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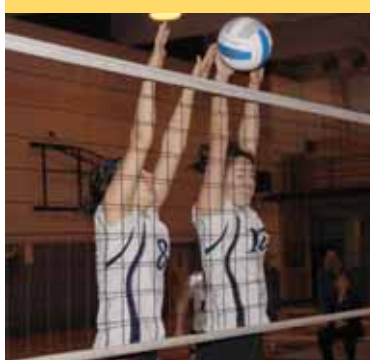
NEWS 3

HMCS Ottawa on the hunt for submarines



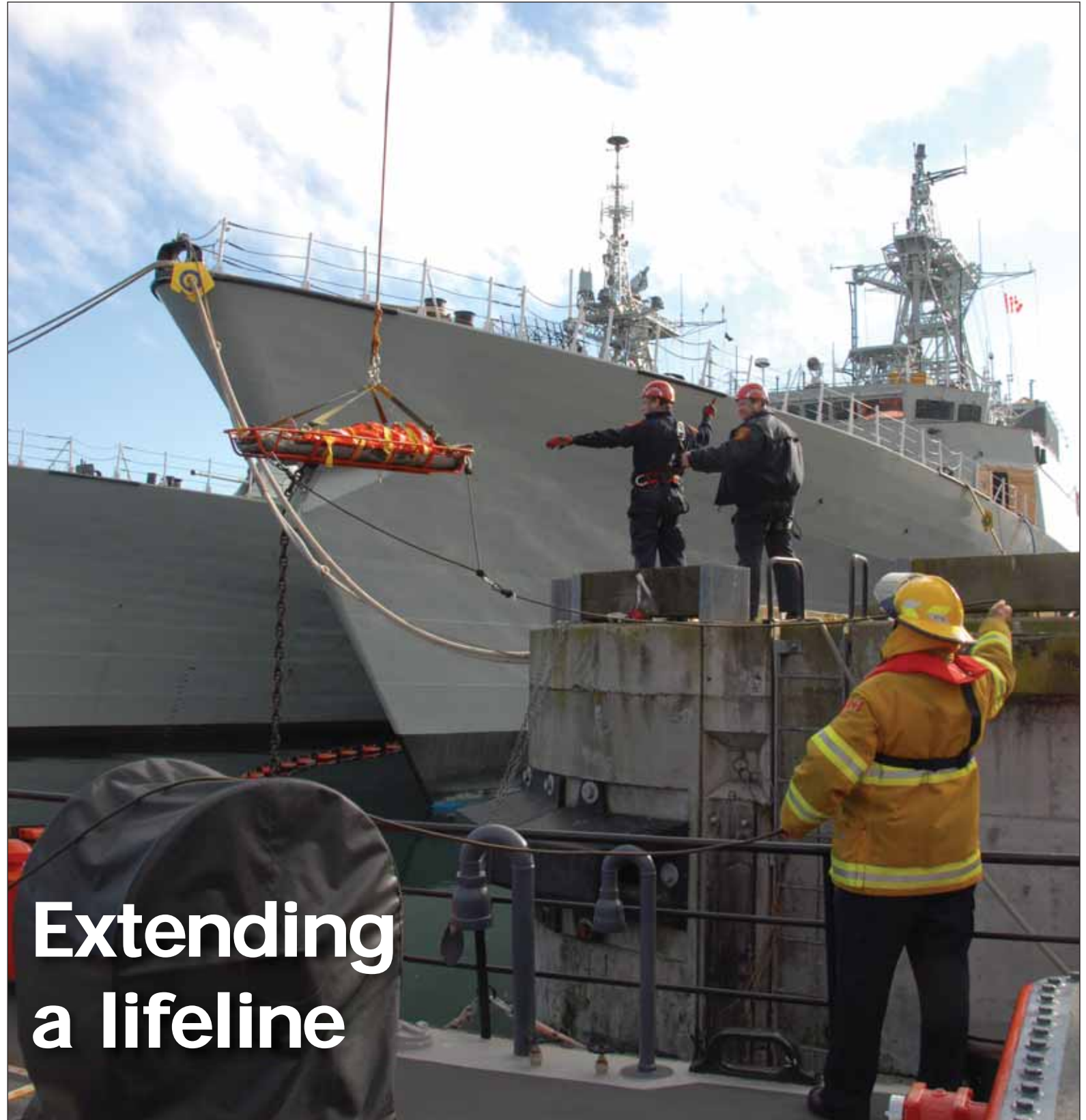
SPORTS 7

Tritons earn spot at volleyball nationals



FEATURE 9

Local reservist earns Medal of Military Valour



Extending a lifeline

Mary Ellen Green, Lookout
Fire fighters direct the removal of a mock casualty from Firebrand. Using their fire truck ladder as a hoist, they are able to lift the stokes litter from the ship's deck onto a barge by C Jetty. The rescue began with extracting the casualty from a confined space and is part of ongoing training for fire fighters.

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Wounded Canadian troops share stories with U.S. Admiral

Donna Miles
American Forces Press

The chairman of the U.S. Joint Chiefs of Staff heard firsthand accounts about the mission in Afghanistan from Canadian soldiers who recently returned from deployments there, including two amputees who have elected to stay on duty.

Navy Admiral Mike Mullen met about 40 soldiers. Among them were Cpl Billy Kerr and MCpl Mike Trauner, who lost limbs to improvised explosive devices in separate attacks outside Kandahar.

"As has been the case for me in recent years, whenever I sit down with those who have been injured, I come away more inspired by them than I had expected and anticipated," Adm Mullen said during a joint news conference. "These are two great men who look forward to fulfilling their own dreams. It was an honor to be with them."

Cpl Kerr and MCpl Trauner share not only similar injuries and therapies, but also a belief in the NATO-led International Security Assistance Force mission in Afghanistan and a desire to continue serving in the Canadian Army.

Cpl Kerr, 41, is a reservist who volunteered for his sec-

ond deployment to Afghanistan, where he served as an embedded mentor for the Afghan national police.

"I thought it was something worth doing," Cpl Kerr said of his decision to return. "I felt like it wasn't done."

His second tour of duty was a near-constant fight, with the enemy uncomfortably close to his base.

"At 300 metres you got shot at, at 400 metres you were in a big fight, and at 500 metres you were at their door," he said. But as an infantryman, he said "wanting to get in the thick of it" was simply "what you do, ... part of your mentality," so he embraced the mission as he patrolled with the "Razorbacks," a unit that blended infantry and military police troops.

During a foot patrol in October, Cpl Kerr was the fifth soldier into a doorway when a remote-controlled blast severed both legs and his left arm from his body. He never lost consciousness, and remembers looking at what was left of his body and expecting - even wanting - to die. He didn't.

Rushed for care at Kandahar Airfield, then Landstuhl Army Medical Center in Germany, then back to Canada, Cpl Kerr cheated the death he had expected.

Less than two months after his injury, he took his first steps on two prostheses. He expects to walk with a cane by late April.

MCpl Trauner, 29, shares a similar story. Less than three months after deploying to Afghanistan in September, he encountered an IED during a dismounted patrol west of Kandahar. The blast, most likely from an artillery shell strapped to a mortar, he believes, knocked him 20 feet into the air and destroyed his weapon. It also took both of his legs and broke 25 bones in his left hand.

Asked by medics who rushed to his care in Kandahar to rate his pain level from 1 to 10, MCpl Trauner told them it was 100. He said he died twice - during his initial surgery and during the flight to Landstuhl - but was brought back to life.

Eight surgeries later, MCpl Trauner expects to receive his prosthetic legs later this week. He's still being treated for his hand injuries at a rehabilitation centre.

Both MCpl Trauner and Cpl Kerr want to stay on active duty. "I really, really do," MCpl Trauner said, while conceding that he most likely will have to move into an administrative position. "I'm very proud to stay." "I'm not going anywhere,"



MCpl Tremblay, DND

MCpl Mike Trauner, severely injured in Afghanistan in December 2008, receives a medallion from Admiral Michael G. Mullen as General Walter J. Natynczyck, Chief of the Defence Staff (CDS), looks on.

echoed Cpl Kerr. But unlike MCpl Trauner, he envisions himself being back in an infantry job. "I want to be kicking in doors again," he said. "I would be back there now if I could."

Cpl Kerr dismisses what he sometimes hears on TV or reads in the papers about the mission in Afghanistan going downhill.

"Opinions are always opinions," he said, adding that people who haven't been there don't really know what's going on there.

"I think we are doing some

good and making progress there," he said. "I felt really good going into this mission. I left like I was really contributing."

MCpl Trauner said that as a soldier, his job is to follow orders and do what he's told. But deep down, he said, there's a personal motivation that inspires him to continue serving. "If we didn't do the job, who would?" he said. "We do it because we don't want our families and other people's families to be at risk."

Three Canadian Forces personnel killed and two injured in Afghanistan

CEFCOM

Three Canadian Forces personnel were killed and two were injured when an improvised explosive device detonated near an armoured vehicle during a patrol in the Arghandab District March 3.

Killed in action were Warrant Officer Dennis Raymond Brown, from The Lincoln and Welland Regiment, Corporal Dany Olivier Fortin, from 425

Tactical Fighter Squadron at 3 Wing Bagotville, and Corporal Kenneth Chad O'Quinn, from 2 Canadian Mechanized Brigade Group Headquarters and Signals Squadron.

The injured CF personnel were evacuated by helicopter to the Role 3 Multi-National Medical Facility at Kandahar Airfield. They are in good and fair condition, and their names will not be released.



WO Dennis Brown



Cpl Dany Fortin



Cpl Kenneth O'Quinn

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Daryl Barnhart, Contributor

The Military Family Resource Centre (MFRC) benefited from a recent speaking engagement by Chief of the Defence Staff Gen Walter Natynczyk when he asked that his honorarium be donated to the MFRC. Brigadier (Ret'd) and president of CIC Victoria Don Macnamara (left) and RAdm (Ret'd) and president of NOAVI Ken Summers (right) presented the cheque to MFRC Executive Director Gaynor Jackson (second from left) and MFRC Board of Director Chairperson Leanne Kopp.

HMCS Ottawa hunts U.S. submarines

Shelley Lipke
Staff writer

The crew of *HMCS Ottawa* honed their collective submarine tracking and evading skills during the Submarine Commanders' Course hosted by the U.S. Navy Feb. 16 to 19.

For the fourth time in the past 13 months the Canadian frigate took part in anti-submarine warfare exercises in the operations area near the Hawaiian island of Kauai.

"Anti-submarine warfare is much like a chess match," said *Ottawa's* navigating officer Lt(N) Kevin Whiteside. "The atmosphere is very calm and collective as each ship tries to figure out the opponent's next move, and then when that move comes, the excitement is unbeatable."

The three-day course trains and qualifies future

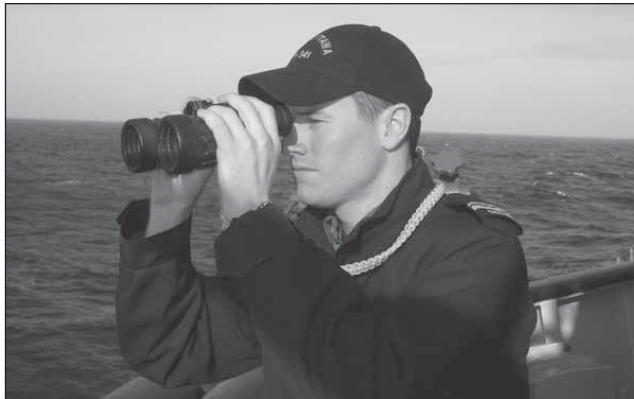
American submarine commanders and provides a chance for all surface ships to test their methods of tracking and evading submarines and torpedoes.

"During the exercise we were involved in six sets of mini-wars, each lasting up to 11 hours," said Lt(N) Whiteside. "We played the enemy role along with three U.S. ships to try to track down and send torpedoes at U.S. submarines."

The scenarios involved *Ottawa*, three Los Angeles Class submarines, the tanker USNS Yukon and surface ships USS Ruben James, USS Russell and USS Chaffee.

Surface ships transited as a task group through known submarine threat areas and performed high-speed manoeuvres under the direction of USS Russel's commanding officer.

"We had the support of a



Officer of the watch SLt Nathanael Moulson uses binoculars on board HMCS Ottawa to look for submarines and ships off the Hawaiian operations area near the island of Kuwai.

helicopter that flew ahead of the force to search for submarines and ensure our transit route was safe," said Lt(N) Whiteside.

"The exercise was a coordinated effort which required the bridge, operations team, engineers and logistics departments all to play a role in outsmarting the enemy," he added.

Lt(N) Whiteside's job was to lead the Operations Room team in tactical maneuvering to evade and simulate attacks on the submarines. They launched five virtual torpedoes on enemy submarines to counter an attack from them, and initiated an attack when they gained early detection.

"The submarine commander's course and working with the U.S. Navy was an invaluable experience that taught us we can be successful in any anti-submarine warfare scenario and we felt privileged to be able to take part in this course," said Lt(N) Whiteside. "Our efforts were recognized by American commanders at a post-exercise meeting when we learned that Canada remains among the world's leaders in anti-submarine warfare."

After the exercise, *Ottawa* joined the other surface participants in a port visit at Pearl Harbor. Crew members sailed home to Esquimalt last Tuesday.

Anti-submarine warfare is much like a chess match. The atmosphere is very calm and collective as each ship tries to figure out the opponent's next move.

-Lt(N) Kevin Whiteside
HMCS Ottawa's navigating officer



The B.C. Lions and the Canadian Football League got a little bit closer to their fans on the other side of the globe when an autographed B.C. Lions banner made its way to the Canadian Forces base in Kandahar, Afghanistan. Warrant Officer John Barr, a native of Nanaimo, received a surprise in the mail on Nov. 23 when his brother sent a Lions banner signed by members of the team.

"It meant more than you could imagine, receiving the card and the banner from the team," said WO Barr.

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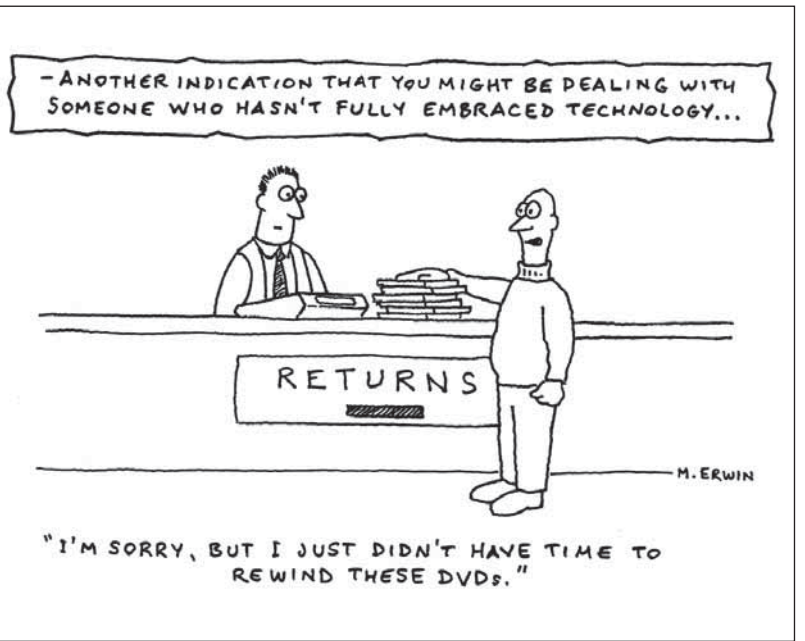


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		9	7	4		2		
	6			5	9	1		2

ANSWERS ON PAGE 15

Level: Beginner



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

www.comparrotpuzzles.com © 2009 Bonnie J. Malcolm

Solution: 1. Buckle on man's hat is missing. 2. Extra foam on mug. 3. Leaf on plant is missing. 4. Dart behind backpack is missing. 5. Target on dartboard is colored in. 6. Pocket on man's pants is colored in. 7. Shamrock on tablecloth has moved. 8. Dart on floor has moved. 9. Shamrock on lady's shirt has moved. 10. Man's vest is different. 11. Pot on shelf is larger. 12. Stripe on rug is wider.

HOROSCOPES

ARIES - Mar 21/Apr 20
Aries, don't get frustrated if you hit some unexpected bumps at work. Think creatively and you'll discover that there is more than one way to get things done.

TAURUS - Apr 21/May 21
A serious discussion with a loved one will make you realize something good about yourself. You'll discover that you may have to step back to move ahead.

GEMINI - May 22/June 21
Be true to yourself and others this week, Gemini. Don't make promises you can't keep. In fact, try not to say anything you're not absolutely certain of.

CANCER - June 22/July 22
Caught in a rut? Pull yourself out by doing something you have always wanted to try. Don't be afraid to make a change. Libra will help you overcome adversity.

LEO - July 23/Aug 23
A heated argument could lead you to say something you'll regret, Leo. Hurtful words may leave long-lasting scars, so try not to act out too rashly. A major change is looming.

VIRGO - Aug 24/Sept 22
Don't be generous with other people's money, Virgo. A promotion at work is likely, since an associate's blunder will end up benefitting you. Be strong when you're promoted.

FAMOUS BIRTHDAYS
MARCH 8 - Freddie Prinze, Jr., Actor (33)
MARCH 9 - Juliette Binoche, Actress (45)
MARCH 10 - Carrie Underwood, Singer (26)
MARCH 11 - Thora Birch, Actress (27)
MARCH 12 - James Taylor, Singer (61)
MARCH 13 - William H. Macy, Actor (59)
MARCH 14 - Taylor Hanson, Singer (26)

LIBRA - Sept 23/Oct 23
Libra, a loved one's harsh words should be taken with a grain of salt. Don't let words said in anger get you down. Instead, look at the big picture and you will feel much better.

SCORPIO - Oct 24/Nov 22
Take the first step in accomplishing a long-term goal. You'll find that taking action gives you a sense of control. You'll be happy with what you initiated, Scorpio.

SAGITTARIUS - Nov 23/Dec 21
Sagittarius, a younger family member will call on you for advice. Be sure to give an unbiased opinion. New love could be on the way later in the month. Be on the lookout.

CAPRICORN - Dec 22/Jan 20
Don't let a period of doubt and uncertainty damage a good relationship, Capricorn. A heart-to-heart conversation will probably help clear things up.

AQUARIUS - Jan 21/Feb 18
This week you may find yourself reflecting on the past, Aquarius. A mistake you made some time ago will serve as a guideline for today. Take some time to ponder that.

PISCES - Feb 19/Mar 20
You feel confident to reach for what you want, Pisces. Do you deserve a promotion? Well, don't be afraid to go in and ask for one.

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FILM *friday*

Superhero book adaptation a good watch

W. Andrew Powell
The GATE

Opening this week, Zack Snyder gift wraps the monumental *Watchmen* graphic novel in celluloid for the legion of fans who have been buzzing about it for the last year. Also opening, Joshua Jackson stars in the Canadian drama *One Week*, and I take a look at the films coming out this spring.

Watchmen

What does it say about your massive superhero movie if its creator, the great Alan Moore, has no interest in seeing how it turned out on screen?

Considering Moore's aversion to adaptations of his work, maybe not as much as it should, but *Watchmen* is still about to face the harsh criticism of modern day movie fans, and it could really go either way.

Set in an alternate-reality in 1985 when superheroes are around every corner and America is at the height of cold-war tension with the Soviet Union, *Watchmen* is a different style of hero story from the likes of *Spider-Man* or *The Dark Knight*. It is far more intellectual, in at least a few ways, with concepts that will seem familiar if you saw one of Moore's other adapted stories - namely *V for Vendetta*.

With one of their own murdered, the vigilante Rorschach sets out to discover the roots of a conspiracy to shame and kill every known superhero. Going back to the group of heroes he once worked with, Rorschach uncovers a plot that could destroy the future, while asking a question straight from the graphic novels: "Who watches the Watchmen?"

Directed by Zack Snyder, who left his mark with the epic *300*, the film has been one of the most buzzed about releases for the first part of 2009.

As a lot of people predicted, the film is so far eliciting very mixed responses.

Also opening in select theatres...

One Week

Joshua Jackson stars as Ben Tyler in this sometimes comic Canadian drama about a young man who goes on a cross-country trip from Ontario to British Columbia after his doctor informs him that he only has a short time to live.

Leaving his fiancée behind, who is played by

Liane Balaban, Ben examines his life and the world around him as a steady flow of Canadian pop songs plays in the background.

Debuting at last year's Toronto Film Festival, *One Week* is a well-acted but ultimately odd drama that gives a stunning view of our country, but needed to avoid one flaw: terminal illness plus whimsy does not actually add up to insight.

Spring Movie Preview

Looking forward, movie fans have a few blockbuster titles that will certainly be worth the wait this spring. Here is a quick overview of a few films coming to a theatre near you.

March 13 - Race to Witch Mountain

Disney revisits *Witch Mountain* in this glossy remake that stars Dwayne Johnson, AnnaSophia Robb, and Alexander Ludwig. As in the original, aliens have arrived on Earth in the form of two gifted children (Robb and Ludwig), and they're trying to get to Witch Mountain as a sinister group of people chase after them.



The superheroes of "Watchmen."

March 20 - Knowing

Nicolas Cage stars in Alex Proyas' latest supernatural film about a man trying to save the world from a global catastrophe. Cage plays professor Ted Myles, who discovers that a strange sheet of numbers, stored in a time capsule when he was a kid, actually predicts every major disaster from the last 50 years, including three upcoming international catastrophes.

March 20 - Duplicity

Julia Roberts and Clive Owen are back together again in this thriller about two spies working for rival companies that are competing to find a formula that will make one of the corporations incredibly rich. But

what happens to the duo if, between the dirty tactics and tricks, they find themselves falling in love?

March 27 - Monsters vs. Aliens

The battle of the B-movies arrives in this 3-D animated film about a group of monster urged to become the heroes of Earth when aliens attack the planet.

April 3 - Fast & Furious

Vin Diesel and Paul Walker return to *The Fast and the Furious* franchise for another chapter of street racing and street fights. Set between the second and third films, this latest chapter has Diesel as Dom Toretto, teaming up with his former enemy, played by Walker, to take on a new enemy.

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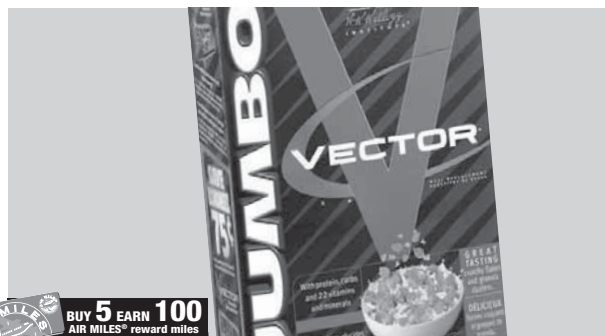
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SPORTS: TRITONS EARN SPOT AT NATIONALS



Photos by Mary Ellen Green, Lookout
Above: Team captain PO2 Heidi Twellmann spikes the ball past Comox's blockers in the final match on Friday, Feb. 27.
Right: The women Tritons celebrate the win after defeating Comox to claim the regional title.
Bottom: PO2 Heidi Twellman makes a pass to Lt Annie Sheink during play at the Naden Athletic Centre.



Lady Tritons regional volleyball champions

Mary Ellen Green
 Staff writer

The CFB Esquimalt Women's Volleyball Tritons bumped, set and spiked their way to the Pacific Region Championship after defeating 19 Wing Comox in a best-of-three tournament, played at the Naden Athletic Centre Feb. 26-27.

Esquimalt blocked 19 Wing Comox in two games, and although they won both matches three sets to none, Comox put up a good fight and kept the Tritons on their toes.

Team Captain, PO2 Heidi Twellmann said there were a few butterflies and some nerves to be dealt with before the Thursday night match, but it was nice to play for a crowd on their home court at the Naden Athletic Centre.

"It was really fun to see our friends and colleagues come to the gym and watch us play," she said.

PO2 Twellmann was the tournament's Most Valuable Player; she also coached, managed and played on the team for the first four months of the season.

"Our coach, Switch Rousseau, joined our team in January, and that's really allowed me to relax on the court and focus on my game," PO2 Twellmann said. "She has a wealth of knowledge about the game and as an athlete, and she's a very positive person."

Rousseau said the team approached her at last year's national tournament and asked if she'd be interested in coaching them. Due to a prior obligation, Rousseau couldn't commit to the team until 2009, and it's been a

great year so far.

"Over the last five weeks there has been a noticeable change in the team, especially with the newer and less skilled players. They're becoming more familiar with each other, which has allowed their self confidence and skill on the court to shine. We now have more options and a successful combination of players."

19 Wing Comox's team captain, Capt Sarah Wuntke said they were very impressed with the level of competition and they are looking forward to hosting the national tournament April 25-29. "We'll be there to support the Pacific team, and we'll be cheering them on from the sidelines," she said.

Rousseau said up to two players from Comox could be chosen to augment the Esquimalt team for the national tournament, because sailing and training schedules have left them with only nine players.

The Triton's next goal is to play and win the wrap-up tournament of the Victoria Women's Volleyball league, which they host Tuesday nights at the NAC. The wrap-up tournament will be played on Saturday, March 28, and the women Tritons are inviting friends, colleagues and any one interested in volleyball to come down to the NAC and watch.



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KEEPING DIVERS FIT

CF pilots new test that emulates job in the field

Shelley Lipke
Staff writer

Because diving in the Canadian Forces requires a higher level of fitness than many other occupations, a new physical fitness test exclusively geared for divers is set to be piloted.

Fitness staff from CFB Esquimalt, CFB Galetown and CFB Winnipeg met at Naden pool March 2 to 6 to learn how to facilitate this test project from April to September at their own bases.

"This test is almost identical to what the divers do in their field," said Rick McKie, National Physical Fitness Manager. "They see it as a parallel to the tasks they do in their job."

The project has been ongoing since 2002, when University of Victoria was contracted by Director General Personnel and Family Support Services

We began studying what it would take to create a top-level test that was a good rendition of the diver's occupation.

-Dr. Lindsay Goulet

(DGPFS) to conduct a research study and recommend a test for the divers. Dr Lindsay Goulet and a team of scientists led this research project.

Traditionally, the divers have been doing the same annual CF EXPRES test as all other members. This test features a 20-metre shuttle run to show aerobic fitness, a hand grip to measure strength and sit ups and push ups to measure muscular endurance.

"This test wasn't true to what they do in the field," said Dr. Goulet. "We began studying what it would take to create a top-level test that was a good ren-

dition of the diver's occupation, so we performed a task analysis of the specific jobs that divers do. We visited Canadian bases, conducted interviews and asked each diver to fill out a survey to help us establish which tasks they felt were most physically demanding."

Then, by performing exercises with dive equipment, measuring oxygen consumption and heart rates, and weighing equipment, they began to develop a test.

"The test we developed is task specific and has both a land and water based component," she explains. The first part is performed in a gym and simulates a diver carrying their equipment to and from a dive site, hauling in an anchor rope and carrying a diver casualty to safety. Then the pool based testing involves a weighted fin kick, surface swim and underwater swim.

"All aspects are timed and the test takes about an hour to complete," said Dr. Goulet.

During the fitness staff training, several local divers volunteered their time and skills to facilitate the test and show the staff first hand what was involved in the test and what challenges it posed.

"The test was difficult, exhausting and fun," said port inspection diver MS Frank Cyr. "It will weed out the people who shouldn't be



Shelley Lipke, Lookout

Port Inspection Diver MS Frank Cyr volunteered to help PSP fitness staff become trained in delivering a new test for CF divers.

divers and is a good baseline to have. The regular EXPRES test doesn't take into account breathing through a regulator, lifting heavy tanks, or underwater pressure and really doesn't pertain to what we do when we dive."

The surface swim is especially excellent for ship divers because they are the first response for man overboards, and it will keep them well-trained.

"The swim underwater was exhausting but a good gauge, especially for a clearance diver as

they are underwater daily," says MS Cyr.

"Once the fitness staff training is over, we want the trainers to envision what their pool looks like and see how to facilitate this in their own location," said McKie.

Then once the project is piloted at the three bases, all data, questionnaires and reports will be collected and it will be decided whether to modify the test or implement it. If implemented, it will be an annual mandatory test for all CF divers.



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Cpl Robert Peel was on a routine patrol in Afghanistan when his team was ambushed. His actions, along with fellow soldiers, saved many Canadian and Afghan lives.

Left: Capt Robert Peel of The Canadian Scottish Regiment (Princess Mary's), appeared before Michaëlle Jean, Governor General of Canada, to receive the Medal of Military Valour in a ceremony at Rideau Hall.

Below:

- Canadian soldiers of the Operational Liaison and Mentoring Team (OMLT) and soldiers of the Afghan National Army walk through a poppy field during an operation in the Panjwayi district.
- Canadian soldiers of the OMLT and a soldier of the Afghan National Army take a break during an operation.

BRAVERY

at its finest...

Mary Ellen Green
Staff writer

A Victoria Army Reservist from the Canadian Scottish Regiment (Princess Mary's) was pleasantly surprised when he heard that not only would he get a free trip to Ottawa, but he would also meet his Commander-in-Chief and receive one of the country's highest honours - the Medal of Military Valour.

Captain Robert Peel, MMV, CD was one of 48 Canadian Forces members to appear before Michaëlle Jean, Governor General of Canada, to receive Military Valour Decorations and Meritorious Service Decorations in a ceremony at Rideau Hall Friday, Feb 13. Capt Peel was awarded the Medal of Military Valour for action in Afghanistan last June.

"It really is a nice honour," Capt Peel said. "It's a bit surreal to be honoured just for doing your job."

Capt Peel's job when he arrived in Afghanistan was as Operations Officer mentor to a training kandak (battalion) of Afghan National Army (ANA) soldiers at Camp Shirzai, near the Kandahar Airfield. He helped train them on how to use a C7 assault rifle, the NATO standard weapon. The Canadian government donated 2,500 C7 rifles to the ANA last year under a Combined Security Transition Command- Afghanistan program which will see the ANA switch to the C7 from their current weapon, the AK 47.

"I arrived in February and between March and May we must have trained at least 1,000 soldiers," Capt Peel said. "We basically took the Canadian training on the rifle and just moved it over there. We had to simplify it a little bit because most Afghan

soldiers are illiterate."

There was a one-month gap in the training schedule, so in May Capt Peel was sent to Forward Operating Base (FOB) Wilson in the Zhari district to back fill leave for an administration and logistics officer. At FOB Wilson, he teamed up with Capt Jonathan Snyder, an Operational Mentoring and Liaison Team (OMLT) mentor and team leader, who often accompanied him on patrol.

According to Capt Peel, Capt Snyder was always looking for augmentees for combined ANA and OMLT patrols into the lush poppy, grape and marijuana fields. They even had the capability to patrol at night.

"The training kandak I had been training on the C7 at Camp Shirzai was now the one I was working with in Zhari, so the soldiers already knew me and it made it very easy to walk into," Capt Peel said.

Over the first 10 days at FOB Wilson, Capt Peel went out on patrol everyday and said, "We had seen a few armed insurgents around, but had not been in any fights throughout those 10 days."

At 3 a.m. on June 4, 2008, five Canadian soldiers would leave for an operation alongside 80 ANA soldiers south of ANA strongpoint How-Ze-Madad. What seemed to be a normal patrol would quickly turn into a life and death situation.

Captains Peel and Snyder, and Corporals J. Donovan Ball, Cary Baker and Steven Joel Bancarz were out on a patrol led by Capt Snyder alongside a company of ANA soldiers when they were ambushed by militants from multiple directions.

What happened next earned the five Canadian soldiers national honours, awarded to recognize

acts of valour, self sacrifice or devotion to duty in the presence of the enemy.

The citation read: "Corporals Baker, Ball and Bancarz, and Captains Peel and Snyder were deployed to Afghanistan to serve as mentors to an Afghan company, when they were ambushed by Taliban insurgents on June 4, 2008.

With little chance of survival, they exposed themselves to great peril and retaliated against the enemy while encouraging the Afghan soldiers to do the same. Captain Snyder seized

control of the situation and ensured that the Afghan soldiers retrieved their wounded comrades. Corporal Ball led a two-man team across broken terrain to secure an extraction route that allowed for the execution of a fighting withdrawal by Captain Peel and Corporals Bancarz and Baker. Because of their dedication, leadership and valour, many Afghan and Canadian lives were saved."

Cpl Ball and Capt Snyder were awarded the Star of Military Valour for their dedication to their job that day. Capt Peel and

Cpls Bancarz and Baker received the Medal of Military Valour.

"Fearlessness will get you killed. You have to be good at what you do and be calm, cool and capable. If you ever become fearless that means you're going to get yourself or somebody else killed. Courage is not fearlessness, courage in knowing your fear, accepting your fear and doing it anyways. We were scared but we knew we had a job to do," Capt Peel said. "But when we got back we were like 'that was pretty crazy'."

Capt Peel said June 4, 2008, was a bad day, but it could have been much worse.

"Capt Snyder deserves almost all the credit for that day. Throughout the whole thing he was calm, cool, you never heard his voice crack. He was talking to us on the radio, talking to the ANA company commander through an interpreter, passing on information and making everything happen. He never panicked and totally kept a lid on it. And if he's cool, we're cool."

A few short days later, Capt Jonathan Snyder was killed after falling down a well while on a combined-CF and ANA night patrol. Capt Peel took up his post as team leader and spent the remainder of his deployment mentoring a company of ANA soldiers at FOB Wilson. "That rattled all of us," Capt Peel said. "We just lost the guy who had saved our lives just a few days before."

The Medal of Military Valour was created Jan. 1, 1993, and is awarded for an act of valour or devotion to duty in the presence of the enemy.

In his civilian occupation Capt. Peel is a sales person at Mountain Equipment Co-op in Victoria. He took leave to serve in Afghanistan from February to September 2008.



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IN BRIEF

Help make Victoria roads safer

The record-breaking Discovery Channel series Canada's Worst Driver is on a mission to make Victoria streets less dangerous by rehabilitating the worst drivers in the city.

But finding these drivers isn't easy, so Proper Television, the company behind the show, is enlisting the help of Victoria residents. People in the area are asked to put forth their Canada's Worst Driver nomination for the fifth season of the hit show.

To submit a nomination, email driver@propertele.com or call 1-866-

598-2591.

Every nomination from the Victoria area will be reviewed immediately. Producers have scheduled a trip to Victoria early in April to meet the worst of the worst.

Final selections for the program will take place shortly after. Drivers bad enough to make the cut will earn a coveted spot at the nation's most intense training hub, the Driver's Rehabilitation Centre.

The idea of the program is to resolve the serious and dangerous behaviour of these drivers through a series of challenges based on core driving skills.

As each driver shows improvement, they graduate back onto real roads. At the end, one of the eight candidates will be crowned the dubious title of Canada's Worst Driver.

To give the bad driver in your life an opportunity to learn from the country's best at a state of the art driver's rehabilitation centre, email driver@propertele.com or call 1-866-598-2591. Filming is slated for June 2009.

For more information and to view past episodes of Canada's Worst Driver, you can visit www.worstdriver.ca.

Correction

In the 2009 National Canadian Forces Members Home Buying Guide, Janet MacLeod's cell number was incorrect. Please find the correct information below.

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Children learn how to be pirates

Ahoy Mateys! The Maritime Museum will be training children to be the best of the worst during March break.

The sixth annual Pirate School runs March 17 to 19 at the Bastion Square landmark.

From 10 a.m. to 4 p.m. on Tuesday, Wednesday and Thursday, experienced instructors will teach young scalawags the skills needed to survive on the high seas.

Pirate apprentices will learn to build model boats, paint faces, do tattoos, design pirate flags as well as learn scrimshaw and cartography.

Admission is \$6 per

child and \$10 for adults. All children must be accompanied by an adult.

For further information visit the website: www.mmhc.bc.ca or contact programs@mmhc.bc.ca, or phone 250-385-4222, ext. 106.

Marine Garage Sale

The Maritime Museum of British Columbia is hosting the 6th Annual Massive Outdoor and Marine Garage Sale on Saturday, April 18 from 9 a.m. to 1 p.m. at Ogden Point Pier A.


People travel from all around the island for this event. With over 50 vendors selling marine

and outdoor equipment including boats, dinghies, sails, camping, fishing, and hiking gear, etc, you're sure to find what you're looking for.

For more information, including how to buy a table for this event, please visit www.mmhc.bc.ca, call 250-385-4222, extension 111 or email kamala@mmhc.bc.ca.

The Maritime Museum is also accepting donations of marine and outdoor related items. This is a fundraising event for the museum and all proceeds contribute to keeping the Maritime Museum of BC a part of the Greater Victoria area.

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A Whitehorse win for crew at Sourdough Rendezvous

Shelley Lipke
Staff writer

In a namesake visit, one third of the crew of *HMCS Whitehorse* kicked up their heels with local Yukon residents to celebrate Sourdough Rendezvous 2009, and, for the second year in a row, they emerged as winners of the Corporate Challenge.

From Feb. 18 to 23, visitors and locals alike packed the streets, skating rinks and parks of Whitehorse for the 45th annual festival geared to defeat the winter blues. Some tossed chainsaws through the air, others packed sacks of flour on their backs or hitched up their dog for a one dog pulling match – all to beat cabin fever that the Yukon's dark and frozen climate histori-

cally brings.

"Sourdough Rendezvous is a great occasion for the sailors to meet with the community and talk to them about our ship," said the ship's Executive Officer LCdr Karine L'Archeveque. "It's also an excellent opportunity to understand the history, customs and traditions of the Yukon, in particular the Klondike Gold Rush."

Nine crew members nominated themselves to depart balmy Victoria to compete in outdoor events and withstand Yukon temperatures below 30 degrees Celcius.

"In the corporate challenge, we went up against two civilian teams and Joint Task Force North out of Yellowknife and Whitehorse," said LS Trevor Owchar.

Teams strapped on giant skis made of two by fours and coordinated every step to glide across the finish line. Then after taking turns wheeling a tricycle around a snowy course, they pushed a bed on wheels around a frozen ice rink.

"There was a lot of team spirit among our crew with the events and the Whitehorse mayor cheered for us as we went through the course," said LS Owchar.

After the physical testing, came a battle of knowledge in the form of trivia.

"We did really well on the trivia because by just being in Whitehorse we learned a lot about the history," he said.

Joint Task Force North provided solid competition for the sailors, but *Whitehorse* beat them by one point to win a plaque and a \$200 gift certificate to Boston Pizza where the sailors had a celebratory dinner that night.

During the week, they saw cancan shows, ice sculpture contests and potential town queens schmoozing with the judges and locals.

But they didn't travel to the far north for the festivities alone. Part of their namesake visit was to put a public face on the navy.

"Each year we try to help



Above: PO2 Karyn Blanchette pushes LS Steve Koreluk during the tricycle race at the Corporate Challenge.

Left: Front to back, left to right: LS Trevor Owchar, LS Luis Paico-Aviles, LS James Kilgour, Slt Lucas Kenward, Counsellor Florence Roberts, LS Steve Koreluk, PO2 Karyn Blanchette, LCdr Karine L'Archeveque, Mayor Bev Buckley, LS Jason Anderson, LCdr Brad Henderson, PO2 Kris Covlin, PO1 Micheal Broadley.



Joint Task Force North by making the population aware of what the Canadian Forces do, which trades are available, and allow people to make an educated decision if they wish to join," said LCdr L'Archeveque. "This year our crew went around and talked to the citizens of Whitehorse about the navy and about our ship while

we handed out navy stickers, pens and hockey cards."

"A lot of people didn't know that there was a ship named after their city, and people were curious about us and about the kind of roles we play," said LS Owchar.

The festival attracted over 250 aircrew and military bands from Canada and the U.S. and featured an air

show with trainers, helicopters, search and rescue, fighters, transports and specialty aircraft from all over North America.

As the festival wrapped up the sailors marched in the town parade, and the Naden Band played for the crowds and acted as further representation of the navy.

Aircrew soldiers: Army Reservists fly as door gunners

Capt Paul Kim
JTF Afghanistan Air Wing

In the skies over Afghanistan, Army Reserve soldiers selected from the 3rd Battalion, The Royal Canadian Regiment Battle Group have revived an old RCAF aircrew trade: the air gunner.

Flying as helicopter door gunners, these soldiers are the first Canadian air gunners to go in harm's way since 1945.

Gunners have flown as aircrew since the First World War, and rose to their greatest prominence during the Second World War with the Halifax and Lancaster heavy bombers.

A Lancaster crew included two gunners, one on top of the fuselage and one at the tail, and the Halifax carried three, with a nose turret as well as the tail and mid-upper positions.

In recent times, technology has replaced the air gunner in fixed-wing aircraft. Rotary aircraft are another matter, however, and the deployment of the CH-146 Griffons and CH-147 Chinooks to Kandahar has brought gunners back as integral members of helicopter crews. Helicopters flying missions in the outback of Afghanistan need gunners to protect the aircraft and their crews and cargoes.

The gunner aboard a Griffon tactical helicopter also defends the transport helicopters and road convoys the Griffon escorts.

"Normally, in Canada, we operate CH-146 Griffons with a three-person crew: the aircraft captain, the first officer and the flight

engineer," explained Capt Joe Rehberg, the deputy operations officer of the Canadian Helicopter Force Afghanistan. "It is the job of the flight engineer to control and operate the machine-gun on the Griffon back in Canada. Now, we are using an actual Army gunner on the machine-gun, giving us more flexibility and the maximum protection that is required for the aircraft, crew and passengers."

The term "door-gunner" comes from the placement of two machine-guns in the doors of the Griffon, and three in the doors of the Chinook. In both types of helicopters, flight engineers handle the guns not operated by the door-gunner.

All the door-gunners in the Canadian Helicopter Force Afghanistan are combat arms soldiers.

"I volunteered to serve with 3rd Battalion, The Royal Canadian Regiment Battle Group during Task-Force 3-08," said Cpl Christopher Hinds of The Queen's Own Rifles of Canada in Toronto. "I was training in Fort Bliss, Texas, when my section commander told me that I had been selected to serve as a door-gunner. At first I didn't really understand what being a door-gunner involved; now I consider myself one of the luckiest soldiers in the Army."

Upon selection, the new door-gunners commenced a rigorous and extensive Air Force training plan to prepare them for operations.

"We had to learn aircraft operations and safety procedures as members of the flight crew," said Cpl Hinds. "We quickly learned



MCpl Robert Bottrill, Combat Camera

A Master Gunner sits in the door-gunner's position in the CH-146 Griffon helicopter and fires the new Dillon Aero 7.62mm M134 Minigun during a training exercise at the firing range in the Afghanistan desert.

that the Air Force has a different language from the Army."

Cpl Hinds admits that his civilian experience in auto parts sales helped him make the transition from infantry soldier to flight crew.

"The door-gunner has to understand all the working parts of the aircraft in order to effectively monitor the aircraft, as well as watching for threats coming from the ground," he said. "The gunner continues to

check the overall condition of the aircraft and reports any potential hazards or problems to the pilots."

Capt Rehberg has nothing but praise for the soldiers. "The door-gunner project has been an outstanding success," he said. "The door-gunners are an integral part of the flight crews, and we wouldn't want to fly missions without them. They are eager to learn and happy to be a part of a mission that protects Canadians and their coalition partners."

Bravo ZULU

Base Commander Capt(N) Marcel Hallé and Honorary Capt(N) Cedric Steele presented several awards to deserving CF members during Ceremonial Divisions Feb. 26 at the Naden Drill Deck.

Photos by Cpl Roderick Hopp, Base Imaging Services, Esquimalt



Major Kevin Mercer receives the second clasp to the Canadian Forces Decoration for 32 years of dedicated service.



CPO2 Brian Clouter receives the second clasp to the Canadian Forces Decoration for 32 years of dedicated service.



CPO2 Donald Hayes receives the second clasp to the Canadian Forces Decoration for 32 years of dedicated service.



MWO Bill Murphy receives the second clasp to the Canadian Forces Decoration for 32 years of dedicated service.



PO2 Wesley Derhak receives the first clasp to the Canadian Forces Decoration for 22 years of dedicated service.



MS Ward Reid receives the first clasp to the Canadian Forces Decoration for 22 years of dedicated service.



MCpl Robert Nelson of Base Information Services receives the Base Commander's recognition award for his outstanding work performed on the timely re-wiring of the Defence Research and Development Canada trailer.



Cpl Adam Ledoux of Base Information Services receives the Base Commander's recognition award for his outstanding work performed on the timely re-wiring of the Defence Research and Development Canada trailer.



Cpl John Bangs of Base Information Services receives the Base Commander's recognition award for his outstanding work performed on the timely re-wiring of the Defence Research and Development Canada trailer.



Adam Miles of Base Information Services receives the Base Commander's recognition award for his outstanding work performed on the timely re-wiring of the Defence Research and Development Canada trailer.



Alex Boulay of Base Information Services receives the Base Commander's recognition award for his outstanding work performed on the timely re-wiring of the Defence Research and Development Canada trailer.



SLT Toni-Bri Nash receives a Certificate of Completion of the OPME program, an important milestone in her continuing professional development.



John Schleihauf of Base Construction Engineering receives the Base Commander's recognition award in recognition of his outstanding dedication, loyalty and work ethic during the project to deliver office accommodations for the Joint Task Force Games Headquarters in HMC Dockyard.



Cpl Mike Vogt of Transportation Electrical Mechanical Engineering receives the Base Commander's recognition award for taking immediate and decisive action at the site of a vehicle accident. He rendered assistance to the injured occupant and ensured the accident scene was safely secured until the arrival of the RCMP.



Cpl Benjamin Searle receives a Commander's Commendation from the Commander of 1 Canadian Mechanized Brigade Group for his outstanding performance during the preparations leading up to and during the conduct of Exercise Desert Ram in Wainwright, AB, September to October 2007.



HCapt(N) Cedric Steele receives the Base Commander's recognition award for his personal involvement with CFB Esquimalt and his support to the navy.

Sea Kings race to the West Coast

Capt Jeff R. Chester
Contributor

Shearwater N.S. and Patricia Bay, B.C., are the only two Wings in Canada where the Sea King helicopter operates from. However, the majority of the aircraft fly out of 12 Wing Shearwater, and so most of the manpower and equipment is located on the East Coast.

As a result, aircraft from the West Coast must sometimes travel across the country for maintenance at Shearwater, and on the rare occasion that two aircraft must cross the vast distance together, an opportunity for rivalry amongst comrades presents itself: a race to the opposite coast.

In January, 443 Maritime Helicopter Squadron was in need of two aircraft from Shearwater to replace ones sent for maintenance. The aircraft transfer offered a great training opportunity for aircrews to practice their cross-country flying skills.

The crew of aircraft 416 had initially planned to leave Shearwater on Wednesday, Jan. 7 - two days ahead of aircraft 404 - to gain a head start; however, Mother Nature had other plans. As if to even the odds, 416 was delayed a day by the January weather.

Despite 416's lead, 404 rapidly made its way to the nation's capital and met 416 there a day later. The crew of 404 then sped to Winnipeg after a brief stop in Sudbury, but 416 was close behind. Prairie hospitality was not on either crew's side though, as temperatures dipped down into the mid -30s.

Heading into the

mountains, low visibility ensured that 416 had to stop in Revelstoke, but 404 lucked in and made it to Kelowna, B.C., where they went to bed feeling very confident they would be first to the Island.

Once again, fate had something else in store. The crew of 404 awoke to two days of low ceilings. Low ceilings and mountain flying are usually mutually exclusive and so, while 404 was left staring at the skies, 416 made its way to Victoria, stopping only for fuel in Chilliwack. When 404 finally escaped Kelowna on Jan. 16, it met a world above the clouds that resembled a snowy landscape with islands of rock.

Despite their challenges, the aircrew made their way to Victoria after refueling in Abbotsford, concluding their journey with an ILS beam guiding them down through the clouds.

Safe in the warmth of the West Coast sun, the two crews had time to reflect on their experience. It seems the consensus was that contrary to popular wisdom, it really isn't the journey that matters, it's the destination. Of course, that is especially true when the destination is Victoria, B.C.

The crew of aircraft 404 were: Capt Germain Belanger, Capt Robb Allen, Sgt Darcy Mead, Sgt Matt Heckbert, MCpl Tony Parsons and Cpl Jerry Porter.

The crew of aircraft 416 were: Capt Jeremy Sugimoto, Capt Dave Campbell, Capt Renee Laporte, Sgt Kent Hudson, MCpl Sylvain Goupil and MCpl Bradford Arnold.



Above: Sea King crews receive congratulations after the lengthy flight from Shearwater, N.S., to Patricia Bay, B.C.

Below: Capt Germain Belanger pilots one of the Sea Kings to the West Coast as another flies in the distance.

Bottom: Sea Kings take time to refuel in Winnipeg.



Posted to Halifax or Shearwater?

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REUNIONS

RIVERVIEW COLLEGIATE INSTITUTE in Moose Jaw, Saskatchewan will be 50 years old in 2009, and an Alumni Committee is inviting all former students and staff to the RVCi All Years 50th Anniversary Reunion on July 10 & 11, 2009. Reunion information is available at www.rvcialumni.org.

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

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

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

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



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Old artillery found

Lt Alexandre Cadieux
19 Wing Comox PA

Two weeks ago, 19 Wing Operation Centre received a call from the RCMP Explosive Disposal Unit informing them that what was believed to be a military explosive ordnance had been found in the village of Hazelton, 300 kilometres east of Prince Rupert. The Wing Explosive Ordinance Disposal (EOD) team was dispatched to investigate and dispose of it.

The explosive ordnance, a First World War artillery round, had been uncovered after a shed built in the 1930s was demolished by a local resident.

"When we arrived at the scene, we found the area had been cordoned and that a RCMP officer was keeping

people from approaching the area," said Cpl Lacroix, a member of the EOD team. "I proceeded to inspect the artillery round and assess the risk of moving it. Once I determined that the shell was safe to move, I brought it to a nearby gravel pit where I was able to dispose of it with explosive. The artillery shell did not contain any explosive and, because it did not have a fuse, did not present a high level of risk for the public."

Cpl Lacroix complimented everyone for acting appropriately.

Military ordnance, in any condition, are hazardous if mishandled. If you have found, or have in your possession, any object that you believe to be an explosive, notify your local police and arrangements will be made to dispose of it.

Air Force goes high-tech

Krista Hannivan
ADM PA (Mat)

The Government of Canada signed a \$346 million contract with CAE Inc. to establish an aircrew training capability for Canada's new fleet of C-130 J-model Hercules tactical aircraft.

On Feb. 13, Prime Minister Stephen Harper announced at CAE's facilities that Canadian Forces' pilots will be able to take advantage of high-tech flight-simulator technology.

Known as the Operational Training Systems Provider (OTSP), this program offers a safe way of delivering critical operational training for the new tactical airlift fleet. The training consists of basic flying qualifications for pilots and loadmasters for the J

model Hercules aircraft.

Pilots and loadmasters also receive mission qualifications to learn how to use the aircraft airlift systems in an operational environment.

This contract will provide the information, courseware, materials, equipment, and resources to support the Air Force in delivering training on the C-130 J-model Hercules aircraft and aircraft systems.

With the first new C-130 J-model Hercules secured for early delivery in 2010, the Air Force will begin training on the new tactical fleet with the U.S. Air Force, then on their own C-130 J-model aircraft, and then transition to the home-grown solution when the CAE-supported training centre is up and running.

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MFRC. RSVP by March 24 CALL the 24-Hour Info Line: 250-363-0101 or toll-free: 1-800-353-3329.

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