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Pirates beware



WO Carole Morissette, Combat Camera
 Over the last few weeks, HMCS Winnipeg's naval boarding party has been busy boarding dhows and skiffs in the Gulf of Aden as part of an operation to thwart pirate activity.

Winnipeg is operating under Standing NATO Maritime Group 1 (SNMG1) to counter acts of piracy and provide security for transiting merchant vessels.

More Winnipeg photos on page 2.

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Daily duties on board Winnipeg

Above: Sgt Guy Croteau, a resource management services clerk, monitors the damage control console in HMCS Winnipeg's machinery control room. As part of his secondary duties, Sgt Croteau watches for potential alarms that notify if there is a fire or flood in the ship.

Right: OS Norman Galway, a cook, prepares a lunch for a sailor who can't attend the scheduled meal hours due to ship duties.

Below: Several members of Winnipeg proudly display the colours of their favourite hockey teams during this playoff season.

Photos by WO Carole Morissette, Combat Camera



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Institute looking for B.C. members

Mary Ellen Green
Staff writer

A 119-year-old Canadian military institute in Toronto has opened its doors to B.C. residents for membership.

The Royal Canadian Military Institute (RCMI) is Canada's premiere independent institute for the study of military strategy, art and literature.

Former RCMI finance and membership director, Michael Prescott, has been named the RCMI B.C. representative, and he's seeking out new members.

"We feel that with the strong military presence here at CFB Esquimalt there are officers, retired officers, students of military affairs or military minded non-military people who could benefit from membership in the RCMI," he said.

Historically, the RCMI was strictly a club for Canadian military officers,

who often got together to socialize and to discuss military affairs. Eventually, it opened its doors to business men and women, students, scholars and retired non-commissioned members.

Its 1,600-strong membership now comes from a wide and varied cross section of Canadian society, including public and private agencies, the Canadian Forces and various levels of government.

The RCMI facilities in downtown Toronto feature eight accommodation rooms, meeting rooms, dining facilities, a lounge, a museum and a library featuring one of the largest private collections of military books and papers in North America. RCMI members can also use the facilities of over 100 affiliate clubs around the world, many of which are military clubs.

The museum's collection includes the seat of "Red Baron" Baron von

Richthofen's fokker triplane, donated by Captain A. Roy Brown, a Canadian ace of the First World War, who may have downed the famous German aviator.

The institute aims to enhance public understanding of the Canadian political and military landscape, and often opens its museum and library doors to scholars and students.

The RCMI conducts education conferences, seminars, and open forums and prepares and publishes original papers, studies and journals.

Members are also invited to the many special events run out of the RCMI, including dinners, dances, guest speakers, updates and presentations by senior military officials, military history nights, and roundtable discussion sessions.

For more information go to www.rcmi.org or contact Michael Prescott at 250-598-2626 or mprescott@shaw.ca.

Road intersection changes increase safety

Mary Ellen Green
Staff writer

One of the main access roads to CFB Esquimalt is slated to undergo a major redesign this summer to help relieve traffic congestion and improve safety for base personnel and Esquimalt residents.

The intersection at Admirals Road and Colville Road fronting the Old Naden gate, and adjacent to the Public Works Graving Dock, has been a safety issue for the Esquimalt community, including DND, for many years.

A diagonal railway crossing, the confusing geometric arrangement of the Naden and Graving Dock entrances and side streets, and increased traffic volumes are all factors that contributed to the redesigning of the intersection, which has about 19,000 vehicles passing through a day.

After a traffic incident with a pedestrian in 2005,

and under the leadership of then-base Commander Capt(N) Mike Williamson, DND and the Township of Esquimalt undertook a study to see if traffic lights at the intersection were warranted.

The end result of that study identified numerous safety concerns related to the intersection design, including the lack of a traffic signal, the absence of rail crossing gates and no signalized pedestrian crossing. This project will address those deficiencies plus add two dedicated left turn lanes, and dead end Naden Way, which will improve traffic conditions for those living in the area's residential housing units.

Beginning in June, the first phase of construction will see Southern Rail of Vancouver Island replace their rails and install signalized rail crossing gates in the intersection. It's expected the intersection will be closed to traffic for one day to accommodate the work.

At the same time, the Township of Esquimalt will tender and award a contract for the remaining improvements.

Manager of Real Estate Services at CFB Esquimalt, Dave Tabernor, says approximately 50 to 55 per cent of the base's 6,000 plus workforce travels through that intersection on a daily basis.

"This is all about contributing to the safety improvements in the intersection. It's really a great benefit for DND to have employees and materiel flow freely and safely through that intersection to and from the base," he said.

Admirals Road is one of two main access routes to CFB Esquimalt, and it is the main route for those travelling to the western communities.

"Anyone or anything going to or from the Colwood supply and fuelling depot, Belmont Park, Albert Head and Rocky Point travels

through this intersection," Tabernor said.

The land in the intersection belongs to the Township of Esquimalt, DND, Public Works and Government Services and the Island Corridor Foundation.

DND and Public Works transferred four small parcels of land in the intersection to the Township of Esquimalt for the project, since Esquimalt is responsible for the construction and maintenance of the intersection.

DND was also able to provide approximately \$2,400,000 for the project through the Capital Assistance Program. This program allows DND to partner with Crown departments and other levels of government in order to upgrade or develop local infrastructure by funding a portion of the capital costs. The end goal of this program is to improve the quality of life of CF members, their dependants, and civilian employees.

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matters of OPINION

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W. Andrew Powell The GATE

Opening this week in theatres Jason Statham miraculously returns as Chev Chelios in *Crank High Voltage*, Zac Efron stars as 37-year-old restored to his youth in *17 Again*, and in the political thriller *State of Play*, Russell Crowe plays a man trying to get to the bottom of a massive Washington cover-up.

Crank High Voltage

In what might be one of the unlikeliest of sequels, Jason Statham stars once again as Chev Chelios, who you might recall appeared to be quite dead at the end of *Crank*. Our anti-hero fell out of a helicopter in the final act to kill the man that injected him with poison.

But Chev didn't die from the fall, apparently, and now a Chinese criminal syndicate has harvested his heart, replacing it with a machine that will only keep him alive long enough for them to try to harvest the rest of his organs, unless he can get his indestructible heart back.

That's the premise for this amusing sequel, which is sure to be a lot of fun, although it seriously begs the question whether we're in for more of the same, or if writers/directors Mark Neveldine and Brian Taylor can come up with new twists and turns to make *Crank High Voltage* truly unique.

The first film was actually far better than I expected, at least in terms of filmmaking. The visuals were fast-paced and frenzied, the effects were great, but best

of all, Neveldine and Taylor had fun making it. You could see it everywhere, and that made the final product even more fun to watch, from the jokey action sequences, to every impossible moment of the story.

Co-starring Dwight Yoakam, Amy Smart, and Efron Ramirez, the film also reconnects a lot of the dots from the last film, with just a few additions, like Clifton Collins, Jr. as the Mexican mobster El Huron, and David Carradine as the 100-year-old Poon Dong.

There is certainly a big chance the movie will be a complete retreat of the first, but since Statham is such a fun, memorable action star, it may be forgivable, as long as you're an action junkie like me.

17 Again

Mike O'Donnell had a big decision to make when he was 17: impress the basketball scout and go on to fame and fortune, or settle down with his expectant girlfriend. If you've seen any comedies in the last 20 years, you probably know what happens next - Mike marries his sweetheart, grows up and becomes a gigantic loser.

He's also given a second chance, falling into the opportunity to be 17 years old again, but this time it's 2009 and he's still stuck with the equivalent of an old geezer personality.

Starring Zac Efron and Matthew Perry as the young and old Mike, the film is a comedy with a light approach to this failure's real problem in life: his family. Maybe at 17 he can find



Photo by Justin Lubin

Chev Chelios (Jason Statham) and Eve (Amy Smart) in *Crank High Voltage*.

a way to reconnect with his wife and kids once more.

For me, the biggest problem is the idea of watching Efron for the length of the movie. Among the teen set you would have a hard time finding a more popular actor in the same age group, aside from Robert Pattinson, but for me he's just the annoying High School Musical kid who keeps popping up in all the bad Saturday Night Live skits.

State of Play

American politics is a fertile topic for filmmakers, spawning hundreds of films over the years. And the best ones seem to occupy that always entertaining genre known as the thriller. That, of course, brings us to the latest

film starring Russell Crowe as a tough journalist trying to find the truth among politicians.

Crowe plays Cal, one of Washington, D.C.'s most well-connected reporters. So well connected, in fact, that Cal ends up investigating a case involving a murdered research assistant, the mistress to his friend, Congressman Stephen Collins, played by Ben Affleck.

Performing a balancing act of sorts, Cal is pushed by his editor, played by Helen Mirren, to do his job, no matter who is involved. At the same time he uncovers a multi-billion dollar conspiracy that puts anyone's life in jeopardy should they try to expose the truth.

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Answers on page 15

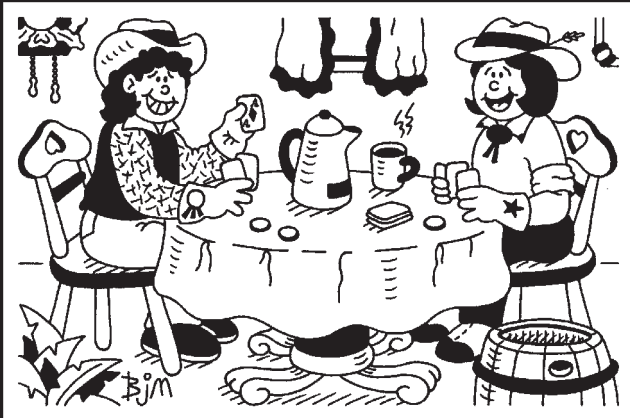
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ComParrot by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



www.comparrotpuzzles.com © 2009 Bonnie J. Malcolm



Solution: 1. Card in man's hand is missing. 2. Brace on chair is different. 3. Pocket appears on pants. 4. Leaf on plant is colored in. 5. Medallion on the is colored in. 6. Label on coffee pot is colored in. 7. Hatband is colored in. 8. Knot in barrel has moved. 9. Fold in tablecloth has moved. 10. Steam above cup has moved. 11. Heart on chair is upside down. 12. Window sill is different.

SPORTS trivia

by PO2 Bill Sheridan
Contributor

Great Goalies

QUESTIONS?

1. What goalie now has the most wins in the regular season NHL?
2. What goalie has the most wins in the playoffs?
3. What goalie has the most regular season shutouts in NHL history?
4. Who has the most playoff shutouts?
5. Which goalie played the most minutes in a playoff season?
6. What goalie won the Conn Smythe Trophy the year before winning the Calder trophy?
7. Which goalie allowed Bill Mosienko's three goals?
8. What former NHL goalie is now a LCol in Kingston?
9. Who was the youngest goalie to win the Calder Trophy?
10. Who was the last rookie goalie to win the Conn Smythe Trophy?
11. Who was the last rookie goalie to be named to the First All Star team?
12. Who was the first goalie to regularly wear a mask?
13. After whose shot hit him, did Jacques Plante decide to wear a mask?
14. Who was the first goalie to be inducted into the Hall of fame?
15. Who was the first goalie to be drafted first over-all in the NHL draft?
16. Who has the most losses by an NHL goalie in history?

1. Marty Brodeur 555 and counting
2. Patrick Roy 151
3. Terry Sawchuk at 103, Marty Brodeur has 101
4. Patrick Roy 23 to Marty Brodeur 22
5. Mikka Kiprusoff, 1655 minutes, 2004
6. Ken Dryden
7. Lorne Anderson
8. Ed Staniowski, drafted by the Blues and played over ten seasons.
9. Tom Barrasso was 18
10. Cam Ward of the 2006 Carolina Hurricanes
11. Ed Belfour (Black Hawks 1991)
12. Jacques Plante
13. Andy Bathgate
14. Georges Veziina and Chuck Gardiner
15. Michel Plasse 1968
16. Gump Worsley 352, Gilles Meloche & Curtis Joseph 351

ANSWERS

HOROSCOPES

ARIES - Mar 21/Apr 20

Aries, there's not much to keep you busy this week, so you'll have to figure out a few activities to keep you busy. Or maybe you want to catch up on some quiet time.

TAURUS - Apr 21/May 21

You could use a break, Taurus, but it's not possible this week. Work responsibilities continue to pile up and it'll take all of your energy to muddle through them.

GEMINI - May 22/June 21

Gemini, put others first when planning a party. Factoring guests' likes and dislikes will help ensure most people in attendance will enjoy themselves.

CANCER - June 22/July 22

Cancer, your mate could get on your nerves this week, but only if you take what he or she says to heart. Consider that this person is speaking out of frustration.

LEO - July 23/Aug 23

Speak up, Leo. If you get your voice heard, others will take you much more seriously. Scorpio could be your biggest opponent. If you can get past him or her, you're in the clear.

VIRGO - Aug 24/Sept 22

It's been a few months of rough sailing, Virgo. But things have finally quieted down and you're in a groove. You will find that daily activities become much easier now.

LIBRA - Sept 23/Oct 23

A big move could be in your future, Libra. Others may be apprehensive about your ability to assimilate, but deep down you know that you will be just fine.

SCORPIO - Oct 24/Nov 22

Scorpio, you're not quite ready for the big changes that are in store for you in the weeks to come. However, you will cope just like you always do.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, there will be plenty of time for having fun this week-end. Until then, buckle down and get some work done. Friday is a promising love day.

CAPRICORN - Dec 22/Jan 20

A change of outlook and attitude can result in more things working in your favor, Capricorn. Look to a diplomat like Aquarius for advice on how to put your best foot forward.

AQUARIUS - Jan 21/Feb 18

Don't run from change, Aquarius. Rather, embrace the things that come your way and you'll be a stronger, well-rounded person for your efforts.

PISCES - Feb 19/Mar 20

It's been more work than fun, and Pisces feels like a dull boy or girl. Let loose this week and put enjoyment on the front burner.

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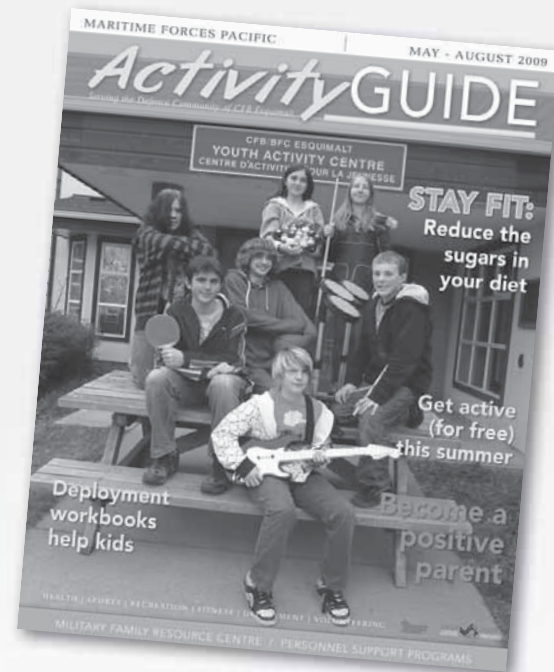
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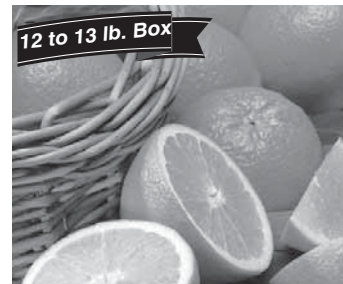
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Yellowknife crew braves cold to connect with Northern residents

Shelley Lipke
Staff writer

On the frozen surface of Frame Lake in Yellowknife, NWT, four crewmembers from *HMCS Yellowknife* bundled up and joined residents for the 54th annual Caribou Carnival held March 27 to 29.

The group set up a booth in a modular tent to meet locals and remind them they have a namesake warship on the Pacific Coast.

"For us it was a good opportunity to 'show the flag' and to inform people of their ship," said Executive Officer Lt(N) Johan Broman. "We gave out ship's crest stickers, recruiting CDs and had a model of the ship to show people what it looks like."

Upon learning of the Maritime Coastal Defence Vessel, some residents asked if it could visit Yellowknife.

"Unfortunately we had to tell them we couldn't because the Mackenzie River is too shallow," said Deck Officer Lt(N) Katrina Giesbrecht.

A unique experience to add to their memory collection was a drive across the "ice road" on Great Slave Lake.

"Huge transport trucks use this road to ship goods and equipment to the diamond mines 300 kilometres away," said Lt(N) Giesbrecht. "Each year when the lake becomes frozen enough for heavy vehicles, it is ploughed and turned into a four-lane highway with double-lane traffic."

Topping off the trip was a stop at Joint Task Force North Headquarters where they presented BGen David Millar with a ship's plaque for hanging in the main entrance way of their headquarters.

The group didn't leave empty handed. The mayor of Yellowknife gave them a street sign - McMahon Court - in honour of the ship's sponsor who passed away last year. Each deck of the ship is named after a city street.

The ship plans to either rename one of their decks or name the bridge McMahon Court.

Protecteur ready for China and three months on duty

Lt (N) Jim Smith
HMCS Protecteur

Five months after *HMCS Protecteur* came home from her around-the-world tour last fall, it once again departed Esquimalt, heading west to take part in the International Fleet Review being held in Qingdao, China, and then on a three-month deployment to support the US Navy 3rd and 7th Fleet operating in the south western and eastern Pacific.

It was a very cold and windy March 31 afternoon when all lines were let go and the 25,000 ton ship gingerly made its way off the jetty. The ship's bridge team worked hard to get the ship out to sea in exceptionally high wind conditions and, with the steadfast assistance of the Queen's Harbour Master Pilot and a total of four tugs, the ship passed Fisgard Lighthouse without incident.

As the harbour tugs departed *Protecteur's* side, the ship began a busy week with Sea Training Pacific embarked.

For realism, the sequence of events was kept secret from the crew. With machines billowing smoke created from vegetable oil, the training commenced. The ship was brought to emergency stations for simulated fires throughout the ship and the crew responded just as if it were the real thing. Fire attack teams dressed in full bunker gear with breathing apparatuses strapped to their chests were

sent to attack the simulated fire after a quick brief of the situation. This was the beginning of a week that saw dozens more simulated fires, attacks from fictitious jet fighters and bombers, casualties, spills of hazardous materials and fuel, engineering emergencies, and man overboard exercises to name only a few.

Since last fall *Protecteur* has seen over half of the crew posted out and replaced by new members who have never sailed on this unique class of ship. While work-ups is an exhausting period of training that each ship must go through, it provides an invaluable opportunity for the command team and the entire crew to become fully integrated into the ship and work and fight as a single unit.

Early on a cold morning in the vicinity of Dutch

Harbour, Alaska, Cdr Frank Knipple, Commanding Officer Sea Training Pacific, called "FINEX", which brought an end to a long, but rewarding week of training.

With the snow-capped mountains of the Aleutian Islands as a backdrop, *Protecteur* dropped off its guests in Dutch Harbour before turning west and proceeding for the International Fleet Review in Qingdao, which will celebrate the 60th anniversary of the establishment of the People's Liberation Army - Navy. During the transit, the crew lost an entire day when it passed over the International Dateline just west of the Aleutian Islands, which means April 11 did not exist for *Protecteur* this year. Luckily, no crew member had their birthday on that day.

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INTERNATIONAL: BRINGING DENTAL CARE TO THE IMPOVERISHED

Military dentist joins USNS Comfort

Mary Ellen Green
 Staff writer

For five of the last seven years, Major Colin Duffy, a dentist from Canadian Forces Health Services Centre (Pacific), has spent time in various impoverished nations, providing much needed dental care under hard conditions.

"Even though it is a very tiring job due to the longer hours and the less than ideal conditions, it's always an enjoyable experience," Maj Duffy said.

Now he's in Port Au Prince, Haiti, working as a Dental Officer and senior Canadian Officer in Exercise Continuing Promise – Canada's contribution to the U.S.-led multi-national humanitarian and civic assistance mission Operation Continuing Promise 2009, in the Caribbean and Central and South America.

On April 1, USNS Comfort departed Norfolk, Virginia, to the region with over 900 professionals on board, including 16 Canadians, to provide free medical, dental and veterinary care and engineering assistance to impoverished communities.

During the four-month deployment, the ship is scheduled to make port calls in Antigua, Colombia, Dominican Republic, El Salvador, Haiti, Panama and Nicaragua.

USNS Comfort is one of two hospital ships in the U.S. Military Sealift Command. It features 250 hospital beds and 12 operating rooms.

Embarked in USNS Comfort, Maj Duffy works alongside U.S. Army, Navy, Air Force and Public Health Service dental personnel. Medical professionals from the Netherlands, Chile, El Salvador, France, and Nicaragua are also on board.

Maj Duffy has been paired with an American dental technician, and is looking forward to seeing the differences in their training and procedures.

The 16 CF members currently deployed on the exercise will be replaced by a 14-member contingent in Columbia on May 23.

Maj Duffy's goal while deployed is, "to provide as much quality dental work in the form of extractions and restorations to as many people as possible in order to eliminate and prevent further pain and discomfort."

Dental teams are equipped to provide extractions and restorations (fillings) on shore. More serious procedures and surgeries can be provided on a case-by-case basis on board the hospital ship.

"Comfort is a hospital ship so it can provide in-depth surgeries by various specialists with the capaci-



USNS Comfort

ties much like any large hospital. On board there is also an oral surgeon who can provide more in-depth treatment of a serious nature," he said.

Maj Duffy says the language barrier is the biggest issue when it comes to providing care in the region, but threats of disease and the stifling heat are also complicating factors.

"The heat can cause some of the dental restorative materials to set up much faster. Thus, both myself and my dental technician need to be quick and efficient with getting the materials into the teeth as quickly as possible," he said.

Malaria is always a concern, and Maj Duffy says he's diligent with the application of DEET insect repellent for his personal health and safety while deployed.

"My goal is to provide as much dental treatment as possible. The people who

we treat are very poor and simply would not be able to afford this treatment on their own. Because of this, the vast majority of them would simply end up suffering with their condition. As such, this is some of the most rewarding dental treatment that I do because of the fact that back in Canada, if I didn't treat my patients, there would simply be another dentist who would do the job. But in these countries, if I don't provide the treatment, then the people simply don't get the treatment at all."

This is USNS Comfort's second mission into the region and the fourth such mission since 2007.

For more information about the USNS Comfort and Operation Continuing Promise 2009, visit www.southcom.mil/appssc/fact-files.php?id=103. To follow the progress of the mission, check out the blog at http://comfort2009.blogspot.com/.

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INMEMORIAM



Trooper Karine Blais was killed on April 13 when the vehicle she was travelling in hit an improvised explosive device in Shah Wali Kowt, north of Kandahar City. Trooper Blais was from 12e Régiment Blindé du Canada based at Canadian Forces Base Valcartier and was serving with the 2nd Battalion, Royal 22e Régiment Battle Group.

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- Hydrographic Services Office
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- MOG4 HQ / LOG
- MOG4 Naval Tender Section
- Naden Band Of Maritime Forces Pacific

- NDQAR (National Defence Quality Assurance Region) Esquimalt
- POESB HQ
- Sea Training Pacific

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- HMCS Calgary
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- Base Logistics
- BCEO ADMIN/XO/CHARM
- BCEO Electrical

Bronze Awards

- CFCSU (Canadian Forces Crypto Support Unit)
- CFFSE HQ
- CFFSE Warfare Training Division
- CFFSE Engineering Division
- CSSC (W) Combat System Support Centre (West)
- Formation Health Services Unit (Pacific)
- HMCS Edmonton
- HMCS Nanaimo
- HMCS Ottawa
- HMCS Protecteur
- Joint Task Force Games
- NOTC (Naval Officer Training Centre)
- MFRC (Military Family Resource Centre)
- POESB Base Operations
- RCSU(P) Regional Cadet Support Unit Pacific
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1. Contact the Disposal Team at 363-2184 (Dave Ryser), or 363-5032 (MCpl Shone Langlois), informing them of the furniture requiring disposal and their respective qty.

2. A feasible delivery time will be determined between disposal staff and the customer based on available warehouse floor space or the levels currently held by the recycling bin.

3. Customers are to contact Base Transportation and request for services if required. If a timing change is required because of transportation requests, the customer is to notify the Base Logistics Disposal Team of

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Bravo ZULU

photos by Duncan Ayre, Navy PA



Cpl Thomas Patterson, a member of Athena, receives his Canadian Forces Decoration from Maj Henry, Executive Officer of Maritime Forces Pacific Headquarters.



PO2 Byron Rempel, of Athena, receives the shoulder slip-ons to reflect his new rank from Maj Henry, Executive Officer of Maritime Forces Pacific Headquarters, and Lt(N) Anderson. He also received his Canadian Forces Decoration

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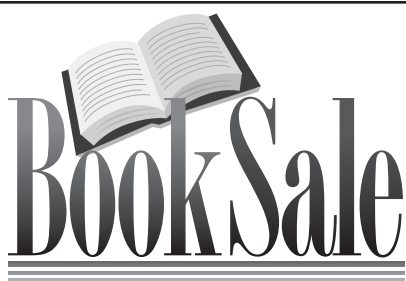
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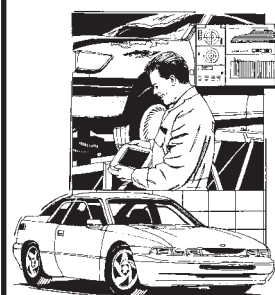
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Special dinner to honour volunteers

Mary Ellen Green
Staff writer

The more than 100 volunteers at the CFB Esquimalt Military Family Resource Centre (MFRC) put in over 5,500 hours of work last year.

Sara Mansi, MFRC Volunteer Coordinator, says volunteers are key to the MFRC's success.

The MFRC relies heavily on the support of volunteers to help their ever-growing list of programs and services to the military community run smoothly.

"We have hundreds of volunteers. Some programs are entirely run by volunteers, many working with kids, some working with families and adults. Right now, our Sunday sessions are very popular with all the deployments," Mansi said.

Personnel Support Programs (PSP) also relies on more than 130 volunteers to help keep their clubs, sports teams, programs and museum running.

In recognition of National Volunteer Week, over 240 MFRC and PSP volunteers will be recognized at a dinner sponsored by SISIP and hosted at Government House on Thursday, April 23.

The ceremony will be hosted by Base Administration Officer, Cdr Alex Inch and The Lieutenant Governor of B.C., Steven Point.

"Volunteering is one of the great things we can do as it raises the standard and the quality of our lives. It also helps to make us a compassionate, understanding and sympathetic person," said LGov Point.

More than 200 volunteers and their guests will attend the ceremony, where six Volunteers of the Year will receive special recognition: three from PSP and three from the MFRC.

MFRC Volunteers of the Year

Diana Scott

Diana is a two-year volunteer for the MFRC Terra Firma Family Network, a program that was established to support those who are experiencing military separations and do not belong to a ship's company. Diana, her husband Sgt Darren Scott and their daughters moved to Victoria in 2007 where she quickly contacted the MFRC for services and volunteer opportunities. The network proved a perfect fit for her

as Darren was soon to be deployed to Afghanistan and she was interested in meeting others like herself. As a volunteer, Diana has assisted in keeping families and their loved ones connected to one another as well as to the MFRC and its services. The MFRC thanks Diana for her diligent and valuable enthusiasm for the family network program and to deployed CF families in Victoria.

Laurel MacKay

Laurel's volunteer involvement with the MFRC began four years ago with the Pregnancy and Labour Companion Program, a service open to expectant mothers while their partner is deployed. This experience led her to observe a gap in the resources offered to deployed fathers. Her valuable suggestions evolved into the current "Parenting from Afar" program that has grown in popularity onboard ships and in the library in Afghanistan. Laurel has since gone on to volunteer in a number of key positions within the MFRC, all of which require extensive training and commitment.

MFRC employees recognize the time, energy and expertise she has donated to the military community, which has undoubtedly made it a better place.

Leanne Kopp

Leanne has been a volunteer with the MFRC Board of Directors for the past six years. During this time Leanne has served in a variety of board capacities, most recently as the Board Chair. As an Executive Director of a non-profit in her professional life, Leanne is a natural leader, and a skilled professional who has brought a wealth of strength to the governance of the MFRC. She is dedicated to ensuring the local MFRC meets its strategic priorities, and more importantly, serves the needs of the local military family community. The MFRC staff would like to thank Leanne for her commitment, energy and knowledge that she has delivered to the MFRC and the military family community.

PSP Volunteers of the Year

Kay Stidson

After escaping the cold winters of Ponoka, Alberta, Kay moved to Victoria where she finished school, married her childhood sweetheart, had two children and held various jobs

including being a school secretary and a housewife. In her retirement, Kay has kept busy volunteering at several places within the community including the CFB Esquimalt Naval and Military Museum. Starting in the reference library doing database entry, Kay has gone on to work in just about every area of the museum including artefact cataloguing, labelling, packaging and object assessment. The addition of Kay's wonderful sense of humour is certainly valuable to keeping the rest of the volunteer staff entertained. Congratulations Kay!

PO2 Heidi Twellmann

For the past 12 year, PO2 Twellmann has participated with Canadian Forces Sports Program, encompassing all of her time in the regular forces and part as a reservist. Starting as a successful pitcher with women's fastball, PO2 Twellmann turned her efforts to volleyball after the CF moved to slo-pitch. She represented Canada at the Military World Games and the World Military Volleyball Championships, competing against an elite group of athletes. PO2 Twellmann has proven herself a leader on and off the volleyball court by volunteering eight months of the year towards running the Triton's Women's Volleyball team, which includes administration and team management on top of being captain of the team. She continues to inspire other players with her own determination, committed to the improvement of volleyball at both the Base level and at the international level with the CISM team.

CPO2 Dick Dubeau

CPO2 Dick Dubeau has been an avid member of the Pacific Camping Club since 1997. Dick was already heavily involved with the building and developing of the Maryhill camp ground in early 2006, and his enthusiasm did not wane as he continued his support as an active volunteer by keeping the Nanoose Camping area in prime condition before taking on the executive role of president in 2004. Besides a full time job in the Canadian Forces, Dick dedicates his spare time to the enhancing of the Nanoose sites and with working with PSP by participating in all special events for exposure.

The ceremony is by invitation only. Doors open at 7 p.m. Reception to follow presentation.

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Air Force members aim for space

Karen Christiuk
1 Cdn Air Div/CANR

Several current and former members of Canada's Air Force are one giant step closer to becoming astronauts.

The Canadian Space Agency (CSA) announced their top 16 candidates in the National Astronaut Recruitment Campaign on March 16, 2009. Making the shortlist for the elite program are seven current Air Force members and one former member: Maj Desmond Brophy, currently on an officer's exchange at Edwards Air Force Base, California; Capt Jeremy Hansen and Maj Stuart Rogerson from 4 Wing Cold Lake, Alta.; Capt

Jameel Janjua and Capt Joshua Kutryk from 3 Wing Bagotville, Que.; Maj Mark McCullins from 8 Wing Trenton, Ont.; Capt Keith Wilson, currently in the Military Medical Training Plan at the University of Manitoba, and former CF-18 fighter pilot Kenneth Welch will find out in May if they will be one of the two final candidates selected to be members of Canada's Astronaut Corps.

The group was chosen from more than 5,000 applicants and went through a series of grueling interviews and tests before being selected for the competition.

Maj McCullins says it's no accident there are a number of air force officers in

the ultimate race for space. "It is a testament to the fact that the people skills we learn in the air force, as well as how to function in an aerospace environment, is obviously very highly sought after by the selection committee," says Maj McCullins.

Capt Keith Wilson agrees, "The air force training is second to none. My training as a search and rescue helicopter pilot and test pilot has prepared me well to handle stressful situations, remain calm and task-oriented.

Just as important though, are the academic opportunities available through the Canadian Forces. Since joining the Canadian Forces at the age of 18, I have completed two Bachelor's degrees, graduated from the Empire Test Pilots' School, and am now sponsored by the Canadian Forces to become a physician."

For biographies of all candidates, please visit the Canadian Space Agency website: www.asc-csa.gc.ca/eng/media/news_releases/2009/0316.asp

The people skills we learn in the air force, as well as how to function in an aerospace environment, is obviously very highly sought after by the selection committee.

-Maj Mark McCullins

Afghanistan through Boomer's eyes

A presentation will be given by Maureen Eykelenboom, mother of fallen CF member Cpl Andrew Eykelenboom, on Tuesday, April 28, 2009 from 7 to 9 p.m. at Royal Roads University on the Quarterdeck, Grant Building. An invitation is extended to the public for this free presentation. Seating is limited and those planning to attend or having questions are asked to telephone 250-370-1590 or email ocdtanderson@shaw.ca.

Photographs taken by Cpl Andrew "Boomer" Eykelenboom during his tour of duty in Afghanistan will present a personal and enlightening account of his service as a Canadian soldier and dismounted medic. In August 2006, days before he was to return home, Andrew was killed by a sui-

cide bomber. Interwoven in this presentation is his mother's personal story of grief and compelling message of hope. Learn about some amazing Afghanistan women, possibly shed a tear, definitely share a laugh and through Boomer's eyes and his mother's words, become more aware of Canada's role in Afghanistan and the out-

standing military members that are serving there.

Andrew's story continues through Boomers Legacy - a foundation created in his memory - to honour, support and assist our Canadian Forces members in their efforts to provide aid in areas of conflict.

Please visit www.boomerslegacy.ca to learn more.

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ANNOUNCEMENTS

IT IS VOLUNTEER RECRUITMENT TIME Once again! Starting Saturday, May 2nd with a full day of training, continuing on Tues. & Thurs. evenings. For More Information contact Need Crisis & Information Line www.needcrisis.bc.ca Reach out to your community, reach into your heart. Volunteer with us!

ARE YOU INTERESTED in providing emergency respite child care for military families? For information call 363-2640 or toll free 1-800-353-3329.

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REUNIONS

RIVERVIEW COLLEGIATE INSTITUTE in Moose Jaw, Saskatchewan will be 50 years old in 2009, and an Alumni Committee is inviting all former students and staff to the RVC1 All Years 50th Anniversary Reunion on July 10 & 11, 2009. Reunion information is available at www.rvcialumni.org.

VOLUNTEERS NEEDED

Volunteers are needed to assist individuals with disabilities to get out and be active! By devoting as little as one hour a week, you have the opportunity to participate in an activity you enjoy while giving back to your community. Males needed especially! For more information or to volunteer please call the Leisure Assistant Coordinator at 250-477-6314 ext. 15 or volunteers@risonline.org

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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World adventurer and photojournalist Helge Pedersen will present a multi-media program on April 24, 2009 at 7:30 pm (doors open at 6:30) at the Four Points by Sheraton Victoria Gateway, 829 McCallum Rd.

Tickets: \$20 (includes a light meal & refreshments) available at Island BMW Motorrad, 2758 Peatt Rd. For more information call 250-474-2088. ALL proceeds benefit the Morgan Jayne charity, <http://themorganjayneproject.com>.

Pedersen spent 10 years travelling on a 250,000 km round-the-world motorcycle journey through 77 countries, and his photo-essays have appeared in National Geographic, TIME Magazine and The New York Times.

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MAY 2009 GENERAL ELECTION AND REFERENDUM ON ELECTORAL REFORM

A Provincial General Election and Referendum on Electoral Reform is Underway.

Who Can Vote?

You can vote if you are:

- 18 years of age or older, or will be 18 on General Voting Day (May 12, 2009)
- a Canadian citizen
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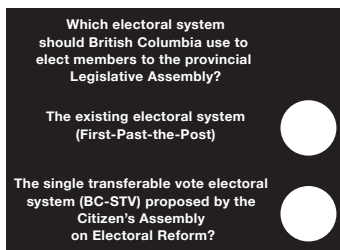
Just go online at www.elections.bc.ca or call toll-free **1-800-661-8683** until April 21, 2009.

If you aren't registered by the deadline, you can register when you vote. You'll need identification that proves both your identity and residential address.

Referendum On Electoral Reform

In addition to an election ballot, voters will also receive a ballot to vote in the referendum on electoral reform.

For more information on the referendum on electoral reform, visit the Referendum Information Office website at www.BCReferendum2009.ca Or, call their toll-free information line at **1-800-668-2800** (in Vancouver: 604-775-2800) from 8 a.m. to 5:30 p.m. (Pacific time) Monday to Friday.



Voting Opportunities

There are many voting opportunities in B.C. Here are some of your options:

Advance Voting Available to all voters. Voters can attend any advance voting location from 8 a.m. to 8 p.m. (local time), Wednesday, May 6 to Saturday, May 9. All advance voting locations are wheelchair accessible.

General Voting Available to all voters. Voters can attend any general voting location from 8 a.m. to 8 p.m. (Pacific time), Tuesday, May 12, 2009.

Other Voting Options If you are going to be away or some other circumstance prevents you from voting at advance voting or general voting, you can vote in any district electoral office from when the election is called on Tuesday, April 14 to 4 p.m. (Pacific time) on Tuesday, May 12. You can also request a vote-by-mail package from your district electoral office or through the Elections BC website at www.elections.bc.ca

How To Nominate A Candidate

A candidate must be nominated in writing by 75 eligible voters of the electoral district. Nomination kits are available from your District Electoral Officer or online at www.elections.bc.ca

Deadlines For Nominations

Nominations must be delivered to the District Electoral Officer between the time the election is called on Tuesday, April 14, 2009 and 1 p.m. (Pacific time) on Friday, April 24, 2009.

Any Questions?

For further information visit Elections BC's website at www.elections.bc.ca or call toll-free **1-800-661-8683**.

Or, contact your district electoral office.

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