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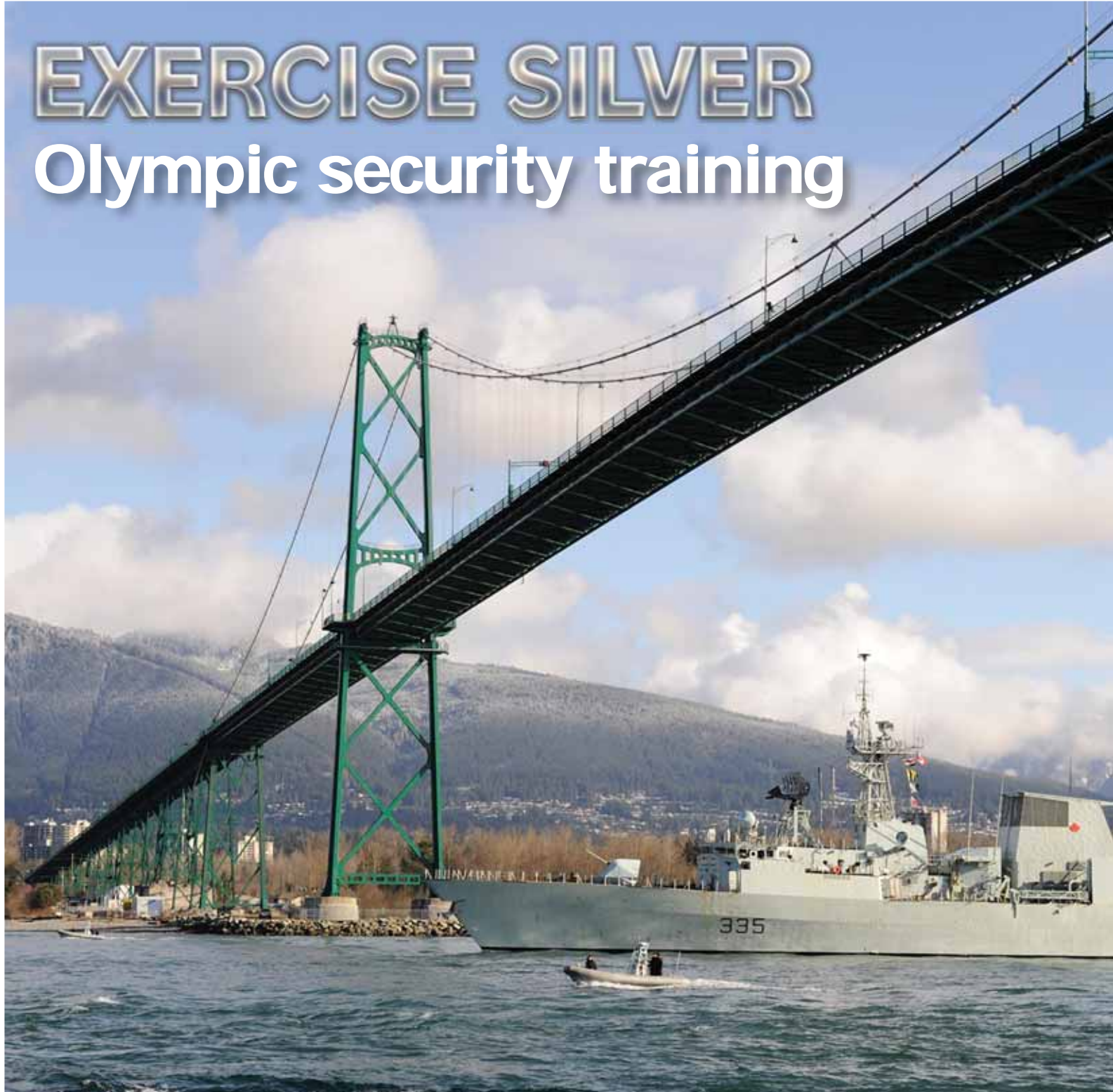
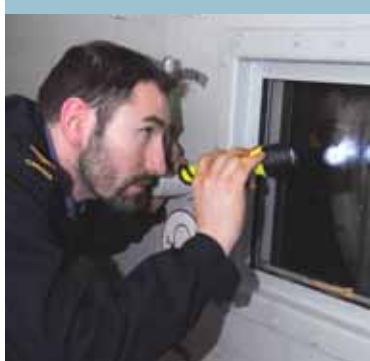
COMMUNITY 3
Clipping for cancer



NEWS 8-9
Reservists train for Olympics



FEATURE 10
Stoker on the move



EXERCISE SILVER Olympic security training

Private Malcolm Byers, Imaging Services, CFB Esquimalt
HMCS Calgary travels underneath the Lions Gate Bridge near Stanley Park in Vancouver along with a large escort including HMCS Yellowknife, Orcas Wolf and Renard, and Rigid Hulled Inflatable Boats, during Exercise Silver. Silver is the second event in the 2010 Olympic Integrated Exercise Program, which was held in the surrounding Vancouver area from Feb. 9 to 13. The exercise was an opportunity for the Canadian Forces to come together with their security partners to evaluate and execute the integrated security plan.

Brain Ticklers..... 4-5
In Focus 12
Classifieds..... 14-15


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Military housing residents told to clean up

Shelley Lipke
Staff writer

Some occupants of military housing units in the eight residential housing sites of CFB Esquimalt are not abiding by the conditions of occupancy, and the Base and Canadian Forces Housing Agency (CFHA) are taking action.

In December, Base Commander Captain(N) Marcel Hallé sent a letter to remind occupants of the conditions they need to abide by. He also touched on some of the issues, such as recreational vehicles, trailers, boats and derelict or uninsured vehicles taking up valuable parking spaces in the neighbourhood or being parked on lawns; and that some houses have unapproved fences, sheds and satellite dishes, while others have unkempt lawns.

Occupants have been advised to take the necessary steps to ensure the residential housing areas provide a comfortable, safe and secure community.

"The vehicles are the tipping point," said Don Tattrie, manager in charge of CF Housing Agency Esquimalt. Streets are too narrow to have cars parked along them, and up onto the grass. Emergency vehicle must be able to access all areas. Plus, parking lot space in row house units is at a premium with so many homeowners owning more than one car. There is an environ-

mental concern added to mix, with car leakage onto the grass.

The concerns raised should not be a surprise to Residential Housing Units (RHU) occupants as they read and signed the conditions of occupancy prior to moving in.

The issue also goes beyond cosmetic.

"We would like to encourage people to abide by the conditions of occupancy so they can take pride

in their community," said Tattrie.

While both CFHA and the Base Commander have made it clear some residences need to tidy up, many have not complied.

A targeted approach is now being taken. Individual occupants are being sent photos of their infractions along with a letter stating what they must do to clean up their property. Seven days is the time allotted to have them fix their infraction. For

those on deployment, or with other extenuating circumstances self identified in advance, occupants can receive additional time to comply with the conditions, said Tattrie.

"If grass cutting, or cleaning up a lawn of dog feces is needed, contractors will remedy the situation and CFHA will then bill the occupant directly," said Tattrie. "If barbecues are kept too close to houses and they cause damage, the resi-

dents will be charged for damages when they move out."

Alternate storage must be found for those with boats, trailers and recreational vehicles. The two storage compounds designated for military families are both full and have one-year or more waiting lists. Occupants can be added to the list by calling Colwood at 250-363-4933, or Work Point at 250-363-1008. Work is progressing to investigate increasing compound storage areas, but in the interim private arrangements will have to be made.

If infractions continue, the chain of command will be engaged.

"If parking issues continue, or there's a need to remove a travel trailer than we will make a recommendation to the Base Commander for further administrative action to remedy this situation," said Tattrie.

When CFHA sends the letters, they will also send a copy to the Base Personnel Services Officer and Base Chief, who will inform each occupant's chain of command of this issue.

"Overall, the majority of the RHU occupants do take pride in their homes and community. This action will readily encourage those few who still need a stronger reminder that their co-operative participation is not only sought, but is vital to the ongoing well-being of the entire community," said Tattrie.



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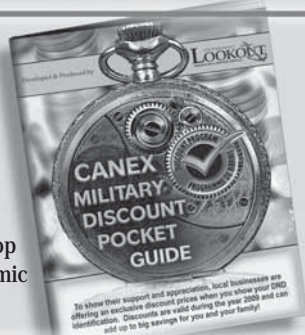
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COURT MARTIAL: SAILORS PUNISHED FOR TAMPERING

Sentence handed down to sailors

Shelley Lipke
Staff writer

The two female sailors who plead guilty to willfully damaging a database icon at the National Defence Command Centre (NDCC) headquarters in Ottawa were sentenced last Monday in Victoria.

Court martial judge Col Mario Dutil fined both PO2 Janet Sinclair and PO2 Silvyia Reid \$3,000, to be paid at a rate of

\$300 per month, or to be paid in full if either left the Canadian Forces. He also reduced their ranks to Leading Seaman.

"PO2 Sinclair deserves a stiffer sentence than PO2 Reid," said Col Dutil, who gave PO2 Sinclair a severe reprimand as well.

At the time of the offence PO2 Sinclair was a senior operator at the headquarters. While at home on maternity leave, she instructed PO2 Reid,

through a chat log, on how to tamper with an icon in order to prevent access to the database by other employees. The two did this to teach the employees a lesson because they felt they weren't doing their jobs properly, said Col Dutil during sentencing.

"The fact that she was at home committing this offence is troubling. PO2 Reid could not have done this on her own... This case

is not about removal of an icon like PO2 Sinclair's defence said. This case is about messing up tools and well-established practices used to gather highly sensitive information," said Col Dutil.

After the verdict was delivered, Prosecutor Maj Jason Samson was interviewed outside the courthouse. "I'm pleased to bring this to justice," he said. "The judge's decision was fair."

Another fun adventure at Venture

A/Slt Penny Trusty
NOTC

Students, staff and the command team at the Naval Officer Training Centre Venture gathered Friday, Feb. 6 at the Gunroom for a special event.

Joe Beaupre, a civilian contractor with the Stores Section at the school, volunteered to have his beard shaved in order to fund raise for the Canadian Cancer Research Society.

Beaupre was inspired to raise this money because of his grandson, Alex Galbraith, who at the age of seven was diagnosed with Oestrogenic Sarcoma. This is the same bone cancer that affected Terry Fox, and whom most Canadians are familiar with because of the awareness and money raised though Fox's journey across Canada in the Marathon of Hope.

Within 20 minutes of fundraising the crowd was whipped into a donating frenzy as classes and sections pooled their money to see who could raise the most. It was an excellent example of Venture spirit at work and how the school comes together



as a team to accomplish its goals.

At the start, the minimum needed before the beard would even be touched was \$200. However, with team work classes and sections competed to raise more, through a cumulative auction. As a result of the bidding, haggling and negotiating, the final amount raised was almost \$1,400. The highest bidder was then given razor rights on the 12-year-old beard and 30-year-old moustache.

Beaupre was surprised by the level of support he received.

"I was a little overwhelmed in the Gunroom...the amount raised is huge, much more than this hoary old face is worth. I will be telling

Alex and his parents about this today and I know I speak for them when I say 'thank you'. Without support from you and all the other donors over the years, cancer research would not have advanced to the point that Alex could survive the type of cancer he had. Again, thanks."

Although Joe's grandson lost his right leg below the knee to cancer, and has suffered from tumours in his lungs, research over the years has allowed treatment to advance to the point that chemotherapy has saved Alex's lungs.

Every year there is a Marathon of Hope held across Canada and for anybody interested in the event please go to www.terryfoxrun.org



Left: OS Al-Douri exercises his shaving rights on Joe Beaupre.

Above: Joe reveals his recently shorn off beard and moustache.



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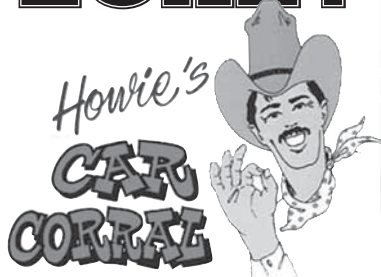
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Published each Monday, under the authority of Capt(N) Marcel Hallé, Base Commander.

Le LOOKOUT est publié tous les lundis, 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

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The Old Car Detective Bill Sherk



Ken Taylor's hardtop

Ken Taylor enjoys reading this column in the Brantford Expositor. He has fond memories of a car he owned as a teenager in London, Ontario:

"In June 1963, I was 18 and needed a car since I had just sold my 1948 Ford coupe. One evening my cousin Don Taylor and his wife Carol and I drove down to St. Thomas to look at cars.

"We stopped at a GM dealer called Disbrowe Motors on the main street, and that's where I fell in love with a beautiful 1954 Chevy Bel Air Sport Coupe. It was a two-door hardtop in light green with a dark green top and dark green rear fender insert panels.

"It had the famous 'Blue Flame' inline six cylinder engine of 235.5 cubic inches and 115 horsepower with the three-speed manual transmission on the steering column. I paid \$350.00 cash for that nine-year-old Chevy, a lot of money when you have been making \$1.00 an hour for a 54 hour week!

"While attending the Ontario Agricultural College in Guelph in 1963, I drove my friends Doug and Ken Goudy back and forth on weekends so that they could help their dad on the farm and I could help my dad with his greenhouse. We all chipped in \$2.00 each for gas, and this kept us going all week.

"I always parked my Chevy

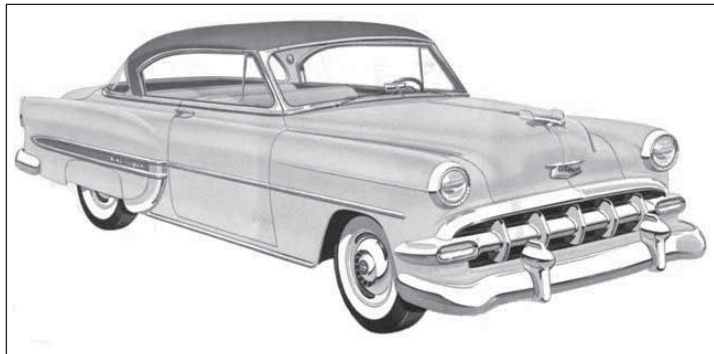
on a slight hill behind our apartment during the week at the College because on Friday night after school when we were ready to go home to London, I had to make sure we could push the Chevy downhill in case the battery was dead after sitting idle all week.

"One very cold winter night in 1964, I couldn't get the Chevy started, so I had my dad pull me down Barker Street with a chain. Just as I took my foot off the clutch to start the engine, I stripped second gear and from that time on, I had to drive my Chevy from first to third gear because I didn't have any money to repair second gear.

"I remember getting stuck in a mud hole one night and I couldn't get out. So I asked my new girl friend at the time (who is now my wife Mary of 42 years) if she would get behind the wheel while I got out to push.

"Well, we got the Chevy out but my new beige khakis and new desert boots were covered in mud. Great memories!"

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 billtsherk@sympatico.ca or write Bill Sherk, 25 John St., P.O. Box 255, Leamington, ON N8H 3W2.



1954 Chevrolet Sport Coupe in sales brochure.

THOMAS EDISON, MOMENTS AFTER
INVENTING THE PHONOGRAPH...



"HEY, MY VOICE DOESN'T REALLY SOUND LIKE THAT, DOES IT!?"

HOROSCOPES

ARIES - Mar 21-Apr 20

Affection grows where there are shared goals, Aries. Think about this as you examine future relationships. Security is your main focus for this week.

TAURUS - Apr 21-May 21

Taurus, you want things that others don't necessarily desire. It's what makes you a leader and not a follower. Continue to take the path that others do not.

GEMINI - May 22-Jun 21

Gemini, you've got a plugged-in feeling and are full of boundless energy this week. You can't imagine what is dragging others down. Inspire others to get moving.

CANCER - Jun 22-Jul 22

Cancer, the thing you want the most cannot be bought with money. But you can purchase the tools that will help you learn how to get the "it" that you want.

LEO - Jul 23/Aug 23

This week you're putting more energy behind your choices, Leo. Use the added boost to tackle projects you may have cast aside only a few weeks ago.

VIRGO - Aug 24/Sept 22

Virgo, instead of bringing too much to the romance table, let others take the lead. Enjoy as events unfold slowly around you. Savor the anticipation of what will happen next.

LIBRA - Sept 23/Oct 23

You have a lot of energy this week, Libra. You're somewhat making it up as you go along. You have a new attitude and outlook on life. Enjoy the good fortune.

SCORPIO - Oct 24/Nov 22

Scorpio, make a strong and solid commitment to finish your latest project. Regardless of how tedious the task might seem, it still needs to get done.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, luck comes out of networking and you are the consummate politician. Go shake some hands and make new relationships. You never know when you'll need a friend.

CAPRICORN - Dec 22/Jan 20

Capricorn, your opinion deserves to be heard, but only after you've gone over the logic several times to make sure it is sound. This will be especially true at work.

AQUARIUS - Jan 21/Feb 18

Aquarius, some people dream of riches, but you know better. Riches will be a healthy consequence of your consistent hard work. Romantic interests come to the forefront.

PISCES - Feb 19/Mar 20

You're feeling eccentric and could surprise everyone with your antics. Cool down or you may alienate others who are middle of the road.

FAMOUS BIRTHDAYS

- FEB 15: Jane Seymour, Actress (58)
- FEB 16: John McEnroe, Athlete (50)
- FEB 17: Jerry O'Connell, Actor (35)
- FEB 18: Yoko Ono, Musician (76)
- FEB 19: Seal, Singer (46)
- FEB 20: Cindy Crawford, Model (43)
- FEB 21: Ellen Page, Actress (22)

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Can you spot 12 differences between these pictures?



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Solution: 1. Leaf on top of bush is missing. 2. Strap on lady's sandals is missing. 3. Leaf under fish is missing. 4. Grass appears beside stump. 5. Extra hairpin in lady's hair. 6. Rock is colored in. 7. Tie on back of kimono is colored in. 8. Grass behind stump has moved. 9. Fin on fish has moved. 10. Bush in background has moved. 11. Mountain is taller. 12. Handle on umbrella is longer.

SPORTS trivia

by PO2 Bill Sheridan
Contributor

Hockey

QUESTIONS?

1. How many nations are in the IIHF?
2. In which rinks were game five to eight played during the summit series in 1972?
3. Who was nicknamed Le Gros Bill?
4. Who was on the Production Line and Production Line II?
5. What was the curse of Muldoon?
6. What was the Redwings home arena before the Joe?
7. What was the Kraut line?
8. How long is the overtime in regular season games in the NHL?
9. What is Koora and where was it played?
10. Who was nicknamed the Chicoutimi Cucumber?
11. What was nicknamed the Capital Club?
12. What is the King Clancy Memorial Trophy given for?
13. The Toronto Tecumseh's, Ontario's and Shamrocks moved from which Ontario town in the NHA?
14. Who holds the Montreal Canadien's record for goals?
15. What position was dropped from hockey to make it six per side?
16. What did Raymonds Hardware of Montreal sponsor for the Habs?
17. Where did Hockey originate?
18. Which college was the game of hockey played and quite possibly the first game played?
19. Where were the last three Gold Medals for Canada in Olympic Hockey won?
20. Who holds the LA Kings record for goals in a season?

- ANSWERS
1. 65
 2. Luzhniki Sports Palace
 3. Jean Beliveau
 4. Howe, Abel & Lindsay, & Pili, Howe Mahovich, & Delvecchio
 5. Hex apparently put on the hawks by coach Pete Muldoon after being fired
 6. Olympia
 7. Boston line with Dumart, Bauer and Schmidt (all were born in Berlin-Kitchenner-)
 8. Five minutes and if no one scores it is followed by a shootout.
 9. Georges Vezina
 10. Algerian hockey-like game played at Christmas time until the 30's.
 11. The Ottawa Silver Seven.
 12. Humanitarian contribution in the NHL.
 13. Renfrew where they were the Creamery Kings.
 14. Maurice 'The Rocket' Richard with 544 regular season goals
 15. Rover, playing between the forwards and defence.
 16. Their sticks.
 17. There is no consensus, but Windsor NS, Kingston On and Montreal are the locations believed to be the starting point for a game called Hurley on ice.
 18. Kings College, Windsor NS, Canada's first college. Circa 1800.
 19. 2002 Salt Lake City, 1952, Oslo Norway and 1948, St Moritz Switzerland.
 20. Bernie Nicholls 70, in 1989.

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Answer on page 15

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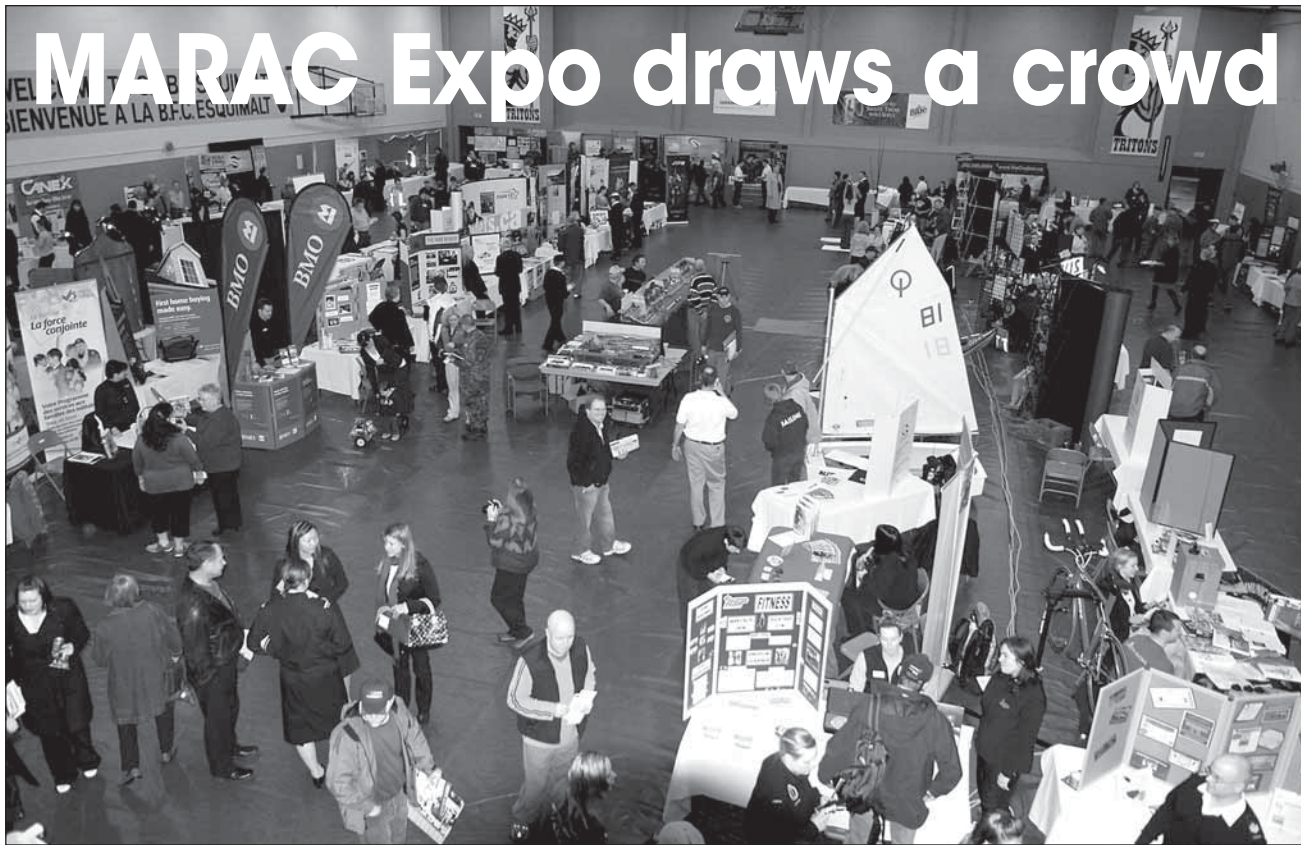
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MARPAC Expo draws a crowd



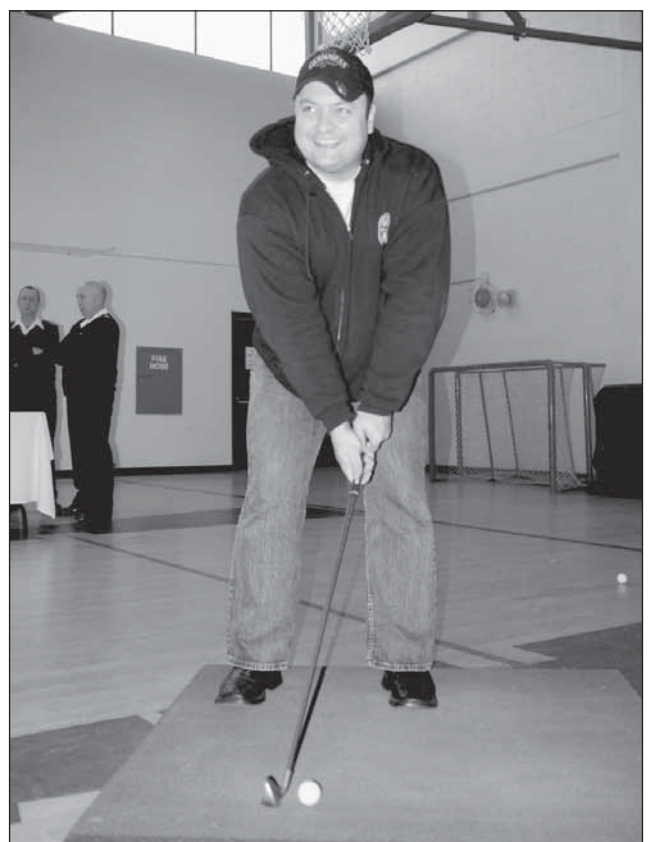
Hundreds of Maritime Forces Pacific employees headed to the Naden Athletic Centre on Feb. 4 to learn about the educational opportunities and base services available to them. Base clubs, local businesses, post-secondary schools and military units offered a wealth of information to those attending the 2009 MARPAC Expo.

Left: Matt MacMillan and Rachel Blackburn promote the Base Triathlon Club to LS Rebecca Olson.

Middle: Lloyd Rose, a representative for Vampire Cycles, shows Brendan Vallee some of the features of this chopper.

Below: LCdr Gerry Pash explains how the Canadian Forces Cadet program works.

Photos by Shelley Lipke, Lookout



Top: Members of the Naden Band played in the upper level of the gymnasium for the crowd below.

Middle: Cpl Antonio Infante practices his golf swing. The computerized program he's using, provided by Randle Golf, allows people to critique their swings and improve their form.

Below: Sonya Bell and CPO2 Douglas Bell share a laugh with Shawn Preston as he checks out one of the base Kayak Club's vessels.



MARPAC EXPO Prize Winners!

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Pte Malcolm Byers, DND

Port Inspection Divers, working from HMCS Discovery in Vancouver, BC, surface after inspecting the underside of the tug Glendale.

EXERCISE SILVER

Military ramping up for Olympics

Mary Ellen Green
Staff writer

When the call went out to Naval Reservists to put their civilian lives on hold and fill the hundreds of two-week contracts for Exercise Silver, it was answered by 22 of the 24 Naval Reserve Divisions across Canada.

More than 230 naval reservists, from three-ring commanders to leading seaman, travelled from as far away as Newfoundland to Vancouver's HMCS Discovery to work in integral Olympic security teams.

The two-week exercise wrapped up last Friday, and was part of the preparations for Operation Podium—the Canadian Forces' contribution to the Vancouver 2010 Olympic and Paralympics winter games security effort.

"While the Olympics are the reason we'll be here, we certainly

won't be at the venues as spectators," says Cdr Matthew Davies, Commanding Officer of HMCS York and N4 Logistics Officer for the Maritime Component Commander. "I think we'll be pretty busy, so busy in fact, that some of us won't know who's playing whom in hockey that night. Being a part of this Operation is important stuff and for a naval reserve, it's exciting to do the job we trained for."

Port Security Units and Combined Operational Dive Team
Many of the reservists who made the trip to Vancouver took up station in the Port Security Unit.

Crewing rigid-hull inflatable boats (RHIB), the hand picked boatswains, naval communicators, and naval combat information operators practiced force protection, surveillance, investigating a suspect vessel and escorting a high-value asset vessel.

A team also took station on land, standing guard at Deadman's Island, which houses HMCS Discovery, the Maritime Component Commander and the Olympic Marine Operations Centre.

Lurking under the water during the exercise was a Combined Operational Dive Team made up of both regular force clearance divers and naval reserve port inspection divers, who were integrated with the RCMP dive team.

The RCMP is the lead agency for harbour security and by the end of Exercise Silver the dive team was used to the RCMP's 12-hour shift standard.

LCdr Todd Dupuis took charge of the 30 CF divers from across Canada and says the united civilian and military team will provide an all encompassing underwater security effort.

"The RCMP team and the CF teams have unique abilities and complemen-

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tary skills. The RCMP has more expertise in forensics and underwater search, while the CF dive teams have more extensive training on the Explosive Ordnance Disposal (EOD) element."

While submerged in Vancouver's harbour, divers tested diver propulsion vehicles that help them move through the water quickly, and an underwater image sonar to improve search capabilities.

By the end of the exercise, 47 dives were accomplished with more than 30 hours of bottom time.

Asset Control and Tracking

During the exercise, the Port Security Unit worked with a new piece of equipment called Asset Control and Tracking (ACT), which will help them gain better situational awareness when operating in Vancouver Harbour during the Olympics.

ACT is a small boat command, control and information system that allows the Port Security Unit operations centre to track and analyze up to 12 RHIBs on the water.

With the aid of an LCD monitor

Couturier, Maritime Component Commander for the exercise and Operation Podium.

ACT was unveiled in 2007 by Offshore Systems Ltd, an industry leader in marine electronics. The Canadian Navy was the first to buy ACT after a successful try-and-buy period where three units were installed on naval reserve RHIBs.

Thirteen of the 19 RHIBs involved in Exercise Silver were fitted with the equipment for more comprehensive training. Two more ACT units may be installed on an Orca and the Combined Operational Dive Team's tender.

MS Andria Coward, a Class A naval communicator from Kingston's HMCS Cartaraqui, used ACT for the first time last week in the PSU operations centre.

She said that although it was the first time she saw the software, it was very easy to learn.

"Being able to see exactly where the RHIBs are on the water makes my job a lot easier," she said. "And being able to communicate with them when the radios go down is another advantage."

RHIBs can respond to the operations centre using the instant text message function and a virtual keyboard. They can select from a list of pre-determined messages, or type their own detailed messages.

ACT is an Automatic Identification system (AIS), which is installed on all merchant vessels over 300 tons. It broadcasts the vessel's name, speed, course and last port of call.

"It allows us to visually see what's coming," said Lt(N) Shane Denny, Port Security officer for Maritime Operations Group 4.

It also allows the operations centre to pinpoint a target for the RHIB to investigate, giving them a command of where to go and how to get there, and then virtually watch them follow it.

Clockwise from left:

- Team members discuss tactics during the testing of ACT, the newly introduced small boat command and control system.
- Reservist from across the country practice port security.
- Members of the Royal Canadian Mounted Police and Naval Reserve patrol the Burrard Inlet in search of a vessel of interest.

Being a part of this operation is important stuff and for a naval reserve, it's exciting to do the job we trained for."

-Cdr Matthew Davies, Commanding Officer of HMCS York

and joystick, RHIB crews can also see exactly where other PSU boats are located for real time situational awareness. They can also use the system to communicate via secure instant text message with each other and the operations centre.

"We used to rely on radio for communications and it was a challenge maintaining a clear picture. We were looking for a solution that provided better boat control capability and a form of secure communication. The ACT provides these improvements" said Capt(N) Gilles





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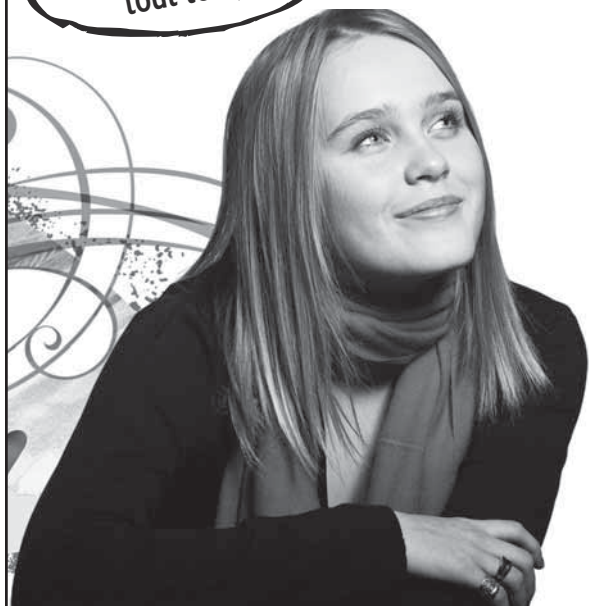


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Mary Ellen Green, Lookout

Mike Morres (left) and Derek Greer (second from right), from the Naval Officers Association of Canada, hand RAdm (Ret'd) Bill Hughes and Padre Andrew Gates from St. Paul's Anglican Church a \$1,000 donation from the NOAC Endowment Fund for a new four-pane stained glass window to commemorate the Canadian Navy's 100th anniversary.

Setting the tone for Lent

Padre Lara Ann Bowditch
Contributor

Around this time of year you may notice signs advertising Shrove Tuesday or Pancake Day. Pancake Day is the last day before the period Christians call Lent. It usually is 47 days before Easter.

Lent is a time of abstinence or giving things up. So Shrove Tuesday is the last chance to indulge, to feast, dance and sing. In places such as Brazil and

New Orleans this indulgent time is called Mardi Gras.

It may surprise you that there is more to Shrove Tuesday than pancake races and pigging out. In fact, pancakes themselves are part of an ancient custom that has deeply religious roots. The name Shrove comes from the word shrive, which means to confess. On Shrove Tuesday in the Middle Ages people used to confess their sins so they were forgiven before the season of Lent began.

During Lent there were

many foods that folks would give up, but wouldn't waste either. So households would use up all the fats in the house and make lavish meals, cakes and deserts for consumption before eating a more modest diet during the six weeks of Lent. Pancakes are the most universally common as they are made of fat, butter and eggs, which were forbidden in Lent.

Shrove Tuesday sets the tone for Ash Wednesday, the beginning of Lent. This day the faithful come to worship and are marked with ashes burned from the previous year's Palm Sunday crosses. The sign of the cross is marked on the follower's forehead with the word from scripture, "Remember that you are dust and to dust you shall return." The ashes remind the worshipper of their mortality and call them to repentance. Often people will leave the mark of ashes on all day as a sign of humility, as well as work on spiritual goals they want to attain before Easter.

Christ the Redeemer/St. Andrew's Chapel (N35) will be holding an Ash Wednesday service on Wednesday, Feb. 25 at 12:10 p.m. Ash Wednesday will also be observed in the evening at 7 p.m. at Our Lady Star the Sea in Belmont Park.

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One day in the life of a stoker at sea

Shelley Lipke
Staff writer

Deep in the belly of *HMCS Calgary*, diesel engines crank and generators hum, all in an effort to power the warship forward.

Keeping them in working order are engineering technicians, or stokers, who spend their workdays beneath the hatches, navigating narrow, slippery ladders that lead to those noisy machinery spaces.

LS Jay Clark is one such stoker who spends his days in an occupation seldom seen by other members of the ship's company.

"Historically, engineers were the ones in the engine spaces shovelling coal into the furnace to make steam. Stoking the fires got them the nickname we still go by today," says the 31-year-old. "Nowadays, we use diesel fuel instead of coal, so we don't have any fires to stoke, but will always be referred to as stokers."

Before the sun even considers rising, LS Clark is sliding from his rack. Once dressed and fed, he walks the flats to the machinery control room. Here he works alongside an electrician, two rounds men and an Engineering Officer of the Watch.

The machinery control room is manned 24 hours a day. Inside, sailors monitor pressure and propulsion speeds of the equipment, and watch live cameras that provide a view of gearboxes, shafts, engines, and fuel and water systems. Through the cameras, sailors look for any



indication of heat or smoke.

Should a fire take place through overheating or malfunctioning, LS Clark and other stokers are well versed in firefighting.

"I'm trained by the best firefighters on the ship. They teach us to be attack team leaders, those who arrive on the scene of a fire first to fight it," said LS Clark.

For LS Clark, his morning starts at 5 a.m. with a fuel consumption report for the ship, and then a series of different watches throughout the day.

He circulates throughout the machinery areas, using his senses to see, smell or hear something that isn't working right.

"This allows me to see any problems like smoke or heat firsthand before the camera in the machinery control room picks it up, and also alerts me to any machine that is making a noise and needs to be fixed," he explains.

Part of his day is spent working on the most technical aspects of repair and maintenance of machinery to ensure the ship runs at

optimal performance.

"By keeping the ship in top form, the entire ship's company benefits from my work because we are intertwined," said LS Clark. "If a diesel generator breaks down it causes a lot of problems for everyone on the ship."

Repairs often include many trades.

"I work with boatswains who take care of rigging the heavy pieces of equipment in and out of the machinery spaces; electricians who take care of disconnecting the power from the equipment we are working on to prevent us from shocking ourselves, and the stores men who take care of our parts requests. We also liaise with hull techs who weld for us," he said.

When the ship is stopped and preparing to move, LS Clark monitors the local operating panel in the forward engine room, awaiting instructions from the both the crew on the bridge and in the machinery control room to tell him when to start the gas turbines.

Once started, he walks around the entire compartment shining a flashlight into enclosures that house the turbines to see if any leaks, fire or smoke is present.

And, like every sailor at



sea, LS Clark has additional duties. "I act as bar manager by looking after the books, collecting money for the bar, stocking the beer machines and fridges, and doing inventory."

His days extend beyond the norm, often adding up to 16 or 18 hours on the job, with the rare days of working around the clock to get machinery working.

"That is why the thing I look forward to the most is getting some downtime to sleep. You never know when something could go wrong," he says. "I enjoy my work as a stoker. I like the hands on and technical aspects of this trade."



Top Left: LS Jay Clark drains a firehose after an emergency fire drill.

Top Right: Here LS Clark replaces seals and installs a new membrane into the reverse osmosis desalination system.

Right: Stoker LS Clark rebuilds valves for the same reverse osmosis water system.

Left: This is the Machinery Control Room that monitors sections of the ship.



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RAAdm Tyrone Pile, Commander Maritime Forces Pacific, high fives a youngster who was out at Duntze Head to bid farewell to HMCS Winnipeg when it left for a six-month long deployment.



Members of the Victoria Grizzlies hockey team also came out to bid Winnipeg farewell. From left: CPO1 Bob Cookson, Formation Chief Petty Officer; RAAdm Pile, Rick Burke, Grizzlies community liaison and former sailor, Alexandre Peck, Anthony Grieco, Todd Gebret, Leroy Young and Jeff Forsythe.

Duncan Ayre, MARPAC PA



Left: MS S. MacInnis, of Auxiliary Fleet Nanoose, receives his promotion to Petty Officer 2nd Class from Cdr T. Howard, Queens Harbour Master, and CPO1 L. Lloyd-Walters, POESB Chief.

Bottom Left: Lt(N) (Ret'd) Michael Black, Vice President of Capital Iron, presents a Station Pointer to LCdr Rob Lumb of HMCS Malahat. A Station Pointer was a navigational instrument used for plotting precise horizontal sextant angles in order to establish a ship's position. The Station Pointer is primarily made of brass and will become part of the Naval Centennial Brass Bell Project.

Below: close up look at the Station Pointer.





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SUDOKU ANSWERS

FROM PAGE 5

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8	4	9	6	3	2	1	5	7
9	8	4	3	6	7	2	1	5
5	1	7	2	8	9	6	3	4
2	3	6	1	4	5	7	8	9
4	5	8	7	1	3	9	6	2
3	7	2	8	9	6	5	4	1
6	9	1	5	2	4	3	7	8

CELEBRATING 100 YEARS OF CANADA'S NAVY

Calling for bell rope submissions for the Naval Reserve's Centennial Bell.

Rope should have:

- a 4 inch tassel
- a 12 inch body
- a half inch inside diameter for the Becket

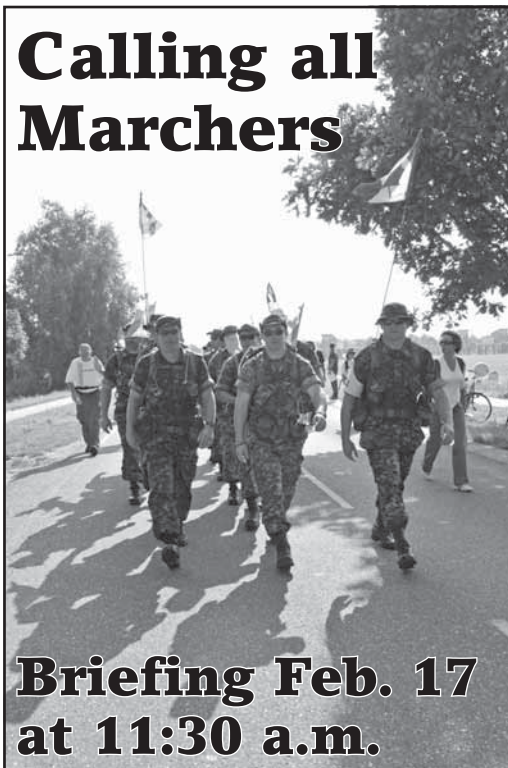
Submissions should be made before October 2009.

Contact CPO1 Gino Spinelli to participate: 250-363-4268.

The bell will be a standard 12 inch bell and will weigh roughly 90 pounds.



Calling all Marchers



Briefing Feb. 17 at 11:30 a.m.

The Nijmegen International March will take place in the Netherlands July 21-24.

A Maritime Forces Pacific contingent of 11 military volunteers will be assembled to reflect a diversity of units, ranks, trades, environments and gender.

Teams must complete the four-day 160-km (4 x 40 km) march in CADPAT carrying a minimum rucksack load of 10 kg.

Interested volunteers are encouraged to attend an information brief at 11:30 a.m., Feb. 17 in the Rutherford Theatre at CFFS(E), building N92. Team training will start Feb. 23.

For further information contact PO1 Chris Koblun, 363-5267.

TELL US WHAT YOU WANT AT THE PSP TOWN HALL

To improve customer service and the overall delivery of morale and welfare programming at CFB Esquimalt, Personnel Support Programs (PSP) Manager Dave Molinari invites you and your family member(s) to attend one of the following PSP Town Halls:

- **Wednesday, Feb. 18** at Colwood Pacific Activity Centre from 6:30-8 p.m. (military/civilian personnel and family members)

These meetings will give an overview of our PSP organization and the services and programming it currently provides to members of the MARPAC defence team.

PSP also wants to hear from you and will answer any questions and concerns you may have. These events will be used as a needs assessment for PSP for 2009. PSP needs your feedback in order to deliver programs and services that meet your needs.

The CF Housing Association and the Military Family Resource Centre will also attend.

OVARIAN CANCER



WOULD YOU KNOW IF YOU HAD IT?

SYMPTOMS

- Abdominal discomfort
- Pelvic pain/backache
- Bloating/gas/swollen stomach
- Vaginal bleeding/painful intercourse
- Urinary urgency
- Ongoing fatigue
- Indigestion
- Weight loss/gain
- Change in bowel habits

If you have been feeling a combination of these symptoms for longer than three weeks, visit your doctor and ask for a Ca125 blood test.

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EDUCATION

University Canada West on base info session

University Canada West (UCW) is an education provider to the Canadian Forces and all of its personnel. Their programs are available to Regular Force, Reserve Force, active and former members.

A presentation of their program will be held from 12 – 1 p.m. on Wednesday, March 4 in the BPSO classroom, 3rd floor in Bldg N30. If you are interested in attending contact Patrick Mossman at patrick.mossman@eminata.com or call (778) 238-6969.

UCW programs are developed to allow CF individuals the opportunity to pursue a university education and improve upon their professional development abilities.

UCW has various modes of learning. These include two campuses: one located in Victoria and the other in Vancouver for face-to-face learning and the ability to achieve a degree online through distance learning. These offerings are made available to give busy professionals like those in the military the opportunity to complete a degree regardless of location in the world.

UCW grants university credits for a wide range of military training and service. Our programs are constructed to get individuals trained and developed by implementing courses that take only 10 weeks to complete. This is unique compared to the traditional four-month semester system, and allows individuals to enter courses on a more continuous basis.

UCW programs are structured to allow for the flexibility that can occur as a result of a busy military schedule.

UCW has a Prior Learning Assessment Recognition (PLAR) program that translates military training and education to university credits, and grants members equivalency towards advanced admission into Degree Completion or MBA programs. This is based on their training, leadership, management, team work and business experience.

YOUR AD **HERE**

Contact Josh
250-363-8602
buck.jj@forces.gc.ca

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* La date limite pour cotiser à un REER est le 2 mars 2009

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BABY SHOWER February 22 Doors open at 6:30pm

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or register online, www.welcomewagon.ca

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