIMS users. This will allow users access to pertinent information in a timely manner.

Information Holdings Officer Guylaine Lambert says the implementation of RDIMS for MARPA and JTFP users is simply following the Government of Canada's legislation regarding corporate records management. All federal government users must comply with information management legislation.

By law, any document or correspondence that requires the commitment of resources, such as time or money, is considered corporate records and must be archived in accordance with Treasury Board direction. Working drafts of these documents are also considered corporate records. RDIMS has the capability to save drafts alongside the finished document, allowing users to follow the changes made to each document by date and author.

"We have to get away from the idea that our work is our personal property," Lambert said. "Anyone from outside has the right through the Access to Information Act to request information from the Department, including drafts of those documents. Now we will have them all saved in the same place, which will greatly reduce the stress imposed upon staff that currently have to search a number of places, both manually and electronically, for that information."

RDIMS is integrated with the Microsoft Office Suite, including Word and Outlook, making it possible to store and archive any document or email correspondence by profiling it during the saving process. It also gives the author the option to make the docu-

ment read-only or allow only specific users access to the data.

RDIMS will allow users to free up space in their Outlook in-boxes because, instead of sending files as attachments, they can be saved into the RDIMS database and be retrieved by any RDIMS user, simply by clicking on the link.

There will be no need to save a corporate document into a personal folder or on a shared network drive because the document will be readily available in the RDIMS database.

All hardware and software is in place on MARPA/Joint Task Force (Pacific) computers.

Training began for Records Management Administrators at the end of November. Administrative Assistants (Super users) will undergo training starting in January 2009. MARPA HQ is scheduled to be the first unit for implementation, currently scheduled in February 2009.

A training team will administer classroom-style training to all RDIMS users, with each unit being trained by March 2010.

The current Document Management Control System (DMCS) will no longer be used after Feb. 2, 2009, when RDIMS will become the repository for the Formation's corporate documents.

For more information about RDIMS, see the MARPA J6 website, <http://esquimalt.mil.ca/marpac/n6/IM/RDIMS/index.htm>. Points of contact for RDIMS training are Lt(N) Winter, at 250-363-7544 or Guylaine Lambert at 363-2709.

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# Steele, champion of the Canadian Forces

**Shelley Lipke**  
Staff Writer

Cedric Steele grew up with a fascination for the military.

In his birth country of South Africa everyone was required to serve in the army. Unfortunately, Polio in his shoulder prevented him from enlisting.

Years later, he found the military involvement he was craving when he was appointed Honorary Captain (Navy) at CFB Esquimalt.

Normally the appointment is a three-year commitment; however, HCapt(N) Steele has held the rank for 11 years and recently received a letter asking him to remain until 2011.

He started off in his position making speeches to clubs talking about the impact of the navy on the community and what the navy does for Canada. But his involvement has grown both on and off the base, and the list of his initiatives is long. Two big bold signs at both entrances to Victoria announcing "Home of Canada's Pacific Naval Fleet" are his most visual accomplishments.

In a quieter manner, he arranges day sails for civilian business owners and has a list of 200 names of people wishing to sail. This provides an opportunity for civilians to meet their sailors and experience sea life, even if it's only for a day. "I think it's very positive for



Shelley Lipke, Lookout

**Victoria businessman Cedric Steele has spent the last 11 years working to improve naval visibility on the Island. He does this in naval dress as an Honorary Captain.**

the Canadian Forces and the community. It's removed the mystery of what lies behind the gates at CFB Esquimalt and allows civilians to meet sailors face to face and see the commitment they make to Canada."

Steele came to the attention of the military when he was president of the Greater Victoria Chamber of Commerce in 1980. Wanting to be involved with the military, he started taking groups of business owners to bases across Canada to show them how the army reserve operates.

"Because of the interest that I had shown in the

Canadian Forces, I was invited to sail with *HMCS Regina* to Vietnam," said HCapt(N) Steele. He jumped at the opportunity.

Soon after his return, he was appointed Honorary Captain, a unique position that aims to strengthen relations between the community and military through liaisons such as Steele's.

"I've learned the most from this opportunity, and these years have been the best times of my life," he says. "I've been able to get outside individuals involved, and open up the floodgate to get information flowing back and forth."

The support he has given to Maritime Forces Pacific, the base and the Canadian Forces in general has been overwhelming, said Capt(N) Marcel Hallé, Base Commander. Being a new base commander and also new resident to the area, Capt(N) Hallé is grateful on behalf of the CF in general for Steele's demonstrated leadership and efforts to raise public understanding of what the navy does.

Now 64 years old, HCapt(N) Steele continues to develop his role at CFB Esquimalt and says he wants to be involved as long as he can be useful to the navy.

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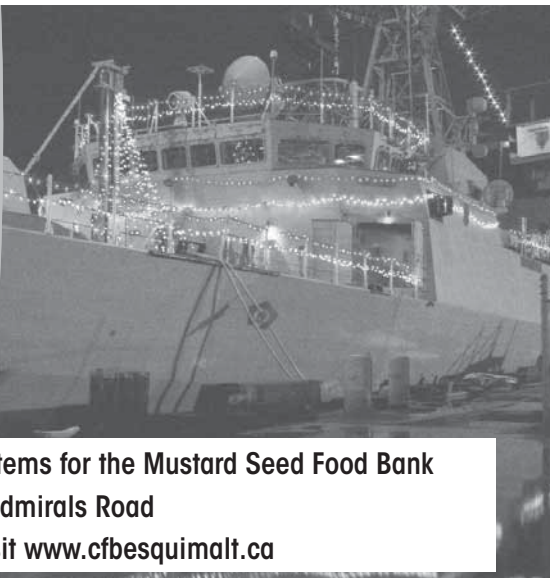
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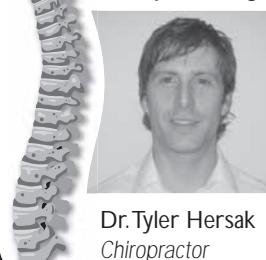
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# matters of OPINION

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## WHAT SAY YOU

### People Talk

Lookout asked this question:

**Question: "What charity do you support and why?"**



"Learning to read is a door opener. It improves a person's position in life, their confidence and lets them rely less on charity. I support adult literacy because my mother, Carole Boudreau, does a lot of work with grandmothers giving them a voice and allowing them to tell their stories.

These grandmothers have spent their entire lives raising families and surviving the depression. So not a lot of time or energy was spent on their education, yet they have amazing stories to tell. I feel that society throws the elderly to the back corner and I'm damn proud to say my mother is bringing them back into the light.

My mother lives in the Annapolis Valley in Nova Scotia and helps these women to tell their stories. She works both in her own home and in a learning resource centre. After hearing their stories she writes about them in a book."

**A/SLt Brad Boudreau**  
Venture NOTC

Charity: Adult Literacy



"My Auntie has played a big role in my life. She got over breast cancer, and since we've always had a lot of cancer in my family it's natural for me to give money to this cause. Since several family members have been affected by cancer, I donate every year.

My son Noah and I also go in the CIBC Run for the Cure because it focuses specifically on breast cancer research, which is important to me."

**Crystal Brune**  
Mess manager  
Gunroom, Work Point

Charity: BC Cancer Society



"For the past five years I've sponsored a little girl in Uganda. Estephania is 11 years old, the same age as my daughter. I chose to sponsor a girl because girls have a more difficult time in many third world countries and I wanted to help.

We follow her progress and upgrades to the village that she lives in. Since I've sponsored her there have been some changes in her village. They have received a school, running water, medical care and a special AIDS program. It has been set up to educate and help the people because they have lost so many members of their community to this disease.

We write to Estephania and with the help of a caregiver who translates, we receive photos and letters back from her. I hope to go to Uganda some day to meet her and see for myself the difference that Foster Parents Plan is making for that community in Uganda."

**Debbie Towell**  
Museum Curator

Charity: Foster Parents



"A few years ago my daughter and I sponsored a foster child in Mali on a \$35 per month plan to help her and her village.

I support World Vision because, although local charities are important, there are people all over the world in great need.

We are so lucky in Canada, and I like the idea of helping people on the other side of the globe who are worse off.

Another way I support this charity is through the World Vision catalogue. For Christmas I purchase gifts for my mother who is nearly 75 years old and doesn't have a lot of needs. So each year I buy something from the World Vision catalogue: textbooks for a school in Africa \$30, set of three blankets \$25, rehabilitate a child soldier \$75, supply a medical clinic \$100, buy a family a goat – the list goes on and you can choose to help different continents, Africa, Asia or South America."

**Sheryl Irwin**  
Base Librarian

Charity: World Vision



"My father passed away from Cancer, so I support the Canadian Cancer Society and give donations annually. I had the opportunity to see the full impact that cancer has on the patient and the family. The Canadian Cancer Society provides excellent support to the family.

LCdr Lucie Tremblay is my boss, and she was part of the Tour de Rock this year. That was also a good chance for me to support the Canadian Cancer Society through barbecues, buying ball caps and helping to raise money.

My boss said she met kids with cancer that would ride along with her, and while she loved the experience, it was very emotional to see these kids affected by cancer."

**Cpt Melanie Rheume**  
Military Police

Charity: Canadian Cancer Society

**Got a People Talk question we could ask, or a Letter to the Editor, of a story idea? Send it to the Managing Editor:**  
**atkinson.melissa@forces.gc.ca**

### Correction

In the last issue of "Lookout" there was an error in the caption on page 12. It should have read: "Navy League Cadets Katarina Greer and Mikayla Schonnert pose with Katarina's father LS Greer."

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# FILM *friday*

## This week, a few losers and one doozy

**W. Andrew Powell**  
The GATE

Canadians get an early gift this week as American Thanksgiving pushes new releases to Wednesday.

Debating a bit early, *Transporter 3* has Jason Statham muscling his way across Europe with a "delivery" in tow; an epic romance blossoms between Nicole Kidman and Hugh Jackman in Baz Luhrmann's *Australia*, while *Four Christmases* copies the usual lame Christmas comedy routine. The only truly great release this week has Sean Penn starring in *Milk*, about the life of Harvey Milk.

### Transporter 3

Who knew that couriers had it so bad? In the third instalment of the *Transporter* franchise, Jason Statham is back as the no-nonsense Frank Martin, a professional, high-end "transporter" who delivers anything, for a price. And it seems there are lots of people who don't want him to get where he's going.

In the latest adventure, Frank is forced into taking Valentina (Natalya Rudakova), the kidnapped daughter of the Ukraine's

Environmental Protection Agency, from one end of Europe to the other, all the while hooked up to a device that will kill him if he moves more than 75 metres away from his car.

Fighting off a veritable army of goons along the way, and trying to keep Valentina from escaping, Frank will once again have to prove why he's the best at what he does, with just a little help from his friend, Inspector Tarconi (Francois Berland).

Genius, this series is not, but to date the *Transporter* films have been reliably action-packed, and Statham is just too much fun to watch in this role. Thanks to writer/producer Luc Besson, the series also happens to be one of the few that remains as good as when it started.

### Australia

On the other end of pretension comes Baz Luhrmann's big, bombastic *Australia*. Starring Nicole Kidman as a rich English woman stuck in Australia during the Second World War, the story is an epic war romance that has Hugh Jackman playing the neighbourly love interest who tries to help Kidman's character from



Jason Statham packs a punch in the latest instalment of the *Transporter* films.

Japanese forces.

While there seemed to be a lot of buzz before the film was released, even suggesting some Oscar potential, the film is getting anything but glowing reviews.

### Four Christmases

The real bomb of the week is the latest holiday film that pairs Reese Witherspoon and Vince Vaughn as a couple trying to endure four separate Christmases, since both of their parents are divorced.

While I'd like to give both of these actors the benefit of the doubt, there is no missing the stench of this film, which suggests both actors may need to start choosing their scripts

a bit more carefully.

### Milk

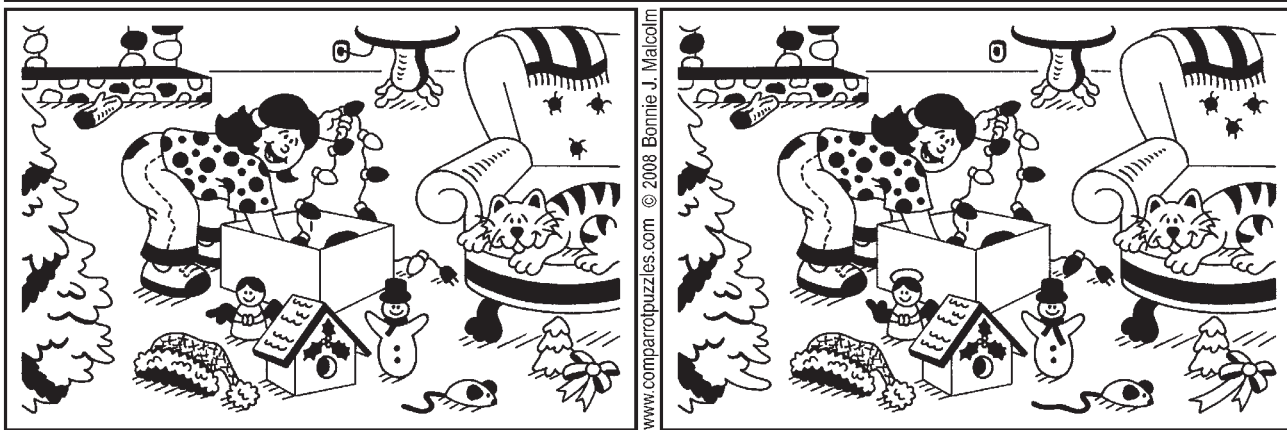
Last, but not the least, *Milk* also debuts in select theatres this week to reveal the real-life drama of Harvey Milk, the first openly gay man to be elected into public office in the United States of America back in 1977.

Sean Penn stars as Milk in this politically driven drama by Gus Van Sant about a man who fought for his rights, and became a hero. The film also co-stars James Franco, Emile Hirsch, and Josh Brolin.

Oscar buzz is naturally starting to get a lot louder as Hollywood once again takes notice of Penn in another of his genius roles.

**ComParrot**  
by Bonnie J. Malcolim

Can you spot 12 differences between these pictures?



Solution: 1. Stripe on cat is missing. 2. Cord under table by wall is missing. 3. Halo appears on angel. 4. Tuft of girl's hair is hidden. 5. Scarf appears on snowman. 6. Light bulb is colored in. 7. Fireplace stone is colored in. 8. Button on chair has moved. 9. Wing on angel is upside down. 10. Ribbon on bow is longer. 11. Branch at bottom of tree is longer. 12. Tail on mouse is longer.

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# What every Canadian should know about Afghanistan

**Shelley Lipke**  
Staff writer

How much does the average Canadian know about what Canadian troops and civilians are doing in Afghanistan?

After years of working as a defence analyst, and much involvement with Afghanistan, retired air force Brigadier-General Don Macnamara is baffled by the lack of public knowledge among Canadians, and wants to educate people on what is not being covered in the media.

BGen Macnamara worked first as deputy-director of strategic policy planning when the Russians invaded Afghanistan in 1979; he then visited the Afghanistan - Pakistan border area and mujahedin camps in 1982, and returned in 2006 and 2008 as part of a group of defence analysts.

"The situation in Afghanistan affects Canadians more than just our troops being there, our own Canadian security depends on it," said BGen Macnamara at the Union Club's speaker's luncheon on Nov. 17.

"It's in a nasty neighbourhood," he added, referring to the six nuclear weapons countries that surround the

landlocked country.

Bordered by Pakistan, Tajikistan, Turkmenistan, Uzbekistan, China and Iran, Afghanistan has a 30-year history of war that began with the invasion of the Soviet Union in 1979, and has evolved over the years into a multitude of problems. Al Qaeda, Taliban, drug (poppy growing) interests, warlord power interests, highway robbers, kidnappers and common criminals all play a part in daily Afghan society.

"If you can imagine a circumstance where there is simply no income, and no way to feed your family, people get desperate and resort to kidnapping for ransom. When order, security and economy collapse, people do what they need to survive, and threats are an imminent part of life," said BGen Macnamara.

About the size of Manitoba, but with the population of Canada, Afghanistan has many problems. A literacy rate of 42 per cent affects the population that is trying to pick up the pieces following years of warfare and rebuild their economy.

"It has many issues, but has already made significant progress since our involvement,"



**BGen (Ret'd) Don Macnamara RAdm (Ret'd) Ken Summers in a Nyala en route to the forward Operating Base Ma'Sum Ghar in March 2008.**

said BGen Macnamara.

Canadians have been involved in over 20 UN and other missions in Southwest Asia (from the Nile to the Indus) since the end of the Second World War. Since 2001, as part of Operation Enduring Freedom, Canada played a role to rid the country of Al Qaeda, and to track down Osama Bin Laden. Then in 2003, Canadians provided security to Kabul and assisted the return of the government, and in 2005 the mission took on a security-governance and development assistance role

in Kandahar province as part of the NATO International Security Assistance Force, explained BGen Macnamara.

"In 2006 when I visited Afghanistan it was a pile of rubble, but when I went back in 2008 the change was dramatic. Businesses were thriving, and people in cities showed no sense of insecurity," he says, attributing the success in Kandahar to the work of the Canadian Forces security force and the provincial reconstruction team.

British, Canadian, American and Dutch/German troops are

helping the situation and have each established a Provincial Reconstruction Team in Southern Afghanistan. The Kandahar team involves 500 military and civilian Canadians, and is doing so well it's now being used as an example for all other reconstruction teams in Afghanistan.

Plus, the 2,500 Canadian soldiers and civilians are helping rebuild the Afghan National Army and the Afghan National Police to strengthen the country's security.

"From the beginning, our goal has been to establish security in the country so Afghans can live in peace and prosperity. Without security we can't help people," said BGen Macnamara.

In addition to strengthening security, Canada is providing humanitarian aid, strengthening health care and providing basic services to rebuild the economy. Canadians have provided for Afghan children vaccinations for Polio.

"A total of 7 million children have now received vaccinations through our polio eradication program. From January to September 2008, 20 new cases have been reported in the southern region, demon-

strating a compelling need for the campaign. Canada is prepared to meet this challenge."

Canadians are also active in other areas, such as Bamian Province north of Kabul. A Canadian NGO, inspired by Flora MacDonald, and thanks to Canadians who purchased photocells at Canadian Tire, has helped several villages get electricity so people can read and go to school in light or darkness, said BGen Macnamara.

The Government of Canada, following the Manley report, has set 2011 as the year troops leave Afghanistan. "We only have another three years there to provide security, but we are going to stay there a long time on the civilian side contributing to both governance and development."

BGen Macnamara spent 37 years in the Royal Canadian Air Force and Canadian Forces, and spent the last half of his military career teaching strategic planning and analysis. He is still active in teaching through the Canadian Forces College in Toronto, where he was appointed Honorary Colonel. He serves on the Air Command Advisory Council and Board of Governors of the Royal Military College.



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# Invisible disabilities discussed at event

2008 National Day for Persons with Disabilities Commemorative Event – Invisible Disabilities

When: Dec. 3

Where: Rainbow Room, Chief and Petty Officers' Mess

Time: 11:30 a.m. – 1:30 p.m.

A light lunch will be served for 150 persons who pre-register with David Lau at [lau.da@forces.gc.ca](mailto:lau.da@forces.gc.ca) or call 363-1083.

The Advisory Group for Persons With Disabilities is sponsoring Maritime Forces Pacific's 2008 Annual Commemorative Event featuring the inspiring keynote speaker Victoria Maxwell.

Maxwell will deliver a keynote address to help people understand mood disorders, how they affect your co-workers, neighbours and loved ones, and what you can do to be supportive.

It may even change the way people view invisible disabilities such as depression and bipolarism.

This commemorative event leads towards an upcoming MARPAC seminar by Maxwell in February. The seminar will investigate how we can utilize our Duty to Accommodate policies to create a supportive work environment, and to help co-workers faced with mood disorders contribute their very best to DND.

All defence teams members may attend - please invite your supervisors and managers.

About Victoria Maxwell  
Mental health educator, consultant, actor and

writer Victoria Maxwell is one of North America's most sought-after educators and consultants on the "lived" experience of mental illness and recovery, early detection of depression, reducing stigma and creating corporate mental health strategies.

Creative Director of Crazy for Life Co.™ and an award-winning actress and playwright with over 15 years experience, Maxwell has worked alongside David Duchovny, John Travolta and Johnny Depp, among others.

After her diagnosis of bipolar disorder (manic depression) and psychosis, she became extremely proactive in her recovery process. She combines her theatre background, personal experience of psychiatric illness and professional knowledge as a group facilitator and mental health worker, to give a unique and powerful insider's perspective on dealing with depression and other mental illnesses.

Her critically acclaimed one-woman show Crazy For Life, her true-life story about accepting and living with a psychiatric disorder, tours internationally to sold-out audiences and rave reviews.

Her company, Crazy for Life Co.™ assists organizations to enhance workplace wellness and return to work practices, recognize depression, and effect corporate mental wealth action plans. Her most popular wellness package combines her solo show Crazy for Life with a customized workshop or keynote speech for either in-house training or a company conference.

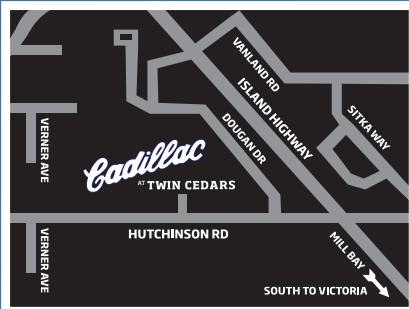
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## Christmas Wreath Workshops

The Maritime Museum is offering Nautical wreath-making workshops this Christmas season.

Plan on coming to one of three occasions:

Dec. 9 6-8 p.m.

Dec. 13 2-4 p.m.

Dec. 17 2-4 p.m.

Cost \$20 + GST, which includes one wreath. Each extra wreath, \$10. Children under 12 must have an adult with them to help. Participants can pre-register, or pay on the day of the workshop. Maximum 15 people in each group.

The wreaths are made from manila rope using a traditional sailor's knot called the Turk's Head.

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# Special award given at National Sports Award Ceremony

**Shelley Lipke**  
Staff Writer

During the 20th Annual Canadian Forces Sports Awards Ceremony on Nov. 22, athletic therapist Stephanie Dempsey was presented with the Director Sports Recreation and Messes Recognition Award for her commitment and dedication to rehabilitating sports injuries at CFB Esquimalt.

"To be recognized for doing a job I love is an honour, but to receive an award presented at the Canadian War Museum in Ottawa is an absolute career high," said Dempsey, who sat among 300 athletes, officials, VIP's and sponsors before standing up to receive her award.

Since November 2005, Dempsey has been healing sports injuries and preparing athletes for competitions as part of her work at Personnel Support Programs (PSP). Her position was the first of its kind within the Canadian Forces, and is geared to offer assessment and rehabilitation of orthopedic injuries to military members.

"The goal of athletic therapy is to return the member to his or her job and sport as quickly and safely as possible, ideally in better condition than pre-injury," said Dempsey. "Naturally every patient that walks through the door has something to teach me as well. I have been blessed to work with a wide range of personnel with an even wider range of injuries and conditions. Each day brings a new lesson, and sometimes more than one."

At sporting events, Dempsey provides the initial treatment and stabilizes the injury before the person is transported to hospital for a more detailed diagnosis.

New patients must be referred to her through Formation Health Services, who assess a patient's needs before determining if Dempsey's service will be helpful for them.

Dempsey's job has taken her to India to oversee the sporting needs of women's swim and soccer teams during the Council International Sport Militaire (CISM) world

games.

"The recognition she is now receiving is mainly because of her involvement with CISM soccer and service to the national sports championships," said Dave Molinari, PSP Manager and former coach of the women's soccer team. Molinari has worked closely with Dempsey and said that since bringing her on board there has been a growing interest because of the varied work she does, working with high performance sports teams, regional playoffs and CISM world games.

"There are a few military bases that have followed our step with this position, and we get nothing but positive feedback," said Molinari.

"I'm hoping this award will highlight the benefits of having an athletic therapist working within the Canadian Forces, both nationally and abroad. It has always been my goal to have an athletic therapist on every base in Canada and on deployments," said Dempsey.

"The needs of athletes are the same as those of soldiers, sailors and air force men and women. Soldiers need just as much, if not more, attention and specialized care as professional athletes do. When a soldier is injured in combat, the ultimate goal becomes rehabilitating the injury as quickly and safely as possible and athletic therapists can play a significant role in these situations."



Stephanie Dempsey received the Director Sports Recreation and Messes Recognition Award at the Annual Canadian Forces Sports Awards Ceremony in Ottawa on Nov. 22. Dempsey was recognized for her commitment as an athletic trainer.

## Navy dolphins in Halifax

**LCdr Pat Jessup,**  
Community Relations  
Officer, CFB Halifax

Easter Seals Nova Scotia has a Canadian Naval Centennial (CNC) project underway: a six-foot-high fibreglass statue of a dolphin, which was unveiled during their annual dinner gala and auction held at the World Trade and Convention Centre Ballroom on Monday, Nov. 17.

The dolphin, created by artist Renée Forrestall, is a symbolic representation of 100 years of the Canadian Navy and includes a photo and painting collage of navy-related images, ranging from the Naval Gun Run to Second World War convoy ships and civilian dockyard workers.

Forrestall also put in a photo of her father (artist Tom Forrestall) and his brother Mike, taken when they were Sea Cadets in 1946.

The dolphin is part of a larger fundraising project in which Easter Seals Nova Scotia will invite Nova Scotia artists to transform 40 dolphin statues into works of public art to honour the navy. The artists will decorate the dolphins according to the guidelines provided by Easter Seals Nova Scotia and each dol-

phin will have a plaque that identifies the sponsor, the Easter Seals campaign and a link to the CNC.

The 2009-2010 dolphins not only will celebrate the CNC, but will be a fundraiser for Easter Seals programs aimed at Nova Scotia children, youth and adults with physical disabilities.

The CNC dolphins will be on display around Halifax Regional Municipality from May 2009 to September 2010. ESNS will produce a Dolphins in the City walking guide to promote local partnerships and to highlight the CNC.

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## INBRIEF

### New at the Maritime Museum of B.C.

The popular image of Vikings has tended to be that of horned-helmeted, bloodthirsty sea rovers, bent on the destruction of Western Civilization.

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Through a number of interpretive panels with mounted artifacts from excavations in North America and Europe you will experience the look of a typical settlement.

You'll see the artistic motifs Vikings used in their arts and crafts, and marvel at their incredible ingenuity as ship builders.

Presented in conjunction with the Manitoba Museum, this exhibit uses archaeological findings to present a much more complex picture of the Norse people.

### NORAD Tracks Santa

The North American Aerospace Defense Command is again getting ready to track Santa.

On Dec. 1, the NORAD Tracks Santa website, [www.noradsanta.org](http://www.noradsanta.org), will go live and feature fun holiday games and activities that will change daily.

On Dec. 24, Christmas Eve, NORAD will track Santa Claus' journey via live video feeds that begin at the following times:

- 3 a.m. Pacific Standard Time
- 4 a.m. Mountain Standard Time
- 5 a.m. Central Standard Time
- 6 a.m. Eastern Standard Time
- 11 a.m. Greenwich Mean Time

The website allows fans of all ages to get up-to-the-minute reports and streaming videos from key stops on Santa's trip around the world.

Google software will output live images from NORAD's high-speed digital "Santa Cams," and Google Maps and Google Earth will follow Santa as he travels around the world.

All of this information is available in English, French, German, Italian, Japanese, Spanish, and new this year, Chinese.

In addition, for the first time, Canada Post will partner with NORAD to ensure children around the world can send an email to Santa through the NORAD Tracks Santa website.





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# CDS honours Ville de Quebec

**Lt(N) Chris Gabriel and  
Lt(N) Francis Turcotte**  
HMCS Ville de Québec

A visit by the Chief of the Defence Staff, General Walter Natynczyk to *HMCS Ville de Québec* Nov. 21, at sea off the south coast of France, culminated in the presentation of a Canadian Forces Unit Commendation for excellent performance of duty.

Brought on board the day before by the ship's Sea King helicopter, the CDS visited *Ville de Québec*, currently deployed on Operation Sextant with Standing NATO Maritime Group 1 in the Mediterranean Sea.

The award of the CF Unit Commendation arose from an emergency tasking, from Aug. 10 to Oct. 29, when the Halifax-based frigate was diverted from Op Sextant to the pirate-infested waters off east Africa.

The ship was attached to the Canadian flotilla deployed on Operation Altair (Canada's naval participation in the campaign against terrorism), and assigned to escort freighters transporting humanitarian aid supplies for the World Food Programme from Mombasa, Kenya to Mogadishu, Somalia.

During his two-day visit to the ship, Gen Natynczyk toured the flats (hallways) to visit crew members at their duty stations, congratulate them individually for their excel-

lent work on the humanitarian mission, and present CDS coins to those who performed with particular distinction.

The visit's main event was an all-ranks gathering held in the ship's hangar in a town hall format that combined an address from the CDS with questions and comments from the crew. It was in this forum that Gen Natynczyk sprang his big surprise: the presentation to Commander Chris Dickinson, the ship's commanding officer, of the gold-embossed scroll of the CF Unit Commendation, along with the symbols of the honour, a special commemorative flag and a gold medallion.

"You overcame the operational difficulties associated with simultaneously providing World Food Programme vessels with on-board security and naval escort," said Gen Natynczyk.

Emphasizing that the award is for every member of the ship's company, he went on to say, "Thanks to your dedication and flexibility, food was able to travel through those pirate-infested waters, bringing new hope to hundreds of thousands of people and shining a very favourable light on Canada and the Canadian Forces."

*Ville de Québec* is now in the last phase of her deployment. She is scheduled to return to Halifax, her home port, just in time for Christmas.

# Canadian soldier Trevor Greene defies all odds

In the CTV Original  
*Documentary Peace Warrior*  
Saturday, Dec. 13 at 7 p.m.

This intimate, one-hour documentary offers an exclusive look into Captain Trevor Greene's courageous struggle to recover from a horrific axe attack in Afghanistan.

Former *Will & Grace* star Eric McCormack provides narration.

In March 2006, Captain Trevor Greene was ambushed from behind and struck in the head with an axe that plunged deep into his brain as he sat down to talk to villagers in Afghanistan.

News of the horrific attack made headlines across Canada, as the Canadian officer who went to the war-torn country to spread peace was instead left fighting for his life. In the exclusive CTV original documentary, *Peace Warrior*, Vancouver filmmaker Sue Ridout provides intimate access to Greene's remarkable journey as he first fights to survive the near-fatal attack, and then struggles to reclaim some measure of his former life.

Of all the stories to emerge from Canada's mission in Afghanistan, the axe attack on Captain Greene is among the most shocking. Beloved by friends and family for his larger-than-life personality, Greene, a 41-year-old reserve officer from Vancouver, was attending a routine village meeting or "shura" north of Kandahar when he was

attacked by a young Afghani. Greene regularly attended these meetings as he travelled around Afghanistan with an army platoon, helping the Afghan people rebuild their country.

Greene was not expected to live. He spent the next year in Vancouver General Hospital, nearly dying several times. Doctors predicted that he would never come out of

his coma, let alone speak or have any movement again. Amazingly, he proved them all wrong.

With the unwavering love and support of his fiancée, Debbie, and from a deep desire to be an active father to their young daughter Grace, Greene eventually transferred to a brain injury rehabilitation program in Alberta, where he made inspiring progress.

Through candid interviews with friends, family and fellow soldiers who witnessed the attack, *Peace Warrior* builds an intimate portrait of a man whose strong will and positive attitude, combined with his peak physical and mental shape before the attack, allow him to surpass everyone's expectations, despite his devastating brain injury.

**Greene was not  
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## INFOCUS



Shelley Lipke, Lookout

Cmdre Richard Greenwood serves the first volley of the game on Nov. 24 at the Naden gym to kick off the start of the Cock of the Walk Sporting events for 2008/2009.



Cdr Rod Hughes, Commanding Officer, Regional Cadet Support Unit, presents a Cadet Certificate of Commendation to former Cadet Warrant Officer 1 Gavin Johnstone. The citation recognizes cadet Johnstone for: "...taking decisive and appropriate action in rescuing two individuals trapped in the water following a rafting accident on the Cowichan River on May 17, 2008."



Cdr Rod Hughes, Commanding Officer of Regional Cadet Support Unit (Pacific), presents Maj Yvon Savoie with a Canadian Flag that flew over Maj Savoie's last parade as the Officer Commanding of Regional Cadet Instructor School (Pacific) at the Albert Head training area in Metchosin. Maj Savoie will retire from the Canadian Forces in December after 45 years of service.



Fern Walker from Esquimalt Lagoon

Canadian Forces Sailing Association boats round Degaussing buoy on Sunday, Nov. 23. *Sailing Results of Series Race F4*

Div 1: 1. Feisty, Pauline & Ed Haines; 2. White Wave, Jon Richardson; 3. Melaque, Alistair Elliot.  
 Div 2: 1. Compromise, Glen Shippam; 2. Monkey Mia, Hannah Brady; 3. Orca, Bill Macdonald.  
 Div 3: 1. Canada Goose, David Deeks; 2. Kiskadee, Danna Gorang; 3. Dreamer, Neil Porter.



Pte Carpentier, CFSU(O) Photo Services

Door Gibson, a driver with TEME, was awarded a special Bravo Zulu from Cynthia Binnington, Assistant Deputy Minister (Human Resources-Civilian) and co-chair Defence Diversity Council; and MGen W. Semianiw, Chief Military Personnel and co-chair Defence Diversity Council, for her work and dedication to the Defence Visible Minority Advisory Group for the period of 2006-2008.



# U.S. Medal awarded to warship's former Captain

**Darlene Blakeley**  
CMS PA

For "exceptional tactical prowess, inspirational leadership and a profound devotion to mission accomplishment in the execution of maritime security operations," Capt(N) Darren Hawco has been awarded the U.S. Meritorious Service Medal.

The medal, presented in Ottawa on Nov. 18 by U.S. Capt(N) Steve Luce, naval attaché at the U.S. Embassy, reflects Capt(N) Hawco's actions while serving as the commanding officer of HMCS Ottawa from Nov. 4, 2006 to Feb. 2, 2007. During this time the ship was attached to Combined Task Forces 150 and 152, deployed with Commander, U.S. Fifth Fleet.

In part, the citation reads: "Commander [now Capt(N)] Hawco's brilliant operational acumen included a high visibility boarding operation against a vessel suspected of trafficking international terrorists, and crucial escort duties for a damaged United States submarine transiting the treacherous Straits of Hormuz. His exhaustive efforts greatly improved maritime security and raised the bar for coalition operations. Commander Hawco's exceptional professionalism, personal initiative, and loyal dedication to duty reflected great credit upon him and were in keeping with the highest traditions of the naval service."

The Meritorious Service Medal is awarded to any member of the armed forces of the U.S. or to any member of the armed forces of a friendly foreign nation who, while serving in a noncombat area after

Jan. 16, 1969, has distinguished himself or herself by outstanding meritorious achievement or service.

"It is nice to know that the work you have done has been recognized and it was, to be honest, a surprise to learn I was being honoured with an award from the United States," said Capt(N) Hawco. "In my heart of hearts, this award really recognizes the tremendous work that Ottawa accomplished throughout the deployment, particularly the work of her special teams."

He added that most people in the navy know the level of effort and dedication it takes to get a ship ready for an extended overseas deployment.

"Ottawa was no different and it was the phenomenal work of the entire ship that made it happen. I am deeply touched that my United States chain of command was sufficiently impressed by the performance of Ottawa that I, as her commanding officer, am being recognized for her performance."

As to the significance of recognition by an ally, Capt(N) Hawco says that "while you know that your own chain of command will, as a matter of leadership, recommend deserving individuals for honours and awards, receiving recognition from an ally is a clear reflection of how well our professional relationships have evolved. Military leadership transcends nationality and environment—receiving recognition in this fashion fosters even closer working relationships and willingness for different countries to work together."



Jacek Szymanski  
Capt(N) Darren Hawco receives the U.S. Meritorious Service Medal from U.S. Navy Captain Steven Luce, naval attaché at the U.S. Embassy in Ottawa.

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Voters must provide either:

- one document issued by the Government of B.C. or Canada that contains the voter's name, photograph and residential address, such as a B.C. driver's licence or B.C. Identification card (BCID)

OR

- a Certificate of Indian Status

OR

- two documents that contain the voter's name.  
At least one of the documents must also contain the voter's residential address.

The Chief Electoral Officer has authorized the following types of documents for this purpose.

#### Government-issued identity documents

(e.g. health care card, birth certificate, social insurance card, passport, citizenship document/certificate, Old Age Security card, etc.)

#### Other government-issued documents

(e.g. property tax assessment, income tax assessment notice, government cheque)

#### School/college/university-issued document

(e.g. admissions letter, report card, transcript, residence acceptance, tuition/fees statement, student card)

#### Other documents

- Bank/credit card or statement
- Residential lease/mortgage statement
- Insurance statement
- Public transportation pass
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- Hospital bracelet/document
- Attestation of residence

Voters without the necessary identification can be vouched for by a voter in their electoral district who does have the necessary ID, a direct family member or someone who has legal authority to make personal care decisions for the voter.

Have your identification ready for the May 12, 2009 General Election.

For further information on voter identification, contact Elections BC at [www.elections.bc.ca](http://www.elections.bc.ca) or phone 1-800-661-8683 / TTY 1-888-456-5448.

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O most beautiful flower of Mount Carmel, fruitful vine, splendor of heaven, blessed mother of the son of God, immaculate virgin, assist me in my necessity. O Star of the Sea, help me and show me that you are my mother. O, Holy Mary Mother of God, Queen of heaven and earth, I humbly beseech you from the bottom of my heart to help me in my necessity. (Make your request.) There are none that can withstand your power. "O Mary conceived without sin, pray for us who have recourse to you." (Three times.) "Holy Mary place this prayer in your hands." Say this prayer three consecutive days and then publish it and it will be granted you. JK

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- Squeeze the lever slowly and evenly.
- Sweep the nozzle from side-to-side.

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Choose a fire extinguisher that carries the label of an independent testing laboratory.

Read the instructions that come with the fire extinguisher and become familiar with its parts and operation before a fire breaks out. Local fire departments or fire equipment distributors often offer hands-on fire extinguisher training.

Install fire extinguishers close to an exit and keep your back to a clear exit when you use the device so you can make an easy escape if the fire cannot be controlled. If the room fills with smoke, leave immediately.

Know when to go. Fire extinguishers are one element of a fire response plan, but the primary element is safe escape. Every household should have a home fire escape plan and working smoke alarms.

Your local Fire Prevention Bureau offers FAFPE (First Aid Fire Fighting Equipment) courses to all members of the CF/DND community. All new workers need to have this training and everyone has to re-train every four years. You can organize to take the training through your local training coordinator. If you have any questions or concerns please contact the CFB Esquimalt Fire Rescue Fire Prevention Branch at 250-363-1538.




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