

# LOOKOUT

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**NEWS 3**

Sailor receives kudos for quick action



**SPORTS 7**

Marathon runner makes it to Boston



**FEATURE 8**

Sailor gets personalized coat of arms



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## Winnipeg on the move

photos courtesy SLt Michael McWhinnie, HMCS Winnipeg PA  
**Above:** Korean sailors stand by to assist in the berthing of HMCS Winnipeg in Busan, Korea. The ship made a port visit to the Asia Pacific nation two weeks ago. While there, they visited the United Nations Memorial Cemetery Korea. See page 5 for the full story.



**Left:** SLt Chris Schnieder, communication member in Winnipeg, monitors the sound powered line as the frigate begins to detach from USNS Alan Shepard following a replenishment at sea. Winnipeg participated in Exercise Foal Eagle with an American carrier Strike Group that concluded with the replenishment at sea. See page 2 for the full story.

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SLt Michael McWhinnie, HMCS Winnipeg



SLt Michael McWhinnie, HMCS Winnipeg

**Left:** The USS John C. Stennis steams ahead of other warships in the South China Seas during Exercise Foal Eagle.

**Top:** Capt Ryan Snider maintains the tactical picture while Capt Yohann Pare monitors the sensors on board the Sea King Palomino 16.

**Above:** Once the fueling station is clear of hoses, LS Scott Darbison, re-establishes the guardrails following a replenishment with USNS Alan Shepard.

## HMCS Winnipeg at sea: training with the US Navy

**SLt Michael McWhinnie**  
HMCS Winnipeg PA

As darkness slowly retreated over the South China Seas, the crew of *HMCS Winnipeg* was engaged in the final stages of a refuelling at sea evolution with American replenishment vessel USNS Alan Shepard.

Having taken its fill of fuel for the ship and helicopter, *Winnipeg's* sailors smartly passed hoses, retrieved lines and manoeuvred the ship away in a moment that defined the end of integration training with the USS John C. Stennis Carrier Strike Group.

The last interoperability efforts between *Winnipeg* and Stennis took place in the fall of 2008 when the Canadian warship participated in the carrier strike group's workups. But training reached its zenith during Exercise Foal Eagle last week.

Foal Eagle is an annual, bilat-

eral, defensive exercise designed in part to demonstrate the commitment of the United States to bolster its ally, the Republic of Korea, in the event of hostilities. The exercise has been conducted the same time each year since 1961, yet still elicits a bellicose response from the Democratic People's Republic of Korea and intense national media interest in the south each year.

For *Winnipeg*, Foal Eagle was an occasion to advance its capacity for combined operations and to fully integrate into a USN carrier strike group.

Exercise serials were designed to develop *Winnipeg's* ability to collaborate in a wide scope of combined activities. Officers of the watch conducted ship handling and manoeuvring in proximity to the carrier with their American and Korean counterparts. Air, surface and underwater warfare tactics were refined, and on several occasions, the

ship's crew proved the effectiveness of its main armament, the 57mm Bofors gun, through live-fire anti-air and surface exercises.

"Exercising with ships of other navies represents an invaluable training opportunity for *Winnipeg*," said Operations Room Officer, Lt(N) Todd Kennedy. "It conditions us to be flexible and responsive, which are two key traits required to integrate with, and effectively contribute to combined operations with multi-national forces or within established defence alliances such as NATO."

"In my view, the real measure of *Winnipeg's* success was our ability to become an integral member of the strike group and to contribute to its operations in a meaningful way," added Lt(N) Kennedy.

A crucial constituent of that meaningful contribution is *Winnipeg's* air detachment. The

officers and men that fly, operate and maintain the embarked helicopter, a CH-124 Sea King from 443 Maritime Helicopter Squadron, were busy with integration training over the last few weeks.

"We have been involved with a number of activities including combined anti-submarine warfare training, cross-deck landing serials and surface surveillance and control missions," said Detachment Commander, Maj James Hawthorne. "These opportunities allowed us to sharpen our skills and gain a better appreciation of allied tactics and procedures. This enhanced our combat effectiveness and, in turn, our confidence to be able to bring those abilities to bear effectively in a multi-national setting such as the one we go to next."

Fittingly, it was a RAS that marked the end of *Winnipeg's* participation in Foal Eagle. What

began in the darkness of night ended in the twilight hours of Tuesday, March 17.

While *Winnipeg* manoeuvred away, a few crew members paused for a moment's reflection and a glance astern. As the USNS Alan Shepard grew smaller towards the horizon they returned to the tasks at hand and thoughts of the mission ahead.

*Winnipeg* will soon join a number of ships from allied nations that comprise Standing NATO Maritime Group 1, a high-readiness multi-national maritime force that is capable of performing a wide range of tasks including crisis response and operational missions world-wide.

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To learn about *HMCS Winnipeg's* deployment visit: [www.navy.dnd.ca/winnipeg/0/0-s\\_eng.asp](http://www.navy.dnd.ca/winnipeg/0/0-s_eng.asp)



BRAVO ZULU: EFFORTS REWARDED

# Sailor recalls grim accident scene

**Shelley Lipke**  
Staff writer

Two female sailors were recently recognized for their efforts in assisting a young woman who had been hit by a drunk driver last April.

LS Jennifer Morgan and Lt(N) Dawn Macdonald, now stationed in Quebec, were the first on the scene, administering first aid and calling for help.

Both recently received Bravo Zulu's at their respective bases for the roles they took on that evening.

"We were driving along Esquimalt Road and saw an SUV that was swerving all over the road in front of us," said LS Morgan. Both women suspected the driver had been drinking and as they rounded a corner, they saw the vehicle had gone off the road into a small parking lot in front of the Carlton Club.

As they passed the vehicle, Lt(N) Macdonald saw a person underneath the vehicle. "Immediately, we spun the car around to assist at the scene," said LS Morgan. "The driver of the vehicle had already backed the car off the woman, was out of the vehicle, started yelling at us not to touch her, and then climbed into the SUV and left the scene."

"The only comfort for me during this was that I had another service member, who was a close friend, there with me. I didn't have to lift my head to listen or look at the driver. Instead, I was able to focus on my job of administering first aid to the victim. There was no time to be shocked. I just acted on what I was taught to do."

In the moments that followed, Lt(N) Macdonald, called 911 and manned the scene while LS Morgan tended to the injured woman.

"The woman was severely injured and bleeding profusely from her head, mouth and nose. I knelt down and slipped my leg underneath her head to slow the blood flow and then asked an onlooker to help me put her in the recovery position. The woman's airway was blocked and she was choking on her own blood, so that became my priority. I never thought I would perform as I did, but all my training clicked in. I didn't have



Shelley Lipke, Lookout

**RAdm Tyrone Pile presents LS Jennifer Morgan with a Bravo Zulu certificate for the actions she took in assisting the victim of a hit and run last year.**

time to be emotional," said LS Morgan. "As we waited for the ambulance, I talked to her and tried to comfort her even though she was unconscious, while Dawn asked onlookers questions to obtain as much information as possible about the victim."

When the ambulance and police arrived the two sailors provided details of what happened and then spent five hours at the police station answering questions.

"Lt(N) Macdonald was able to describe the vehicle the man was driving, which allowed the Victoria Police Department to narrow their search in finding the person responsible," said LS Morgan.

Despite the sailor's efforts to save the woman, she died later that evening in the hospital.

"The fact that this 29-year-old woman has been taken away from her family because of drinking and driving is completely inexcusable. I'm both angry and disappointed," said LS Morgan. "It's devastating the way she was killed."

Both women were subpoenaed to testify in court from April 6 to 16; however, the trial has been adjourned to a later date.

"We are expecting to see the family at the trial and I

think that will be the hardest thing for me. They've lost their daughter, and Dawn and I were the last people to see her alive," said LS Morgan. "I want them to know she didn't suffer and to please accept our deepest condolences from both myself and Lt(N) Macdonald."

Both sailors have seen the devastating effect of drunk driving twice in one year. While vacationing in Quebec, they both assisted in attempting to revive a drunk driver who had driven his car off a bridge into a lake. The driver died in that incident as well.

"For me having to deal with two separate incidents like this makes me feel sorry that people aren't capable of making the correct decision," said LS Morgan. "When you're out and having a good time, and you say to yourself, 'I can still drive I've

only had a couple,' that is when you don't drive. Please don't drink and drive."

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## WHO WE ARE

### MANAGING EDITOR

Melissa Atkinson 250-363-3372  
melissa.atkinson@forces.gc.ca

### STAFF WRITERS

Mary Ellen Green 250-363-3672  
maryellen.green@forces.gc.ca  
Shelley Lipke 250-363-3130  
shelley.lipke@forces.gc.ca

### PRODUCTION

Carmel Ecker 250-363-8033  
Shelley Fox

### ADMINISTRATIVE ASSISTANT

Kate King 250-363-3014  
kate.king@forces.gc.ca

### ACCOUNTS

Kerri Waye 250-363-3127  
kerri.waye@forces.gc.ca

### SALES REPRESENTATIVES

Ivan Groth 250-363-3133  
ivan.groth@forces.gc.ca

Joshua Buck 250-363-8602  
joshua.buck@forces.gc.ca

James Whitehead 250-363-3014  
sales.lookout@shaw.ca

### EDITORIAL ADVISOR

Capt Darin Gunnette 250-363-4371

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## People Talk

While out visiting high school students participating in HMCS Malahat's Be A Sailor For A Week, Lookout asked: *What have you enjoyed most or what are you most looking forward to during this week?*



"I'm looking forward to the Amazing Race at the end. We're going to do some of the boot camp style stuff you see in the movies. I also really enjoyed the sea survival training we had in the pool."

**Cecily Killam, 16,**  
Victoria High School,  
Grade 10



"The best part so far was shooting in the gun simulator. It was also good to learn about hypothermia in the sea survival training. I want to join the navy in a year, so I came to see what it is all about."

**Victor Balikci, 16,**  
Victor Brodeur High  
School, Grade 10



"I really enjoyed the sea survival training. It was fun and challenging at the same time."

**Carissa Dzuiba, 15,**  
Oak Bay High School,  
Grade 10



"I'm really looking forward to driving a Zodiac because I love driving boats and I don't often get to drive."

**Jesse Carson, 16,**  
Victoria High School,  
Grade 11



"I really enjoyed handling the weapons. Yesterday we learned how to dismantle a gun and today we get to shoot them on the simulator. Besides a water pistol, I've never shot a gun."

**Cameron Buckingham, 16,**  
St. Michael's University  
School, Grade 11

## FILM *friday*

# Roberts and Owen rekindle their spark in 'Duplicity'

**W. Andrew Powell**  
The Gate

New in theatres this week, *Duplicity* stars Julia Roberts and Clive Owen as rival corporate spies fighting and falling in love; Paul Rudd stars alongside Jason Segel in the buddy film, *I Love You, Man*; Bruce MacDonald directs the thinking man's horror film, *Pontypool*; and Nick Cage plays a professor trying to unwrap a global disaster in *Knowing*.

### Duplicity

Julia Roberts and Clive Owen are back together in this thriller about two spies working for rival companies competing to find a formula that will make one of the corporations incredibly rich. But what happens to the duo if they find themselves falling in love between the dirty tactics and tricks?

From writer and director Tony Gilroy, who brought Michael Clayton to theatres, this corporate-staged drama has all the trappings of a action-packed adventure. Roberts and Owen

had amazing chemistry in their last screen foray, the sexual drama *Closer*, and *Duplicity* looks like a natural next step, especially in the case of Gilroy.

Also starring in the film are Tom Wilkinson and Paul Giamatti as the corporate bosses pushing the duo to get the job done at any cost.

### I Love You, Man

After proposing to his girlfriend, Peter, played by Paul Rudd, realizes the toughest problem ahead might be choosing a best man. It is, after all, hard to choose your best friend when you don't have any friends to begin with.

Going out of his way to meet new guys, Peter eventually finds the right man, although it remains to be seen if his fiancée, played by Rashida Jones, can put up with his choice in friends.

Starring Jason Segel as the B.F.F., this amusing comedy was written and directed by John Hamburg, who also brought us *Along Came Polly*, and wrote *Zoolander* and *Meet the Fockers*.

Considering the number

of great comedies Rudd has appeared in, and Segel's performances to date, *I Love You, Man* looks like a winning combination of talent.

### Pontypool

Set in the small, rural town of Pontypool, ON, Bruce MacDonald's latest film has a horde of zombies bent on killing anyone in their path. The catch? The zombie plague is spread through the English language, and the only way to keep yourself safe is to speak French.

As *The Gate's* own Christine Estima put it in her review, "Oh, the Quebecois are going to love this movie."

Starring Stephen McHattie as a shock radio DJ who has been set loose on the wilds of a small-town radio station, the film revolves around the group of workers within the building as they wait out the infection. As more people fall to the virus though, they begin to suspect that the station itself is broadcasting the disease to their listeners.

"This psychological thriller

plays out very much like *The Blair Witch Project*," Estima says, "where the villain is often talked about, but never seen on screen for the majority of the film, thus leaving the horror to our imaginations."

### Knowing

Director Alex Proyas is no stranger to dark, foreboding films. After the critically-acclaimed movie *Dark City*, not to mention *Garage Days* and *I, Robot*, he has delivered films with incredible vision, and atmosphere.

In his latest, Nicolas Cage plays professor John Koestler, who discovers that a strange sheet of numbers stored in a time capsule when he was a boy, actually predicts every major disaster over the last 50 years, including three upcoming international catastrophes, the last of which could bring humanity to the brink.

My bet is that *Knowing* is going to be a spectacular cheese-fest, but it will also be a lot of fun, especially for fans of disaster movies.

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# HMCS Winnipeg honours Canadian fallen in Busan, Korea

**SLt Michael McWhinnie**  
HMCS Winnipeg PA

The morning wind and rain abated and menacing clouds gave way to blue skies as *HMCS Winnipeg's* 50-person guard of honour made its way by bus from the waterfront to the United Nations Memorial Cemetery Korea in the heart of bustling Busan two weeks ago.

The impressive entrance to the cemetery was attended by two uniformed Korean military guards who smartly saluted all guests.

As the group passed through the main archway, they were welcomed by the cemetery's Director of International Affairs, Leo G. Demay. Demay is a former Victoria resident whose father, a casualty of the Korean War, is interred at the cemetery. It was with obvious pleasure that he announced "I am Canadian" to the receptive crowd of sailors and air personnel before leading them to an orientation video presentation in the nearby chapel-style Memorial Service Hall.

The ship's commanding officer, Cdr Craig Baines was met by retired ambassa-

dor Byung-Yun Park, the United Nations Memorial Cemetery custodian who participated fully in the memorial ceremony.

The ceremony took place next to the Canadian Memorial Statue, a monument to fallen Canadians that was dedicated by the Canadian Veterans Korean War Commemoration Committee in 2001. It is the original that served as inspiration for the monument that stands on the Mackenzie Bridge adjacent to the National Defence Headquarters in Ottawa, which was installed to face the UNMC in Busan.

Shortly after the guard of honour was in position, strains of "Oh Canada" filled the grounds as it played over the public address system. Executive Officer, LCdr Tim Kerr, spoke to all assembled about the historical forces that led to the Korean War, the significance of the UN resolve to come to Korea's defence, and the great accomplishment achieved through the service and sacrifice of those nations that had fought on the peninsula.

"Our shared history is just one of the ties that connect us to the Republic of Korea. As much as this place differs superficially from Canada, it is important to remember the common values and aspirations that both peoples share," reflected LCdr Kerr.

Over 32,000 Canadian sailors, soldiers and airmen served in Korea both during the 1950-53 war and during subsequent operations lasting to 1957. During that period, 516 servicemen perished in service to Canada and for the cause of freedom and peace.

Able Seaman Whitney Barham played *Last Post* after which silence dominated

as the group reflected on the service of all the Canadians who fought in Korea, and of the particular sacrifice of the 378 servicemen who lay interred close-by within the bucolic setting of the UNMC.

Cdr Baines presided over the memorial service. Accompanied by the ship's coxswain, CPO1 David Bliss, the Commanding Officer placed a wreath as a physical gesture of honour and remembrance.

A stirring rendition of *The Maple Leaf Forever* was played by piper Able Seaman Robert Morris. The inclusion of this iconic instrument in the service was a particular delight for director Leo Demay who later remarked, "We so seldom are able to find bagpipes in Korea; they are quite rare in these parts."

It was an intensely interesting and deeply rewarding experience for those who participated. It served as a poignant reminder that the servicemen and women of today are the caretakers of a legacy and reputation earned by those who have gone before and all too often paid the ultimate price.

"I am extremely proud of those amongst my crew who volunteered to come here today," remarked Cdr Baines. "It was a tremendous opportunity to connect with an important part of our history while honouring the professional commitment of those who have served our nation before us."

Members of the parade divided into sub-groups and were given tours of the entire UNMC grounds by the staff before embarking the buses and returning to *HMCS Winnipeg*, their home for the next five months.



Photo courtesy of Michael McWhinnie, HMCS Winnipeg PA

As LS Terry Clairmont proudly bears his nation's flag, AB Whitney Barham plays *Last Post* during a ceremony honouring Canada's fallen in Korea.

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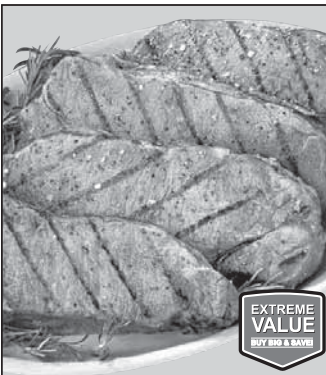
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# A RUNNER'S DREAM:

## Sailor steps up to start line at Boston Marathon

**Shelley Lipke**  
Staff Writer

For PO1 Howard Manderson, what began five years ago as a run in the Times Colonist 10K Race has led to qualifying in the oldest and most prestigious marathon in North America – the 113<sup>th</sup> Boston Marathon.

The 39-year-old Fleet School instructor ran his personal best time in May during the ING Ottawa Marathon, and in doing so, qualified for a race he never imagined he would run.

"To qualify for Boston, it's the Holy Grail of marathons," he said. "In my age group of 35 to 39, the time I needed was 3:15. These are not token milestones to hit, they are very challenging."

At 500 metres before the finish, he glanced at his watch, and then checked the time again at 200 metres. "It was rather scary actually how close I was. I ended up matching the time of 3:15," he said.

Each year the Boston marathon is capped at 25,000 runners, so if a runner qualifies after this then they are out of luck. "There are no first timers at Boston. This marathon is one of the few races you must achieve a qualifying time in order to run," said PO1 Manderson. "So it really sank in when I received a postcard from the Boston Athletic Association inviting me to run in the marathon."

On April 20, PO1 Howard Manderson will step up to the start line sporting his Canadian Forces running shirt with a red maple leaf,



Photo courtesy of PO1 Howard Manderson  
**PO1 Howard Manderson looks at his watch during the ING Ottawa Marathon last May. With 12 seconds left to make a qualifying time for the Boston Marathon, he sprinted to the finish.**

and sprint his way through the 42.2 kilometre dream.

PO1 Manderson admits that without the support of his ship at the time, *HMCS Regina*, he wouldn't be training and preparing for Boston.

"We were in Hong Kong and they actually flew me back to run in the Ottawa race, which qualified me," he said. "I'm so grateful for that."

With only five weeks before the race, he is spending his days getting ready because it takes a lot of preparation, hard training and proper nutrition to pull off the fastest times.

"Three weeks before a

race I eliminate caffeine and alcohol and start carb loading, hydration and eating well to give fuel to my body," he said. Because marathons can be very hard on the body, he only runs three or four per year, but continues to maintain regular training throughout the year.

"I focus on building up my body's ability to sustain the distances, and then I move into strength and speed training near the end," he

said. "I do this over a three-month period and my mileage will fluctuate from 60 kilometres per week to 150 per week."

When asked about his expectation for the Boston marathon, PO1 Manderson said he's most looking forward to receiving the medal at the end of the race.

"I'm following in the footsteps of some big runners and what I really love about marathoning is that it allows everybody their own level of success," he said. "My goal time is three hours 10 minutes, but if it's going well and I feel good I will make a push in the last third to sprint faster."

In the majority of his races, he ranks in the top six to seven per cent, and while he wants to come home with a good time, he also wants to enjoy the experience. The Boston course itself is rather unique. It's a straight run, with the first third running downhill, and then at mile 20 a steep uphill called Heartbreak Hill, followed by some rolling hills that lead to a fairly flat ending.

PO1 Manderson was given a signed postcard of two-time 1920s Boston marathon winner Johnny Miles, who is from Cape Breton. While he definitely doesn't want to damage the card, he admits he is toying with the idea of running the race with this postcard in hand.

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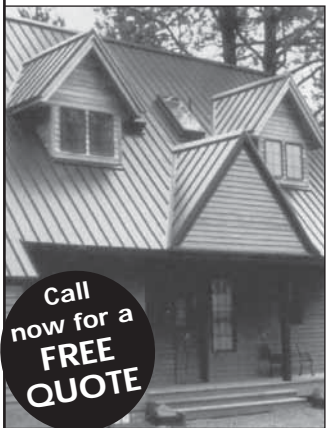


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**Sailor gets personalized coat of arms**

A/SLt Christopher Mackie was granted a graphic representation of his family's history when the Governor General's office approved his coat of arms

**Shelley Lipke**  
Staff writer

A/SLt Christopher Mackie, a naval reservist at HMCS Malahat, has been honoured through the Governor General's office with a coat of arms.

Historically, coats of arms were popular traditions in England and Scotland and used by knights to identify them from enemy soldiers.

But in Canada they are granted by the federal Crown to honour an individual's service to the nation or local community.

"For me it's a very meaningful representation of my family's history and it forms part of my identity," said A/SLt Mackie. "This coat of arms is something that I'll be able to pass on to my own descendants and through it they will be better aware of their heritage."

In September 2001, both A/SLt Mackie and his mother applied to the Governor General's office to each establish their own coat of arms. "My mother has a Loyalist history and was interested in seeking a coat of arms symbolizing that," he said. "For me, heraldry has always been important as I grew up in a traditionally-minded Scottish family."

So with the help of heralds in Ottawa, they began designing their individual coats of arms.

The reserve sailor worked on a design that drew on his family heritage. An artist was contracted to create a draft drawing of the arms, and later painted it. Then the document that accompanied the coat of arms was signed and sealed by the Governor General's office.

"If you look at the two coats of arms [his and his

mother's] side by side you will see similarities and can tell that our families are related," said A/SLt Mackie. "But each coat of arms is unique to the individual."

A winged cougar grasping a sword recognizes his father's service with the Royal Canadian Air Force, and a special golden coronet recognizes his mother's ancestor who fought as a Loyalist against secession in the American War of Independence.

"It is a graphic representation of a family's history that is passed on through generations in perpetuity," he said.

A/SLt Mackie's interest with heraldry goes beyond his new coat of arms.

"As a child I had a large map of all the heraldry of the clan chiefs on my wall, and I always wanted to learn more about it," he said.

He is now a member of the Royal Heraldry Society of Canada and uses his knowledge of heraldry to help other Canadians design and apply for their own coats of arms.

"There is a common misconception that every family has a coat of arms, but this is not true. A coat of arms belongs to one person and no two are ever alike," he said. "As a member of the Royal Heraldry Society of Canada, part of our mandate is to encourage interest in heraldry amongst Canadians. By making people aware that the Governor General's office has this kind of program, it might encourage others interested in their heritage to seek their own coats of arms," he said.

Anyone can apply for a coat of arms, but they must show evidence that they are of good character through some kind of community or national service.

"My mother is a good



Shelley Lipke, Lookout  
A/SLt Mackie holds up a carving of his father's coat of arms.

example. She didn't have military service, but she volunteered at local schools, delivered Meals on Wheels, volunteered for the air cadets and is a painter who worked on paintings for community projects," said A/SLt Mackie. Even people who don't know enough about their family history can still start based on their own life experience to create a coat of arms. This way the symbols created for them will be passed on to future descendants.

"I've helped a number of people including several friends and family members with applying for their coats of arms," he said. "We look at connections of family history and personal life experiences to come up with a pictorial representation for people

while striving for concision and simplicity."

The costs associated with establishing a coat of arms is from \$2,000 to \$3,000, and includes the fees for commissioning the artwork.

Once a person has their own coat of arms, there are many possibilities to show it off. "I'm thinking about having a flag made, using it on my letterhead, and putting it on my website," said A/SLt Mackie. "Some people use it as a pipe banner that flies from bagpipes, or embroider it onto luggage and backpacks. It's a great way to identify your bags when they are coming off the carousel at the airport."

For more information on how to apply for a coat of arms see [http://gg.ca/heraldry/pg/index\\_e.asp](http://gg.ca/heraldry/pg/index_e.asp)

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PSP: KEEPING YOUR MORALE RAISED

# Call for nominations

**Mary Ellen Green**  
Staff writer

Do you know of an athlete who has gone above and beyond to lead their team to victory? Do you know an official who calls the shots and plays fair? How about a coach who has enough drive and determination to develop a winning team?

If you do, now's your chance to make sure they get the kudos they deserve.

Time has come once again to nominate athletes, coaches and officials for the 2009 Canadian Forces National Sports Awards.

The award banquet will take place at the War Museum in Ottawa, Saturday, Oct. 24, 2009. The theme of the celebration will be Women in Sport: Then and Now.

To nominate a deserving athlete, official, coach or team, a nomination form must be completely and thoroughly filled out and submitted to CFB Esquimalt Personnel Support Services' (PSP) Sports Coordinator, Danielle Sutherland. These nomination forms must in turn reach the Environmental Sports Representative at Maritime Command no later than April 3.

The proper nomination

forms can be found at [www.cfpsa.com/en/psp/sports/nominations\\_e.asp](http://www.cfpsa.com/en/psp/sports/nominations_e.asp).

If the nomination forms are not completed correctly, the nomination will not be accepted.

Nomination categories include: Male and Female Athletes of the Year, Male and Female Coaches of the Year, Official of the Year, and Team of the Year. Nominations are also being accepted for the CF Sports Honour Roll and the CF Sports Hall of Fame.

Each nomination must be accompanied by a professionally printed 8 x 10 inch colour portrait in hard copy and an electronic copy (no less than 300 dpi) of each nominee in two poses: One action shot and one in CF uniform.

The nomination must also include both hard copy and electronic copy on CD.

Submissions should be limited to two or three pages. Honour Roll and Hall of Fame nominations may be longer, due to the fact they reflect a whole career worth of sporting achievements.

For more information, contact CFB Esquimalt's PSP Sports Coordinator, Danielle Sutherland, at 250-363-4068, or [Sutherland.DE@BADM@Esquimalt](mailto:Sutherland.DE@BADM@Esquimalt).

# New in the world of Esquimalt sports

**Hockey Nationals**

The CFB Esquimalt Women Tritons Hockey team will represent the Pacific Region at the Canadian Forces National Hockey Finals this week at 12 Wing Shearwater in Halifax.

Fifteen women from CFB Esquimalt, augmented by two players from 19 Wing Comox departed Victoria on Friday, March 20, and will play in the national tournament March 21-27. The women's national tournament is being held in conjunction with the men's finals which are being played out of CFB Halifax. The CFB Esquimalt Men's Tritons did not qualify for the tournament.

**First-Ever Swimming Nationals**

The CFB Esquimalt Swimming team has 12 swimmers in Ottawa

representing the Pacific Region in the first-ever Canadian Forces Swimming Nationals, March 20-23. Four of CFB Esquimalt's swimmers went to Comox last month for the Pacific Region Swimming Development Camp. The CF Swimming Nationals are being held in conjunction with the Ontario Masters Swimming Championship.

**Ball Hockey**

The CFB Esquimalt Men's Ball Hockey team is in the process of recruiting players. Contact PO1 Darren Fogarty at [Fogarty.PO1.DC@HMCS.Vancouver@Esquimalt](mailto:Fogarty.PO1.DC@HMCS.Vancouver@Esquimalt) for more information.

The CFB Esquimalt Women's Ball Hockey team is also looking for players. Contact MS Gillian Herlinger at [gilltodd@shaw.ca](mailto:gilltodd@shaw.ca).

# Volunteer officials get chance of a lifetime

**Mary Ellen Green**  
Staff writer

Three Canadian Forces members from CFB Esquimalt have been honoured with officiating the CF National hockey finals.

All three were referees at the Pacific Region hockey finals at CFB Esquimalt in February, and their names were recommended to the Chief Official in Petawawa for the national tournament.

The three-man crew of motley characters known as Foggy (LS Kyle Steel), Night Rider (Sgt Darren Scott), and the Strangler (PO1 Yves Ouellet), also referee CFB Esquimalt's intersection hockey about five nights per month.

"I have at least 250 games under

my belt this year," said PO1 Ouellet, who is also the referee coordinator on the executive for Sooke Minor Hockey.

Sgt Scott is Sooke Minor Hockey's Chief Official. Both men sacrifice much of their down time during the hockey season (September to March) to officiate games in their hometown and on base.

LS Steel was a professional referee before joining the navy.

"We do it for the enjoyment," Sgt Scott said. "We see how much fun we can make it, and it's a great chance to get out of the office."

LS Steel and Sgt Scott were sent to CFB Borden, where they officiated the CF Old Timers' Hockey Finals, March 14-20.

"It's a great chance to meet offi-

cial from across the country and pick up tips to improve our game," Sgt Scott said.

PO1 Ouellet is currently in Halifax for the CF Men's Hockey finals, being held March 21-27, alongside the women's competition. Both men's and women's final matches will be played on March 26.

PO1 Ouellet had the opportunity to go to the Hockey Nationals as CFB Esquimalt's base team coach in 1999, and now he gets to try it out in another role.

"I did it as a coach, and now I get to do it as a referee. What more could I ask for?" he said. "It's physically challenging and fun just being there. Plus we get the best seat in the house."


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 <p>2009 <b>SANTA FE 2.7L GL</b></p> <p><small>Limited model shown</small></p>	<p><del>STARTING PRICE</del></p> <p style="font-size: 1.5em;"><del>\$27,755</del></p>	<p><b>NEW SALE PRICE</b></p> <p style="font-size: 1.5em;"><b>\$23,755*</b></p> <p><small>DELIVERY &amp; DESTINATION INCL.</small></p>	<p><b>WITH 0%</b></p> <p><small>PURCHASE FINANCING FOR 48 MOS.*</small></p>

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# High school youth trial their sea legs

**Shelley Lipke**  
 Staff writer

Instead of hanging out in the mall, sleeping the days away or taking the traditional spring break, eight high school students spent the week learning about the Naval Reserves during *HMCS Malahat's* Be a Sailor for a Week program.

From March 16 to 20, the 15 and 16 year olds tested the waters in a range of activities geared to promote and educate them about jobs in the navy.

The week of interactive learning started with an introduction to naval reserve employment at the reserve headquarters.

"Resource management services clerks, boatswains, supply techs, and naval combat information operators all shared their trades and experiences with the students," said PO2 Fiona Borland, lead recruiter for *Malahat*.

During the week, the agenda ranged from fire-fighting to small arms training to boot camp, and was designed to deliver as much experience five days would allow.

"We took them on a tour of the operations room where they saw a computer simulated radar system, and then they learned how to use flashing lights and hand held flags to communicate from ship to ship," she said.

During small arms firing, one by one the 16-year-olds stepped up to the firing line of the simulator, and, armed with either a Sig Sauer pistol or C7 rifle, strived for an



Shelley Lipke, Lookout

**PO2 Sabrina Dzafovic and LS Jeremy Preston show high school students Victor Balicki and Shantelle Johnston how to use a C7 gun, which they will fire in a small arms simulator to test how accurate a shot they are.**

accurate shot.

They also toured a rigid hull inflatable boat and an Orca training vessel, and then practiced sea survival in the Naden Athletic Centre pool. They learned to put on survival suits, flip a life raft, and survive in frigid ocean waters.

The week ended with a teambuilding game of Amazing Race in which students solved questions and advanced their team based on what they had learned during the week.

"I really enjoyed the sail-or for a week," said 16-year-old Shantelle Johnston. "I liked learning to spot ships at sea with the radar, and

also the survival training we did in the pool."

Johnston heard about the Sailor for a Week program from her father, who is a full time navy member.

"I though it would be good to keep me busy for the week and I really enjoyed it. I think I might want to be a cook or work in the control room if I were to join the reserves," she said.

Dylan McGinn said he most enjoyed the talk MS Hall gave about his time in Afghanistan. "It made me realize what the Canadian troops are doing there," he said. "I also liked the simulator. It's kind of like a game,

but you have to remember it's designed to train people to kill so you have to respect that."

After the week was over, McGinn thought he might like to be a hull technician or a boatswain, and was most interested in joining the Regular Forces. "Being in the navy appeals to me because I really like the ocean and I would like to see the world. I think it would be a bonus if I could get paid for it too," he said.

*HMCS Malahat* is one of Canada's 24 Naval Reserves that trains both full- and part-time sailors. The average age of new recruits is 17 and 18.



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# IN BRIEF

## On the hunt for small arms trophies

Following a five-year hiatus, the Canadian Forces Small Arms Competition was re-established in 2007. At that time it was discovered that a large number of the trophies presented for the competition were missing.

An extensive search was conducted using the records from previous years and a large number of these trophies were located and returned to Connaught Ranges for presentation in 2008.

Unfortunately, there are still numerous trophies that can not be located. The trophies missing are:

- The Pacific Trophy, top four member team in combat pistol – Reserve/RCMP
- The Air Force TM Trophy, top four member team in combat pistol – Air Force
- The Tyro Navy Pistol Trophy, top individual tyro in combat pistol - Navy
- The Lac Carl Mander Gravell Trophy, top in stage 1 in the Queens Medal - Air Force
- The Letson Trophy, top 12 member team in stage 1 of the Queens Medal – Regular Force
- The Gregg Trophy, top individual in combat pistol - Regular Force
- BGen HM Sutherland Trophy, top individual in combat pistol - Air Force
- Canadian Infantry School Commandant, top two member team - open sniper
- Mobile Command Sniper Championship Team Trophy/Sniper Supremacy Trophy, top 4 member detachment - open sniper.

Units are directed to check unit lines for these trophies. Should these not be located a formal investigation shall be called.

Units are to contact CWO P.M. Finn, dat 2-6-2 at LFDTS HQ at Peter.finn2@forces.gc.ca, 613-541-5010 ext 2045, csn 271-2045 for further information about these trophies or when these trophies are located.

### Massive Outdoor & Marine Garage Sale

This event is sponsored by the Maritime Museum of British Columbia in partnership with the Greater Victoria Harbour Authority.

**Date:** Saturday, April 18 from 9 a.m. to 1 p.m.

**Location:** Pier A warehouse building at Ogden Point (the cruise ship terminal) on Dallas Road in Victoria.

**Parking:** Free

Buy and sell all marine-related and outdoor items:

- Marine: lines, fenders, charts, winches, marine tools, paddles, boat clothing, unopened paint, outboard engines, outdated inventory, fishing gear, sails, books, electronics, anchors, dishes, tableware, cushions, etc.
- Recreational: tents, sleeping bags, paddles, kayaks, life jackets, fishing gear, tarps, RVs, rafts, trailers, camping accessories, hiking gear, sports equipment, skis, snowboards, etc.

**Buyers:** Entrance fee is \$2 for adults, \$1 for children.

**Sellers:** Bring your items on Friday, April 17, between 5 and 7 p.m. or Saturday, April 18, from 7 to 8:45 a.m. Please ensure your table or display is completed by 8:45 a.m.

Table rental (individuals): \$25, \$20 for early birds

Table/booth rental (commercial): \$75

Boat on trailer \$25, \$20 for early bird registration in outside display

Car topper (kayak, dinghy, masts, outboards) in outside display: \$10

An outside area will be available for selling small craft, boats on trailers, Zodiacs, marine motors, masts, RVs, etc. You will be responsible for your display.

**Do not bring:** furniture, hydrocarbons, engines with fuel, open paint cans, solvents, hazardous materials.

More information: [www.mmbc.bc.ca](http://www.mmbc.bc.ca)  
To register contact: [kamala@mmbc.bc.ca](mailto:kamala@mmbc.bc.ca)  
385-4222 X 111, fax 382-2869

### Don't forget about those smoke alarms

As the clocks "spring forward" and give us an extra hour of daylight, fire departments are reminding everyone to change the batteries on their smoke alarms.

Smoke alarms save lives. Sixty-five per cent of home fire deaths happen in homes with no smoke alarms or smoke alarms that don't work. Smoke spreads fast and you need smoke alarms to give you time to get out.

Install smoke alarms outside each separate sleeping area and on every level of the home, including the basement. Interconnect all smoke alarms throughout the home if possible. When one sounds, they all sound.

All Residential Housing Units (RHUs) have a dual smoke/carbon monoxide alarm on each floor level and they are interconnected.

Smoke rises, so install smoke alarms according to manufacturer's instructions high on a wall or on a ceiling. Save manufacturer's instructions for testing and maintenance. Test alarms at least monthly by pushing the test button. Alarms for the RHUs have voice alarms (bilingual) included.

This is also a great time to practice your family escape drill. Draw a home escape plan and discuss it with everyone in your household. Make sure the kids are involved in the planning and even have them draw out their rooms. Practice the plan at night and daytime with everyone in your home. Know at least two ways out of every room if possible. Make sure all doors and windows leading outside open easily.

Choose an outside meeting place (neighbour's house, a light post, mailbox, or stop sign) a safe distance in front of your home where everyone can meet after they've escaped. Mark the location of the meeting place on your escape plan. Call 911...and stay calm.

If you have any questions or concerns, contact the Fire Prevention Office at 250-363-1538.

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# INFOCUS

Bravo ZULU



Pte Joel Wood receives his new rank of Private Trained from Acting Base Construction Engineering Officer, Maj Weatherley, and Base Construction Engineering Branch Chief, CWO Warbis. Pte Wood has served with the Pacific Naval Construction Troop since April 2007 after completing his plumbing and heating course at CFSME Gagetown NB. Pte Wood is currently deployed on a two month tasking to Afghanistan.

Corrina Hipfner, Contributor



Duncan Ayre, NPAO



**Above:** Cmdre Ron Lloyd, Fleet Commander, presents the Commander Canadian Fleet Pacific Bravo Zulu award to Lt(N) Gleason of HMCS Protecteur. Lt(N) Gleason is Protecteur's navigating officer and was presented this award for his excellence in mentoring Naval Officers during their Naval Officer Professional Qualification. He has also initiated the "Dead Navigators Club" to inspire a spirit of cooperation and mentorship amongst Fleet navigators. Commander Peschke (left) from Fleet Operations and Cdr Wood, Commanding Officer of HMCS Protecteur, look on.

**Top left:** Sgt Mario Paradis, of the CF National Investigation Service, receives a VCDS Commendation from RAdm Tyrone Pile, for his work in Afghanistan from June 2004 to July 2005. During that time, he was a military security guard at the Canadian Embassy in Kabul and ensured the safety of Canadian citizens living there.

**Bottom left:** AB Trevor Deen from HMCS Algonquin was promoted to A/Leading Seaman by Lt(N) Brenda Cyr, Combat Division Commander and CPO1 Paul Boynton, Combat Division Chief Petty Officer on March 9.

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MFRC: YOUR COMMUNITY, YOUR RESOURCE CENTRE

# The pros and cons of online job hunting

**Sarah Daviau**  
MFRC

Remember the good old days when you typed your résumé and mailed it to prospective employers?

While some people still turn to this old-fashioned method of job hunting, more and more, people are turning to the Internet. At the same time, employers are turning to the Internet to conduct a "search" of their own.

"Traditionally, the labour market referred to the market in which workers compete for jobs and employers compete for workers," says Cathy Oleson, the MFRC's Employment and Education Coordinator. "With the advent of technology, this activity is occurring more and more online. Job seekers are looking for jobs and posting their résumés online, and employers are posting jobs and reading résumés online."

Oleson says there are many advantages to using the Internet to conduct a job search. "It's great that people don't have to leave home to conduct a job hunt - and the fact that people can easily research a business or organization online means people can apply only to companies which appear to be a good fit."

But Oleson points out there are some less than desirable aspects of conducting a job search online. "Sometimes it is too easy to send off your résumé in an email before reviewing

it thoroughly for relevance to each job posting," she says. "Also, if a job seeker decides to post his or her résumé online and wait for potential employers to call, they have to expect a certain amount of transparency online. For example, their current employer may find out they are searching for a new opportunity."

Oleson adds that, as with anything else that is posted virtually, disclosing your résumé with full contact details online may leave you vulnerable for identity theft.

People conducting a job search online may be interested to know employers could be using the Internet too - to screen potential employees even before they've been shortlisted.

Potential employers can simply type in a job candidate's name to get information from social networking sites, to see where the candidates name appears, which groups or organizations they belong to in their personal life.

Oleson recommends job seekers ensure their profile on social networking sites does not reflect behaviours an employer would find unacceptable such as suggestive photos, offensive remarks, referring negatively about a former employer.

"This is especially important if a job seeker is hoping to work in a public relations type field. An employer wouldn't want to hire an employee who

presents an unprofessional image outside of work as it might link back to their company in some way," says Oleson.

She provides the following recommendations about using the Internet/new technologies in a job search:

- If your email address is unprofessional, create a new one for job search purposes.
- Check and double-check your entire résumé before sending it out each time. It must be perfect!
- Make sure you don't have a computer virus when sending attachments (it will be deleted and unviewed)

Despite its convenience, Oleson suggests job seekers not limit their job search to the Internet only.

"Although technology can and should be used to your advantage during a job search, networking is still the most effective way to find local employment opportunities," she says.

The MFRC can help you with your job search, call 250-363-2640 (Toll free: 1-800-353-3329) or visit this website: [www.esquimaltmfrc.com](http://www.esquimaltmfrc.com)



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**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, spanakotipta, 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](mailto:michaelikononou@shaw.ca)

**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](http://www.rvcialumni.org).

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# New measures in place to support ill and injured

DND

Peter Gordon MacKay, Minister of National Defence and Minister for the Atlantic Gateway, and Greg Kerr, Parliamentary Secretary to the Minister of Veterans Affairs, announced March 2 the establishment of a national network of eight support centres dedicated to the care of ill and injured Canadian Forces personnel, former personnel, their families and the families of the deceased.

The support centres, known as Integrated Personnel Support Centres (IPSCs), will operate under a single national CF unit headquartered in Ottawa, known as the Joint Personnel Support Unit (JPSU).

The JPSU's support centres, or IPSCs, will coordinate a range of casualty support and case management programs; plan and mon-

itor the Return to Work Program; provide Veterans Affairs Canada client and transition services; and liaise with local service providers, base support representatives and unit Commanding Officers. They will improve existing services by aligning progress on a member's file with one defined set of priorities.

The mandate of the JPSU is to respond to requests for support and report to the chain of command on issues of concern raised by ill and injured CF personnel. The JPSU accomplishes the following:

- It improves the quality of care and services provided to ill and injured CF personnel.
- It ensures that military personnel have access to the same high standard of care and support across the country.
- It reduces the potential for gaps, overlaps and

confusion, ensuring that no CF member falls through the cracks.

• As military personnel move frequently, the JPSU concept recognizes that people heal better and faster when they are close to their family and their social support network.

• The JPSU gives military personnel a new mission - to heal (recover), to regain their strength (rehabilitate) and to choose their best way forward (reintegrate).

### Services

The JPSU provides a CF/VAC integrated "one-stop service" for ill and injured CF personnel and their families. It supports currently serving and releasing CF personnel, both Regular Force and Reserve Force. It caters to both referrals and walk-in clients, to long-term injured personnel and to members considering retirement. It responds to queries from

family members regarding support services and programs for ill and injured personnel, and provides referrals as appropriate. The services made available through the JPSU include the following:

- Return to Work (RTW) Program coordination
- Casualty tracking
- Casualty administrative support and advocacy
- CF Case Management;
- Service Income Security Insurance Plan

(SISIP) financial services

• Liaison with Military Family Resource Centres, local base support representatives and local unit Commanding Officers

• VAC client and transition services. The JPSU is the central military unit to which a number of Integrated Personnel Support Centres (IPSCs) belong. The IPSCs will be located as follows:

- Shilo, MB
- Toronto, ON
- Petawawa, ON
- Valcartier, QC
- Gagetown, NB
- Halifax, NS

Locations will open over the coming months. The individual IPSCs will be structured and staffed based on the size and relative needs of the population they serve. Approximately 117 new full-time equivalent positions will be filled across Canada.

### Families We have been Serving

- Military members with spouses who have long-term illnesses and medical needs
- Military members and their families caring for elderly parents from a distance
- Respite support for families with children with special needs during a deployment

[www.familynavigator.ca](http://www.familynavigator.ca)



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