

# LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

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**NEWS 5**  
Navy Lighting Contest gets underway



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## Protecteur's pride

Mary Ellen Green, Lookout HMCS Protecteur hosted 42 special-needs children aged six to 15 at the 23rd annual Supply Ship Christmas Party, held in the ship's hangar on Dec. 5. The lunch event, topped off with crafts and gifts from Santa, is put on in partnership with the Esquimalt Lions Club and Friends of Protecteur.

**Above:** One of many lucky children who received a gift from Santa and Mrs. Claus.

**Right:** Three boys peek at the Christmas gifts they received from Santa.



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Editorial & Opinion..... 4  
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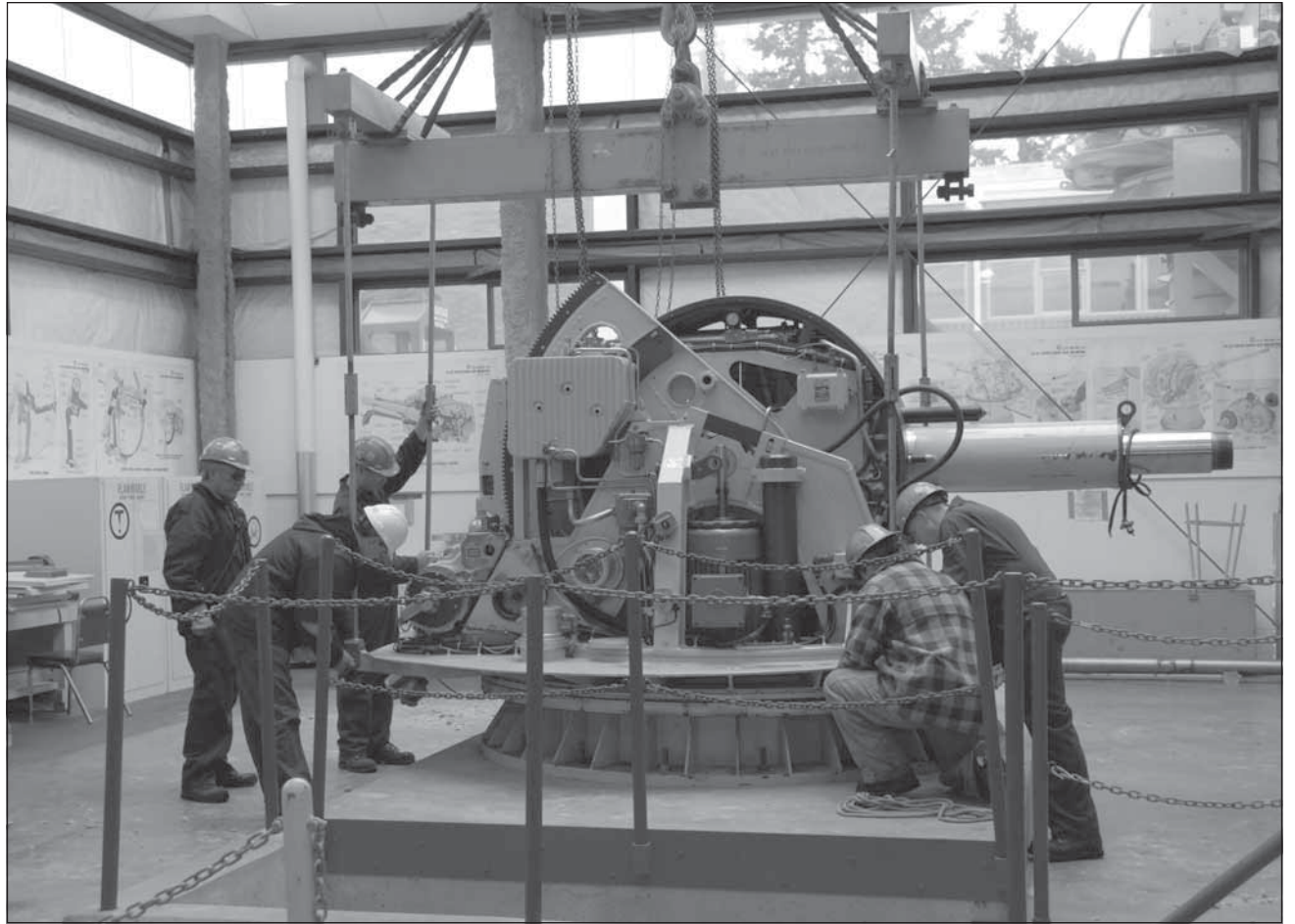
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Mary Ellen Green, Lookout

Teams from Fleet Maintenance Facility Cape Breton and Base Construction Engineering helped exchange a old 76 mm Oto-Melara training gun for a fresh one. The exchange was made possible by lifting the guns through a removable section of Fleet School's roof.

## Fleet School hoists new 76mm gun

**Mary Ellen Green**  
Staff writer

The weapons lab at Canadian Forces Fleet School Esquimalt (CFFSE) opened to the sky last week, when a piece of roof was removed so a crane could swap out a training gun the size of a large elephant.

The 76 mm Oto-Melara gun, used to train sailors in hands-on maintenance and repairs, had been inside the fleet school lab for more than 15 years. But constant use had taken a toll on the equipment, and staff felt it was becoming unsafe.

"Our gun has been in this building for at least 15 years and the pieces are starting to wear out," said PO1 Richard Walker, Senior Naval Weapons Maintainer at Fleet School. "We knew it was time to get it changed out before someone got hurt."

So last Wednesday, with the use of a crane and teams from Base Construction Engineering and Fleet Maintenance Facility (FMF), the worn out gun was removed and replaced with a newly overhauled super rapid gun, the same gun that resided in former HMCS Huron, a 280 Iroquois class destroyer.

The gun was removed prior to the warship being sunk last year in a live-fire exercise, and placed on *HMCS Algonquin*.

When the gun entered the supply system as surplus, Fleet School requested it be overhauled to replace their weapons lab's gun.


Finalizing the re-install will take a couple of weeks, just in time for the next class of students who begin their studies in January.

The Captain of the Turret computer system that controls the gun will also be exchanged over the coming days.



Mary Ellen Green, Lookout

FMF and Base Construction Engineering teams work to remove and replace the 76mm gun with a new one.



**Christmas Eve  
Candlelight  
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*December 24 at 7:30pm*

*St. Peters Naval Chapel  
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# We did it! \$668,000 raised and still counting

**Mary Ellen Green**  
Staff writer

Contributions are still trickling in even though the Government of Canada Workplace Charitable Campaign (GCWCC/United Way) has wrapped up for 2008, with \$668,000 collected so far.

Last Wednesday at Nelles Block Pacific Galley, an oversized cheque for \$625,000+ was presented by Base Commander, Capt(N) Marcel Halle and Cmdre Nigel Greenwood, Commander Canadian Fleet Pacific, to United Way's Stéphane Haché and Bev Bakka of HealthPartners.

"The cheque showed \$625,000 '+', with the plus to indicate this cheque was but a symbol of our success. Thousands and thousands of dollars are still coming in," said campaign coordinator Lt(N) Peggy Kulmala.

Two days after the cheque was presented, at least another \$33,000 had been processed by the United Way, increasing the total to over \$668,000. Lt(N) Kulmala expects a final tally of CFB Esquimalt's donations in mid-January.

Sixty-three Department of National Defence (DND) workplaces within Greater Victoria participated in this

year's campaign, making it the fourth year in a row that more than \$500,000 was raised.

"The units were innovative and their ideas varied," said Lt(N) Kulmala. "We pulled choppers, played hockey and threw our senior officers in jail. We promised to stay silent, ran miles and miles, and even tortured our shipmates by waking them up with especially irritating songs. Sailors shaved their beards, and air personnel grew them."

Transportation Electrical Mechanical Engineering held a vehicle maintenance day offering to perform oil changes, and three and four ringers came together to flip pancakes at the MARPAC mid-campaign pancake breakfast.

A hand-crafted pirate's chest and a Norwegian pram were built

by ship repair employees as raffle prizes, and over 120 local businesses donated goods or services totalling more than \$13,000 to be used as incentive prizes throughout the campaign.

CFB Esquimalt is the biggest donor to the United Way in Greater Victoria. "It was a short but intense campaign and I'm in awe of how much we packed into three months," Lt(N) Kulmala said.

From the "Pirates of the Caring Beings" kick-off party hosted by Fleet Maintenance Facility (FMF) in September to the closing pancake breakfast, more than 1,500 military members and DND employees donated to the campaign.

To date, 545 people have made pledges at the Leadership level (\$500+) for the 2008 campaign, up from 543 in 2007.

"We're already thinking about next year's campaign to ensure even greater success," Lt(N) Kulmala said.

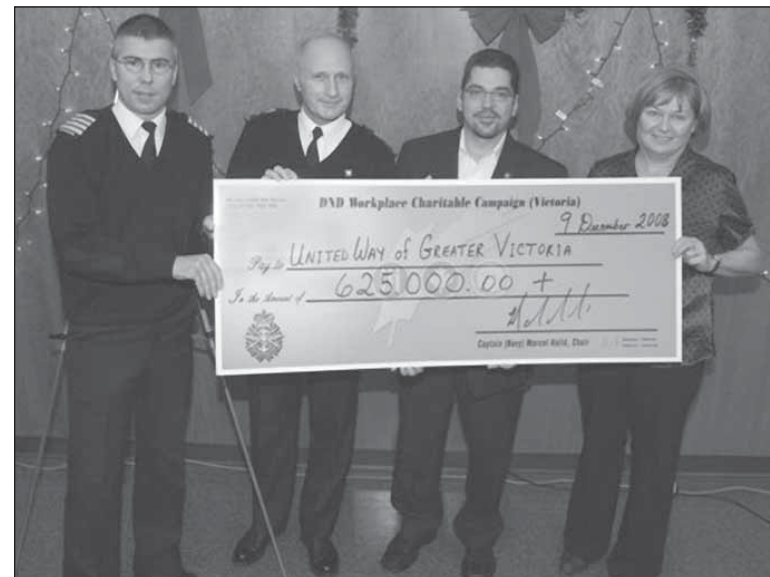
Vicki Ilkka, Assistant Base Human Resources Business Manager, has volunteered to be the campaign coordinator for the 2009 GCWCC/United Way campaign.

But for now, Lt(N) Kulmala hopes members of

the Defence Team take a few moments to think back on the campaign and reflect on why it's important to contribute.

"Whether you've given money or time, it's important to take a few minutes to feel a sense of

pride that we have, as a community, done so many important things to help those in need. During this time of year we are often too busy to take the time to reflect on not only how to help, but why."



Cpl Frieda Van Putten, CFB Esquimalt Imaging Services Base Commander Capt(N) Marcel Hallé (left) and Fleet Commander, Cmdre Nigel Greenwood, present a cheque for \$625,000+ to the Greater Victoria United Way Vice President Stéphane Haché, and Healthpartners representative Bev Bakka (right) during the GCWCC-United Way campaign pancake breakfast held for campaign volunteers and donors in Nelles Block on Dec. 9.

*The units were innovative and their ideas varied. We pulled choppers, played hockey and threw our senior officers in jail.*

-Lt(N) Peggy Kulmala  
GCWCC Campaign Coordinator

## Thank you to the following individuals and businesses for their contributions to this year's campaign:

### Community participants

- Linda Achtem, Victoria Single Parent Resource Centre
- Bruce Andrew, Canadian Red Cross Society
- Hannes Blum, AbeBooks
- Hazel Braithwaite, Coast Capital Savings/Oak Bay
- Astrid Braunschmidt, A Channel Vancouver Island
- Crash Davis and A.J. Cruze, Jack FM 103.1
- Rebecca Grant, University of Victoria
- Michael Forbes, Ocean FM 98.5/ Jack FM
- Val Green, Volunteer Victoria
- Gordon Harper, The Umbrella Foundation
- Chris Holt, Sooke Family Resource Society
- Cliff LeQuesne, 100.3 The Q
- Mary Lynn McKenna, Esquimalt Neighbourhood House Society
- Lisa Mort-Putland, Big Brothers Big Sisters of Victoria
- Bill Murphy-Dyson, Cox Taylor
- Alan Perry, Shaw TV
- Gayle Robinson, Robinson's Outdoor Store
- Mark Roozendaal, RE/MAX Camosun
- Heather Strange, Canadian Cystic Fibrosis Foundation
- Jim Tighe, Black Press Vancouver Island
- Bill Turner, The Land Conservancy of BC
- Erick Thompson, A Channel Vancouver Island
- Jason Walsh, Sooke Family Resource Society
- Ed Watson, Watson Media
- Debra Whitman, Parent Support Services Society of BC
- Bruce Williams, A Channel Vancouver Island
- Terry Farmer, Accent Inns

### Business contributors

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- 5th Street Bar & Woodfire Grill
- A Channel
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- Tru Value Foods - Brentwood Bay
- Uni-Select Pacific Inc
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- Villages Pizza
- Wal-Mart - Douglas Street
- West Shore Parks and Recreation Society
- Westin Bear Mountain Victoria Golf Resort & Spa



# matters of OPINION

## FILM *friday*

### Reeves delivers his usual meek performance

**W. Andrew Powell**  
The GATE

Gort and Klaatu are back on Earth, this time in the remake of *The Day the Earth Stood Still*, starring Keanu Reeves and Jennifer Connelly. Also debuting in theatres, John Leguizamo and Debra Messing star in the dramedy *Nothing Like the Holidays*, two rival races face a war because of a friendship in *Delgo*, and a priest is accused of impropriety in *Doubt*.

#### The Day the Earth Stood Still (IMAX)

Keanu Reeves deserves some kudos, if you ask me. Since the 90s he has starred in some huge films, playing incredibly iconic characters that made him a household name. And yet, I'll also admit that he hasn't exactly been stretching his acting muscles very much. A trend that continues in *The Day the Earth Stood Still*, where Reeves plays, what else, an emotionally detached bemsch.

In this remake of the 1951 classic sci-fi film, Reeves stars as Klaatu, a human clone who has been infused with the essence of an alien sent to Earth for some huge, unknown purpose. Arriving in a gigantic, glowing ball, Klaatu meets Helen, played by Jennifer Connelly, a micro-

biologist brought in to assist the American government in what the U.S. considers to be a threat to national security.

Meanwhile, Helen is trying to protect her son, played by Jaden Smith, while also deflecting the oppressive intentions of the Secretary of Defense, Regina Jackson, played by Kathy Bates.

While it shouldn't surprise anyone that a Keanu Reeves-fronted thriller-style remake of *The Day the Earth Stood Still* is a bit of a dud, I am a bit surprised by how weakly the film plays out.

Early on the mood is fantastic, and I actually liked the pairing of Reeves and Connelly. Connelly is brilliant as usual, and brings a lot of energy to the film, especially in light of how cool Reeves has to play nearly every scene. The environmental message is even surprisingly enjoyable, never going so far as to browbeat you with the rather all-too-obvious message.

The problem comes half-way through with the introduction of the menace, which is supposed to instil us with fear for the future of the world. In opting for a unique menace, however, the filmmakers have essentially drained any real emotion from the ending. You kind of care about Helen and her step-son, but it's hard to feel anything for Klaatu, or



Photo: WETA

**Klaatu's (Keanu Reeves) mission on Earth is tied to the spheres that have also arrived on the planet in "The Day the Earth Stood Still."**

the fate of humanity.

On the bright side, at least there is no ridiculous, tacked-on love story between Mr. Klaatu the alien and Helen the scientist.

#### Nothing Like the Holidays

There are way too many holiday films that come out each year, vying for a chance to be considered a new classic. Across the board though, most of the holidays films are so bad, it's hard to imagine what these filmmakers were thinking. And yet, with *Nothing*

*Like the Holidays*, I'm getting some good vibes.

John Leguizamo stars with Debra Messing as Mauricio and Sarah, a married couple visiting with family for Christmas. Amid the squabbles and the celebrations, the Mauricio's family learns that their parents are getting a divorce. As they try to deal with their problems, they will also begin to realize just how much they care about each other.

#### Also arriving this week...

The animated *Delgo* features the voices of Freddie Prinze Jr., Jennifer Love Hewitt, Chris Kattan, and Val Kilmer in a fantasy about two creatures from rival races, who forge a friendship that could bring about a war, thanks to an evil Empress voiced by the late Anne Bancroft.

*Doubt* stars Philip Seymour Hoffman as a priest in the 60s who is accused of having an improper relationship with one of his students.

#### Coming out December 19...

*Gran Torino*  
*Seven Pounds*  
*The Tale Of Despereaux*  
*Yes Man*

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**ComParrot** Can you spot 12 differences between these pictures?  
by Bonnie J. Malcolm

Solution: 1. Strap on lady's sandal is missing. 2. Medallion on costume is colored in. 3. Knothole on manger is colored in. 4. Bulb in spotlight is colored in. 5. Star in background is larger. 6. Patch on man's robe has moved. 7. Tie on robe has moved. 8. Man's robe is longer. 9. Elbow patch is colored in. 10. Stripe on robe pocket is different. 11. Headaddress is longer. 12. Bush is different.

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# It's beginning to look like Christmas

**Mary Ellen Green**  
Staff writer

The 21st annual Navy Lighting Contest kicked off last Thursday in time for the holiday season.

Expect to see bus loads of visitors making their way through HMC Dockyard to see the spectacular Christmas lighting and holiday displays created by DND employees and CF members alike.

This year almost every ship in the fleet will participate. Many buildings in Dockyard will also be decked in their best and brightest Christmas accessories much to the merriment of visitors.

Base Public Affairs Officer and contest organizer Capt Darin Guenette said the contest is a chance for the fleet to shine brightly.

"They [the ships] are usually so grey and cold," he said. "For the public to see them decked with lights will offer them a side of the navy they don't often see."

Each evening from Dec. 11 to Dec. 24, three buses will run a 25-minute guided tour through Dockyard. Visitors will be asked to vote on their favourite entries and a winner will be declared in both the ships and buildings categories. Hot chocolate and Christmas carollers will be on hand to warm the crowds.

Visitors will be asked for a donation of cash or non-perishable food for the Mustard Seed Food Bank, which has been a partner in the competition since the mid-90s. Last year, the food and cash donated to the Mustard Seed had a value of over \$20,000. Capt Guenette said without CFB Esquimalt's donation, there would be a serious impact on the services provided by the local charity.

"This is a chance for the Mustard Seed to collect much needed donations at this always tough time of year," Capt Guenette said. "But the event is still about bragging rights and boosting morale in the formation."

Last year's winner in the building category was the Admiral's



residence. *HMCS Calgary* is two-year defending champion, but PO1 Lawrence Niezbrzycki, who is organizing *Calgary's* effort, said the ship will be giving their competition a head start in this year's contest.

"We are going out on a day sail on Monday, so we couldn't put up all the lights because we would have to take them down to go to sea. Pretty well the whole ship's company will hang back on Monday afternoon to get the lights up for the contest," he said.

Each entry is paired with a cor-

porate sponsor, which donates the funds to purchase decoration materials. This year there are 13 corporate sponsors, including BC Hydro - a first time sponsor. *HMCS Protecteur* is glowing "green" with the support of BC Hydro's "Power Smart" team and using Light Emitting Diode (LED) lighting exclusively. LED lights use less energy, last longer, and are more durable than traditional incandescent holiday lighting. Using LEDs will dramatically reduce the amount of energy required to power the thousands of bulbs on *Protecteur's* brow.

Rebates and special discounts are offered to members of the team who reduce their energy consumption by 10 per cent.

Five drivers from base transport have volunteered to drive the buses, and more than 20 civilian, military and family have volunteered to guide the tours over the 14 nights the contest runs.

"This is the total package of holiday warmth," Capt Guenette said. "It's a chance to donate to the Mustard Seed, hear some Christmas songs, have a hot chocolate, see the beautiful displays on both the ships and Dockyard buildings, fill out a ballot, go home and enjoy the company of your family and friends."

***This is a chance for the Mustard Seed to collect much needed donations at this always tough time of year. But the event is still about bragging rights and boosting morale in the formation.***

-Capt Darin Guenette  
Base Public Affairs

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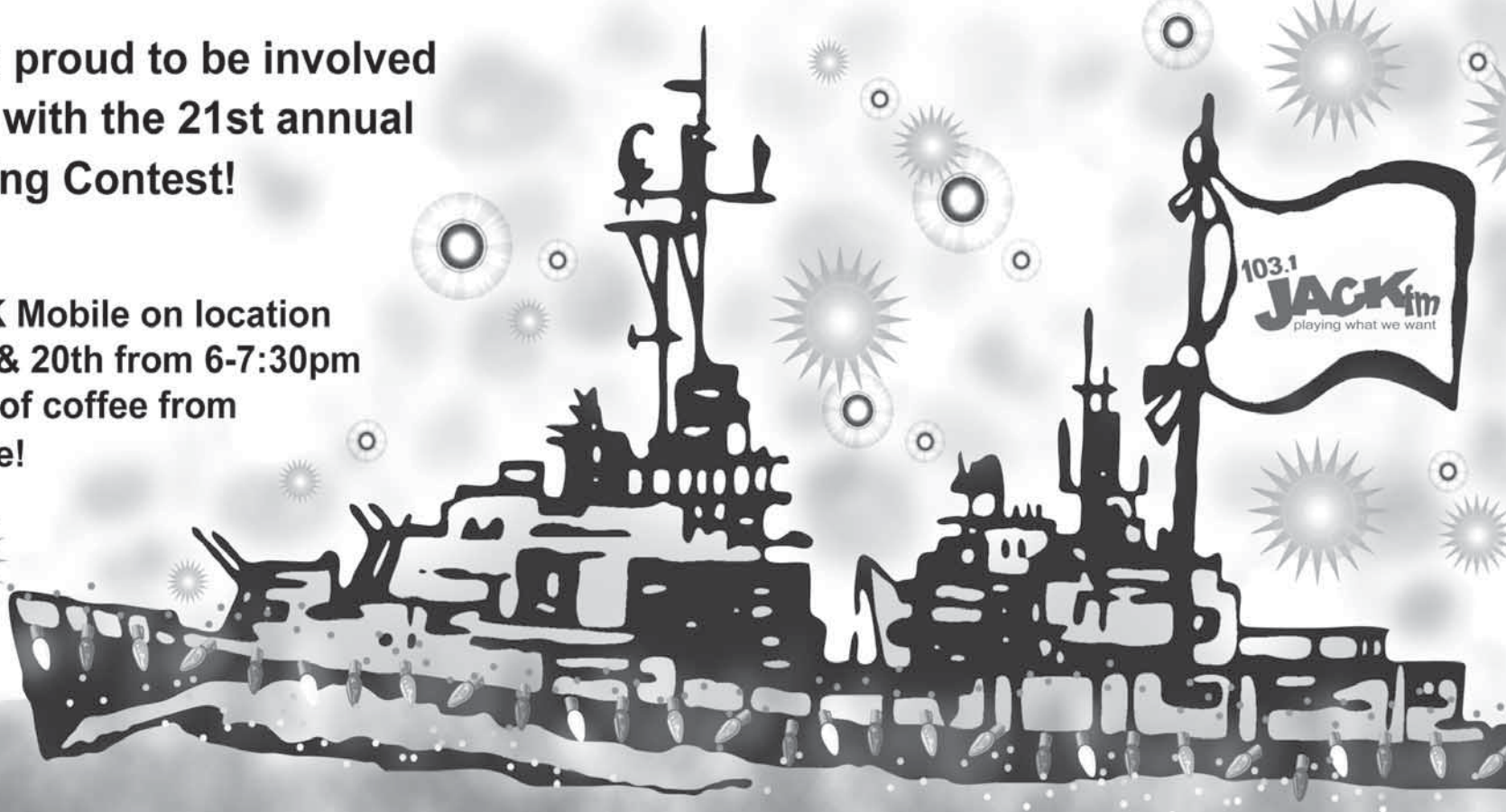


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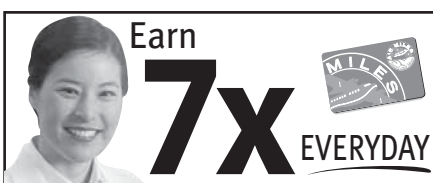
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Closed DECEMBER 25th						



# INFOCUS

## Soldiers send holiday greetings

Canadian Forces Combat Camera will provide video footage of holiday season messages from CF personnel currently deployed overseas. The messages can be downloaded from [www.combatcamera.forces.gc.ca/common/combatcamera/news](http://www.combatcamera.forces.gc.ca/common/combatcamera/news). The footage is transmitted over the Internet in MPEG 4 format and needs to be re-sized for broadcast. Directions for re-sizing are also posted. The audio from these files can also be used for radio.

### Call to Artists

The Air Force Centennial of Flight Project, in celebration of 100 years of powered flight in Canada, is holding a Centennial of Flight Military Aviation

Art Contest. Paintings submitted to the contest will be displayed in an online art gallery. The deadline for submissions is March 2, 2009. Visit the Air Force Centennial of Flight website, at [www.airforce.canadiancentennialofflight.com](http://www.airforce.canadiancentennialofflight.com), to learn more.

### Call for papers

The Canadian Defence Academy, Canadian Forces Leadership Institute is compiling contributions to a volume on women in the navy, to be published in 2010 in recognition of the navy's Centennial.

Contributions are solicited from men and women, past and current members, and civilians with experience with mixed gender

teams in the Canadian naval environment, and those from the academic community who may have a contribution from an historical perspective or be aware of related work on this topic.

Guidelines and suggestions for contributions of 1,000-5,000 words in length can be accessed at [www.navy.forces.gc.ca/centennial/events/events\\_e.asp](http://www.navy.forces.gc.ca/centennial/events/events_e.asp) or by email to [karen.davis@forces.gc.ca](mailto:karen.davis@forces.gc.ca).

Deadline for submission of article is March 31, 2009. Interested contributors should send a 250-500 word summary by Jan. 30. Questions can also be directed to MS Davis at 613-541-6000 ext. 6978 or Dr. Belanger at 613-541-6000 ext. 6826.

## RSP SPORTS

## Badminton and Squash in January

Formation Sports is calling all badminton and squash players interested in playing in the Formation Playdowns for the 2009 Regional Championship. Playdowns will be held between Jan. 19 and 31, 2009.

All interested athletes must register with the Formation Sports Office, 363-4069/4068, no later than Jan. 16, 2009. Regional Championship will be held at 19 Wing Comox from March 11 to 14, 2009. National Badminton and Squash Championship will be at CFB Borden from April 25 to May 1, 2009.

### Navy 6-A-Side Indoor Soccer League

The Navy 6-A-Side Indoor Soccer League will begin Wednesday Jan. 7, 2009, at the Naden Athletic Centre. Games will be played on Wednesdays and Sundays. Teams are to be co-ed with a minimum of three female players. League is open to everyone. Cost will be as follows:

- Military/DND Civilian and Defence Family - \$499/team up to 12 players and \$30 extra each additional player

- Non-DND Civilian - \$599/team up to 12 players and \$40 extra each additional player

Registration deadline is Wednesday, Jan. 17, 2009. Teams can register at the Naden Athletic Centre Kiosk, 363-5677. Any further question or infor-

mation, please call the Formation Sports Office, 363-4068/4069.

### Swimming Regional Development Camp

In preparation for the CF National Swimming Championship, the Pacific Region will hold a Regional Development Camp at 19 Wing Comox, Jan. 30 Jan to Feb.1, 2009. There will be three workout sessions in the pool, the last day will

be time trials based on the seven CF swimming events.

The goal of the camp is to assist and evaluate CF members to qualify for the CF Swimming nationals.

Interested members are welcome to attend one of the Base Swim Team practices.

For more information, please contact Danielle Sutherland at 363-4068 or Lt(N) Tony Zezza at 363-2970.

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## Weekend Sick Parade Discontinued

Effective Jan. 1, 2009, CF Health Services Centre (Pacific) (The Clinic) will no longer provide weekend and statutory holiday sick parade. This is consistent and in keeping with all other CF Health Clinics across Canada. Weekend care will be the same process as currently used by CF personnel for accessing after hours care through presentation of their CF Health Info ID (Blue Cross) Cards at local health care facilities.

First and foremost, if you are having a medical emergency dial 911.

For all other healthcare requirements, CF personnel are to refer to their CF Health ID cards and dial 1-877-MED-DENT for specific information on the walk-in clinics available in their geographical location. For example, the MED-DENT information line may suggest the following providers, amongst others:

### In Victoria

- Burnside Family Medical Clinic  
101 Burnside Road West 381-4353
- Cook & Quadra Medical Clinic  
3461 Cook Street 386-6161

### In Esquimalt

- Admirals Medical Clinic  
275 Old Island Hwy 380-9070

- Esquimalt Treatment Centre  
918 Esquimalt Road 382-4296

### In Colwood

- Colwood Medical Treatment Centre  
102-1910 Sooke Road 478-8833
- St Anthony's Medical Centre  
582 Goldstream Avenue 478-6242

### In Sidney

- Bevan Avenue Walk-In Clinic  
2-2379 Bevan Avenue 656-4177

Emergency departments at the local hospitals are always an option but this is discouraged for matters of a routine or minor nature. All CF personnel are encouraged to discuss this process with the staff in their Care Delivery Units (CDUs).

CDU #1 phone # 363-4120  
CDU #2 phone # 363-5641  
CDU #3 phone # 363-5646

While calling 1-877-MED-DENT and/or accessing extended services, members are reminded to always have their CF Health Info ID (Blue Cross) Cards ready and available.

## Battleford division trains new leaders

**A/Slt Trevor Blakeman and A/Slt Trevor Robinson**  
Contributor

The MARS III Battleford Division conducted their phase training between Sept. 2 and Dec. 5 at the Naval Officer Training Centre (NOTC) at Work Point.

The purpose of phase three training is to gain an understanding of basic visual navigation and ship handling.

Battleford division is named after HMCS Battleford, a Second World War corvette that was involved in the sinking of a German U-Boat. The current Battleford division included members from coast to coast in the Regular Officer Training Plan, Continuing Education Officer Training Plan and Direct Entry Officer entry plans.

Training was divided into three phases.

First, students covered rules of the road, tides and astronomy and navigational planning. The second phase was two-weeks at sea in the new Orca training vessels. By day, students would practice

ship handling and execute the navigation passages they planned the previous night in Ganges or Bedwell Harbour. Lessons learned from the academic and sea phases culminated in a two-week development phase in the Navigation and Bridge Simulators.

When the students of Battleford Division were not hitting the books or practicing mental math, they were tearing up the ice in firm but friendly games at the Wurtele Arena. Moreover, the division helped organize three Friday afternoon Weepers at the Gunroom, participated in the Trafalgar Mess Dinner and initiated other team building activities around the Greater Victoria area. The division was also very active in NOTC's GCWCC campaign.

So what's next for members of Battleford Division? All will carry on with phase training within the next few months. In the interim, some members are volunteering to challenge the Ship's Team Diver course, completing Officer Professional Military Education's or commencing Officer-of-the-Day requirements in warships at HMC Dockyard.

## New at the Base Library

### DVDs

- Wanted
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- Arctic Drift by Clive Cussler
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- Outliers by Malcolm Gladwell
- Soldiers Made Me Look Good by Lewis MacKenzie
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## CFSA sailing results

### Series Race F6, Dec. 7

#### Div 1

1. White Wave, Jon Richardson
2. Feisty, Pauline and Ed Haines
3. Limbo, Paul Jensen

#### Div 2

1. Orca, Max Brown
2. Compromise, Glen Shippam
3. Pitaraq, Graham Heath

#### Div 3

1. Canada Goose, David Deeks
2. Dreamer, Neil Porter



# The Defence Team celebrates Christmas



Cpl Frieda Van Putten, CFB Esquimalt Imaging Services



Mary Ellen Green, Lookout

Members of the Transportation and Electrical Mechanical Engineering Branch took part in the annual Christmas Truck Parade on Dec. 6. The event started at Ogden Point at 5:45 p.m. and wound its way around the city to its destination at Western Speedway. Ninety-five vehicles participated.

Michael Fleming, B.C. Christmas Tree Council representative, helps Cayley Bernier, 10, carry a fresh Douglas Fir Christmas tree to her family vehicle. Eight trees were donated to CFB Esquimalt families who have a member deployed during the Christmas season.

Left to right:

- Larissa Zarate, 6, and sister Lauren, 7, sport holiday cheer with smiles and antlers during the kid's Christmas party put on by HMCS Vancouver and HMCS Algonquin. The party was held at Work Point Gunroom on Dec. 6.

- MS Mark Tipper cuddles his son Tyson in front of the fire truck that pulled up with Santa.

- Two-and-a-half-year-old Jazmyne Paulusse gets dressed in firefighter gear, and with the aid of firefighter Lt Alain Tyler, gets to shoot the firehose.

Shelley Lipke, Lookout



## Seniors and veterans Christmas dinner a "first class" event

Dear Captain(N) Hallé,

We wish to express our sincere appreciation at being invited to the annual veterans senior citizens yuletide luncheon.

This function was first class, from the parking to being greeted on arrival.

We must compliment all of your staff, the service they provided, their cheerful attitude – all added to make this event one to be remembered for a long time.

The set up of the tables, and the meal itself was outstanding.

Capt(N) Hallé, we thank you and your crew for a job well done.

*Yours truly,  
(Ed) Chink Widenmaier, CD  
Vancouver Island Branch  
PPCLI Association*



Above: Guests prepare to dine at the Veterans and Seniors Yuletide Luncheon held at Nelles Block Galley on Dec. 4. CFB Esquimalt treated 500 seniors to this year's turkey dinner.

Top right: Joan Thomas sits on Santa's knee.

Bottom right: Ken Dubroy helps PO1 Dean Easton pour the rum for the traditional rum pudding.



Photos by Cpl Frieda Van Putten, CFB Esquimalt Imaging Services



Pte Malcolm Byers, CFB Esquimalt Imaging Services



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## Resources available for stress

**Daryl Barnhart**  
MFRC

While the Christmas season is a time of excitement that many look forward to, it is also a time when individuals and families experience an increased level of stress.

During the Christmas season, people often experience financial pressure, stress related to social connections with family, and heightened expectations. There are several community resources that can be accessed during the Christmas season:

- Military Family Resource Centre provides programs and services that address

the unique military lifestyle. Contact the 24-Hour Information Line at (250) 363-2640 or outside of Greater Victoria please call toll free 1-800-353-3329.

- NEED Crisis and Information Line provides 24-hour crisis intervention and emergency mental health support for everyone. Contact: (250) 386-6323

- BC Families in Transition (formerly the Separation Divorce Resource Centre) provides counselling and support, supervised access and groups for individuals, parents and children age six to 14 years. Contact (250) 386-4331.

- Member's Assistance Program (MAP) provides free counselling assistance for Canadian Forces members and their families. Call 1-800-268-7708 for a referral to a MAP counsellor.

- Victoria Single Parent's Resource Centre provides programs and support for single parents. Contact (250) 385-1114.

- Service Income Security Insurance Plan (SISIP) provides insurance, financial planning, counselling, CFPAF and financial education. Contact (250) 363-3301.

Please note that not all of the above mentioned services are open on Dec. 25.

## Have a fire-safe holiday season

**Mike McLean**  
Fire Prevention Branch

Winter holidays are a time for families and friends to get together.

But that also means a greater risk for fire. Following a few simple tips will ensure a happy holiday season.

### Holiday decorating

- Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.

- Keep lit candles away from decorations and other combustibles that can burn.

- Use lights that have the label of an independent testing laboratory. Some lights are only for indoor or outdoor use, but not both.

- Replace any string of lights with worn or broken cords or loose bulb connections. Connect no more than three strands of mini light sets and a maximum of 50 bulbs for screw-in bulbs.

- Use clips, not nails, to hang lights so the cords do not get damaged.

- Keep decorations away from windows and doors.

### Holiday entertaining

- Test your smoke alarms and tell guests about your home fire escape plan.

- Keep children and pets away from lit candles.

- Keep matches and lighters up high in a locked cabinet.

- Stay in the kitchen when cooking on the stovetop.

Ask smokers to smoke outside. Remind smokers to keep their smoking materials with them so young children do not touch them.

- Provide large, deep ashtrays for smokers. Ensure any smoking material is extinguished before discarding.

### Christmas stocking ideas...

Smoke alarms, carbon monoxide detectors or multi-purpose ABC fire extinguishers.

Have a happy holiday season from the CFB Esquimalt Fire Prevention Branch.

Any questions call 250-363-1538.

### Library holiday hours

The main library (building N12) will remain OPEN over the Christmas period except for statutory holidays. The library annex in Nelles Block will be CLOSED from Dec. 20, 2008 until Jan. 4, 2009.

Merry Christmas from Sheryl, Allison & Katie.



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Tim Willis, director of exhibits and visitor experience at the Royal B.C. Museum, stands in front of a Freespirit display that showcases 150 favorite British Columbians. Favourites were chosen by B.C. residents to mark the 150th anniversary of B.C. As part of this exhibit, the museum is looking for stories, photos and video to showcase the lives of B.C. residents.

Shelley Lipke, Lookout

# Become a part of B.C.'s history

**Shelley Lipke**  
Staff writer

As part of B.C.'s 150th anniversary, the Royal B.C. Museum (RBCM) is accepting stories, photographs, audio, text, and video submissions for the People's History Project to document and archive the lives of B.C. residents.

Whether it's a story about arriving, growing up, working or living in B.C., all submissions will be accepted and uploaded to the museum website where they can be viewed by people across the globe.

"We've had 3.2 million hits on the website so far from people around the world, so word is getting out," said Tim Willis, direc-

tor of exhibits and visitor experience at RBCM.

The idea for this exhibit was inspired from A People's War, a project initiated through the British Broadcasting Corporation that encouraged people, either fighting or at home, during the Second World War to tell their stories, said Willis. It created an amazing record of the Second World War.

"At the RBCM, the idea was not to tell the story by using historians, but use the written word of the people who lived during that time," said Willis. "I've been interested in how storytelling plays a part in capturing history and how important it is to create a sense of identity. This opportunity and the

web let people be part of the story."

The People's History Project is part of the Freespirit exhibit at the museum, a government initiative to showcase B.C.'s 150th anniversary, and while the exhibit closes Jan. 11, 2009, the website will live on.

While the majority of submissions are written stories, people are encouraged to send in any form of media including videos, audio, and pictures.

"We want to encourage kids to use video to interview their grandparents about their past and

submit the video," said Willis. "Kids are a new generation and it's a great way of capturing stories before they are lost. The memories will live on in electronic format on the website as told in 2008 by British Columbians during the 150th anniversary year."

So far 250 stories have been submitted, and can be seen online at [www.freespiritbc.ca/peoples-history](http://www.freespiritbc.ca/peoples-history). Submissions are being accepted until Jan. 11, 2009 on the website, and voice recording of stories can be taped by phoning 250-381-4305.

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## INFOCUS

Bravo  
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Ron Day, Deputy Director of General Safety at National Defence Headquarters, recently presented a General Safety Award to Fleet Maintenance Facility Cape Breton's Safety and Environment Section. Day said he could only recall a half dozen occasions for group awards in his 46 years with DND.

Left to right: Ron Day, Andrea Croft, Bob Bridgeman, Shane Howe, PO1 Mike Robinson, MS Sue Hearn, PO2 Al Goodfellow, Claude Himbeault, Ron Durdle, Marlowe Fraser, John Misener, Nicole Schaaf and Morgan O'Gorman.

## FMF section receives rare group award

On Monday, Dec. 8, the Fleet Maintenance Facility (FMF) Safety and Environment section was presented with the General Safety Program Well Done Award by Ron Day, Deputy Director of General Safety. The Directorate of General Safety resides in National Defence Headquarters and reports directly to the Vice Chief of the Defence Staff.

The award is normally presented to individuals who have contributed to a safety program over and above the call of duty, or who have prevented a serious injury in the workplace. Day highlighted the unusual circumstances of this par-

ticular presentation in his remark that since the well done award's inception in the 1970s, it has been extremely rare for a group to receive the award.

The FMF Safety & Environment section was recognized in the citation for its professional dedication in providing a safe and healthy impact to the people and environment of their unit, ships and Maritime Forces Pacific. It was particularly noted that the section has been able to build excellent rapport and trust with operational departments and their workers inside one of the Government of Canada's most complex industrial work areas.

## JRCC honoured with hero award

The Victoria Joint Rescue Coordination Centre (JRCC) received the Heroes and Rescue Award last two weeks ago for their search and rescue effort when B.C. Ferry *Queen of the North*, carrying 102 passengers, sank in 2006.

Major Mitch Leenders, Officer in Charge of JRCC, accepted the award at a gala dinner in Vancouver. Sponsored by the Justice Institute of British Columbia, the award recognizes outstanding search and rescue efforts.

On March 22, 2006, JRCC responded to a may-day call from the ferry after it ran aground and sunk near Hartley Bay. JRCC tasked a number of assets to the scene, including two Canadian Forces CH-149 *Cormorant* helicopters and two CC-115 *Buffalo* aircraft, as well as Coast Guard vessels *Sir Wilfred Laurier*, *W.E. Ricker*, *Vector*, *Point Henry*, *Kitimat II* and *Sir Wilfred Laurier I*. Several local fishing boats also responded. The *Cormorant* evacuated 11 people for minor injuries. Two people were never recovered.

"With the number of search and rescue missions we conduct each year, it's impossible to imagine doing it without additional support," said Maj. Leenders. "The community support we received from Hartley Bay during the *Queen of the North* sinking was instrumental to this mission."

The Victoria Joint Rescue Coordination Centre



Maj Mitch Leenders, Officer in Charge of JRCC, accepted the Heroes and Rescue Award on behalf of his unit.

(JRCC) is one of three Canadian JRCCs; the others being in Trenton, Ontario and Halifax, Nova Scotia. The JRCC is responsible for coordinating the Search and Rescue (SAR) response to air and marine incidents within Canada and adjacent waters.



Pte Jax Kennedy, 19 Wing  
LS Quentin Cennon is promoted to MS by LCol James Benninger, 19 Wing Operations Officer, and PO1 Ken Wiebe. MS Cennon is a Marine Engineering Technician with the Marine Section at HMCS Quadra, Comox.

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Maj Linda Hildebrandt receives a hearty handshake from retiring Maj Yvon Savoie after signing the change of command certificates for Regional Cadet Instructor School (Pacific) on Dec. 6. The school prepares Canadian Forces officers to provide administrative and training support to the Royal Canadian Sea, Army and Air Cadets.





# Rocky Point: sailor's training ground

**Shelley Lipke**  
Staff writer

Sunlight beams down on MS Benjamin Piercy as he kneels on the loose gravel, pressing his fingers in the dirt to draw straight and curved lines. Using plastic cups for barrels and plastic knives for razor wire, his rough diagram of a roadblock is complete.

He stands up, brushes the dust from his knees, and directs six sailors under his leadership to make his vision a reality.

As one of 28 junior rank members, his goal is to successfully lead his section through the roadblock construction exercise while being graded by Fleet School staff as part of Primary leadership Qualification (PLQ) training.

Dressed in a mix of CADPAT and old olive drab-combats, the sailors were bussed to Rocky Point last week for 10 days living in camps that mimic a forward operating base like ones set up in Afghanistan.

Assessing MS Piercy, with clip board in hand, is PO2 Chris Taylor, PLQ Instructor. Next to him PO1 Alena Mondelli, PLQ Standards, assesses the overall course content.

"We give task demos to show the students the perfect way to perform a task, then let them do practice runs and each student has a three-hour window of being section commander," says PO1 Mondelli. "During this time, they must ensure their section is fed, has ammunition and is comfortable while leading them through the task."

Three other section commanders stand by their tents preparing their sections as well, with assessors scrutinizing their every move.

The exercises vary from setting up a roadblock, to dealing with a suicide bomber, or a kidnapped diplomat.

With his section prepped and ready, MS Piercy march-

es them down the dirt road to the site of the roadblock. Bellowing orders to his troop, stakes are pounded into the ground to house razor wire, and barrels are rolled into place.

To add realism to the scenario, a young woman approaches the roadblock on foot and attempts to walk past a guard. A gun is pulled from her waist and shots echo throughout the otherwise quiet landscape. Her body drops to the ground.

At the same time, a van pulls up and an explosion rings out. A flurry of commands are given by MS Piercy for his section to take action, check for survivors and assist the wounded.

Once the situation is under control, the exercise ends and everyone returns to camp.

At the end of the 10 days, MS Piercy passes his training and becomes a fully qualified Master Seaman.

The PLQ course is a mandatory component for Leading Seamen to progress to the rank of Master Seaman, or for Acting Lacking Master Seamen to be fully qualified, explains PO1 Mondelli, who ensures the mandatory components of the course are covered by both students and instructors.

The course encompasses five weeks of classroom study focusing on leadership, physical training and weapons skills, followed by two weeks in the field training at the forward operating base.

A third element is introduced into the equation when military volunteers, such as the woman and van driver, play an opposing force to add an element of reality to the drills, says PO1 Mondelli. Traditionally, the two-week field portion of the seven-week course is held at Albert Head, but a new forward operating base opened at Rocky Point in April.

While junior leadership



photos by Shelley Lipke, Lookout

**Above:** LS Daniel Hogan dives for the ditch during a roadblock exercise.

**Below:** MS Benjamin Piercy, section leader for this exercise, answers questions about the roadblock diagram he's drawn on the ground for members of his section. PO2 Chris Taylor stands with a clipboard behind the semi-circle assessing MS Piercy's performance.



training has been around for years, it has been modified recently to incorporate force protection, and now teaches basics of land defence operations involving section battle drills, said CPO1 Shawn Taylor, PLQ Chief Petty Officer.

Whether protecting a jetty,

or diffusing a riot at CFB Esquimalt, sailors need to be ready with these skills, and sailors need the necessary skills if they get caught in a hostile environment, said CPO1 Taylor.



LS Helm on watch at the observation post that protects the camp.

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FEDERAL SUPERANNUATES GENERAL meeting. Tuesday, January 13 at 10am. 411 Gorge Road East. # 292 Legion. There will be a speaker from VIHA. Call 477-6102 for more info.

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29 Dec 08 Normal Routine 6am - 10pm Pool 6am - 9pm	30 Dec 08 Normal Routine 6am - 10pm Pool 6am - 9pm	31 Dec 08 Open 6am - 1pm Pool 6am - 1pm	1 Jan 09 New Years Day CLOSED	2 Jan 09 Normal Routine 6am - 10pm Pool 9am - 5pm	3 Jan 09 Normal Routine 9am - 8pm Pool 9am - 8pm	4 Jan 09 Normal Routine 9am - 8pm Pool 9am - 8pm
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29 Dec 08 Maintenance 7:30am - 11:30am Shinny 11:30am - 1pm Maintenance 2:30pm - 4pm	30 Dec 08 Maintenance 7:30am - 11:30am Casual 11:30 am - 1pm Paramedics 1pm - 2:30pm Maintenance 2:30pm - 10pm Mauraders 10pm - 11:30pm	31 Dec 08 Maintenance 7:30am - 11:30am Shinny 11:30 am - 1pm	1 Jan 09 New Years Day CLOSED	2 Jan 09 Maintenance 7:30am - 11:30am Shinny 11:30 am - 1pm Maintenance 2:30pm - 5:30pm Hockey 101 5:30 - 8pm VHL 8:30pm - 10pm Hockey 101 10pm - 11:30pm	3 Jan 09 JDF Minor Hockey 7am - 1pm Casual 1pm - 2:30pm Sticks & Pucks 2:30pm - 4pm JDF Minor Hockey 4pm - 7pm Lady Tritons 7pm - 8:30pm Hockey 101 8:30pm - 11:30pm	4 Jan 09 JDF Minor Hockey 7am - 1pm Casual 1pm - 2:30pm Sticks & Pucks 2:30pm - 4pm Maintenance 4pm - 8:30pm Blue Liners 8:30pm - 10pm Hockey 101 10pm - 11:30pm



# INMEMORIAM



Left to right: WO Robert John Wilson, Cpl Mark Robert McLaren and Pte Demetrios Diplaros were killed in Afghanistan on Dec. 5 when the vehicle they were travelling in hit an improvised explosive device.

## Three Canadian soldiers killed

CEFCOM

Three Canadian soldiers were killed as a result of an improvised explosive device attack on their armoured vehicle during a joint patrol with Afghan National Army soldiers in the Arghandab District. The incident occurred Dec. 5.

Killed in action were Warrant Officer Robert John Wilson, Corporal Mark Robert McLaren and Private Demetrios

Diplaros. The primary next of kin for all three soldiers have been notified.

The Canadian soldiers were participating in a vehicle patrol with their Afghan colleagues when their vehicle was struck by an improvised explosive device. The three soldiers were killed instantly by the explosion.

In an unrelated incident, earlier on the same day, two Canadian soldiers were seriously injured

when an improvised explosive device detonated in the vicinity of a joint Canadian-Afghan foot patrol in Zharey District. A cordon was quickly established and the soldiers were evacuated by helicopter to the multinational medical facility at Kandahar Airfield, where one soldier is reported to be in serious condition and the other reported to be in fair condition.

The names of the injured soldiers will not be released.



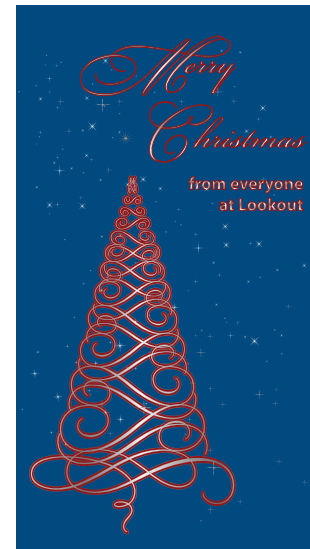
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