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NEWS 3

Reno guru Mike Holmes
visits HMCS Protecteur



NEWS 8

HMCS Winnipeg serves up
fine food for VIPs



New leader for the Fleet

Cpl Andrew Deics, Base Imaging Esquimalt

It was all smiles as RAdm Nigel Greenwood (right) signed the Change of Command certificate that would relieve him of his duties as Commander, Canadian Fleet Pacific. Cmdre Ron Lloyd (left) will be his successor. RAdm Tyrone Pile, Commander Maritime Forces Pacific (Centre) presided over the ceremony.

Cmdre Lloyd takes command of Pacific Fleet

Mary Ellen Green
Staff writer

"This is beginning to feel real now," said Rear-Admiral Nigel Greenwood as he took the podium to give his final address and hand over command of Canadian Fleet Pacific (CANFLTPAC) to Commodore Ron Lloyd.

Hundreds of guests, including the Chief of Defence Staff, General Walt Natynczyk, Minister of National Defence, Peter MacKay, United States Navy 3rd Fleet Rear-Admiral van Buskirk, retired admirals and prominent community members gathered in the hangar on board HMCS Protecteur to bid fair winds and following seas to RAdm Greenwood and welcome a new leader to the

coast.

The ceremony was complete with all the pomp and circumstance expected on such a high-profile occasion, complete with music by the Naden Band.

As RAdm Greenwood addressed those who came to wish him well, he spoke of highlights of his tenure as Commander CANFLTPAC, and his hopes for the future.

He is proud of the Formation's "extraordinary accomplishment of introducing the Orca class vessels ahead of schedule."

His successor, Cmdre Lloyd, handed over command of Canadian Fleet Atlantic, March 3, in a ceremony on board HMCS Athabaskan while alongside in Bermuda.

"Ladies and gentlemen before you

today are two outstanding officers, who will continue to do great things for our navy and our country. I wish them both the best of luck," said RAdm Tyrone Pile, who presided over the ceremony.

The east and west counterparts have worked closely over the last eight months and Cmdre Lloyd says they share a common vision and fundamental priorities, starting with personnel issues.

"I'm very proud today to be named the Commander of the Pacific Fleet," Cmdre Lloyd said. "Today is a very important day in the Pacific Fleet. We have the opportunity to recognize and thank Admiral Greenwood for his tremendous leadership."

"Looking to the future," he said, "we need to make sure the foundation is in

place for delivering the cyclone helicopter. We need to make sure that all the preparations are in place for the Halifax Class modernization FELEX, so we can deliver our transition fleet, and finally we need to continue to mentor our young officers and NCMs so they can be the Coxswains and Captains of our future fleet."

He closed by saying that what he is looking forward to the most is serving the men and women of the Pacific Fleet.

He then stood at attention and said: "Admiral, I have the watch."

After the ceremony was over, guests disembarked from Protecteur, walked across the jetty and boarded HMCS Algonquin for a reception. The warm winter sun was another unexpected and welcome guest to the party.

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Minister of Defence announces construction projects

Shelley Lipke
Staff writer

Peter MacKay, Minister of National Defence and Minister for the Atlantic Gateway, made announcements on March 13 at CFB Esquimalt regarding new infrastructure projects that will benefit the base, contribute to the community and create jobs.

"This base contributes 65 million to the global economy," said Minister MacKay at a press conference in the Wardroom. "Updating and replacing defence infrastructure helps produce a first-class, modern military that is ready to take on the challenges of the 21st century."

An estimated 1,400 new jobs will be created with the projects over a two to

three year time frame, and two of the projects are already underway, he said.

"I can't tell you how proud I am to see the work of our military," said Minister MacKay. These projects will help support the men and women who truly deserve our respect and are second to none, he said.

The \$266 million investments include:

MARPAC Hazmat Facility

- A \$14.55 million contract was awarded to Kinetic Construction in November 2008 for construction of a modern storage and handling facility in the dockyard for hazardous materials.

- Construction is already underway for the facility which is designed to meet today's environmental standards and is due to be completed by summer 2010.

443 (Maritime Helicopter) Squadron Facility

- A design contract was awarded to Stantec Consultants Ltd. of Vancouver for \$2.3 million on Feb. 6, 2009, to design a new Maritime Helicopter Squadron facility in Patricia Bay.

- The project will construct a new hangar to house new Cyclone aircraft which will replace the current Sea King helicopters

- This new hangar will consolidate various operational and support functions and include an outdoor parking area to accommodate up to five aircraft.

- The current six Sea King Helicopters will be replaced by

- Construction is expected to commence in the winter of 2011.

Fleet Maintenance Facility Cape Breton Shop Consolidation

- A five phased project that will consolidate and modernize the ship maintenance facility at dockyard.

- The project includes the construction of three new industrial-support building, renovation work on two existing buildings and an extensive upgrade of the dockyard's utility services and general site improvements.

- The project is due to be completed by 2015.

Contribution to township of Esquimalt for road upgrade

- Department of National Defence will contribute \$2.4 million for upgrading the Admirals/Colville intersection.

- This project will improve safety for all users and traffic



Above: A computer generated model of the new HAZMAT facility at the corner of Canteen and Esquimalt Roads.

Right: Minister of National Defence Peter MacKay announces construction projects at CFB Esquimalt.



Reflections of a Commander

Rear-Admiral Nigel Greenwood looks back on job

Mary Ellen Green
Staff writer

Two days before Commodore Nigel Greenwood was promoted to Rear-Admiral, and before he handed over command of Canadian Fleet Pacific, he sat down with Lookout reporter Mary Ellen Green, to reflect on his time in one of the most senior sea-going positions in the navy -- something he calls the thrill of a lifetime, and something he will dearly miss.

RAdm Nigel Greenwood graduated from Royal Roads Military College in 1979 and from that point on his career has been all uphill.

In the three decades of service to his country, he has bounced between shore and sea postings and commands, from coast to coast.

Two years ago, he was appointed as Commander Canadian Fleet Pacific (CANFLTPAC) and has since accomplished many firsts in his naval career.

"I spent half my career on the West Coast, but last year was my first opportunity to go to a RIMPAC (Rim of the Pacific) exercise, and to do it in a senior command position at sea from a USN carrier. It was one of the sea-going highlights of my whole career," he said. "It was also the first time I sailed to the Far East, visited Japan, China and Korea and separately

India, Thailand and Malaysia, and the first time I sailed in a Canadian ship in and out of Pearl Harbor."

While RAdm Greenwood says it was a personal thrill to travel to these exotic places, the best part was working with other navies and hearing feedback about Canadian sailors from his fleet.

"Having the opportunity to see our ships operating with other navies and to reflect on the very high esteem in which the Canadian Navy is held by other countries is very enjoyable, and it reflects the expertise of our commanding officers and our ship's companies," he said. "It's very rewarding because we can tell ourselves over and over how high our standards are for training, and we can pat ourselves on the back for what we accomplish, but it means so much more when it comes unsolicited from others. It validates and verifies what I think of my own fleet, to see and hear that others appreciate it in some way."

But above all the personal experiences RAdm Greenwood had while in command of the Pacific Fleet, he says it was the people that made the experiences fulfilling.

"The thrill has been working with people at a more junior level in their own careers, and watching them exercise the technical expertise they're gaining and beginning to explore."



RAdm Nigel Greenwood receives his new shoulder slip-ons.

Watching them progress in their careers reminds him of the enthusiasm he had at the start of his own career.

On Friday, he relinquished command of CANFLTPAC to Commodore Ron Lloyd, and is now heading in a new career direction: the National Defence Head Quarters in Ottawa where he'll take up his post as Assistant Deputy Chief of Maritime Staff.

He says the focus of his work will be recruiting and training to get people into the navy. Second priority is to work on recapitalizing the navy in order to have modern platforms on a recurring basis.

"I'm also going to miss having an office with windows that I can look out and see the sky and the trees and ships moving in the harbour."



photos by Cpl Pier-Adam Turcotte, Esquimalt Imaging Services

Mike Toth, a civilian employee has his helmet signed by Mike Holmes, building contractor, author and host of Holmes on Homes. Holmes visited Protecteur on March 8.

Holmes and Protecteur: Making it right

Mary Ellen Green
Staff writer

HMCS *Protecteur's* ship's company, along with family and friends, were treated to a special visit by TV home construction celebrity, Mike Holmes last Sunday when he boarded the ship for a tour.

Holmes is the star of HGTV's *Holmes on Homes*, and is the national spokesperson for an international non-governmental organization called SOS Children's Villages, which specializes in providing homes and family-based care for neglected and abandoned children in 132 countries across the world.

Canadian Forces Commander-In-Chief, Governor General Michaëlle Jean, is the patron for the charitable organization.

Holmes was invited to tour *Protecteur* by the ship's Executive Officer, Cdr Frederick Caron, who noticed the philanthropic celebrity would be in town for the Spring Home and Garden show at Save-On-Foods Memorial Centre. He thought it would be a great opportunity to

show Holmes the great work *Protecteur's* crew did while on deployment at a school in Chennai, India, last September.

Upon arrival at *Protecteur*, Holmes was guided to the Wardroom and given a short presentation about the navy and the work *Protecteur* did in India.

"On return from our recent deployment to the Arabian Gulf, we stopped to help the small community of Chennai with the construction of a school and community centre," said CPO1 Ron Mierau, who was *Protecteur's* coxswain during the deployment. "We drove for hours on winding roads to get there and we worked in the stifling heat to paint, build a fence, dig a foundation and do cement work on the front steps. It was great work and it made us feel very proud."

Holmes was impressed by the calibre of work and the dedication of the women and men of *Protecteur's* crew who gave up shore time to serve those in need.

"They're doing the same thing I'm doing. They're going out there and helping. They're stopping in many places around the world and they're helping the kids by painting and putting up concrete fences," Holmes said.

After the presentation, Holmes was given a tour of the ship by Cdr Caron. It didn't take long before Holmes started critiquing the construction of the almost 40-year-old ship.

"I see you've got a suspended flex-tile ceiling here. Good thing I brought my tools," Holmes jested. But when he noticed the same tiled ceiling on the bridge he changed his tune, saying the tiles could be useful for noise cancellation – a consideration the navy takes quite seriously.



Above: Cdr Frederick Caron, Executive Officer for HMCS *Protecteur*, presents a cheque for \$2,500 from the ship's charity fund to Mike Holmes to benefit the S.O.S. Children's Villages Canada charity.

Below: Cdr Caron explains machine control room operations to Holmes.



After the tour Holmes returned to the Wardroom where he spent time greeting the ship's company and their guests, taking photographs and signing autographs on books, hats, and pieces of the ship's kit-making sure everyone who wanted to meet him got their chance.

Afterwards he was pleasantly surprised by a donation to SOS Children's Villages Canada from the ship's charity fund. An over-sized cheque worth \$2,500 was handed to the astounded TV celebrity, who was obviously caught off guard by the gift. "This is fabulous," he said, shaking his head in amazement.

The ship's company also presented Holmes with a

commemorative plaque of his visit and Cdr Caron gave Holmes an HMCS *Protecteur* captain's hat. In exchange, Holmes gave Cdr Caron a hat and the two donned them for a few short seconds inside the Wardroom to thunderous laughter and applause.

The ship's company and their guests gave Holmes three cheers and Holmes saluted back, asking if his technique was up to par.

"We can relate to what he does helping Canadians and we wanted to exchange ideas and put the navy on the map for all the humanitarian work we do at home and abroad," said Cdr Caron. "He was quite pleased to come down."

Holmes added, "It was my pleasure."

They're doing the same thing I'm doing. They're going out there and helping. They're stopping in many places around the world and they're helping the kids by painting and putting up concrete fences.

-Mike Holmes

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The Old Car Detective Bill Sherk



In the fall of 1961, a teenage hot rodder from Port Credit (now part of Mississauga) a friend of mine named Peter Clancy saw a customized 1939 Mercury convertible at a gas station in the west end of Toronto, and had to have it. The car magazines he had been buying at the drug store convinced him that this car could be turned into the ultimate street rod with show and go.

He bought it for \$300 and brought it to his parents' home on Lochlin Trail. They did not share his enthusiasm for the car but let him use their double-car garage to work on it while the family car (a 1961 Meteor 4-door sedan) was relegated to the driveway.

The original flathead V-8 engine under the hood was getting tired by now, and Peter just happened to have a rebuilt '53 Olds Rocket V-8 engine with three carburetors sitting in a corner of the garage. With the help of a friend, Peter removed the old flathead V-8 on New Year's Eve of 1961 and worked

all night installing the '53 Olds engine in the 1939 Mercury. It was all hooked up by sunrise Jan. 1, 1962.

He and his friend slept all day, then took the car (with no hood and no exhaust pipes) for a road test around the block the following night. They got a friend to push the car to get it started, then it took off like a rocket with flames shooting straight out of the exhaust ports. He now had a car with enough horsepower to rip the asphalt right off the road.

And it was a convertible! The original top was still on the car and had shrunk some over the years. Whenever it rained, he had to lie across the top of the front seat with his feet pressed against the top of the back seat while pushing the top with all his might toward the clamps on top of the windshield. If he was lucky, he got it on the first try and didn't get wet.

By the following summer,

Peter Clancy's 1939 Mercury convertible



Peter Clancy's Olds-powered 1939 Mercury convertible in 1962.

Peter was ready for a new challenge. He sold the car to me, the future Old Car Detective, and bought a souped-up '57 Meteor 2-door hardtop. For the next three weeks, I drove the '39 Mercury around Toronto until the driveshaft broke and I coasted to a stop in front of the Royal Ontario Museum. I then sold it 'as is' to a young man with big plans for fixing it up and never

saw it again.

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

WHAT SAY WE

Lieutenant Governor upholds traditions

Just recently as Lieutenant Governor, I opened the 5th Session of the 38th Parliament of British Columbia. In my capacity as the personal representative of the Queen of Canada in this province, I read the Speech from the Throne as written by our government, which is to inform you of what your elected representative plan are for the upcoming legislative year. It is important to understand that although I read the speech, I have nothing to do with its preparation. The Lieutenant Governor's role is, and must remain, completely non-political.

The rituals associated with an opening of our legislature demonstrate the distinction between the Crown and the elected. This event is part of our democratic tradition and along with free and unfettered elections, it serves to remind us all of how we exercise and practice our democratic form of government. There is a lot of pomp and pageantry, which includes the

inspection of a guard of honour normally comprised of 100 military personnel supported by our local Naden Band and the firing of a 15 gun salute by the 5th Field Artillery Unit based in Victoria. In recent years, the Royal Canadian Mounted Police have provided support to the guard with the presence of a ceremonial troop.

You may wonder why we in Canada, and particularly in British Columbia, continue these age-old customs. My personal belief is that it is of extreme importance for us all to recognize, honour and respect our past and to acknowledge the stability of our democratic institution. We live in a wonderful country and province where we have the freedom to vote as we choose; to elect those people we feel will best represent our interests as citizens, and to live unsuppressed by our institutions and our neighbours.

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ANSWERS ON PAGE 15 Level: Beginner

ComParrot
by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?

Solution: 1. Cloud is missing. 2. Grass appears behind rock. 3. Branch on log is missing. 4. Strap on safety goggles is hidden. 5. Grass beside toolbox is missing. 6. Leaf beside stump is missing. 7. Bush behind tree is colored in. 8. Part of birdhouse is colored in. 9. Label on drill is missing. 10. Blade on gigawatt saw is moved. 11. Bush in background has moved. 12. Hand saw is longer.

HOROSCOPES

ARIES • Mar 21-Apr 20

Aries, a misunderstanding at home could lead to a major battle if you're not careful. Be diplomatic with your words, especially when discussing sensitive issues.

TAURUS • Apr 21-May 21

Taurus, don't waste time and energy on someone who is bound to let you down. You may find that the best way to get the job done is to do it yourself.

GEMINI • May 22-Jun 21

Gemini, use diplomacy when dealing with those who are hot-tempered. Keep your cool, and you'll end up looking like the winner every time.

CANCER • Jun 22-Jul 22

Cancer, an upcoming trip will go smoothly if you start planning now. Prepare for potential problems and you'll be ahead of the game. A new relationship blossoms soon.

LEO • Jul 23-Aug 23

You could find yourself saddled with another person's responsibilities and may have to put your own obligations on the back burner, Leo. It will be appreciated in the long run.

VIRGO • Aug 24-Sept 22

If you feel you're being taken advantage of at work, don't be afraid to speak up, Virgo. Otherwise a difficult pattern will continue. Hold your ground.

LIBRA • Sept 23-Oct 23

Libra, try to solve problems at work on your own. A simple project could turn into a big problem if too many people get involved. Financial matters look promising.

SCORPIO • Oct 24-Nov 22

Scorpio, patience will be an important virtue this week, especially when it comes to romance. An attractive Gemini could give you a run for your money.

SAGITTARIUS • Nov 23-Dec 21

Even if work-related problems are plentiful, don't let them get the better of you, Sagittarius. Keep a calm, cool approach, and tackle the issues one at a time.

CAPRICORN • Dec 22-Jan 20

A surprise phone call from an old friend could set the stage for weekend activities. Be prepared for a good time, Capricorn, because the odds are in your favor.

AQUARIUS • Jan 21-Feb 18

Aquarius, a new project may seem overwhelming at first, but you're sure to get a wealth of satisfaction from it. Your optimistic nature will guide you through.

PISCES • Feb 19-Mar 20

Pisces, overreacting to a difficult situation will only make matters worse. You'll need to be more cooperative if you want things to work out.

FAMOUS
BIRTHDAYS

MARCH 15 Fabio, Model (50)

MARCH 16 Flavor Flav, Rapper (50)

MARCH 17 Mia Hamm, Athlete (37)

MARCH 18 Adam Levine, Singer (30)

MARCH 19 Glenn Close, Actress (62)

MARCH 20 Kathy Ireland, Model (46)

MARCH 21 Rosie O'Donnell, Comic (47)

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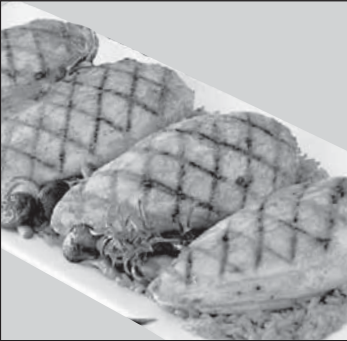
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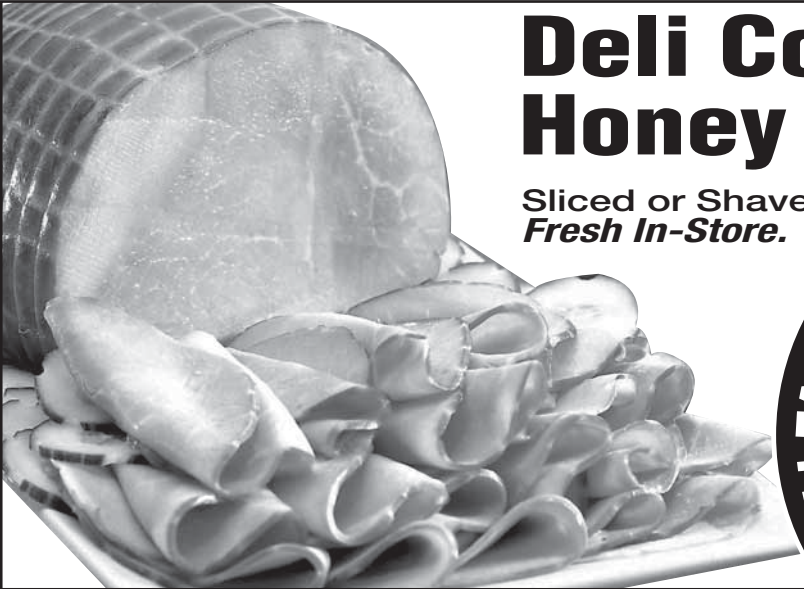


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CADETS: YOUTH LEARN SURVIVAL TRAINING

Cadets gear up for Spring Break

The B.C. Regional Cadet Honour Band will perform in Nanaimo, Mission, Chilliwack, and Victoria during the school spring break March 16 to 20.

Under the direction of Lt(N) Camil Bouchard, former Music Director of the Canadian Navy's Naden Band, the cadet Honour Band is comprised of 50 of the top teenage musicians of the Royal Canadian Sea, Army and Air Cadets selected from across B.C.

Being selected for the "spring break" Honour Band is a coveted prize amongst the 1,600 cadet musicians that populate cadet bands in 70 B.C. communities.

The young musicians range in age from 14 to 18 years of age and the majority play at a level equivalent to Grade five/six of the Royal Conservatory of Music. Many of them play in their community or school band as well as their cadet band.

Arriving in Victoria on March 14, the cadets undergo three days of rehearsal at the Naden Band Room at Canadian Forces Base Esquimalt in preparation for the first concert on Tuesday.

The full concert band is complemented by pipes and drums and will perform popular music highlighted by military pomp and ceremony. There is no charge to attend any of the performances that will be dedicated to the Centenary of

the Canadian Forces Cadet Instructors Cadre.

- Tuesday, March 17 at the Port Theatre, Nanaimo, 7:30 p.m.

- Wednesday, March 18 at the Clarke Theatre, Mission, 7:30 p.m.

- Thursday, March 19 at First Avenue Christian Assembly, Chilliwack 1:30 p.m.

- Friday, March 20 at McPherson Playhouse, Victoria, 7:30 p.m.

Sailing instruction

Over 70 members of Royal Canadian Sea Cadet Corps from across Northern British Columbia will be in Victoria during spring break for sailing instruction at the South Vancouver

Island Sail Centre, located in Esquimalt Harbour.

The participants will sail 420 and Echo class dinghies to attain their Canadian Yachting level one or two White Sail qualification and qualify to compete to represent the North in the Pacific Region Regatta in May and hopefully earn a place in the National Regatta held in August. Teams from B.C. Region have won the national title consistently for the past seven years. Competitors sail two person 420 dinghies rigged with trapeze and spinnaker.

Army cadets learn winter survival

Members of 2422

RCACC (Nanaimo) and 1726 RCACC (Comox) took part in a winter indoctrination and survival exercise near Mount Washington from Feb. 27 to March 1.

Cadets received training on survival and shelter building, as well as search and rescue techniques and avalanche awareness. Each participating cadet was responsible for his or her own shelter, cooking and equipment. Leadership was provided by senior cadets as part of the Army Cadets' mandatory training program, supported by members of the Regular and Reserve Force of the Canadian Forces.



Army cadets spent three days learning winter survival skills near Mount Washington.

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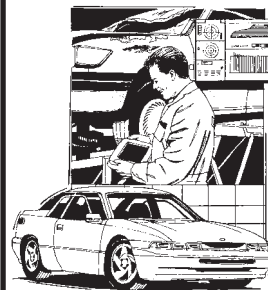


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HMCS Winnipeg platform for luncheon

Mary Ellen Green
Staff writer

As the crew of *HMCS Winnipeg* made their final approach to White Beach, Okinawa, Japan, two weeks ago, last minute preparations were being made by the cooks and stewards to host a high profile VIP luncheon.

Jonathan Fried, Canadian Ambassador to Japan, and Capt(N) Andre Langlois, Canadian Defence Attache to the Embassy of Canada, co-hosted the stand-up lunch on Monday, March 2, alongside *Winnipeg's* command team.

US Consul General Kevin Maher and 12 members of the U.S. Navy, Army, Air Force and Marine Corps were the guests of honour for a lunch that featured B.C. wines and other Canadian ingredients including hand-carved beef tenderloin and honey cajun salmon.

Winnipeg's Chief Cook, PO1 Tim Rogerson said the menu also included curry pineapple chicken and cheese, vegetable and fruit platters. "But the best part of the meal was the three choices of cheesecake: white chocolate lemon, chocolate turtle and tiramisu," he said.

PO1 Rogerson prepared two options for the menu and sent them to the supply officer and then to the Commanding Officer for final approval.

"The biggest thing to consider when planning a menu is what we have on



Photos courtesy of HMCS Winnipeg

Steward LS Martin puts the finishing touches to the table prior to the VIP luncheon.

board and what we could get when we came alongside, as we only arrived a few hours before the luncheon. I wanted something simple, but wanted to focus on presentation, so I had Cpl Andrew Murphy carve the tenderloin and salmon to order," he said.

He also said that OS Galway, a new addition to *Winnipeg*, has considerable experience with garnishing platters, and the occasion allowed him to put his skills to good use.

It took great effort to get the Wardroom set up to VIP standards.

Steward MS Karrie Kowalyk said, "We had to order fresh flowers, iron the table cloths and napkins, shine the silverware, set up a carving table, desert table and tea tables and a fully functional bar."

The success of the lunch relied heavily on the ability of the cooks and stewards to work together and to take care of their other responsibilities such as feeding the crew.

"Overall, the lunch was received well both by the CO and his guests. I found that the cooks and the stewards work well together in this environment and it was evident by the positive feedback," said PO1 Rogerson.

The biggest thing to consider when planning a menu is what we have on board and what we could get when we came alongside, as we only arrived a few hours before the luncheon.

-PO1 Tim Rogerson
Winnipeg's Chief Cook



Left: Cdr Craig Baines, Commanding Officer of HMCS Winnipeg, greets Ambassador John Fried as he boards the ship in Okinawa.

Right: PO1 Rogerson, *Winnipeg's* Chief Cook, gives instructions to one of his cooks, Cpl Murphy, about the presentation of the food at the VIP luncheon on March. 2.



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A Learning Environment

On the shop floor of Fleet School, sailors in all stages of their careers are cutting, grinding, welding and testing equipment to advance their skills.



Top: PO1 Allen Hamilton, Marine Systems Engineer instructor at Fleet School, uses the mortice machine in the woodworking shop to prepare a piece of wood for a bench.

Left: LS Rebecca Olson, a naval weapons technician, checks the environmentalals of the Close In Weapons System (CIWS) at Fleet School. She looks at hydraulic pressure, air dryer pressure and wave guide functions to ensure the system runs accurately. At sea, the CIWS acts as an anti-missile and anti-aircraft weapon, used for fast approaching boats and can fire 20-mm rounds at 4,500 rounds a minute. Each day at sea, these environmentalals must be checked by personnel to ensure they run properly.

Right: LS Angela Hildrum uses a boroscope with a fibre optic camera to inspect the inside of a gas turbine. This highly technical equipment provides a snapshot of the inside of the gas turbine to help locate damage, and saves a lot of time for technicians who, without the boroscope, would have to take the turbine apart to find the problem. This gas turbine is the primary engine for a 280 class ship such as HMCS Algonquin.

Photos by Shelley Lipke, Lookout



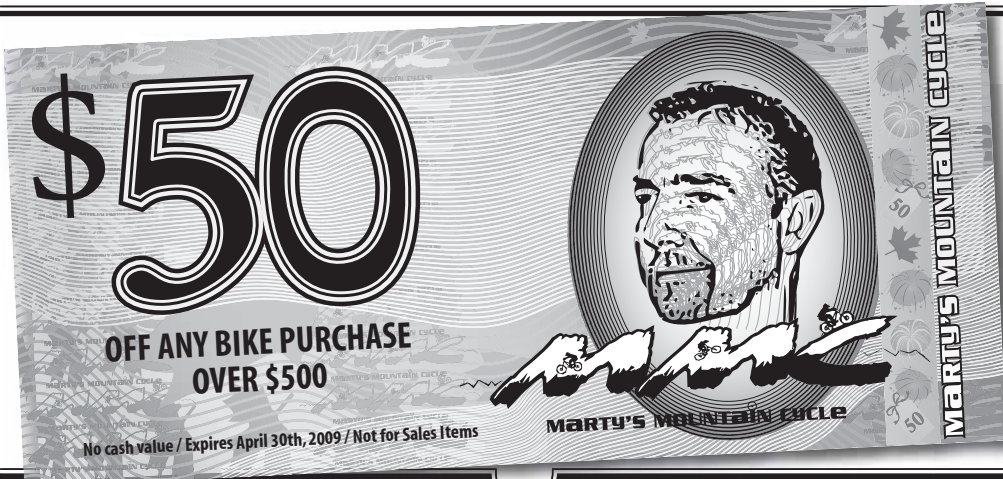
A class of students in the machine shop at Fleet School are busy working on lathes to make bolts, gears, valve spindles, and shafts out of metal stock.



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INMEMORIAM



Trooper Marc Diab

One Canadian Forces soldier was killed and four injured when an improvised explosive device detonated near an armoured vehicle during a patrol in the Shah Wali Kot District on March 8.

The soldiers were conducting security operations in the area when the explosion occurred.

Killed in action was Trooper Marc Diab from The Royal Canadian Dragoons. Trooper Diab was serving as a member of the 3rd Battalion, The Royal Canadian Regiment Battle Group.

The injured CF personnel were evacuated by helicopter to the Role 3 Multi-National Medical Facility at the Kandahar Airfield. All injured CF personnel are in stable condition and three of them will be evacuated to Landstuhl Medical Facility in Germany.

The names of the injured soldiers will not be released.

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MARPAC logistics organizational review gains positive momentum

LCdr Randy Rogers
Logistic Realignment
Project Coordinator

The Maritime Forces Pacific (MARPA) Logistics Organization Review is a local initiative that stood up on Oct. 1, 2008, with the goal to review the Logistics organizational construct across the Formation and seek practical strategies to deal with our current personnel shortfalls, increased operational tempo and the support challenges of the near future.

The scope of the review includes all shore-based integral units associated with providing supply, traffic, transport, controller, administration, food and steward services. The intent of this project

is to deliver a practical and locally achievable plan during April 2009, with roll-out of changes expected to be in place by Aug. 31.

The review has now entered the analysis phase, and while it is too early to discern the way ahead, common indicators from the research clearly point to an increased error rate, greater workload for supporters, the impact on stress and morale in the workplace, as well as the need for better communication.

Throughout, the dedication and professionalism demonstrated by logisticians across the spectrum of support trades, figured prominently.

The logistics community of MARPAC, comprised of

Regular, Reserve and Public Service professionals, have participated in data gathering activities including: an online survey, support unit workshops and customer unit consultations. The concerns, comments and suggestions provided by logisticians participating in these venues have been taken into account, are recorded in various documents that can be seen on the review website and form the basis from which options and recommendations are being developed. Throughout this process, the review has received the support, advice and alignment of the chain of command, MOC advisors, HR specialists and union representatives. In the coming weeks the draft report and potential ways

ahead will be communicated and inputs sought from stakeholders.

It is likely that a joint team solution involving both military and civilian personnel will be required in order to maximize capabilities across the Formation. This review is not intended as a "final solution," but an effort to mitigate the impacts of the Logistics HR crises, and the current phase of continuous improvement for logisticians within MARPAC.

The participation and patience of logisticians across the Formation in this important activity has been most appreciated. For more information on this initiative, visit the MARPAC/J4Log website under the MARPAC Log Org Review.

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Alistair Elliot
3. Compromise,
Glen Shippam

Division II

1. Hilda Harris,
John Pirquet
2. Pitaraq,
Graham Heath
3. Still Squeezin,
Mike Becevel

Division III

1. Dee Jay,
Patrick Contant
2. Canada Goose,
David Deeks

Series Race B2, March 8

Division I

1. White Wave,
Jon Richardson
2. Wild Oats,
Bill Brekelmans
3. Melaque,
Alistair Elliot

Division II

1. Hilda Harris,
John Pirquet
2. Pitaraq,
Graham Heath
3. Eden,
Charlie Pash

Division III

1. Dee Jay, Patrick
Contant

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Below Left: Alexander Brown from the Port Security Section receives his promotion to A/SLt from Cdr T. Howard, Queen's Harbour Master.

Below Right: Mario Maisonneuve of HMCS Vancouver is promoted to Petty Officer Second Class and accepts congratulations from the ship's Commanding Officer Cdr Lewis-Manning.



PO2 Randy Muttitt, Contributor



Left: PO2 Carl Glazer of HMCS Vancouver accepts his Canadian Forces Decoration from Cdr Lewis-Manning.

Right: A newly promoted PO1 Dean Burrows accepts his new shoulder slip-ons.



Cpl Andrew Deics, Base Imaging Esquimalt

Above: Chief of the Defence Staff, General Walt Natynczyk salutes as he disembarks HMCS Algonquin after the Canadian Fleet Pacific Change of Command reception, held on the ship's flight deck.

Left: RAdm Tyrone Pile wishes RAdm Nigel Greenwood fair winds and following seas moments after signing of the Change of Command certificates during the Change of Command ceremony for Canadian Fleet Pacific on March 13.

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Contributors

Periodically over the last year, I have been employed as the Base Commander's driver. During this time I have observed many military personnel of all ranks who are unsure of the proper marks of respect to be paid to passengers in vehicles bearing distinguishing flags and/or general officer car plates.

Compliments are formal marks of respect and courtesy, and the military salute is a traditional demonstration of trust and respect.

I understand how we can get caught up in our own everyday endeavours and can be engrossed in conversation with others, but attention should be heeded when travelling through Dockyard and Naden.

It is also understandable how personnel posted to the Base or HMC Ships can become confused as to what to do when staff cars are passing them. Many adopt the old "what staff car" and turn in the opposite direction, or in most cases stare at the vehicle with that "deer caught in the headlights" look.

Staff cars at CFB Esquimalt will have a flag displayed and, depending on the occupant, have a plate above the licence plate signifying the rank of the person.

Commander Maritime Forces Pacific (MARPAF) staff car will bear a blue license plate with two silver stars and be flying a pennant resembling the naval jack.

The Commander

Compliments are formal marks of respect and courtesy, and the military salute is a traditional demonstration of trust and respect.

Canadian Fleet Pacific's (CANFLTPAC), staff car will bear a blue license plate with one silver star and a pennant resembling the naval jack.

The Base Commander's car will just be flying pennant with a single maple leaf.

In accordance with A-PD-200-000/PT-000 The Honours Flags and Heritage of the Canadian Armed Forces and Base Standing Orders 2-111:

Compliments are formal marks of respect and courtesy; i.e. salutes. The military salute is a traditional demonstration of trust and respect. Although the method of saluting varies with circumstances, the paying of compliments is a fundamental requirement that is indispensable to service discipline. All military personnel shall give salutes as required by military regulations, custom and courtesy.

Methods

The method of paying a compliment by an individual or group may vary depending upon:

- the occasion
- the dress worn by the individual paying the compliment
- whether or not arms are carried.

When to pay a compliment

Compliments shall be paid to the following persons or on the following occasions:

- Her Majesty The Queen, His Royal Highness, Prince Phillip, The Duke of Edinburgh, Her Majesty Queen Elizabeth, The Queen Mother, other members of the Royal Family and foreign sovereigns, members of reigning foreign families; Presidents and Chiefs of State of Commonwealth and foreign countries
- The Governor General of Canada and Lieutenant-Governors of provinces
- The Head of Government; the Prime Minister of Canada, and cabinet members for defence
- Officers, including those of Commonwealth and foreign countries
- When *God Save The Queen*, *O Canada*, and the Royal and/or National Anthems of foreign countries are played
- Uncased standards, Guidons, or Colours, except when they are draped in black and carried by units at a state or military funeral
- The bier in state, military, and civilian funeral processions
- When coming on

board or leaving a ship or when coming on to the quarter deck

- Passengers in staff cars bearing distinguishing flags and/or general officer car plates

- When the National Flag is raised or lowered

- When Last Post and Reveille are sounded

- On other occasions as notified from time to time in the appropriate regulations, orders and instructions.

Base Standing Orders 2-111 Compliments Para 5 n

Vehicles:

- Compliments shall be paid to passengers in staff cars bearing distinguishing pennants/flags and/or flag/general officer car plates

- The senior passenger in a staff car and the front seat of other vehicles shall salute

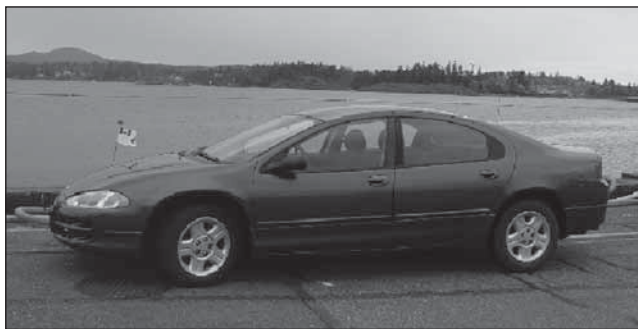
- Service personnel driving a vehicle, motorcycle, or bicycle shall not salute

- Passengers riding in the rear of trucks shall pay compliments by sitting at attention

Service personnel on foot are to salute on the march or at the halt.

Direction for formed marching groups can be found in A-PD-201-000, The Canadian Forces Manual of Drill and Ceremonial.

Remember, you will never be faulted for saluting.



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ANNOUNCEMENTS

7th ANNUAL GREEK EASTER BAKE SALE & SNACK BAR. April 4th & 5th between 10am and 4pm. Featuring numerous yummy, home-made Greek Easter desserts, pastries and freshly made Loukoumades. Souvlaki, Gyros, spanakoti, and refreshments will be available at the snack bar. All proceeds will go towards support of the Victoria & Vancouver Island Greek Community Society. Everyone is welcome, no cost to attend! Location: Greek Community Centre, 4648 Elk Lake Drive (Next to Commonwealth Place) For more info call: 250-479-9391 or contact Mr. Michael Ikononou at michaelikononou@shaw.ca

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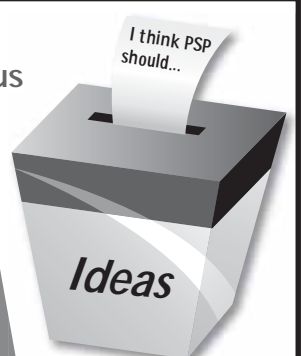
Personnel at Naden, Black Rock, Colwood, FDU and Work Point call 363-4149

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- Recreation
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- Lookout Newspaper

Please contact Dave Molinari, PSP Manager at 363-7061 or e-mail Dave.Molinari@forces.gc.ca with your confidential input. Suggestion boxes are also available in the Naden Athletic Centre and Colwood Pacific Activity Centre.



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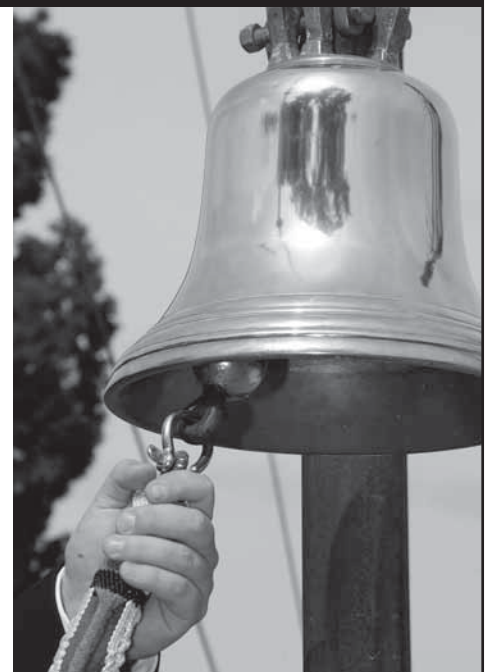
Rope should have:

- 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.



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Deployment books help kids cope

Shelley Lipke
Staff writer

The Esquimalt Military Family Resource Centre (MFRC) has teamed up with local author Janelle Breese Biagioni to produce three children's books that specialize in deployment and work-related separation.

"The goal of the books is to keep families connected during deployment. They are designed with activities to help children deal with a military parent being away from home," says author Biagioni.

The three books target children of different ages: three to five year-olds, six to eight year-olds and nine to 12 year-olds. The books

are colorfully illustrated by Marianne Brorup Weston, and feature the same family of characters in each book, to help the child connect with the characters as the child experiences deployments throughout childhood.

"The story is about the characters' parents deploying, and the children reading the books are doing the same activities as the characters in the book," said Sandra Pinard, MFRC deployment coordinator.

Each 19-page book allows the child to work through various games, activities and exercises in a 12-week period, which is typically the average length of deployment.

"A family contract is

signed that commits the parents to help their child adjust, and the child promises to keep in touch with the parent during deployment," said Biagioni.

A memory box exercise encourages children to store photos, schoolwork, awards and other successes, or memories while parents are away. This helps parents and children connect and bond when they reunite, said Biagioni.

There is also a Parent Guide, a larger book that helps parents explain the activities, and offers additional activities for deployments longer than 12 weeks.

The Parent Guide is in the ship's library and online, so both parents can

follow along with the children's activities. One of the key features of the Parent Guide is a section called Parenting from Afar.

"This section has tips for members to stay involved; for example, one activity shows the member how to join the child in playing the Beaver Family Game from a distance," says MFRC Program Manager, Linda Scott.

Families who don't live close to a base can have



the books mailed, or can download online from the MFRC's website.

The books have been printed in English and French and are available across Canada at 32 MFRC centres.

The books are based on the MFRC deployment workshop curriculum that was developed to help children communicate their feelings and build resilience during deployment.

The time to hire a student is now

Megan Rendell
Contributor

Hiring a student is an excellent way to invigorate any workplace and it's easier than you may think! As the weather is warming, it is time to start considering a placement for a student within your branch for the summer of 2009.

Last summer alone Maritime Forces Pacific (MARPAAC) hired over 45 local students from both Cooperative Education (Co-op) programs and the Federal Government Student Work Experience Program (FSWEP).

MARPAAC's strategic goal in 2009 is to increase student hires by 10 per cent. Students can be hired from a variety of specializations at the high school, technical school, college, and university levels. Currently within MARPAAC, there are a group of 20 co-op students representing university and college faculties of engineering, computer science, math, sciences, social science, humanities, business administration, commerce, and physical education.

Instructions regarding the simplicity of hiring a student at MARPAAC are easily accessible and explained in two documents specific to the type of student program, Co-op and FSWEP.

These documents are titled "How to hire a Co-op/FSWEP student at MARPAAC in 4 Easy Steps" and can be found at: <http://esquimalt.mil.ca/marpac/n14/programs/outreach/outreach.htm>.

Student placements are typically four or eight months in length during semester breaks, when students are not enrolled in

classes. These work terms are flexible, offered three separate times a year, beginning in January, May, and September. Not only is it beneficial to the student to become involved in work experience programs such as these, but the benefits are also there for your workplace. Hiring a student is a cost-effective recruitment strategy. Each work term offers a manager a four-month interview. The work term can be used to evaluate whether a student has potential to become a permanent employee following their graduation, without making a long-term commitment.

Student hiring can also be used as a means of managing a flexible office. Students are resilient, becoming knowledgeable and effective in a new position in a short amount of time making them capable of filling in during staff leaves and peak work periods. Finally, in conjunction with increasing workplace efficiency, student hiring encourages increased awareness of MARPAAC and the Department of National Defence (DND) within the local community.

A final benefit of student hiring is the flexibility in bringing a student back to work for you through the Federal Government Bridging Mechanism. This mechanism allows the manager to select a specific student who was a good fit with the organization to return to an indeterminate or term position without going through the full online application process.

In addition, during their employment as a student, they are eligible to apply on internal advertised appointment processes, when stu-

dents are included in the national area of selection. The key component of the student bridging program is that the students who are brought back to work are experienced and trained to work for DND or any other branch within the federal government. Although this is an opportunity for both the student and manager following a student program placement, it is not an obligation to the manager to bridge a student into a position after they have worked for them, which allows DND to retain the employees of the best quality.

To become involved with hiring students, managers

need to begin considering entry-level positions within their division that students could be brought in to fill for a 4 or 8 month term. During the students' placement, management should consider the student's potential within the organization and a retention strategy, working to develop a position which the student could later be bridged into. For more information in regards to staffing students, please contact the Human Resources Office at CHRSC (P) or for MARPAAC Student Recruitment Strategy and funding issues please contact Ron Holmes by telephone at (250) 363-7943.



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