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NEWS 3
Manitoba soldiers reduce avalanche threat



NEWS 11
Soldiers race to stay fit in Afghanistan



NEWS 12
Naval vessels join LEGO display



Assigning a new skipper

HMCS Vancouver's crew welcomed a new leader last week as Cdr Robert Lewis-Manning replaced Capt(N) Casper Donovan at the ship's helm. Cmdre Nigel Greenwood, Commander Canadian Fleet Pacific, oversaw the change of command ceremony, held Jan. 15 on Vancouver's flight deck.

Above: Cdr Lewis-Manning, Cmdre Greenwood and Capt(N) Donovan sign papers during HMCS Vancouver's change of command ceremony.

Right: Cdr Robert Lewis-Manning addresses the ship's company as the new commander.



Photos by Shelley Lipke, Lookout

Editorial & Opinion..... 4
 In Brief..... 8
 Brain Ticklers..... X
 Classifieds..... 14-15

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COMMUNITY NEWS: CAREERS AFTER THE MILITARY



Veteran Sgt (retired) William Bourque stands in the Moncton, New Brunswick, Little Caesars franchise, the first to open in Canada with the Veterans Program.

New career incentive for veterans

Shelley Lipke
Staff writer

Little Caesars, the world's largest carry-out pizza chain, is offering Canadian veterans an opportunity to open a franchise at a reduced cost as a way of saying thanks for protecting our country. Honourably released veterans who qualify as Little Caesars franchisees receive a \$10,000 discount off franchise-related costs on their first store. Medically released veterans can receive up to \$35,000 in credits and discounts on their first store.

To help veterans transition into the business, ongoing support and training, access to preferred lenders and other marketing resources are included with this program.

"It's really giving back

to the men, women and families who have dedicated their lives to the services, and we are so proud to be doing this," said Richard Greville, vice president and general manager of Little Caesars Canada.

The idea began when Little Caesars' founder Michael Ilitch read a story on Army Staff Sgt Robbie Doughty, an injured U.S. veteran who lost both legs in Iraq. Ilitch, a U.S. Marine, had been a minor league baseball player, but an injury ended his baseball career. Understanding the difficulty in making a new career start, he could relate to the crossroads Sgt Doughty faced as he determined what to do next.

Ilitch was so impressed with Sgt Doughty's attitude after meeting and getting

to know him, he gave the soldier a Little Caesars franchise.

Helping one veteran successfully led him to initiate the Little Caesars' Veterans Program, which began on Veterans Day in 2006 in the United States.

Forty-five U.S. veterans have applied for more than \$1.25 million in credits and benefits to help them grow their Little Caesars businesses. Several veterans have opened their second store.

Little Caesars has now expanded the opportunity across the border into Canada.

Sgt (Ret'd) William Bourque, who served in the U.S. Marine Corps, qualified through the U.S. program and opened a pizzeria in Moncton, New Brunswick, in June 2007.

"For absolutely anyone who has an inkling of wanting to become an entrepreneur, it's a great opportunity," he says. "It's an honourable thing to recognize people who have fought for their country. Business is good and it's been everything we had anticipated it would be."

Applications from honourably discharged Canadian veterans are being accepted until Dec. 31, 2009. "Little Caesars is growing, and we have many prime franchise locations available, and welcome applications from all qualified, honourably released veterans," said Greville.

Full details of the program are available on www.littlecaesars.ca/veterans/veterans-program.asp

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Manitoba soldiers blast the pass

Shelley Lipke
Staff writer

Hidden deep in the snowy mountains of Rogers Pass, along the Trans Canada Highway, 13 soldiers live in remote barracks through the winter months. Their purpose in this secluded setting is to await word from Parks Canada officials to blast for avalanches.

For 50 years, the soldiers from CFB Shilo, Manitoba's 1 Royal Canadian Horse Artillery (1RCHA) have rotated through the winter months, securing 105mm Howitzer guns to platforms and shooting into the mountains to stimulate an avalanche.

The mission is known as Operation Palaci, and assists Parks Canada's Avalanche Control program to ensure clear highways and safe travel through the Rockies.

"This past week has been far from typical," said Bruce McMahon, Senior Avalanche Officer at Mount Revelstoke and Glacier National Parks. "This year there seems to be a shift in snow patterns that haven't been prevalent for many years, perhaps decades."

Snow has accumulated over a weak layer, which has forced the troops to close the highway for long periods of time to clear many avalanches, said McMahon.

As a snow technician with Parks Canada since 1980, McMahon is responsible for analyzing conditions and organizing the troops. His expertise in snow science allows him to identify hazardous situations and tell the troops when to blast.

"We allow many avalanches to occur on their own [naturally] and then choose to intervene with artificial stabilization," said McMahon.



Soldiers from the 1 Royal Canadian Horse Artillery from Shilo, Manitoba, prepare to fire a Howitzer gun to initiate an avalanche in the Rogers Pass area of Glacier National Park. For 50 years they have worked with Parks Canada to keep potential avalanches from falling onto the highway, ensuring safe travel for traffic along the route.

The unique area is vast with over 100 avalanche passes in a 40 kilometre distance, making it necessary to use Howitzer guns to initiate an avalanche. In other areas of B.C. propane generated bursts and charges dropped from helicopters are used to clear avalanches.

"This is the largest mobile avalanche program in the world," said Maj Geoff Allen, Joint Task Force Pacific Desk Officer and coordinator with Parks Canada. "Helicopter explosives are also used in Rogers Pass, but the Howitzers have an advantage as they can be used in poor weather conditions."

Each fall, McMahon liaises with Joint Task Force Pacific and 1RCHA to plan the deployment season of the troops to Rogers Pass, usually from November to April.

The preparation begins in November when three guns, ammunition and equipment are trucked by the soldiers and established in the Pass. Then they return home and

wait for the call to start their mission.

"The actual call for deployment is dependent on how the early season storms develop, and we monitor the early season snowpack closely, said McMahon.

Upon receipt of the call, the soldiers board a bus, bringing their own cook and personal gear, and drive 24 hours, rotating drivers, in order to get to Rogers Pass quickly.

"There is a broad range of missions, and we often have short amounts of time to set things in motion and still be ahead of the game. We set a date for the troops that is conservative enough to cover early season storm possibilities and to ensure sufficient briefing, test firing and safety training," said McMahon. "This is why it takes such a dedicated and focused team that is always at the ready."


A typical mission involves closing a section of highway, shooting out the unstable snow and allowing the traffic to pass. "Highway closures

total only 100 hours a year on average, and our preference is for numerous short closures to conduct the control missions."

When not blasting avalanches, the troops must maintain operational readiness. The 18 gun positions to house the Howitzers are scattered along a 40km stretch of road and the gun rings need to be clear of snow in order for the Howitzers to be secured into position to fire.

Each rotation spends six weeks in the mountains and must be at the ready 24 hours a day. "This is a fairly remote tasking with a serious need to be available on short notice, so leisure opportunities are somewhat limited," said McMahon.

Parks Canada has provided the troops with a gymnasium, a small home theatre facility and a games room in their accommodation, but some troops take advantage of the snow with outdoor activities such as skiing and snowshoeing.



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Leigh Gagnon practises family law, real estate law, and in the area of wills and estates.

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Published each Monday, under the authority of Capt(N) Marcel Hallé, Base Commander. Le LOOKOUT est publié tous les lundi, sous l'égide du Capt(N) Marcel Hallé, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in CFAO 57.5. Views and opinions expressed are not necessarily those of the Department of National Defence.

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Circulation - 4,500

One year subscription - \$35.³¹

Six month subscription - \$17.⁶⁶

Three month subscription - \$11.⁷⁷

A Division of Personnel Support Programs
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Victoria, BC V9A 7N2

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WHAT SAY YOU

One act of kindness brings a big smile

Dear Monsieur ou Madame:

Thank you to PO2 John Janssen.

This past summer my then five-year-old son Raleigh Nolan chanced to meet PO2 Janssen at the exhibition put on by Canadian Forces at the Calgary Stampede in the first half of July 2008.

My son adores military hardware of all types, but has had a fascination with submarines after travelling to Rimouski, Quebec, in September 2007 and finding out about a planned submarine museum. PO2 Janssen was so impressed that such a young boy new so much about submarines and was such a fan of them, that he personally paid for a black cap with the "Victoria SSK 876": emblem, despite my protests to pay for it myself.

This show of generosity and loyalty to the vocation as a Naval Petty Officer was most admirable and my son has not forgotten this kind deed.

This letter is to thank PO2 Janssen for his kindness. Since that day, Raleigh frequently wears his cap and always salutes anyone that he sees in uniform. It has also put Raleigh in some unique situations such as several times being at the wheel of the S.S. Moyie, Calgary's only "seagoing" vessel that is a sternwheeler at the local pioneer museum that sails the Glenmore Reservoir. The Captain of that vessel was once a British Naval Officer, and his son is with the Canadian Navy HMCS Vancouver. So if Raleigh is wearing his cap, he gets invited up to the "Captain's Wheelhouse" to pilot the boat.

Also Raleigh made sure to wear it on Nov. 11 ceremonies at the Calgary Naval Museum.

Raleigh's personal thank you to PO2 Janssen is in the form of the attached drawing of Victoria SSK 876. We hope that it is to John's liking. Raleigh perfected the shape and coloring of the submarine many times at art class before he was pleased with this one. I can only take very limited thanks in his drawing; it was done mostly by him.

Sincerely,
Valerie Nolan

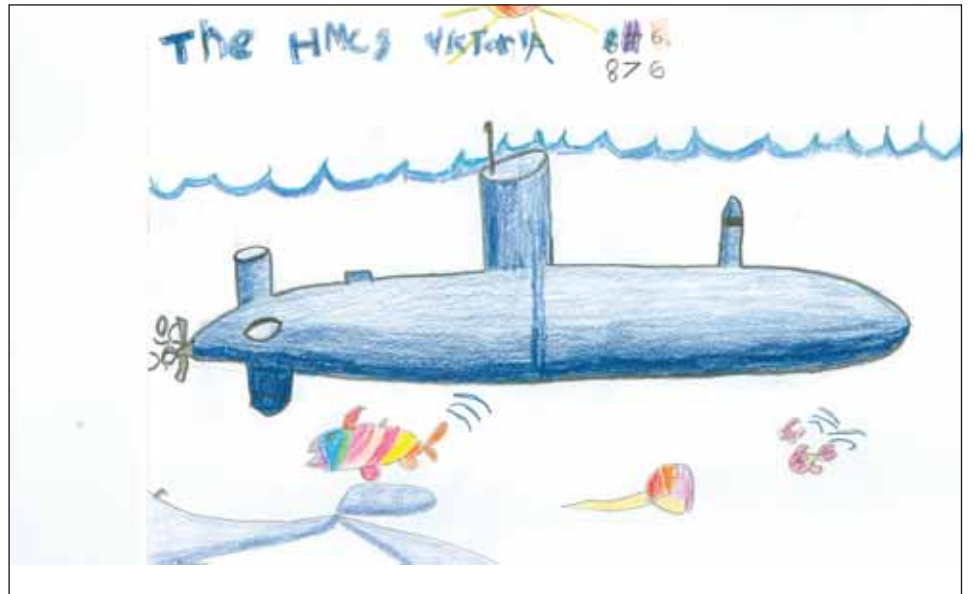
P.S. Raleigh asked Santa for a remote-controlled submarine for Christmas and got two of them!



Photos courtesy of Valerie Nolan

Above: Raleigh Nolan shows off his HMCS Victoria ball cap.

Below: A drawing of HMCS Victoria Raleigh made for PO2 John Janssen.



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The Old Car Detective

Bill Sherk



1928 Chrysler ran on kerosene

Martin Porter reads my column in the Brantford Expositor. He still remembers a car he drove during World War Two:

"I owned a 1928 Chrysler sedan in cahoots with my Air Force buddy Lenny Steward. We were stationed in Brantford, Ontario, at the Service Flying School in the 1940s, and had been stationed before that at the Oshawa Elementary Flying School. We had to drive back and forth between Brantford and Oshawa on weekends when we were not on duty.

"The reason for all the driving? Girl friends. So we bought an old 1928 Chrysler for \$50 from a dealer whose name I can't remember. The problem was that gas was rationed and we could only get so much, which was not quite enough.

"I, being mechanically inclined from farm experience, wondered if the old Chrysler would burn kerosene, which was more available and less expensive. We tried it out on a small scale and found that the kerosene worked just fine.

"But the engine would not start on kerosene.

"No problem. This car had a vacuum tank under the hood to suck the gas from the gas tank at the rear. It then ran by gravity down into the carburetor. I modified the system a bit so that before we shut the engine off, we would fill the vacuum tank with gasoline for the next start. As soon as the engine warmed up a bit, we would switch to the main tank, which had the kerosene.

"We had to hand crank the car to get it started because the starter motor was kaput and we couldn't get another one.

"We bought some 5-gallon cans for the kerosene and got them filled whenever we could talk a service station operator into selling us some for 'heating purposes.'

"We didn't keep those cans of kerosene in the car because they were smelly and probably illegal as a car fuel. We didn't want to get caught so we hid the cans of kerosene in various spots along the road between Oshawa



Martin Porter with his kerosene-powered 1928 Chrysler

and Brantford.

"One of our spots was under the steps of the old Langford church. So if we needed to fuel up, we would stop at these spots, look up and down the road for cars coming, and then re-fuel. There weren't many cars on the road in those days on Number 2 Highway. The 401 and 403 were not in existence until after the war.

"When we got posted away from Brantford, we

sold the car back to the same dealer for \$50, still running good."

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

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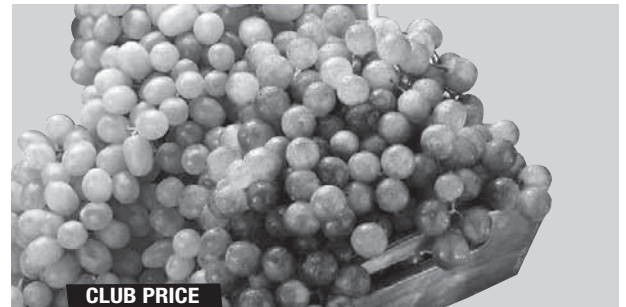
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INBRIEF

Recycling depot to reopen

A new mobile recycling depot location has opened in Esquimalt. Pacific Mobile Depots Ltd., who operated the depot in the Tudor House parking lot, will continue to service the Esquimalt community in the rear parking lot of the Archie Browning Sports Centre, located at 1151 Esquimalt Road.

The depot will operate on the second Saturday of every month from 10 a.m. until 1 p.m.

For a small fee, the material that will be accepted at the mobile recycling depot includes:

- Hard/rigid and soft/film plastics
- Polystyrene foam packing material
- Styrofoam insulation
- Milk/soy drink boxes and cartons
- Foil-lined bags
- Polystyrene foam cups/containers
- Electronics

Archie Browning Sports Centre parking lot is accessible from the 1100 block of Lyall Street. There will be no mobile depot operating on Saturday, June 13, due to the annual "Buccaneer Days" festivities.

For more information about accepted material and depot fees please visit www.pacificmobiledepots.com.

Charge laid relating to death of presumed insurgent

A week after Christmas, Canadian Forces National Investigation Service (CFNIS) charged Captain Robert Semrau with an offence relating to the death of a presumed insurgent in Helmand Province in Afghanistan on or about Oct. 19, 2008.

Capt Semrau was charged with one count of second-degree murder, contrary to Section 130 of the National Defence Act, pursuant to Section 235(1) of the Criminal Code. Captain Semrau was a member of the Operational Mentor and Liaison Team at the time of the incident. He is accused of shooting, with intent to kill, an unarmed male person.

Canadian Forces Sailing Association race results

Results of Series Race A1, Jan. 11, 2009

Division 1

1. Presto, Roger Brady
2. Melaque, Alistair Elliot
3. XS, Colin Nichols

Division 2

1. SeaQuin IV, Lesley Quin
2. Pitoraq, Graham Heath
3. Hilda Harris, John Pirquet

Division 3

1. Canada Goose, David Deeks

In memoriam



Trooper Brian Richard Good

One man killed and three injured in Afghanistan

One Canadian soldier was killed Jan. 7 and three others were injured when their armoured vehicle struck an improvised explosive device approximately 35 kilometres north of Kandahar City in the Shah Wali Kowt District. The fallen soldier is Trooper Brian Richard Good, from The Royal Canadian Dragoons based at Canadian Forces Base Petawawa. Trooper Good was serving with the 3rd Battalion, The Royal Canadian Regiment Battle Group. The injured soldiers were evacuated by helicopter to the Multinational Medical Unit at Kandahar Airfield. All three soldiers are reported to be in good condition.

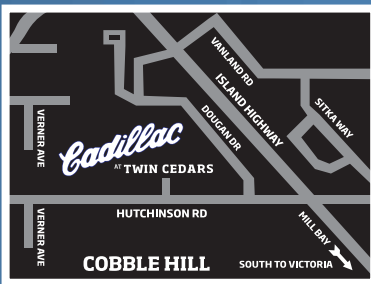
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PSP sports and fitness activities

Adult Hockey Development

Personnel Support Programs is hosting Adult Hockey Development. Hone your ice, skating and shooting skills all through the season. Who: Adults Ages 18+, all levels welcome Where: Wurtele Arena When: Fri Jan 23 to Mar 27, 4:30-5:30 p.m. Cost: \$50/person To register or for more information call 250-363-1009.

Yoga

Tuesdays & Thursdays, 6:45 to 7:30 a.m.
Naden Athletic Centre

Hard Core

Mondays & Fridays, 6:45 to 7:30 a.m.
Naden Athletic Centre

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Dockyard Gym

NPP Sponsorship and Donations Authorized Agent Certification Course Jan. 29 - 30

- 8 a.m. to 4 p.m. Jan. 29
- 8 a.m. to noon Jan. 30

Colwood Pacific Activity Centre, Huron Room. Contact Jennifer Almeida, MARPAC Sponsorship and Donations Coordinator: 250-363-5648 or jennifer.almeida@forces.gc.ca to register.

This course is a requirement for personnel to solicit sponsorship or donations for their unit. Authorized Agent Training by Candice Bazinet, National Sponsorship Specialist. Authorized Agent Certification, including:

- Introduction to NPP Sponsorship & Donations Policy
- Developing Sponsorship Properties
- Soliciting and Reporting; Roles and Steps to Follow

Nutrition 101 Workshop

What you eat makes a difference to how you feel on a day-to-day basis. Eating properly can help you maintain a healthy weight, increase and sustain your energy, increase your overall health, and reduce lifestyle diseases such as adult onset diabetes, heart disease, obesity and some cancers. If you're interested in learning up-to-date information on nutrition and healthy eating habits, then this one-day workshop is for you. Wednesday Jan. 21, 8:30 a.m. to 4 p.m.

Stability Ball Class

Personnel Support Programs is introducing a Stability Ball Class. This introductory class will tone your core muscles by using free weights and stability ball with some cardio added in to keep your heart healthy. If you are looking for a new fun way to stay in shape then come join this class. Who: Adults Ages 18+. Where: Colwood Pacific Activity Centre. When: Thursday, Jan. 21 to Feb. 26, 6 to 7 p.m. Cost: \$45 (price includes a

stability ball). To register or for more information call 250-363-1009.

Hatha Yoga Level 1 & 2

Personnel Support Programs is hosting Hatha Yoga. Come and calm your mind and focus your awareness with a blend of exercise and relaxation techniques. You will be challenged yet focused to work at the best pace for you. Who: Adults Ages 18+. Where: Colwood Pacific Activity Centre. When: Tues. Jan. 20 to Feb. 10, 6:30- 7:45 p.m. Cost: \$30. To register or for more information call 363-1009

Boot Camp / Spin Class

Personnel Support Programs is introducing Boot Camp / Spin classes. This class consists of a combination of both activities to give you a total body workout. Who: Adults Ages 18+. Where: Naden Athletic Centre, Upper Gym. When: Wednesday Jan. 21 to March 11, 4:30-5:30 p.m. Cost: \$36/person. To register or for more information call 250-363-1009.

Stretch your money with a tax-free savings account

Tax-Free Savings Account (TFSA), a new type of savings account, is available for Canadian residents beginning Jan. 1, 2009.

TFSA's allow Canadians to save money on a tax-exempt basis for any financial goal: a long-term goal such as retirement or a house or a short-term goal such as a car or a vacation.

Eligibility: Canadian residents must be age 18 or older (note that a Social Insurance Number must be provided to open and administer the account). The contribution limit is

\$5,000 per year beginning 2009; the TFSA dollar limit will be indexed to inflation and rounded to the nearest \$500 in later years. Unused contribution room can be carried forward to future years. Any amounts withdrawn will also be added to contribution room in the following year.

Over-contribution penalty: The Canada Revenue Agency will charge a penalty of 1 per cent per month based on the actual monthly over-contribution amount.

Deductibility: Contributions to a TFSA cannot be deducted for income tax purposes.

Tax on investment income: None. Investment income (including capital gains) earned in a TFSA is not subject to tax.

Tax on withdrawals: None. Investors can withdraw funds from a TFSA at any time for any purpose and will not be taxed or otherwise penalized.

Eligibility for federal income-tested benefits and credits: Income earned in a TFSA and withdrawals from a TFSA will not affect eligibility for benefits and credits such as the Canada Child Tax Benefit, Employment Insurance benefits, Guaranteed Income Supplement, Old Age Security

benefits, Age Credit and Goods and Services Tax Credit.

Spousal TFSA's: Individuals can contribute to a spouse's TFSA. Contributions made by an individual into a spouse's TFSA are not subject to the income attribution rules (since income earned within the TFSA is not taxable). On death TFSA assets can be transferred to the surviving spouse or common-law partner without affecting the contribution room of the survivor.

Transfer rules: Individuals can transfer investments from an existing non-registered account into a TFSA, just as they can transfer investments from an existing non-registered account into a Registered Retirement Savings Plan (RRSP). The investments transferred are deemed to have been disposed at fair market value. This may trigger a capital gain which would be taxable and reported on an individual's income tax return. If a capital loss is triggered, the loss may be denied under the superficial loss rules.

Tracking contribution limits: Each year, the government determines and advises individuals of their TFSA contribution limits for that tax year.

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Cpl Gordon Martin supervises Afghan National Police members from the Pashmul area in a session of pistol marksmanship training designed to improve their confidence, ability and safety on duty.

MCpl Gary O'Brien, Police Operational Mentor and Liaison Team



Walking tall in Afghanistan

Capt Nick Arakgi
JTF Afghanistan

If Zharey District in Kandahar Province is the Wild West of Afghanistan — and it often looks like it — then the beleaguered men of the Afghan Uniformed Police are the often outnumbered and outgunned, and always under-appreciated, frontier lawmen.

In the thick of it with them are Canadian soldiers and military police of the Police Operational Mentor and Liaison Team (POMLT). The POMLT are there to help Afghan Uniformed Police build capacity and capabilities so they can overcome the increasingly sophisticated tactics of the Taliban insurgency. POMLT combines the aggressive combat training and experience of infantry soldiers, most of them from the 1st Battalion, The Royal Canadian Regiment in Petawawa, ON, with the policing skills of members of 2 Military Police Unit, also in Petawawa.

Over seven months of intense pre-deployment training, the infantry soldiers and the military police — often at odds with each other back home in garrison — formed a tight-knit team. Now, more than half-way through their tour, it is often difficult to tell the MPs and the Royals apart when they are patrolling together.

The POMLT in Zharey District also benefits from the presence of civilian constables from several Canadian police agencies. Three of the infantry soldiers are army reservists who, in their civilian capacity, are Peel Regional Police constables based in Mississauga and Brampton, ON.

A constable from the Durham Regional Police and a Royal Canadian Mounted Police corporal, members of the civilian police contingent of the Kandahar Provincial Reconstruction Team, also patrol regularly with the POMLT. The civilian police members contribute a civilian perspective that is important when dealing with the Afghan Uniformed Police, and provide a crucial link to the KPRT resources at Camp Nathan Smith in Kandahar City, 30 kilometres east of the Zharey POMLT's beat.

POMLT members live with Afghan Uniformed

Regular foot patrols of the surrounding villages and countryside are interspersed with regular classroom instruction.

Police detachments throughout Zharey District, sharing the risks and austere conditions with their Afghan police counterparts.

If the conflict in Afghanistan has a front line, this is it.

Regular foot patrols of the surrounding villages and countryside are interspersed with classroom instruction on police topics such as Afghan law, community policing, and the correct techniques for searching persons, vehicles and compounds.

Foot patrols are as close as Afghan police get to walking the beat. Patrolling is done to encourage them to talk to people, and to engage village elders and other leaders to address issues ranging from local crime to development and reconstruction projects.

To meet the challenges of policing in the midst of insurgency, joint POMLT-Afghan Uniformed Police patrols are well armed and prepared to fight if necessary, although their purpose is to demonstrate a police presence. As police patrols increase in frequency, and Afghan Uniformed Police equipment and training improve, the POMLT mentors and their Afghan colleagues are gradually stabilizing the areas surrounding police detachments in Zharey District.

As confidence in the legitimate Afghan government grows, people come to police detachments to report crimes and insurgent activity. This increased confidence and participation by the population in their own security are helping the Afghan National Army and the International Security Assistance Force disrupt Taliban operations in Zharey District.

Zharey District may be the Wild West, but Canadians can rest assured that their soldiers and police are making a significant difference with the local lawmen, the Afghan Uniformed Police.



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Cpl Andrew Saunders, Task Force Afghanistan

Soldiers take part in the 2009 Kandahar Airfield half-marathon. One hundred thirty five soldiers representing a multitude of nations took part in the run that started early morning on Jan. 1.

Staying fit in Afghanistan

Capt Krzysztof Stachura
Public Affairs Officer

Fighter jets, armoured vehicles and soldiers with weapons is not the typical back drop for a competitive sporting event, but then again, Afghanistan is not a typical place to hold one.

On New Year's Day, 135 soldiers representing a multitude of nations braved the morning chill and waited with anticipation for the start of a half-marathon race.

It was not a major half-marathon, but the spirit of competition was still evident.

The race was the appropriate distance and the course, despite being flat, was at an altitude of 3,300 feet, which greatly added to the challenge.

"The idea behind organizing the event came as a result of a conversation with a friend while going out for a morning run," said Captain Paul Williams (Time: 1h51m43s), a member of F Battery, 3rd Battalion, The Royal Canadian Regiment Battle Group and the race organizer.

Trooper Caine Warburton, from Australia, was the overall winner and finished the race in an impressive 1h19m12s.

"To be honest, I was very surprised with the attendance," added Capt Williams. "This is a busy place. The race was organized early in the morning so that everyone could get back to work."

Being physically fit and maintaining a high level of physical fitness, even during deployments, is not only important, but the responsibility of every soldier. At work for 12 to 18 hours a day, seven days a week, sol-

diers still find time to go to the gym or jog.

"We had a good group of people show up for the race. Some were here aiming for a personal best and others

were here for the feeling of accomplishment. Despite some sore muscles, I think everyone had a good time," added Capt Williams at the end of the race.

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EAST COAST NEWS: MINI SHIPS FOR VIEWING

Warships part of massive LEGO display

Virginia Beaton
 Trident

Naval ships and a submarine are but one part of a massive Halifax cityscape constructed entirely with LEGO.

The City by the Sea exhibit at the Maritime Museum of the Atlantic is created by Nova Scotia LEGO Users' Group (NovaLUG), in partnership with the museum.

The battleship grey hulls and black submarine were built by NovaLUG members, and are a new addition to the annual display located on the museum's ground floor.

"This is the third year we've held the exhibit and every year it's grown and changed a little bit, which is wonderful," said Jasmine Marshall, museum coordinator of public relations and marketing. "With the upcoming centennial for the navy, NovaLUG members wanted to do something to recognize that."

Since the display's debut in December, more than 9,000 visitors have come to marvel at the 67.5-square-metre cityscape

The idea for the exhibit began when



Several naval vessels make an appearance in a massive LEGO display of the Halifax cityscape.

museum staff noticed a mini LEGO Maritime Museum of the Atlantic at an annual model train show.

"That inspired everything," said Marshall.

HMCS Sackville, the Citadel, Round

House (Prince's Lodge), Tuft's Cove power plant, Sambro Light, Georges Island, the Maritime Museum and CSS Acadia are among other Halifax landmarks represented in the display. Viewers can press a button to start a model train that moves through the exhibit.

Marshall isn't certain how many LEGO pieces in total are in the display but estimated it's well over a million pieces.

Maritime Museum of the Atlantic LEGO: City by the Sea exhibit is open until Feb. 8.



Rear-Admiral Tyrone Pile, Commander Maritime Forces Pacific recently presented Dick Nakamura with a framed letter of thanks for his 30-plus years of liaison work during visits of the Japan Maritime Self Defence Force units to British Columbia. Nakamura had a career as a federal civil servant and also served in the Canadian Forces Reserve as an airman, soldier and finally as a sailor retiring with the rank of Lieutenant-Commander.

Did you know...

The word "Lego" comes from the Danish "leg gohdt," which translates to "play well". "Legot" (or "leegot"), plural form of "lego" (or "leego") is used as a Finnish slang term for human teeth, because of the rectangular shape of the teeth.

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MARPAC Expo highlights PSP services

Kelly Binette
PSP

Join us at the 2009 MARPAC Expo, Wednesday Feb. 4, between 11 a.m. and 4 p.m. at the Naden Athletic Centre to learn about new programs and services.

As the first year for the new Health and Fitness Strategy comes to a close, Personnel Support Programs (PSP), the Military Family Resource Centre (MFRC) and Canadian Forces Health Services are taking a collective deep sigh as the race to meet the strategy requirements ends.

These organizations spent 2008 evaluating the needs of the Canadian Forces community and implementing new and exciting programs to meet this new strategy, and to provide top quality services to their clients.

Below are brief summaries of some of the new services available to the CF community:

The PSP Health Promotion department has access to an enormous amount of information to help you and your family live a happy and healthy life. They offer free courses that include: Stress Take Charge, Managing Angry Moments, Basic Relationship Training, Suicide Intervention Skills, Butt Out, Nutrition 101, Weight Wellness and Top

Fuel for Top Performance. In addition to any of these topics, unit briefs can be also be arranged for a variety of addiction free living topics:

- Our Resource Library
- Nutrition information and amazing food models, "Can you rate the plate?"
- Addiction Free Living with interactive "Drunk Goggle" Walk/Tasks and
- The HP Smoke Stack "I Quit" Registration.

The PSP Recreation department provides a wide variety of recreational programs and services that contribute to a balanced healthy lifestyle and overall well-being. Drop by Colwood Pacific Activity Centre with your toddlers and enjoy the popular Parent and Tot Program.

How about a fitness class at Naden Gym after work?

Explore your creative side and take one of an arts programs or belly dancing.

Maybe your teens want to hang out at PSP's newly acquired Youth Activity Centre in Belmont Park.

Explore the many base club options-learn to kayak, take a scuba course or learn to ride a Motorcycle.

Are you interested in aquatics programs? The Naden Athletic Centre pool offers a variety of aquatic programs from fitness to leisure for all levels. Group

and private Red Cross swim lessons for youth and adults are available at a great price. The aquatic staff is able to assist any skill level ranging from beginner to training triathletes, or try the low impact aquafit classes, great for an alternative cardio workout.

The PSP Fitness and Sports Staff are dedicated to providing programs and services that enable the military community to pursue an active lifestyle regardless of knowledge, ability or fitness level.

There are two fitness centres at CFB Esquimalt: the Naden Athletic Centre (NAC) N88 and the Fleet Fitness and Wellness Centre at D22. Each centre has fitness staff and fitness programs to assist you in meeting your fitness goals. Staff is available from 6 a.m. to 4 p.m. for consultation.

Within PSP is a sports section that organizes sports teams, leagues and tournaments for the military, from community level to international competition. The programs offered include Community Leagues, Intersection Sports, Cock of the Walk (Fleet Sports), Formation Teams and CISM.

In addition to the gymnasiums, PSP operates the Wurtele Arena and has two beach Volleyball Courts for

use by the DND community.

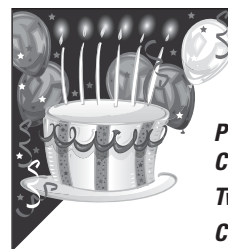
Please visit our booth at the MARPAC Expo for more information on programs and to inquire about part-time and full-time employment opportunities within PSP.

Another component of the 2009 MARPAC Expo is a showcase of health organizations from the community. In conjunction with CF Health Services, organizations such as CNIB, Aids Vancouver Island, Breast Cancer Association, Heart and Stroke Association, Mental Health will provide the most information about health.

The Esquimalt MFRC is a key player in supporting the health and wellness of the entire military community. From deployment support to child care to supporting a family in crisis, the MFRC works behind the scenes to ensure CF members can focus on their job knowing their family is well taken care of.

By connecting with the MFRC, many issues can be resolved early on, and can help reduce or prevent stress for individuals in the future.

Come and check out these new programs and services at this year's MARPAC Expo.



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New coin features history of flight

Royal Canadian Mint

The Royal Canadian Mint released its first new collector coins and gift products of 2009, choosing the centennial of flight in Canada as the theme of its highly anticipated 2009 Proof Silver Dollar.

Designed by Ontario artist Jason Bouwman, this sterling silver dollar features an image of a young person running with arms spread like an airplane's wings, symbolizing humanity's timeless dream of flight. In the background, the silhouettes of the Silver Dart, the Avro Arrow and a "Snowbird" Tutor Jet, illustrate Canada's rich aeronautic engineering legacy. A close look at the overall

design also reveals the ingeniously composed image of a maple leaf.

Canadian history was made 100 years ago on the surface of a frozen Nova Scotia lake as the Silver Dart, Canada's first successful flying machine, celebrated its maiden flight on Feb. 23, 1909. From its proving grounds in Baddeck, Nova Scotia, Alexander Graham Bell's Aerial Experiment Association laid the groundwork for a century of Canadian distinction in the field of aeronautics.

Limited to a mintage of 50,000, the 2009 Proof Silver Dollar is available for \$47.95. The uncirculated version of this coin also retails for \$39.95 and is limited to a mintage of 30,000.



The Royal Canadian Mint released its first new collector coins and gift products of 2009.

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Call 363-3014 to book your display or word ad

ANNOUNCEMENTS

ARE YOU INTERESTED in providing emergency respite child care for military families? For information call 363-2640 or toll free 1-800-353-3329.

COME SING WITH us for the joy of it! 2008/09 season: Handel, Vivaldi, Mozart. We're the Victoria Choral Society - dynamic, welcoming & worth the audition. Call Carol @ 250-391-0540.

CONQUER YOUR FEAR of public speaking at toastmasters. Frightened speakers become confident speakers. Toastmasters can help! Visit www.victoria-toastmasters.com for details.

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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VOLUNTEERING

VOLUNTEERS OF ALL ages are needed to assist individuals with disabilities to get out and be active this summer! By devoting as little as one hour per week, you have the opportunity to participate in an activity you enjoy while giving back to your community. For more info. or to volunteer please call Lindsay at 477-6314 ext 15 or email volunteers@rivonline.org

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1 BDRM. APARTMENT FOR RENT. Available from January 18th to June 3rd, 2009. Located in quiet, NS/ NP, well maintained apartment building in West Bay Marina area of Esquimalt. Furnished or unfurnished negotiable. Laundry on site. 4th floor, balcony. Rent is \$735/mo., utilities are about \$100/mo. 250-995-9364.

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Are you preparing to deploy to **AFGHANISTAN** in 2009?
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TERRA FIRMA ROTO 7 AND 8 Pre-Deployment Information Session

MFRC - CPAC
 Thursday, Jan. 29
 6 to 8:30 pm



Get all of the information for yourself and your loved ones before you leave. It can assist in making your transition to theatre smoother, not only for you but also for those that care for you.

Join representatives from the Base Orderly Room, Judge Advocate General, Base Hospital, Fleet Mail Office, Padre's Office and the Military Family Resource Centre for an information briefing. Free childcare onsite.

Pre-registration for all participants is required.

Call the MFRC at 250-363-2640 at least five days before the session.

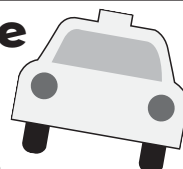
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Job description: Will be working supervising staff of three separate facilities, including two Early Childhood Education centres (with both Infant & Toddler and 3 to 5 programs) and a Kindercare/Out of School Care program. Duties will include supervision, program development, administrative duties and evaluation of programs.

Job Qualifications: Applicants for this position can have valid ECE/ITE License and/or related experience and education. The successful candidate should possess strong leadership and supervisory skills, be reliable, available for daytime shifts, work well independently and as a team player and energetic. It would also be an asset if applicant had some knowledge of military lifestyle and were bilingual. Knowledge of community resources and ongoing childcare issues.

Please apply by mailing in resume

ATT: Children's Services Coordinator

Military Family Resource Centre

P.O. Box 17000 Station Forces,

Victoria, B.C. V9A 7N2

Or by e-mail to scott.branch@forces.gc.ca

Only those shortlisted will be contacted



Pacific Camping Club will be holding their *Annual General Meeting* on the **8th February 2009** at the **Royal Canadian Legion Branch 91 on Station Road in Langford**. Members are encouraged to attend as well as any others who would like to find out more about the club may also attend, the meeting will commence at 19:00 in the Auditorium.

For further information you may contact CPO2 Dick Dubeau @ 363-5980 or at our website: www.members.shaw/p.c.c.

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