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Protecteur steals the show during Navy Lighting



NEWS 3

New battery maintenance shop opens in dockyard



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Snowbird pilot takes high flying career to schools



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Frosty holidays

Photos by Ed Dixon, Base Imaging Esquimalt

The snow-capped bridge of YTL 591 Parksville was an unusual sight in the normally temperate Victoria climate. Overall, Victoria saw the accumulation of 64 centimetres of snow during the Christmas week of 2008.



Left: Dockyard deer enjoy the sun on the hills behind Imaging Services Building D25, after the winter storm.

Below: Snow-covered cannons at Duntze Head look across Esquimalt Harbour at a frosty Fisgard Lighthouse.



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Protecteur display led to a win

Shelley Lipke
Staff writer

Even though thick blankets of snow draped ships and buildings alike over the 14 days of the 21st Annual Navy Lighting Contest, money was raised and winners have been declared.

It was a hands-down win for *HMCS Protecteur* as best lighted ship.

More than 12,000 LED Power Smart lights twinkled festively aboard *Protecteur*, earning 65 per cent of the votes for the energy-efficient display,

BC Hydro, *Protecteur's* sponsor this year, insisted that LED lights be used. They were chosen for their power-saving capabilities and then strung under the direction of electrician PO2 Pascal Harel.

"It took 20 people one full week to put up 370 strings of lights," said PO2 Harel, who designed the display. "There was a lot of work put in by the whole ship's company. It looked amazing. We knew we were going to win."

The award for best lit building went to the Admiral's residence, which was sponsored by Parker Johnston Roofing. The brightly lit display created an ambiance that



HMCS Protecteur led the way with its 100 per cent LED light display for this year's Navy Lighting Contest.

towered above the other buildings in its category winning with 40 per cent of the votes.

LS Eric Radke coordinated with Mrs. Pile, the Admiral's wife, to establish the design. "We came up with a floor plan of the house, and discussed how to keep a similar theme to last year, but with more emphasized lighting in the trees," said LS Radke. It took four people four days to string up the winning display.

The contest saw 18 entries in total with eight ships and 10 buildings. "

The enthusiasm and the competition itself were great and everyone involved did a thorough job of decorating, but

attendance was down due to poor weather," said Capt Darin Guenette, coordinator of the contest for the seventh consecutive year.

Out of the 14 nights, one was cancelled due to weather, and on three of the other 13 nights 70 or less people came through the gate per night, said Capt Guenette.

Last year 4,800 visitors put pencils to paper voting for their favorite lighting displays compared to 2,173 this year. The Mustard Seed food donations measured a total value of \$9,235 compared to \$18,500 last year and \$17,000 in 2006. "Still, for the amount of visitors to this year's contest the results were good," said Capt Guenette.

Supply ship goes "power smart"

SLt Nick Marasco
HMCS Protecteur

The Christmas season was awash in traditional images of snowmen, candy canes, decorated houses, and, in Victoria, festive warships. Every year Canada's Pacific Fleet holds a Navy Lighting Contest where each ship competes, with the help of a sponsor, to win the title of "best decorated warship."

BC Hydro deliberately sought out *HMCS Protecteur*, a 39-year-old auxiliary oil replenishment ship, and offered to sponsor her in the lighting competition, but they had a caveat.

All of *Protecteur's* old incandescent lights had to go; she would be lit only with new LED lights. BC Hydro complemented their pledge with extra LED lights and provided a Christmas tree and reindeer completely made with LED lights for the event.

Requiring *Protecteur* to use LED Christmas lights was a part of BC Hydro's push for a greener holiday season, as LED lights have two major environmental advantages over common Christmas lights: they use less electricity and are more environmentally friendly to manufacture.

According to BC Hydro's website (www.BCHydro.com), a typical string of

50 traditional light bulbs would use about 80 times more power than a typical string of 70 LED lights. The process of making incandescent and fluorescent lights requires mercury gas, which is poisonous and harmful to the atmosphere. This process is not used in the making of LEDs, making their production more environmentally friendly.

LED lights also have the advantage of producing significantly less heat than a standard incandescent bulb and do not require a glass bulb or metal filament to produce light. This makes them both more durable and safer to use.

Armed with a greener attitude, *Protecteur's* lighting team planned the ship's new lighting scheme and set to work acquiring the lights and hanging them. Due to *Protecteur's* sheer size, 12,135 LED lights were required to adequately display her impressive

holiday cheer.

This amounted to an estimated power requirement of just over 1 kW compared to a minimum of 85 kW required to produce the same effect using traditional incandescent lights. In simpler terms, the LEDs draw the same amount of power as it would take to light 20 household lamps, while the incandescent bulbs require the same amount of power as 1,700 lamps.

Protecteur's LEDs drew the same amount of power as it would take to light 20 household lamps, while the incandescent bulbs require the same amount of power as 1,700 lamps.



Shelley Lipke, Lookout

With three sissors and a collective snip, LCol Jon Burbee, Base Construction Engineering Officer; Cdr Kirby McBurney, Corporate Services Manager Fleet Maintenance Facility; and John Laverdiere, ADM (IE) Project Management, cut the ribbon of the new battery shop to celebrate its opening.

New battery shop charged up

Shelley Lipke
Staff writer

After more than a year of extensive safety testing, the new battery maintenance shop at Fleet Maintenance Facility Cape Breton (FMF CB) opened on Friday with a ceremonial ribbon cutting.

Cdr Kirby McBurney, Corporate Services Manager in FMF CB, cut the ribbon at the shop entrance, along with LCol Jon Burbee, Base Construction Engineering Officer; John Laverdiere, (ADM (IE) Project Management); and FMF employees.

"It's been a challenge getting this shop opened," said CPO1 James Parsons, transition project manager. "It's been under construc-

tion for two years and even after the shop was fully constructed over a year ago, there were safety concerns from employees that we had to deal with."

All concerns were investigated, engineering reports were conducted, and evaluations done to ensure it was safe before we opened it said CPO1 Parsons.

"It was the first time battery charging and filling were going to be done in the same location, and while the room was rated explosion proof, code requirements had to be met, which meant a lot of work."

The new shop was constructed as part of C-4360, an initiative to create an integrated ship repair zone where everything is closer

to one central area, which is D250 located adjacent to C jetty where ships get repaired.

Not only is the battery maintenance shop much larger than its predecessor, but it also has a large crane to lift forklift batteries or submarine cells.

The Victoria-class submarine has 480 battery cells to charge – batteries are its only source of power when submerged. The new charger for the spare submarine cells is a necessity said CPO1 Parsons.

Also new is a separate room where acid spills will be caught in drains and treated so nothing goes into the environment. The acid will go to a holding tank where it is neutralized and then released into

the waste water treatment facility.

"This is a vast improvement from what we had before," said electrician Tim Costin, the primary employee who will work in the new shop. Costin's job is to maintain, charge and dispose of batteries, as well as test their functionality.

"The new shop has a better ventilation system, and a completely automated system that mixes battery acid to commission new batteries," said Costin.

Over the next five years C-4360 will see more shop openings within FMF as the project moves to completion. "We've been trying to celebrate for each new area as it unfolds," said CPO1 Parsons. "I'm happy this one is finally open."



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WHAT SAY YOU

Aboriginal Advisory Group bridges cultures

Membership opportunity: Next meeting Jan. 21 • 1 p.m. • Hood Building Conference Room

CPO2 D.J. "Gus" Greer
Military DAAG Co-Chair

How it began

In 1997, four distinct Defence Advisory Groups (DAGs) were created. Their creation was a result of the CF and DND looking to recruit and retain a diverse workforce. DAGs, it was believed, would facilitate this by providing a welcoming and supportive work environment for its military and civilian employees. DAGs would strive to accomplish this by providing the senior leadership with insight and guidance on issues regarding the implementation and furtherance of Employment Equity (EE) programmes and policies.

The Esquimalt Defence Aboriginal Advisory Group (DAAG) was the first to be established in this Formation. Within months of its inception, membership increased to the point where it was by far the largest Advisory Group in the CF and DND. With the full and enthusiastic support of then Commander of Maritime Forces Pacific, Rear Admiral Buck, the DAAG flourished. His successors have continued to provide this same unwavering support.

Relationship building

The DAAG's first step to building a relationship with local Aboriginal communities was the creation of a Guard of Honour that would lead veterans in the Grand Entry at local powwows. Aldeen Mason, the Formation's Employment Equity Aboriginal Liaison Officer, spread the word of this Guard of Honour to local powwow committees, and as a result invitations to take part in these highly visible community events came in. For our group to be invited to participate in the Grand Entry was a great honour as Aboriginal veterans always lead the Grand Entry – they have always been and are very much still held in great esteem by their communities.

This Guard of Honour was also invited to participate with the monthly Native Students Union Elder's Dinners at both Camosun College and University of Victoria.

Promoting DND

From this initial foray, the DAAG became involved in promoting DND and the CF as a career of choice. They set up information kiosks at Aboriginal job and career fairs to promote Aboriginal military programs (such as the Raven youth program) and DND civilian careers (such as the apprenticeship programs with Fleet Maintenance Facility).



A Guard of Honour leads Aboriginal veterans in a Grand Entry.

DAAG members became involved in the planning and executing of the Formation's annual National Aboriginal Day (NAD) celebrations. The celebrations have allowed the Formation an opportunity to invite local First Nation's Chief's, respected elders and community members into the military community. This serves to de-mystify what the CF does and makes the CF familiar to the local Aboriginal communities.

The CF and DND are a little known entity in many Aboriginal communities and as any parent can attest, rarely would one encourage or support their child in pursuing a career with a company they either know little of or have misgivings about.

The Aboriginal communities reciprocate by showcasing aspects of their culture. In addition, it gives them an opportunity to interact and develop friendships with members of our organization, through events such as the Aboriginal Day, which is very much a win-win event and one that the DAAG and the Formation take much pride in hosting each year.

The DAAG also established close ties with the local chapter of National Aboriginal Veterans Association (NAVA), which led to the DAAG providing support to these veterans in wreath-laying ceremonies on Remembrance Day at various cenotaphs in the city.

Civilians volunteer

On the civilian side, for many years now, several DAAG members have volunteered with Surrounded by Cedar Child and Family Services (SCCFS) annual back-to-school picnic where backpacks are filled with school supplies and handed out to Aboriginal students in Grades K-12. The initiative has grown immensely within the past few years and last August 700 backpacks were handed out. Phil Petersen, the CE works coordinator, has always been a

strong supporter of SCCFS programming and has taken a step further by initiating a program to provide youth with employment utilizing Formation EE funds.

Our mission

There are many other activities and events which the DAAG has participated in over the last 11 years in support of our mission. That mission is to provide advice and insight to senior leadership on issues impacting the recruitment, retention, development and promotion of Aboriginal Peoples in the DND, CF and CFPSA.

This is achieved by:

- Regular communication to senior leadership of DND, CF and Canadian Forces Family Support Services of possible systemic barriers and by providing advice to leadership on specific issues having a national scope.
- Maintaining an awareness of potential issues in consultation with the local/regional DAAG's and Aboriginal Peoples at large in our respective area of responsibility.
- Providing assistance in the establishment and the development of DAAG's at the local / regional levels.

Regrettably, membership in this Formation's DAAG has dwindled down over the past year and this can be attributed due to the transitory nature of our careers, along with postings and releases/retirements taking its toll on our numbers.

We are now appealing to our Aboriginal members of the CF/DND in Maritime Forces Pacific to join our DAAG and aid us in our mission. Careers in both organizations are very rewarding and we need to get that word out to the local community.

For those interested, our next DAAG meeting is on Jan. 21, 1 p.m. main floor conference room in the BCEO Hood Bldg (Dkyd 575).



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FILM *friday*

"Bride Wars" an average romantic comedy

W. Andrew Powell
The GATE

Happy New Year movie fans. With the first Film Friday of the year we're going to take a look at two new releases, plus a look back at movies still in theatres that may offer a bit more bang for your buck.

New this week...

The Unborn

Writer and director David Goyer, who wrote *Batman Begins* and directed *The Invisible*, debuts his supernatural thriller about a young woman (Odette Yustman) who is being tormented by a dark spirit. With the help of spiritualist Sendak (Gary Oldman), the two discover a family curse that dates back to Nazi Germany, and an unborn soul with dark intentions.

Goyer gets my respect for penning *The Dark Knight*, and *Dark City*, but it's hard to ignore that he also wrote the screenplays for *Jumpier*, and *Blade: Trinity*. With those films in mind, I'm sure *The Unborn* will perform as a decent thriller, and offer a few scares, but it otherwise bears the pedigree of a horrific flop.

Bride Wars

Speaking of silly flops, how will the girly romance film *Bride Wars* fare among critics and audiences?

The film stars two legitimate actresses, Kate Hudson and Anne Hathaway, as "bridezillas" planning their weddings on the same day. The two friends, or perhaps former friends, will do whatever it takes to upstage the other, no matter what the consequences.

Bride Wars looks like your average romantic comedy.

Already in theatres...

The Spirit

Call it my geeky love of anything stylized, but I had big hopes for *The Spirit*. Directed by comic book creator Frank Miller, the film should have been the iconic movie of the year with Gabriel Macht playing the title role of a crime fighter in the dirty streets of Central City. And yet, what we get is an overly stylized film that looks fantastic, but lacks any of the edge or brilliance of films like *300* or *Sin City*, both of which are comics originally created by Miller.

Once a cop, but now an unwavering crime fighter with a soft spot for pretty

ladies, *The Spirit* is a mysterious force in Central City. Fighting the evil of the Octopus, played by Samuel L. Jackson, *The Spirit* works alongside police, but he also wants to find out how he became this man who can take a gunshot and survive, especially since he remembers coming back from the dead. At the same time, a former friend and would-be heartache known as Sand Saref, played by Eva Mendes, has returned to the city in search of the greatest sparkling treasure ever seen.

Marked by its fun, and beautifully retro style, *The Spirit* looks amazing. It is a perfectly stylized film in every way, right down to the oddball side-stories and loony characters. The flaw is that, much like a lot of these films, the story is not only thin, it's uninspiring and empty.

The Curious Case Of Benjamin Button

Brad Pitt stars in David Fincher's latest digital extravaganza, with Pitt playing the part of Benjamin Button, a man born 80 years old, who ages backwards. On his path through life, which is marked by strange and unusual circumstances, Benjamin falls for a beautiful

dancer named Daisy, played by Cate Blanchett. It's a romance that will of course be complicated by the simple problem that they are two souls going through life in different directions.

With the many comparisons to *Forrest Gump* aside, David Fincher's latest film is being lauded by critics as one of the best films of the 2008. Written by *Forrest Gump* scribe Eric Roth, the film is likely a shoe-in for some Oscar attention. It's also yet another example of Blanchett taking on a beautifully imagined character and breathing life into the role, even as Pitt creates yet another quirky, engaging oddball.

Gran Torino

Clint Eastwood stars and directs a film about a prejudiced old man who becomes an icon for the people he seems to hate. When trouble happens in his own front yard, the aging Walt (Eastwood) doesn't hesitate in dealing with a local gang that is making trouble for the family next door. As the community celebrates him, he will however have to come to grip with the changing world around him, and the threats of the enraged gang.

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



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Solution: 1. Tie on lady's hat is missing. 2. Strap on backpack is missing. 3. Extra stripe on man's sombrero. 4. Bush outside window is colored in. 5. Pocket on shirt has moved. 6. Stripe on sleeve has moved. 7. Patch on pants has moved. 8. Curtain is wider. 9. Brim on hat is wider. 10. Neckline on shirt is different. 11. Stripe on skirt is taller. 12. Letter on suitcase is upside down.

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The Old Car Detective

Bill Sherkh



In 1932, Henry Ford introduced the first V-8 engine in the low-priced field. For the next 22 years, Ford was unique among the Big Three in offering this engine in that price range. Not until 1955 did Chevrolet and Plymouth catch up to Ford under the hood.

Stan Bendle, 85, lives near Kingston, Ontario, and reads this column in the local EMC paper. He still remembers the V-8 engine in his 1934 Ford:

"On September 9, 1946, I joined the Royal Canadian Air Force (RCAF), stationed first at Trenton, then at Downsview near Toronto. That's when I bought a 1934 Ford V-8 for \$300.

"Three weeks later, I threw a connecting rod and put a hole in the cylinder wall. Someone told me that if I could get a block of hardwood to put into the cylinder and plug the hole, the motor might be okay.

"I got a piece of wood, removed the head from the motor, hammered the block of wood into the cylinder, and put the head back on. I drove about a mile and the motor shook and vibrated so much, I bought a reconditioned motor and my '34 Ford V-8 ran well again.

"In August 1948, I was informed I would be transferred to Calgary. This meant I could not be best man at my brother's wedding. I put an ad in the Toronto Star for paying passengers and two guys came with me to Calgary. I charged them \$20 apiece.

"My brakes were not very good so I had to start braking well before all the stop signs and traffic lights. Going through the Badlands of North Dakota, I started to hear an awful howl coming from the transmission. We travelled about 25 miles at reduced speed before we found a service station where the transmission was filled with oil and the howling stopped. We reached Calgary without further trouble.

"Three months later, I was transferred to Edmonton. I remember driving there from Calgary. The motor stopped about every 20 miles so I waited about 20 minutes and it would start again. I finally reached Edmonton and found a repair garage. They said my car needed a new coil and they put one in.

"About two weeks later, the Senior Warrant Officer asked me if I had any insurance on my '34 Ford, parked just outside my barrack block. I had to tell

Alberta bound in a 1934 Ford V-8



Stan Bendle with his 1934 Ford V-8 in 1948.

him I had no insurance. He said to get insurance or remove my car from DND property. I sure couldn't afford insurance and I had to sell my '34 Ford V-8."

As a thank you, if your story is published in this column you will receive a copy of Bill Sherkh's book "60 Years Behind the Wheel: The Cars We Drove in Canada 1900-1960". To share your stories or photos e-mail billtscherkh@sympatico.ca or write Bill Sherkh, 25 John St., P.O. Box 255, Leamington, ON N8H 3W2.

CFSA SAILING RACE RESULTS

Results of Cole Cup Long Distance Race, Jan. 4

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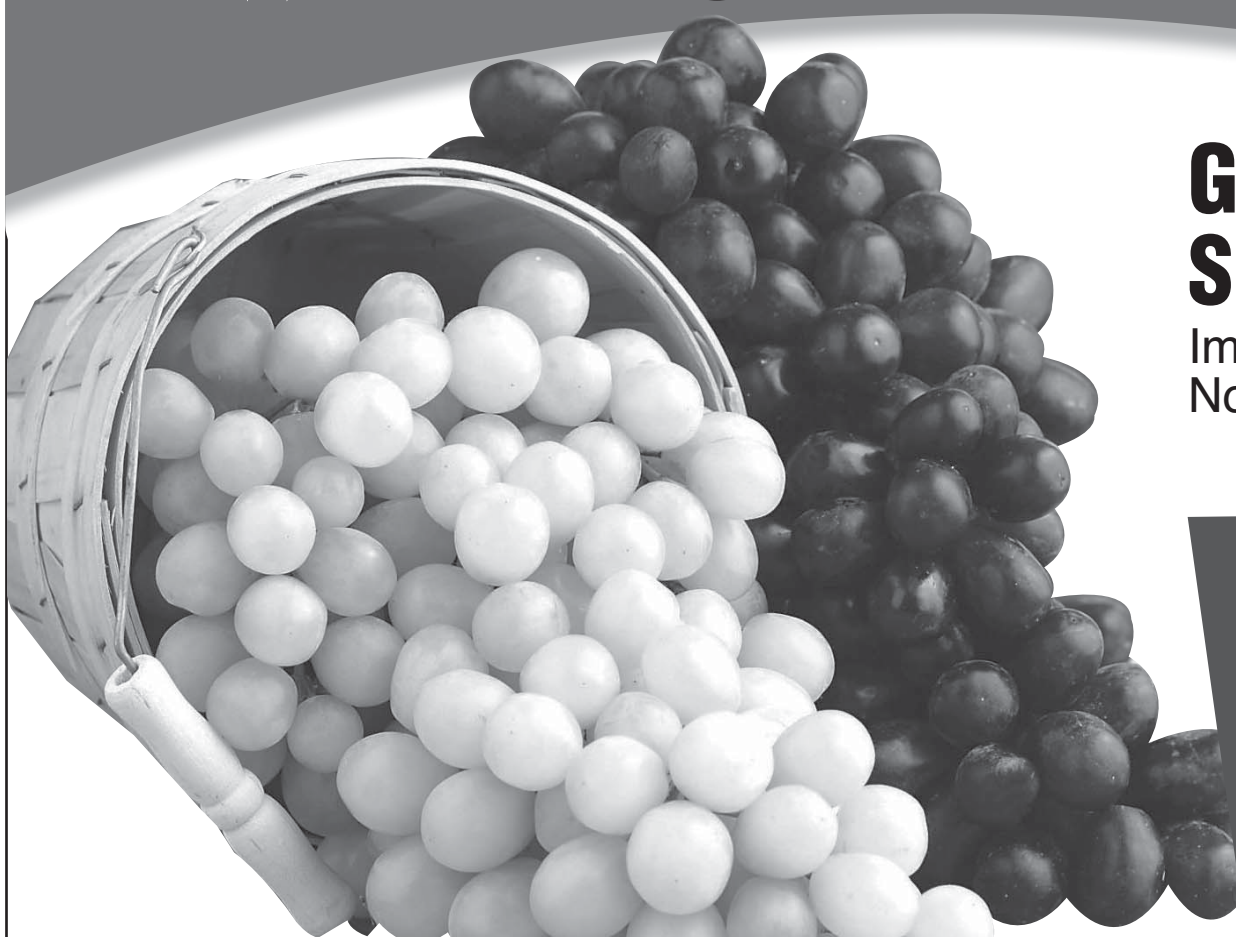
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INBRIEF

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The public is invited to attend the Emergency Services Career Fair. This job fair will have a unique focus on part-time and full-time job opportunities within the justice and emergency services sector. The attending organizations will include police and sheriff departments, fire departments, paramedics, Corrections, Canadian Coast Guard and the Canadian Forces.

Along with the above mentioned agencies available to answer questions, and display equipment and vehicles, will be the Small Arms Training or SAT simulator. As one of the fair highlights, the SAT trainer will be available for public viewing and demonstration.

The Emergency Services Career Fair, sponsored by 39 Canadian Brigade Group (CBG) the Army Reserves of British Columbia, will take place at Ashton Armoury 724 Vanalman Avenue.

There will be no cost for this event. This opportunity may be just what you need in order to get a head start on an exciting career in the emergency services.

For further information please contact 39 CBG attraction coordinator MCpl Les Gardner at 250-363-8337 or gardner.lp@forces.gc.ca.

Canteen Road closure

In order to manage three overlapping projects at Canteen Road, the current entrance and gate will close permanently on Jan. 15. The fence line will be realigned to allow construction vehicles into the building site. Normal vehicle traffic into dockyard will still have the option of using the Main Gate or Y Gate. A new pedestrian access gate will be created on Canteen Road between the current site and the parking lot. A sandwich board will be placed on the sidewalk indicating the alternate pedestrian entrance.

CISM Soccer

The CISM Women's Soccer team is looking for Regular Force or Reserve members who

are interested in the 2009 World Championship squad. All interested players are responsible for regular fitness testing and for submitting results. Out field players must achieve 9.5 or better to be considered and keepers must achieve 8.5. Minimum scores for consideration for the selection camp will be 10 and 9 respectively. All players should be prepared to complete the 20 MSR at camp as well. Key dates for the upcoming year are as follows:

- Feb 14-22: training camp location TBD
- March 20-23: fitness/training camp in Ottawa
- May 2-9: selection camp in Halifax
- May 29-June 4: prep camp southern US
- June 4-14: WCs in Biloxi Mississippi

For more information please contact Danielle Sutherland, Sports Coordinator at 250-363-4068 or email sutherland.de@forces.gc.ca

Athletic trainers needed

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- Basic sports massage
- Emergency action plans

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- b. Current First Aid and CPR C
- c. Athletic taping
- d. Experience in sports
- e. Pass their physical fitness evaluation yearly
- f. Member must have supervisor's support and approval

If you are interested in applying or for more information, please contact Danielle Sutherland, Sports Coordinator at 250-363-4068 or email sutherland.de@forces.gc.ca.

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Chris Benesch

INMEMORIAM

Canadian soldiers killed in Afghanistan

CEFCOM

One Canadian soldier was killed and three others were injured when their armoured vehicle was struck by an explosion in Zharey District of Kandahar Dec. 26, 2008.

The fallen soldier is Private Michael Freeman of 3rd Battalion, The Royal Canadian Regiment based at CFB Petawawa.

The injured soldiers were evacuated by helicopter to the Role 3 Multi-National Medical Facility at Kandahar Airfield where they are reported to be in good condition.

Two more Canadian soldiers, as well as one member of the Afghan National Police and one Afghan interpreter, were killed Dec. 27, 2008, when an explosive device detonated in their vicinity in the Panjwayi district.

Four other Canadian soldiers and one Afghan interpreter were injured in the incident.

Killed in action was Warrant Officer Gaétan Roberge, from the 2nd Battalion, The Irish Regiment of Canada. He was serving as a member of the Police Operational Mentoring and Liaison Team.

Also killed in action was Sergeant Gregory John Kruse, from 2 Combat Engineer Regiment, Canadian Forces Base Petawawa. He was serving as a member of 3rd Battalion, The Royal Canadian Regiment Battle Group.



Private Michael Freeman



Warrant Officer Gaétan Roberge



Sergeant Gregory John Kruse

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New policy will bring more CF personnel home

Shelley Lipke
Staff writer

Canadian Forces personnel will now have greater opportunity to travel to their home unit during pre-deployment training according to a new policy approved in Ottawa.

Previously, military members undergoing lengthy pre-deployment training were allowed travel back home to visit loved ones based on their home unit budget, and each situation was looked at indi-

vidually, explained Capt(N) Paul Catsburg, Director of Maritime Personnel.

"We wanted to make it easier for people to be with their families during pre-deployment training at various bases across Canada. It's been at our insistence to have something formalized so that our people could be better accommodated," he said.

Pre-deployment training is typically a minimum of six months away from home consisting of individual

training and major exercises; often there are one to two week gaps in the training plans.

Now those on training will be allowed return travel during these break periods at public expense.

"It's a formalized agreement with the lead Force Generator. For Task Force

Afghanistan this is Chief of the Land Staff, and is executed by the training base Commanding Officer who authorizes the periods of travel back home. The officer controls the dates that people return home and typically allows one or two visits home per training rotation," said Capt(N)

Catsburg. Policy details are available in CANFORGEN message 229/08, which provides amplifying information on the return travel to home unit while on pre-deployment training.

The length of visit back home, roughly of five to 10 days duration, must be cost effective, and timing

of the visit to the home unit depends on the training schedule.

"It was somewhat hit and miss before, but now allows people to enjoy more quality of work life, by being returned to their home unit when operational training requirements allow," said Capt(N) Catsburg.

INMEMORIAM

Steve Kohut

Branch Manager SISIP Financial Services, CFB Esquimalt

Born in Nelson, Lancashire, United Kingdom on Aug. 6, 1951, died suddenly on Nov. 28, 2008, in Auckland, New Zealand. Grew up in Montreal, and worked in Montreal, Toronto, Kelowna, Abbotsford and Victoria. Retired from Scotiabank and worked as Branch Manager for DND SISIP Financial Services at CFB Esquimalt. Pre-deceased by brother Michael Kohut in 1998. Survived by loving wife of 37 years, Marika, and two children Matthew and Melissa Coope (James), parents Olga and Kyril Kohut, sister Lisa Maier and nieces Stacy, Kathleen and Bonnie Maier.

Anyone who knew Steve was well acquainted with his kindness, generosity and altruistic spirit. Steve touched many people in his life through his work in financial services, his volunteer positions in service organizations and coaching sports.

Steve's greatest passion was his family, and he was always there for us. Steve didn't quite make it to his daughter Melissa's wedding but left his words of blessing to share on the nuptial day, which was the day after his passing. Steve will always be remembered as having a smile on his face, and open arms for those who knew him. His family and friends will miss him greatly.

There will be no service at Steve's request. Burial will be held at a later date in Montreal, where he will be laid to rest with his brother Mike.

No flowers please. Donations can be made to the Heart and Stroke Foundation or the Canadian Cancer Society.

Prevent home heating fires this winter

Mike McLean
Fire Inspector

We have all seen and heard news reports of home fires happening around this time of year. Victoria is experiencing much colder temperatures and more snow than is common for this area and people are cranking up the thermostat to stay warm.

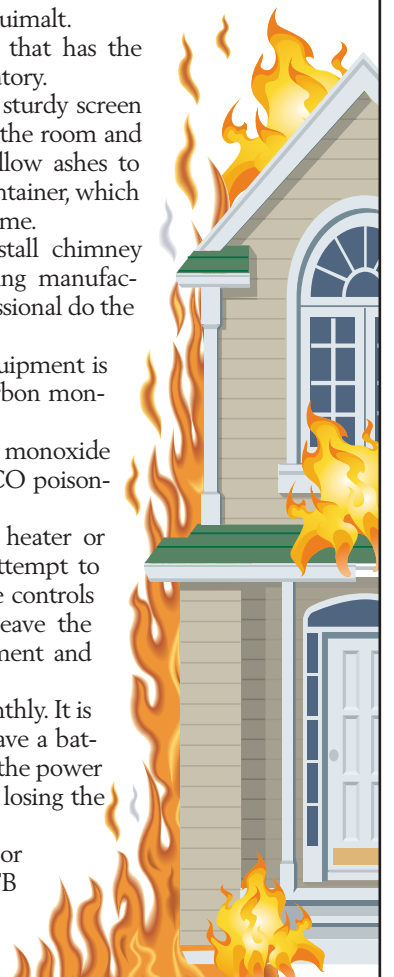
However, heating equipment is a leading cause of home fire deaths. Almost half of home heating equipment fires are reported during the months of December, January and February. Some simple steps can prevent most heating related fires from happening.

Safety Tips

- Keep anything that can burn at least three feet away from heating equipment, such as the furnace, fireplace, wood stove or portable heater.
- Never use your oven for heating
- Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- Maintain heating equipment and chimneys by having them cleaned and inspected annually by a qualified professional.
- Turn any portable heaters off when leaving the room or going to bed. Only use portable heaters that have an automatic shut-off function, in the event of accidental tip over. We always stress how important this tip is for any office

space or building around CFB Esquimalt.

- Only use heating equipment that has the label of a recognized testing laboratory.
 - Make sure the fireplace has a sturdy screen to prevent sparks from flying into the room and burn only dry seasoned wood. Allow ashes to cool before disposing in a metal container, which is kept a safe distance from the home.
 - For wood burning stoves, install chimney connectors and chimneys following manufacturer's instructions or have a professional do the installation.
 - Make sure all fuel-burning equipment is vented to the outside to avoid carbon monoxide poisoning.
 - Install and maintain carbon monoxide (CO) alarms to avoid the risk of CO poisoning.
 - If you smell gas in your gas heater or anywhere in the house, do not attempt to light the appliance. Turn off all the controls and open doors and windows. Leave the house, call your local fire department and gas supplier.
 - Test smoke alarms at least monthly. It is a great idea to have alarms that have a battery back-up function. Just in case the power goes out, we have all experienced losing the power at some point in time.
- If you have any questions or concerns please contact the CFB Esquimalt Fire Prevention Branch at 250-363-1538.



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MCpl Jeff Yagar, TFK HQ Public Affairs

The Chief of the Defence Staff, General Walt Natynczyk and Acting Canadian Forces Chief Warrant Officer Eric Christensen visited the National Support Element headquarters at Kandahar Airfield, taking time out of their schedule on Christmas Eve to pose for a photograph with National Support Element Orderly Room clerks.

Left to Right (front row): WO Daniele Shore, MCpl Jennifer Dennique, Cpl Shirley De Souza, MCpl Diane Lessard, Pte Michelle Cornect, Cpl David MacDonald, Cpl Jodi Pirie. Left to Right (back row), Cpl Angela Pickering, LS Heba Fadil, Cpl Richard Curl, Gen Natynczyk, Sgt Catherine Mitchell, MCpl Cameron Copland, Sgt Michael Archambault, CWO Eric Christensen.

Explore at the MARPAC EXPO

Education and learning opportunities

Helen Bates
Contributor

Join us at the annual MARPAC Expo on Wednesday Feb. 4 from 11 a.m. to 4 p.m. at the Naden Athletic Centre, to explore your education and learning.

Many organizations are acknowledging the importance of education and the idea of continuous learning throughout life.

Learning is a personal journey and we may pursue it for a number of reasons, such as professional development, personal enrichment, achieving education goals, meeting new people, income enhancement, sharpening skills, or preparing for a second career. No matter what the reason, whether

it is informally or formally acquired, education and learning brings many rewards from a personal and professional perspective.

The options and opportunities have never been better, and the benefits associated are immeasurable.

During this event, representatives from various institutions and organizations will be on hand to provide information and resources about the numerous education options and opportunities available through local and distance learning.

In addition to education and learning, the event will showcase employment possibilities within the defence community and various agencies, recreation, morale, health and wellness programs and services, and the base clubs offered at our location.

The MARPAC Expo is open to all members of the Defence Team and their families, with the goal of presenting information, opportunities, resources and services available to our community.

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INFOCUS

Winners crowned at Cock of the Walk tournaments



Left: Curling action with HMCS Vancouver taking on HMCS Ottawa.

Above: Cdr Quinn, commanding officer of HMCS Calgary, presents the curling banner to HMCS Calgary's team captain, LS Whyte.



Left: Acting Fitness Director Penny Murphy presents the volleyball banner to the team captain of HMCS Calgary, AB Noordam.



Right: Murphy presents the basketball banner to Cpl Wuskynyk, HMCS Algonquin's team captain.



Team HMCS Calgary challenges HMCS Algonquin in the final game of Cock of the Walk basketball.

Bravo
ZULU



A/SLt Clayton Erickson was presented with the Chief of Maritime Staff Award for finishing as the top overall student for his division of Maritime Surface and Subsurface training at the Naval Officer Training Centre. A/SLt Erickson completed his training on Dec. 12.



Col William Veenhof attests his daughter Natasha Veenhof into the Canadian Forces. Currently enrolled in Computer Engineering Technology at Camosun College, Natasha's studies will take two years and will be sponsored under the "Non-Commissioned Member Subsidized Education Plan NCM-SEP (Navy)." Upon completion of her college training, most of her experience will be credited directly to her selected occupation. Natasha expects to become a Naval Electronics Technician (Communications).



The Port Security Section promoted AB Andrew Harton to Leading Seaman. Commanding Officer, Cdr Howard presented LS Harton's new shoulder slip-ons.



SLt Neil Henne, a Reserve Intelligence Watch Officer working in Regional Joint Operations Centre accepts his new shoulder slip-ons given to him by Lt(N) Roger Miller (left) and Lt(N) Michael Greer.

Teaching kids to reach for the sky

Shelley Lipke
Staff writer

A seasoned Snowbird technician turned pilot has moved from the Tutor jet into the classroom to motivate and mentor students on the importance of education to get them soaring through the air.

Last November, the science class at John Stubbs Memorial School in Colwood sat with mouths agape and eyes fixed on the vivid images of jets projected on the wall.

At the head of the class stood former Canadian Forces Snowbird Sgt Terry Spence who explained the jaw-dropping formation changes the nine-plane demonstration team performs.

Sgt Spence currently works for 443 Maritime Helicopter Squadron as a servicing desk supervisor, but finds his true passion in mentoring; he uses his flying background as a way to connect with the students.

"I want to send a message to kids", "stay in school, strive to succeed, follow your dreams and fly high without drugs or alcohol," he said following his classroom presentation.

Eight years ago he started Mentor's Aviation Canada, and has been touring schools across Canada giving presentations ever since. He has recruited other mentors across the country to host similar presentations.

As the 12-minute Snowbird video played, students got a sense of the speed and agility needed to

fly in the formation. Set to up-beat music, the video showed the close proximity the planes fly to each other, and the precision and timing pilots must have in order to carry out the moves successfully.

His presentation not only motivated the students with cool music, videos and photos, but also serves to put science in a positive light. He had the students mirror him with arms outstretched to simulate the wings of a plane. Together they tilted their arms one way and then the other as Sgt Spence explained the physics of flying. He built on this with an explanation of what it takes to get a pilot's license.

"The majority of children, as well as adults, believe that flying an airplane is beyond their capability. My daughter flew a plane at the age of eight; it's easier than people think," said Sgt Spence.

Often, the 30-minute presentation extends into a half-day due to the high level of interest from students, parents and teachers. He also tailors each presentation to suit the group demographics.

"I seek out guest speakers to compliment the presentations. We brought in a young and dynamic female helicopter pilot to address the Girl Guides, and I had my daughter speak at her school," said Sgt Spence.

While he loves the classroom portion, his dedication to mentoring students isn't confined to the ground. "I send people up in the air



Shelley Lipke, Lookout

Sgt Terry Spence stands at the head of the class at John Stubbs Memorial School during a mentoring presentation he gave as part of Mentor's Aviation Canada.

three at a time so they can experience first hand the simplicity and serenity of flight".

Sgt Spence has created a following of other mentors' across Canada who also use flying as a means to connect with students.

"I'd like to see it grow nationally one day," said

Sgt Spence, who is already designing in his head the uniform the children could wear - air force blue and adorned with a wing badge.

To inquire about booking a presentation for your class, school or group, contact Mentors'_Aviation@hotmail.com.

MFRC briefings give insight into deployment

Daryl Barnhart
MFRC

For many, the idea of a loved one being away for six months is stressful and can be a cause of great concern.

But for Leading Seaman Steven Norton and his wife Linda Nowak, the programs and services offered by the Military Family Resource Centre (MFRC) made their deployment more manageable.

"As a newcomer to Victoria, the military and to Canada, I found the MFRC so welcoming and informative," says Nowak, whose husband deployed in HMCS *Protecteur* earlier this year. "They had oodles of literature, meetings and information to help me adjust to this new lifestyle and country."

With another frigate deploying soon, she advises those families and sailors to attend the pre-deployment information briefing, and family members to take advantage of workshops, and the special Sunday sessions put on by the MFRC.

The deployment briefing, she adds,

helped her understand what to expect from a deployment. "The briefing helps you know you are not in this alone and that there are a lot of people in the same situation," she says.

The Sunday sessions at the Colwood Activity Centre, held while the ship is deployed, is a chance to learn more about the deployment via teleconference with the ship's Commanding Officer.

"I attended all the workshops and I found them very informative as to where the ship was, where it was headed and what was happening on board," says Nowak. "It was also a forum to speak with the Captain if you had any questions."

Deployment Coordinator Sandra Pinard says there are few key things that a deploying family should be aware of.

"We really strive to make the Sunday Sessions the hallmark of MFRC support during a deployment," she says. "The most important thing I'd like families to take away from the MFRC is that we can help them get prepared, introduce them

to the resources available and make sure they know the importance of staying connected."

Pinard also highlights the importance of connecting with the ship's Family Network during the deployment.

"The Family Networks that are available to the families of deployed members are a valuable way to stay connected over the course of a deployment," says Pinard. "Even if you can't attend the activities, making connections with people who can share in your experiences is essential."

The next MFRC pre-deployment brief is taking place on Wednesday, Jan. 14 at 6:30 p.m.. The session is held at the Colwood Pacific Activity Centre (CPAC) at 2610 Rosebank Road, Colwood. Childcare will be provided for those ages infant to 12-years of age.

The MFRC can be reached 24 hours a day, seven days a week in Greater Victoria at (250) 363-2640 or toll-free anywhere in Canada at 1-800-353-3329.

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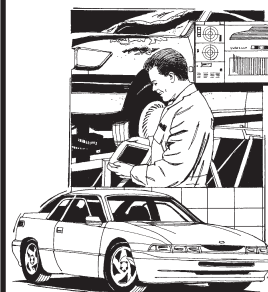
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TREAT YOURSELF TO A VISIT FROM WELCOME WAGON! IT'S FREE. We are a community service whose aim is to bring you greetings, gifts, and information regarding the area you live in. Call Connie at 250-380-9042 to arrange a short visit. I look forward to bringing you my basket of goodies!

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INMEMORIAM

Captain(N) Peter Robert Hinton, CD

Born in Shanghai, China, April 18, 1921.

Died peacefully, surrounded by his family on December 19, 2008.

Peter grew up in Victoria, attending Monterey Elementary, Vernon Prep, St Michael's, and Brentwood College where he excelled at rugby, cricket and sailing. Family summers were spent at Deep Cove and Peter first stepped into a dinghy at age nine, setting sail for a lifelong love of the sea.

As a lad, he played the violin and string quartets with his father, a cellist, which contributed to Peter's passion for classical music and jazz, and to the end of his life, he recognized and was comforted by the music of the great composers.

In 1941 Peter joined the navy and after service in the minesweeper HMCS Kelowna, he was given command of Landing Craft Infantry (L) 262, landing troops in France on June 6, 1944. He was demobilized in Canada in 1945.

Rejoining the navy in 1951, Peter held a number of commands including HMCS Fortune, destroyers

HMCS Athabaskan, and HMCS Columbia and was the first Captain of HMCS *Protecteur*, commissioning her in New Brunswick in 1969.

Shore appointments included Commanding Officer of the leadership school, HMCS Cornwallis; Director of Manpower Planning, Ottawa; Chief of Staff, Canadian Flotilla Atlantic; Base Commander, HMCS Stadacona, and CFB Esquimalt. He retired in 1976.

Peter's next challenge came when he assumed the position of Executive Director, Victoria Branch, Canadian Red Cross, providing the leadership for a new building on Fairfield Road. Interested in Victoria Hospice Society, he volunteered, becoming a member of the Society board, and subsequently Chairman.

Peter was a gentleman, a natural leader and mentor to young naval officers. He read voraciously, was a storyteller extraordinaire, a man of courage with deter-

mination and energy who lived life fully, enriching and inspiring others.

Predeceased by first wife Margaret in 1982, Peter is survived by sons Peter (Lyn), Stephen (Nikki), and granddaughter Jennifer (Joel). He also leaves his loving wife Geri, her children Stephen (Erica), Andrea, grandchildren Michael and Caitlin Toombs, and sister-in-law Francis Martini. He will be remembered by many nieces and nephews, and by friends around the world. The family wishes to thank Dr. David Leishman for his professional and compassionate care of Peter and support to Geri; Peter's wonderful companions, Rose, Doreen, Julie, and Heather; and the staff of The Lodge At Broadmead for their dedication and loving care.

In lieu of flowers the family requests that donations in Peter's memory be made to the Alzheimer Society of BC, the Broadmead Care Foundation or the Victoria Hospice Society.

Hear a story, Share a laugh, Sing a song...

The Veterans Health Centre at The Lodge at Broadmead needs **volunteers to socialize** with elderly veterans on:

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- Thursday mornings or afternoons
- Friday mornings, afternoons or evenings
- Saturday & Sunday mornings

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Coordinator of Volunteer Services at 658-3205 or
Kelly.Sprckett@broadmeadcare.com.
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- **Military Family Resource Centres** - Support to CF family members.

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