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Splash of gold

Mary Ellen Green, Lookout
CFB Esquimalt's Canadian Forces national swimming five gold medal winners are from left to right: LCdr Ellen Mariano, SLT Brett MacNeil, Lt(N) Tony Zezza, Capt Isabelle Malczynski and Lt(N) Amber Comisso.

Touch of perfection for swimming team

Mary Ellen Green
Staff writer

CFB Esquimalt has its own Michael Phelps swimming champion, now that of the base swim team has returned from the first-ever Canadian Forces Swimming National Championships.

Team coach and senior swimmer, Lt(N) Tony Zezza, returned from competition with gold medals in all six events he swam, in the Masters category: 100 metre freestyle, 400 metre freestyle, 100 metre backstroke, 100 metre breast stroke, 100

metre butterfly, 200 metre IM. He was also awarded the Dedication to CF Sports Award.

"I swam hard and am very happy to have won all of my swimming events. I really was proud as the base swim coach, and that all of our swimmers did so well. That said, it was great receiving much praise from my team-mates," he said humbly.

But Lt(N) Zezza wasn't the only Esquimalt swimmer to leave with a gold medal. Capt Isabelle Malczynski won two in the Masters category: the 400 metre freestyle

and 100 metre breast stroke.

Three more gold medals were brought home by Lt(N) Amber Comisso (400 metre freestyle, senior), SLT Brett MacNeil (100 metre back stroke, senior), and LCdr Ellen Mariano (100 metre breast stroke, senior).

Team mates LCdr Dan Bouchard, Lt(N) Hayley Mooney, LCdr Lucie Tremblay, Capt Matt MacMillan, Cdr Tom Percy and Col John McManus all participated in the national competition. Also joining the swim team was Stephanie Dempsey, Personnel

Support Programs athletic therapist.

The CF National Swimming Championships were held in conjunction with the Ontario Masters Swim Championships in Nepean, ON.

Hosted by the Nepean Masters Swim Club and sanctioned by Masters Swimming Ontario, the event boasted 62 teams, 559 swimmers, 359 relay teams and 2,605 individual swims over three days, March 20-22.

See Local swim on page 3

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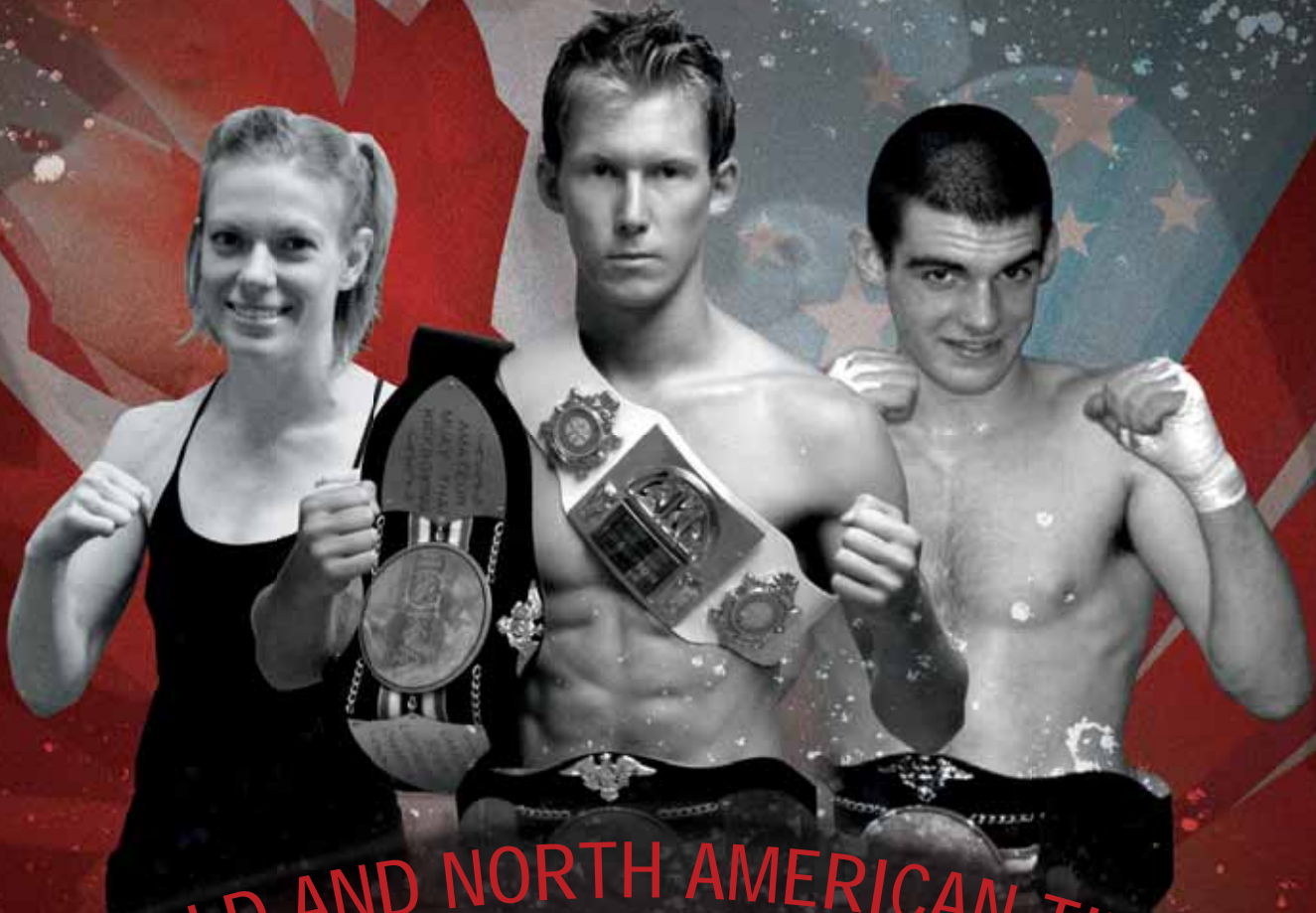
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SHIP NEWS: FLOATING AMBASSADOR SETS SAIL

HMCS Protecteur set to sail far east

Shelley Lipke
Staff writer

On Tuesday, HMCS *Protecteur* will leave Esquimalt harbour for a unique three-month deployment to the western Pacific Ocean to provide at-sea oiler replenishment service for allied warships operating in the area.

"The Pacific Ocean is a vast area and warships need tanker support to extend their range and stay at sea," said Cdr Ian Wood, *Protecteur's* Commanding Officer. "Ships need good quality fuel that meets stringent military standards. Quality fuel is not necessarily available at every port; however, any ship re-supplied by *Protecteur* is guaranteed clean fuel."

Part of *Protecteur's* deployment will involve a rare honour – being the sole warship representing Canada at the Chinese Navy International Fleet Review in Qingdao, China, from April 19 to 23. More than 30 navies will celebrate the 60th anniversary of the Peoples Liberation Army Navy, which is the naval branch of the Peoples Liberation Army, the military of the Peoples Republic of China.

The Commander Maritime Forces Pacific will use the supply ship to conduct official Canadian representation for the International Fleet Review.

Cdr Wood says his crew is especially excited to take part in this cultural and professional navy exchange.

"The crew always looks

forward to meeting their fellow sailors and officers from the other navies, and for this deployment the ship will have an opportunity to serve as an ambassador of Canada and the navy," he said. "This event will be an opportunity for all of the ship's companies to undertake cultural, athletic and social interaction."

Along with ships from Australia, Bangladesh, Chile,

order to properly prepare for a long deployment, Sea Training staff will confirm the crew is ready to conduct themselves at sea," said Cdr Wood. "These trips are very valuable to the ship's company to do force generation training to maintain high skill levels in our primary duties of replenishment. Because there has been a 50 per cent change in the ship's company since our last

ing everything from emergency supplies to clothing. Each pallet is strategically placed to ensure an efficient replenishment at sea.

After China, the ship's company will have two port visits in Japan and a visit to Guam to refuel before heading to the mid-Pacific region near Hawaii to support the U.S. Navy's 3rd Fleet with replenishment at sea duties.

Then after a final port visit in Pearl Harbor, family and friends of the crew will be invited to join the ship on a Tiger Cruise during its seven-day journey home, arriving in Victoria at the end of June.

"This will give them an opportunity to be hosted by their next of kin sponsor, watch their family at work, and see what life is like at sea," said Cdr Wood.

Since the 39-year-old ship returned from its deployment last October to the Middle East as part of Operation Altair, it has undergone a significant maintenance period to keep it in top form to be ready for this deployment.

"In our crew of over 200, we have a number of new members joining us for this sail including a new Executive Officer, Cdr Frédéric Caron, and a Coxswain, CPO1 Jim Missinne," said Cdr Wood. "And we are all looking forward to getting out to sea."

Not long after *Protecteur* returns from this deployment, the ship will celebrate its 40th birthday in August, and crew are already looking forward to planning the festivities surrounding that celebration.

Part of *Protecteur's* deployment will involve a rare honour – being the sole warship representing Canada at the Chinese Navy International Fleet Review...

Indonesia, New Zealand, United Kingdom, United States, Japan, Philippines and Malaysia, *Protecteur* will take part in an array of planned activities with the Chinese navy.

"One of the athletic events we'll be involved in is a boat race in a traditional Chinese flat bottom boat called a Sampan. This should be an exciting event," said Cdr Wood.

A naval conference on maritime international security issues will also be held at that same time.

Sea Training staff will sail with *Protecteur* for the first week as it transits to Dutch Harbour, Alaska, and conduct work-ups, allowing the ship to be prepared for the deployment.

"We have a lot of new crew on board, and in

deployment, the workups will focus heavily on damage control to ensure *Protecteur's* crew can keep the ship safe in emergencies such as fires and floods."

Sea Training will return to the ship following the China visit to focus on replenishments at sea training. *Protecteur* will officially begin its replenishment mandate when it joins the U.S. 7th Fleet to provide supply support to coalition ships.

"It's a large fleet, so we expect to replenish a U.S. Navy ship or a coalition partner ship daily," says Cdr Wood.

In addition to fuel, *Protecteur* carries medical and dental professionals, various supplies, spare parts and food. The ship has four warehouse decks loaded with pallets of stores, carry-

Local swim team dominates nationals

From page 1

The Canadian Forces Swim Team finished the event with 4,087 points, second only to the Technosport Swim and Triathlon Club, which finished with 11,904.5 points.

The CF team won 37 gold, 44 silver and 29 bronze medals; 109 medals total.

Eleven members of the CFB Esquimalt swimmers went to the national event.

"The team worked very hard to prepare for nationals and many personal best times were achieved," Lt(N) Zezza said. "It was great to see CF swimmers bond from coast to coast and a lot of good networking occurred, especially for some of our departing

athletes being posted to other bases."

The next event for the base swim team is the BC Masters Swimming Championships in Duncan April 15-17.

"For the next couple of weeks, we'll continue hard training, but the week prior to provincials, we'll lighten the training to focus on speed work and competition," Lt(N) Zezza said.



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WHAT SAY YOU

Five years of excellence: Eager Beaver takes a rest

**SLt Nathanael Moulson and
Lt(N) Kevin Whiteside**
HMCS Ottawa

As HMCS Ottawa prepares for an extended maintenance period, we are reminded of what she has accomplished over the past five years since her last refit. Ottawa has conducted many important missions, achieving numerous milestones for the Canadian Navy.

2005 saw the rebirth of Ottawa after an extended work period. The ship's company began moving back into the ship in February and was ready to sail by May under the Command of Cdr Doug Young.

In the month of August, she had the distinguished honour of taking part in the funeral service of Canada's last Victorian Cross winner, Ernest Alva "Smokey" Smith. In the fall, Ottawa completed work-ups that included participating in dual strike group operations during Joint Task Force Exercise (JTTFEX) '05 and achieved high readiness status by the end.

During 2006, Ottawa spent the majority of her time preparing for her deployment in support of Operation Altair. After completing directed work-ups and mission work-ups and close to a year of preparation, she set sail for the Middle East under the command of Cdr Darren Hawco.

En route, she culminated her training with a successful missile exercise off the coast of Hawaii prior to integrating with the USS Boxer Expeditionary Strike Group and proceeding to her first port of call in Singapore.

Following her port visit, Ottawa proceeded to the coast of India for Operation Malibar with the Indian Navy. She officially entered into the Canadian Expeditionary Force area of responsibility in October 2006 to commence operations under the purview of CTF 150 and CTF 152. Engaging in daily approach and boarding operations, Ottawa spent the remainder of 2006 operating between the Gulf of Aden and the Gulf of Oman, finishing in the Persian Gulf prior to proceeding alongside Dubai, UAE, for New Year's Eve and a much needed rest and maintenance period.



HMCS Ottawa alongside in HMC Dockyard before heading into a repair and maintenance period after many busy years service to the fleet.

2007 was a year of change for Ottawa. The year began with patrols in the Gulf of Aden and, most notably, in the Red Sea where she was Commander of a task group consisting of ships and aircraft from four different nations. Ottawa returned home in the spring and after participating in the sinking of former HMCS Huron, started a maintenance period that continued throughout the summer.

By the end of the summer, Ottawa was in many respects a new ship. With an over 50 per cent crew change, including a turnover of command to Cdr Martin Teft, Ottawa was once again ready to set sail. Her first tasking was the completion of the Fleet Navigating Officer Course while sailing along the beautiful B.C. coast. During the trip, the ship took advantage of every opportunity to promote the navy with visits to Prince Rupert, Cowichan Bay and a lead role in the kick-off of the annual charitable campaign. The year finished with Ottawa participating in a task group exercise with four other Canadian warships in the Southern California operating areas.

2008 was another exciting year for Ottawa. With Cdr Teft still at the helm, the ship started the year by completing work-ups en route to Hawaii to participate in the Submarine

Commander's Course. Ottawa returned home for a brief rest period before deploying to the Far East for WESTPLOY. This mission began in historic form with four major Canadian warships departing in consort. Over the next four months, Ottawa would operate with the USS Kitty Hawk Strike Group, participate in tri-lateral exercises with the Japanese Navy, conduct maneuvers with the Chinese Navy and visit four Asian countries. In July, Ottawa participated in RIMPAC 08 acting as a Surface Action Group Commander and conducting Canada's first dual harpoon missile engagement in concert with HMCS Regina.

Ottawa ended her operational cycle in 2009 with a change of command to Cdr Stan Bates, participation in the Submarine Commander's Course off Hawaii and support to the training objective of the Immediate Reaction Task Force.

As Ottawa takes a well deserved rest over the next year, those who have served on her over this most recent cycle should be proud of her accomplishments. Whether boarding vessels in the Middle East, conducting international training in Asia or fostering ties with local communities, Ottawa and her crew accomplished every task with pride and professionalism.

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Main Event: Saturday April 4, Eagle Ridge Arena (1089 Langford Parkway) - doors open at 6 p.m. fights start at 7 p.m.

Press Conference and Weigh-ins - Friday April 3, noon at the Sheraton Hotel, 829 McCallum Rd. Langford

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Some fighters, such as Gabriel Varga, had already positioned themselves for a world title shot by winning both the Canadian and North American titles.

As other fighters work their way up the ladder, they will accumulate the needed experience and required records for a shot at a Canadian title; after capturing a Canadian title this allows them to challenge for the North American title, then the

World title.

This next fight card will find four title belts up for grabs. World champion, Gabriel Varga will defend his title against Emil Salva from Romania. With a 19-5 record, Salva and Varga should prove to be a fast paced, talented fight.

Two Vancouver Island Canadian title holders will fight for ISKA North American titles: Tina Derix versus Lisa Wells, and Chase Ingalls versus Devin Smith. Wells and Smith both hold U.S. titles and are a mother and son duo from Chicago.

Dean Lirette from Vancouver will fight Rob Anderson from Ottawa for the ISKA Canadian Light Heavyweight title.



This card will also see the return of up and coming locals Brian and Allan Chou, Leigh Mueller, Greg Lamothe, Cory Hastings, as well as two new fighters whose talent and hard work have earned them a spot: Marcus Smith and Craig McWilliams.

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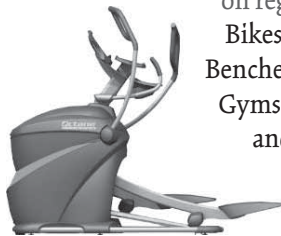
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COMMUNITY: THINKING OF OTHERS



Mary Ellen Green, Lookout

Jillian Alexander is collecting gently worn athletic shoes to donate to Shoe4Africa, which promotes empowerment through sports and education.

Turn old runners into a gift

Mary Ellen Green
Staff writer

In Africa, running is a highly regarded sport, with most successful competitive runners becoming national or international stars.

Since proper equipment is in short supply, a non-profit group has stepped in to fill the need.

Shoe4Africa is an organization that collects gently used athletic shoes and clothing and ships them to Africa using donated funds. The shoes are then distributed to deserving young athletes across Kenya, Tanzania and Morocco. It was founded by Swede Tony Tanser in 1995.

Tens of Thousands of pairs of runners have been collected to date, and now one of CFB Esquimalt's own is thinking on her feet and starting a collection here on base.

Jillian Alexander, a fitness instructor with Personnel Support Program, read about Shoe4Africa in a magazine, and turned to her home computer to find out more about the intriguing charity. "I tore out the page and

immediately went to the website to poke around," Alexander said. "I had a couple pairs of shoes at home that I could donate, and I have so many physically active friends that I thought I should start a collection."

She sent out an email without delay to solicit shoes from co-workers, friends and teammates. She then set up two donation boxes on base, one at the Naden Athletic Centre and the other at the Dockyard Gym. The drop boxes will be in place until Friday, April 17.

"I thought this would be a great way to make a difference without having to pay any money. I'm sure a lot of people want to donate but can't afford to."

When she came up with the idea to start collecting shoes and clothing, she thought it would be a small operation, and would pay to have the supplies shipped to Africa herself.

She's already accepted bags of donations, and she's quickly realizing that she may collect more than she can afford to ship on her own.

"This is already turning into more than I originally anticipated," Alexander said. "I would love to find a local company to help cover the cost of shipping the donations."

Alexander will also accept cash donations towards the cost of shipping, should she not secure a corporate donor. Interested persons should contact Jillian Alexander by email at jillian.alexander@forces.gc.ca

For more information about Shoe4Africa and their ongoing projects, go to www.shoe4africa.org.

I thought this would be a great way to make a difference without having to pay any money. I'm sure a lot of people want to donate but can't afford to

-Jillian Alexander

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Public consultation on rapid transit

Mary Ellen Green
Staff writer

For those commuting to CFB Esquimalt from or through the West Shore communities, an upcoming public consultation on the Victoria Regional Rapid Transit Project is an opportunity to voice your concerns and provide input on a project that could drastically change traffic patterns.

Open houses are being held Tuesday, March 31, between 4 p.m. and 8 p.m. at the Ramada Inn, 123 Gorge Road East, and Wednesday, April 1 between 4 p.m. and 8 p.m. at the Four Points Victoria Gateway, 829 McCallum Road. Further public input sessions will occur in June and August 2009.

The BC Transit-led Victoria Regional Rapid Transit Project was put in place in September 2008 to develop recommendations for a rapid link between Victoria and the West Shore.

The goal is to provide a safe, convenient, reliable, attractive and green alternative to automobile travel in the Capital Region.

Data was collected from across the Capital Region on current and forecasted travel patterns, including travel origin, destination and volumes. That data defined key travel corridors for further evaluation.

A Community Liaison Committee, including members of capital region communities, the business sector, transportation groups, schools, and cycling groups, was established to work with the project team as a sounding board for ideas.

Capt Darin Guenette is

the lone DND representative on the committee. He says public consultations are an opportunity for CF members and DND employees to have their voices heard on the matter.

"We identified the main corridor as West Shore to downtown Victoria. Since we have so many personnel who commute along that corridor, and we generate traffic during the work day along that route, it made sense for us to sit on the committee and tell them what we need. And at the very least, having a seat at table allows us to hear what's going on," Capt Guenette said.

Now that the West Shore was determined as the priority commuter corridor, the next step is to involve the public in determining the way ahead.

"We're about to begin the options stage now," said Capt Guenette. "Car pooling, transit, light rail, ferry, all options are wide open. Any way of transiting people through this corridor will be considered. It might not necessarily be one alignment method; there could be multiple modes of transit to get through the corridor."

Following public consultation, the committee will sit down and lay each option on table, weigh and prioritize them and figure out which makes more sense. The project aim is to produce an actionable business plan for improving West Shore to downtown movement of personnel by early October 2009.

For more information, visit the Victoria Regional Rapid Transit Project website at www.bctransit.com/vrrt/default.cfm.

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HOME SAFETY: CO ALARMS SAVE LIVES

Carbon monoxide alarm wakens family

Shelley Lipke
Staff Writer

A family living in a residential housing unit owe their lives to the recently installed carbon monoxide alarms.

A faulty furnace in a house in Dockyard triggered an alarm on March 14, alerting the family to evacuate.

"The alarm did its job to detect the CO and I was able to get my family dressed and out of the house quickly," said Cdr James O'Reilly.

The alarm detected a CO level of 85 parts per million two floors up where children slept.

"This would have been a toxic level and the CO alarm really did save our lives," he said.

Cdr O'Reilly saw smoke in the basement, but nothing smelled unusual and no one had headaches or any symptoms of poisoning.

"This just highlights that CO is undetectable and odourless and because it is lighter than air, it drifts upwards in the house."

When the alarm went off, instead of beeping like a fire alarm, a woman's voice came on and said "carbon monoxide" in both English and French.

"We spent a few minutes wondering what it was," he said. "The alarms were put in a year ago and we were lucky that this happened now

and not earlier. People who don't have CO alarms should get them, and also ensure that the furnace is properly maintained."

Cdr O'Reilly reported the incident and a CF Housing Agency (CFHA) contractor serviced the furnace and rectified the problem.

"Having a carbon monoxide alarm can save your life," says CFB Esquimalt Chief Fire Inspector Daniel Turcotte. "Anybody who burns fuel such as wood, gas, propane or oil should have a CO alarm."

Carbon monoxide is a colourless, odourless and tasteless gas. When inhaled, it inhibits the blood's capacity to carry oxygen.

"In extremely high levels of exposure people can die within minutes," said Turcotte. "Most people who suffer from symptoms like headaches, nausea, and dizziness don't know they are being poisoned by CO at all. The levels of carbon monoxide affect the elderly and young children much sooner than a healthy adult, so having an alarm to detect CO is the only way to avoid poisoning."

A faulty furnace or hot water tank is the most common culprit in setting off the alarms.

"Ninety nine per cent of the cases we see are caused by improper combustion in a faulty furnace or a malfunction with a hot water tank," said Turcotte.

Last year, CFHA installed CO alarms in almost all its 710 residential housing units; a project is in place to complete the last house.

"Canadian Forces Fire Marshall brought this code into effect in 2005, so each residence has a minimum of two hardwired units: one in the basement and the other near the sleeping areas," says Turcotte. "Since the legislation was passed, every house with a furnace, gas powered water heater or an attached garage must have carbon monoxide detectors in their homes."



While the residential housing units are well protected, many civilian residences still need attention.

"A carbon monoxide unit only costs \$40 to \$50 and saves lives. If the alarm shows any level of CO at all, it means there is something that is wrong within the house that needs attention."

Turcotte also recommends other fire safety tips for the home:

Conduct fire drills in your home each season or three times a year

Plan and practice an escape route

Parents should test the smoke alarm in the middle of the night and see what their kids do - make them evacuate the house as if there was a real fire

Have a planned meeting place outside the home to ensure everyone is accounted for

Change the batteries in your smoke alarm twice a year, when the clocks go forward in the spring and back in the fall.

This just highlights that CO is undetectable and odourless and because it is lighter than air, it drifts upwards in the house.

-Cdr James O'Reilly
Dockyard RHU resident



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CFHA: HOUSING ITEM OF NOTE

Rent adjustments for housing units

Shelley Lipke
Staff writer

A rebate is on the way to some CF members who reside in residential housing units.

Some residents have paid too much for their housing rates, and will receive an adjustment on this year's shelter charges and a reimbursement cheque for previous years from the Canadian Forces Housing Agency (CFHA).

The situation was brought to light after housing rates were questioned by a resident. CFHA reviewed their shelter charge appraisal process and determined they should be applying provincial legislation.

"Each year, Canadian Mortgage Housing Corporation assesses DND housing and assigns them base shelter values based on market values," explains Anne Corkery, Acting Housing Services Centre manager for CFHA in Esquimalt. "This value is assigned for each style of housing for the upcoming fiscal year."

The British Columbia rent control legislation, in effect since 2004, restricts rent increases to a certain percentage.

"To date this legislation has not been applied to shelter charges that CF mem-

bers pay on DND housing in British Columbia," said Corkery. "According to provincial legislation, we will now be applying the rent controls."

Currently, CFHA is in the process of assessing each DND housing unit separately and drafting letters to each resident affected. They will be informed by letter of what they can expect to pay for this fiscal year and when they can expect a reimbursement, if any.

"Any CF members who paid more than the rent control percentage for each year dating back to 2004 will be receiving reimbursement cheques," she said.

While the total savings this year for Esquimalt will be \$393.28, the majority of the 190 people affected will only save less than a dollar.

"This year the rent control is set at 3.7 per cent, so 165 residents fall into the one dollar category," said Corkery.

Others will receive savings up to \$88 dollars depending on which category of housing their residence falls under according to the new base shelter value of their home.

The letters advising DND residents are being sent now and reimbursement cheques are expected to be sent by the summer.

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Government tasks HMCS Winnipeg to NATO fleet

DND

The Government of Canada announced Friday that *HMCS Winnipeg* will be the fifth Canadian ship since 2006 to join the Standing NATO Maritime Group 1 (SNMG1), this time in the Arabian Sea, the Indian Ocean and the Pacific Ocean. SNMG1 is a multinational, integrated maritime force consisting of vessels from the various Alliance nations, training and operating together as a single team.

Winnipeg's first mission will be to support Operation Allied Protector, the NATO approved plan for the deployment of SNMG1 vessels to conduct counter-piracy operations off the coast of Somalia. The ship will be part of a naval group consisting of five vessels from Canada, the Netherlands, Portugal, Spain, and the United States. The frigate *NRP Corte Real*, of Portugal is the flagship of the fleet.

Winnipeg's deployment with SNMG1, conducted under Operation Sextant, gives Canada an opportunity to join a flexible, responsive international force, ready to execute any number of missions across a broad spectrum that includes exercises, crisis response, and maritime security operations. During this deployment, *Winnipeg* will also conduct diplomatic calls in several Asia-Pacific countries.

Commanded by Commander Craig Baines with a crew of approximately 240 officers and non-commissioned members, *Winnipeg*, based at Esquimalt, B.C., and her CH-124 Sea King detachment, form a highly ready and technologically advanced warship. The ship, helicopter and crew are capable of performing a variety of missions worldwide.

For more information on Operation Sextant, visit www.cefc.com.forces.gc.ca/site/ops/index_e.asp.

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Relocation made easy with the sisterteam

Local band sails to club's centre stage

Mary Ellen Green
Staff writer

Imagine playing in a band that has completed a world tour before ever stepping on stage to play a local show.

Well four members of Steel Beach know what that's all about, as they work in HMCS Calgary, which recently completed a six-and-a-half month deployment to the Middle East.

Steel Beach was formed after a jamming session during a banyan on the ship's flight deck, otherwise known as a steel beach picnic. The quartet played at almost every port visit during the deployment.

They recently added a fifth member, the 17-year-old son of the lead vocalist LS Joe Sunstrum, and are now set to bring their eclectic brand of inter-generational rock and blues to the Pacific Fleet Club on April 4; their first home town show. Doors open at 9 p.m. Admission is free.

Band Members:

LS Sunstrum, a naval combat information operator in Calgary, spends his nights warming his vocal chords either at band practice or at one of the many local karaoke nights around town.

Steel Beach's lead guitarist, 17-year-old Jake Sunstrum, is a self-professed "quiet genius." The Grade 12 Belmont High School student makes his point loud and clear when he plays his six-string. "He talks through his fingers," says LS Sunstrum.

Bass guitarist, Sgt Brian Scott, an avionics technician, says the addition of the youthful guitarist has helped expand their horizons.



Photo courtesy Steel Beach

Four sailors and one civilian have united their musical talents under the name Steel Beach. The group is set to hit the stage at the Pacific Fleet Club to showcase their music to the local audience.

"His thoughts and ideas are so much different from ours. He is very grounded and dynamic. And it's humorous at the best of times to see father and son playing together."

Drummer, MS Brad Robinson, naval communications instructor at Canadian Forces Fleet School Esquimalt, likens his influences to a mel-lower crowd of musicians that includes U2, the Police and Peter Gabriel.

MCpl Dave Burke from 443 Maritime Helicopter Squadron rounds out the band with his talents on guitar and mandolin.

Steel Beach started out playing covers of their favourite tunes, such as "New Orleans is Sinking" by the Tragically Hip, and

"Copperhead Road" by Steve Earle. They have since focused on writing original material, and some of it may hit pretty close to home for their hometown audience of soldiers, sailors and air personnel.

"Port Visit Mistress" and "Muscat Love" were written on stage as the band played a set in Jebel Ali, United Arab Emirates, and Muscat, Oman.

"Guilty Pleasure" is MS Robinson's tribute to the West Shore community of Langford.

The band began playing in a horseshoe formation around the Sea King helicopter in the ship's hangar with instruments and equipment purchased in Oman, courtesy of Calgary's then-Command-

ing Officer, Cdr Kelly Larkin, and the ship's fund.

The equipment stays with the ship so any of Calgary's sailors can use it, even Cdr Larkin, who was known to have a go on the drum kit once in a while.

They have since purchased their own equipment, and have it set up in Sgt Scott's garage in Shawnigan Lake, where they practice on Saturday afternoons.

To listen to Steel Beach's music or watch their music videos, check out their Myspace, Facebook and YouTube pages. They can be found by searching Steelbeachrocknblues.

For more information, check <http://fleetclub.ca/Entevents.htm>.

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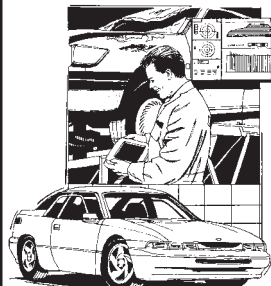


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FROM THE BASE COMMANDER
CFB Esquimalt strategic planning update

Capt(N) Marcel Hallé
Base Commander

This update is the third in a series aimed at keeping everyone at CFB Esquimalt informed of the ongoing strategic planning process for the Base.

In my last communiqué (Lookout Dec. 8, 2008: 11), I outlined the proposed vision and mission statements that were created during a Nov. 27, 2008, working retreat.

Since early December, the base leadership team has engaged a greater number of personnel from each of the branches within CFB Esquimalt and held a second retreat that included external stakeholders, soliciting their input to help refine our values, vision and mission statements, as well as hone the strategic objectives.

This resulted in some great work with much construc-

tive feedback, with the end result being captured in the Strategy Map below.

As you will note, our strategic objectives centre around excellence in four keys areas, also referred to as strategic effects: our people; our assets, infrastructure and resources; our processes; and service delivery.

These effects are separate in focus, but combine as a whole to achieve the overall intent of our vision statement that sees CFB Esquimalt as a world-class naval base committed to service excellence.

The strategic objectives within each of these strategic effects provide us with a solid framework to guide our activities in an integrated and coordinated manner, to make maximum use of our limited resources, to illustrate priorities and to build capabilities, with our primary focus always resting

on our customers. It may be somewhat abstract for some to think of the base as having customers, so it is worth taking a moment to explain it here.

A customer in this context is anyone that requires the services, support, or products provided by the base. Our customers include: the Fleet, Fleet Maintenance Facility Cape Breton, integral and lodger units, the Canadian Forces, our communities and ourselves.

As mentioned in previous articles, this strategic planning process is a journey. The Strategic Plan will hit the streets in the first part of April.

What will follow will be an action plan and the performance measures that will convert these initiatives into reality over the next four years.

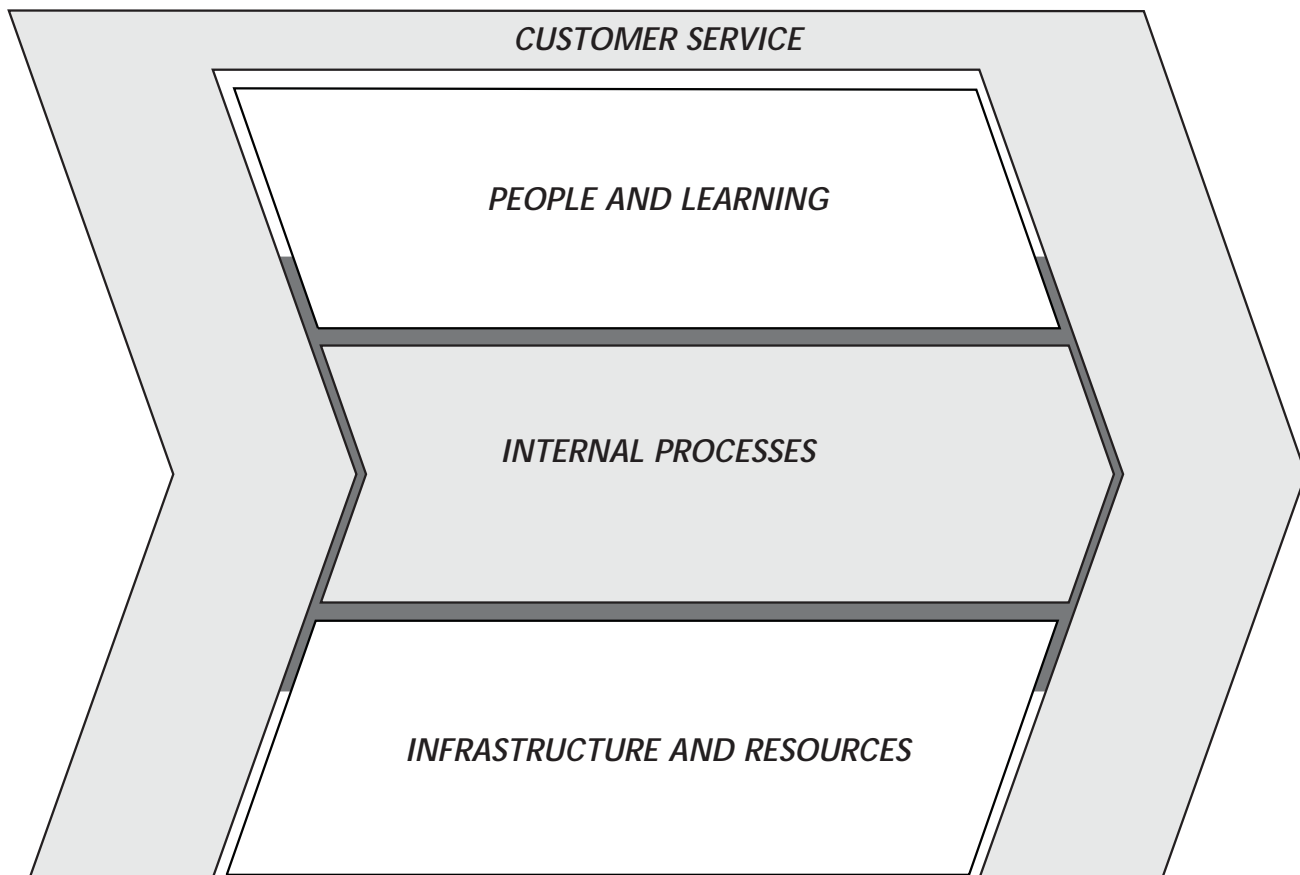
Town halls will be held, a

website set-up and focused discussion within respective branches will occur to give everyone on the base an opportunity to garner greater insight into the plan and determine how each and everyone of you has a part to play.

Taking a journey is much more enjoyable and meaningful when one understands why they are travelling, where they have been, what they have accomplished and what lies ahead. Our Strategic Plan will effect all who work on the base, and it is therefore imperative that everyone is able to see how the work that they contribute fits within the plan.

CFB Esquimalt – this is your Strategic Plan. Live it, get to know and understand it, ask questions and determine where it is that each and everyone of you on the base fits in.

CFB Esquimalt Strategy Map



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Master Corporal Scott Francis Vernelli



Corporal Tyler Crooks

Four Canadian soldiers killed

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Four Canadian soldiers were killed and eight injured in two separate improvised explosive device (IED) incidents in Kandahar province.

On March 20, at approximately 6:45 a.m., Master Corporal Scott Francis

Vernelli, and Corporal Tyler Crooks, both from November Company, 3rd Battalion, The Royal Canadian Regiment Battle Group, were killed and five others were injured when an IED detonated in the vicinity of a dismounted patrol in Zhari District, west of Kandahar City.

Two hours later, Trooper Jack Bouthillier and Trooper Corey Joseph Hayes both from the Reconnaissance Squadron, 3rd Battalion, The Royal Canadian Regiment Battle Group, died and three others were injured when their vehicle struck an improvised explosive device in Shah

Wali Khot district, north-east of Kandahar city.

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

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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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O most beautiful flower of Mount Carmel, fruitful vine, splendor of heaven, blessed mother of the son of God, immaculate virgin, assist me in my necessity. O Star of the Sea, help me and show me that you are my mother, O, Holy Mary Mother of God, Queen of heaven and earth, I humbly beseech you from the bottom of my heart to help me in my necessity. (Make your request.) There are none that can withstand your power. "O Mary conceived without sin, pray for us who have recourse to you." (Three times.) "Holy Mary place this prayer in your hands." Say this prayer three consecutive days and then publish it and it will be granted you. JK

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

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