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Wed., May 13, 6:30 - 7:30

NEWS 3
New trucks keep Fleet Diving Unit rolling



SPORTS 12
Self-motivated sailor bumped to CISM level



Editorial & Opinion..... 4
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Classifieds..... 18-19



Target practice

Shelley Lipke, Lookout

Employees from Meggitt Target Services prepare to launch an air target from the deck of HMCS Regina during Exercise Trident Fury. The employees were on hand to teach the crew how to use the new targets that were recently purchased by DND.

Trident Fury unleashed in the Strait

Shelley Lipke
Staff writer

HMC Ships Regina, Calgary, Whitehorse and Edmonton left the calm waters of Esquimalt Harbour on May 4 for the windswept seas off Vancouver Island for Exercise Trident Fury.

The two week exercise provides more than 1,000 participants of the Canadian Forces and United States Navy an opportunity to exercise full spectrum warfare

training. Ships and aircraft are conducting live surface and air weapons firings to challenge their ability to perform real-time operations in a coalition setting.

The primary focus of Trident Fury is to conduct the Operations Room Officer Course sea assessment. Thirteen students have finished an intense year of classroom and simulator training to prepare them to fight a warship in today's complex, highly technical, multi-threat environment. Students

on the Navy's Information Management Directors' Course will also conduct their sea assessment phase during the exercise.

"We have real ships, real people, real bullets in real time, and this exercise is giving the operations room and bridge team excellent leadership and tactical training experience," said Commanding Officer of HMCS Regina, Cdr Haydn Edmundson.

A variety of targets will simulate threats sailors may face

during operations at sea, such as cruise missiles, small boat strikes, or attacks from low flying aircrafts.

A unique event in Regina is the launching of newly acquired air targets off the ship's flight deck with the assistance of representatives from Meggitt Target Services, the company supplying them. Once a target is launched, either Regina or Calgary shoots at it.

See Warships on page 2

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EXERCISE TRIDENT FURY

The queasy, uneasy side of life at sea

Shelley Lipke
Staff writer

Far off the coast of Vancouver Island last week, hundreds of sailors were feeling the pain of sea state six. The swell of water was seven metres, as high as a two-story building, and when a wave hit a warship, the crew inside were shaken like nuts in a can.

This was the first few days of Exercise Trident Fury. The rough weather put a halt to some aspects of the at-sea training.

No one slept. No one ate.

Instead, sailors dry heaved, coughed and fidgeted in their racks. They pressed their body against the bulkhead and stuffed extra blankets under their mattresses so as not to fall out of bed when the sea turned violent.

"When we went on WestPloy from Victoria to Alaska, it was like this the whole seven days. Everyone on the ship was sick," says medical technician Cpl Varinder Parmar, who is sailing in *HMCS Regina*. Since the ship left the gentle protected seas near Victoria for the open ocean of Vancouver Island's west coast, she's been medicating the crew to help ease their seasickness.

"If the Bonamine doesn't work then the last resort is to give a Gravol shot," says Cpl Parmar, adding it's a last resort because it causes drowsiness for up to four hours.

When the rough weather developed, everyone re-checked equipment to ensure objects were secure.

"It's important the ship is secure for sea and everything is tied and strapped down," says Cpl Parmar. "When the seas are rough like this it's also important to hang onto the ladders with one hand at all the times or people can be injured."

The best medicine is rest says medical technician. But it's difficult for the sailors to sleep. "Some people strap themselves in with a seat belt when they sleep. I lie on my stomach and try to dig my heels on the side," says Cpl Parmar.

With much of the crew feeling queasy, ships were forced into minimum manning. The rough seas crashed over foc'sle, even spilling into the bridge of *Regina*, forcing the Commanding Officer to make the upper decks out of bounds to most of his crew to keep them safe.

By mid-week the sea state reduced and the exercise was able to progress.



Above: In sea state six, the upper decks are sprayed with huge waves as *HMCS Regina* takes part in Exercise Trident Fury.



Left: LS Pierre Luc Poirier-Potvan works on the Close In Weapons System (CIWS) in preparation for an exercise in *HMCS Regina*. The CIWS will shoot down air and surface targets launched off the flight deck of the ship.

Below: AB Mike Beauchamp stands as an upper deck sentry as the ship leaves CFB Esquimalt, with Fisguard Lighthouse in the background.

Shelley Lipke, Lookout

Warships exercise off the coastline

From page 1

"Using the air targets is new to the west coast," said Cdr Edmundson. "I've never launched a target from my ship that I also get to shoot down."

For the cruise missile assault, *Regina* will launch one air target that will drop a second target. Both targets will turn around and head back towards the ship. The crew will

launch a missile to shoot down the first target, and use the 57-mm gun to thwart the second.

USS Shoup, an Arleigh Burke Class guided missile destroyer, met the Canadian warships at sea and will play the opposing force during a boarding party exercise.

Exercise Trident Fury finishes May 15 when the ships will sail back to Esquimalt.

NPF townhall

Personnel and Family Support Services - Information Briefings for Bases and Wings

As you may have heard, the senior management of DGPFS is coming to CFB Esquimalt to conduct town hall meetings at the Naden Wardroom in the Lower Lounge on May 13.

Please make note of the times of the various meetings:

- 0800-0930 Town Hall with all NPF staff (CANEX, PSP, SISIP, Base Foods and Messes)
- 0940-1140 Town Hall with CF Personnel

Updates and information will be provided on the following: Casualty Support, Fitness Strategy, Families First, NPP Overview and the New deal, Project Access, Support our Troops Approach, Canadian Defence Community Banking and the New Approach to Communications.

Specific topics to be covered by the VP HR include: Pension and Benefits Plan updates and the new Tuition Reimbursement Program.

The following people will be presenting:

- David Martin-CEO
- Randy Helgason-Chief of PSP
- Sharon Fleming-VP HR
- CWO Jean Boivin-CWO
- Sandy Gauthier-Military Family Fund (MFF)
- Kim Ann Charest-Corporate Policies and Programs



Shelley Lipke, Lookout

Two new custom-built explosive ordnance disposal trucks were delivered to Fleet Diving Unit (Pacific) April 23 from Fort Garry Fire Truck in Manitoba. The unit used the telerob tEODr robot and explosives to detonate the ribbon between the trucks.

Fleet Diving Unit keeps on trucking

Mary Ellen Green
Staff writer

After two years of waiting, Fleet Dive Unit Pacific (FDU(P)) has two brand new Explosive Ordnance Disposal (EOD) trucks.

Delivered to the unit on Thursday, April 23, by Fort Garry Fire Truck in Winnipeg, which customized them exactly to suit the needs of EOD divers, the two five-passenger 4x4

heavy duty Sterling trucks will increase the capabilities of the unit.

"It's really satisfying to put two years of work in to a project and be able to see these new trucks before I hand over command of the unit in July," said LCdr Robert Watt, Commanding Officer of FDU(P).

The telerob EOD robot blasted through the ribbon at a very non-traditional ribbon-cutting ceremony

at Albert Head. Loud cheers were heard over the explosion.

The two new trucks tower over the units' old transportation, which wasn't rated for the amount of equipment divers were hauling. For example, the unit's new telerob tEODr robot weighs approximately 850 pounds, more than eight times heavier than their old kit.

According to PO2 Michael Hales, the new trucks aren't just for bomb disposal; they also have the capability to act as command and control centres.

"They have communications, satellites, radar and infra red camera capabilities," said PO2 Hales. "The old trucks couldn't do that."

On the back of each truck stands a 10-foot telescopic mast with both infra red and digital cameras, providing divers and operators inside with a visual of the perimeter.

The driver also has access to the infra red capabilities, with a screen lowered from the cab ceiling; the driver can shut off all peripheral lights and drive in complete darkness or in stormy weather with crystal clear visuals.

The trucks were in

They have communications, satellites, radar and infra red camera capabilities. The old trucks couldn't do that.

-PO2 Michael Hales

production for three months in Winnipeg, and Steven Suche from Fort Garry Fire Truck said they were the first EOD trucks the company has made.

"We put in a lot of overtime to get these trucks done in such a short amount of time," he said.

His co-worker, Brian L'Heureux said the trucks also have a 10 kilowatt generator, three safes, two large heaters, and room for two EOD robots.

"We have to qualify everyone on airbrakes to drive these trucks," said CPO1 Walter Dubeau, FDU(P)'s Coxswain. "It will take a few months to get everyone trained."

A garage is also being built at the unit to house the new trucks.

Get a naval ring

TELUS Mobility has made available free of charge a number of navy ring tones for download to their phones to celebrate the Canadian Navys 99th and next year's 100th anniversary. Ring tones include:

- *Pipe the Side* (one of the most familiar pipes)
- *Hands to Dinner* (an interesting pipe and would be a great noontime alarm)
- *Wakey Wakey* (for many just for those special morning wake up calls)
- *Heart of Oak* (not yet available but 'to follow')

The ring tone access is from a hidden link: <http://telusmf.mqube.us/telus>

mobile2/catalogassests.aspx?c=102202797

This address is not a computer web site - it must be keyed into your cellular to access the ring tones (a shortcut method is being investigated). Please note, the TELUS phone must have internet access to the URL to download the ring tone.

These tones will be available for download until the end of May.

These navy ring tones will make great conversation pieces and are an excellent reminder of our 99th anniversary and the exciting centennial program to commemorate, to celebrate and to commit.

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The Old Car Detective Bill Sherk



Jack Hayes remembers his 1957 Plymouth

Jack and Yvonne Hayes live in Packenham, Ontario, and enjoy reading this column in the local EMC paper. They share many fond memories of a new car they bought over 50 years ago:

"Nineteen-fifty-seven was a big year for my wife Yvonne and me. I graduated from the University of Western Ontario and was hired by the H. J. Heinz Company in Leamington, the Tomato Capital of Canada. One of my great pleasures starting work was to be taken into the front corner office to meet the president of Heinz of Canada, Frank Sherk (who, incidentally, was the father of the Old Car Detective!).

"During that year, Yvonne and

I went to a Chrysler dealer in nearby Kingsville and bought a new black 1957 Plymouth Savoy with a white roof and blue interior (Plymouth in 1957 had three series named after famous hotels: Plaza, Savoy, and Belvedere). We loved the push-buttons for the automatic transmission.

"After ten years on the road, it became a second car when we bought a 1964 Ford Galaxie 500. In 1967 we finally sold the Plymouth. It was later used by University of Windsor students to commute the 32 miles from Leamington (we measured things in miles back then).

"Unlike some cars of the 1950s, our Plymouth was a pretty good

car. Rust eventually did it in. It had one problem that other Chrysler vehicles at that time had. Water leaked in around the back window and filled the wells on either side of the trunk. One Heinz manager who bought a 1957 Chrysler asked the dealer where the sump pump was located.

"Yvonne drove the Plymouth when she went to teach at a Kingsville public school and to Kinettes meetings. She nearly plowed into the home of one of the Kinettes when the brakes gave out on her. Luckily she remembered the emergency brake, which worked on the driveshaft. She stopped just inches from the house. Toward the end of the Plymouth's days, a tall friend of ours got in on the passenger side and his feet went clear through the floor to the ground! I patched the floor with plywood.

"The photo shows Yvonne standing beside the Plymouth at Linden Beach near Kingsville. We had gone skating for miles along Lake Erie. Our son John is an avid license plate collector and he liked



Jack and Yvonne Hayes' 1957 Plymouth Savoy

the '57' in the 1957 license plate (that's also the magic number at Heinz with '57 varieties'). We sure wish we had kept that plate."

As a thank you, if your story is published in this column you will receive a copy of Bill Sherk's book "60 Years Behind the Wheel: The Cars We Drove in Canada 1900-1960". To share your stories or photos e-mail billtsheer@sympatico.ca or write Bill Sherk, 25 John St., P.O. Box 255, Leamington, ON N8H 3W2.

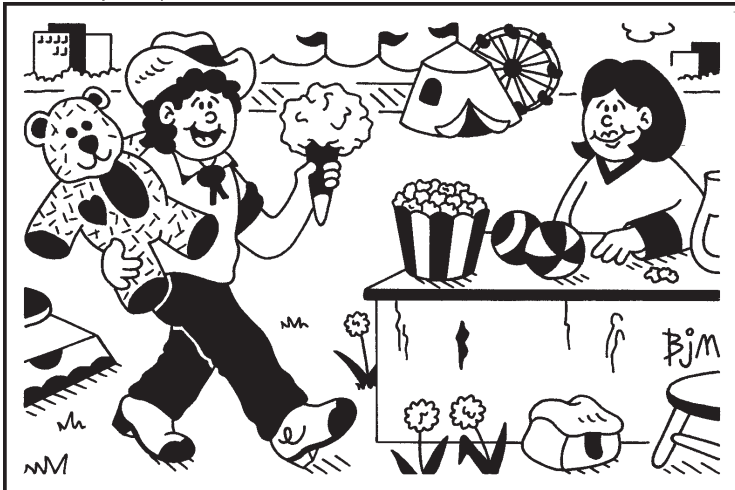
ComParrot by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



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Solution: 1. Stripe appears on ball. 2. Grass beside handbag is missing. 3. Band taller. 11. Neck on lady's shirt is different. 12. Stripe on sleeve is wider. has moved. 8. Cloud has moved. 9. Window on tent has moved. 10. Building is colored in. 6. Design on platform behind man has moved. 7. Knothole on table on man's hat is colored in. 4. Teddy bear's heart is colored in. 5. Man's tie is

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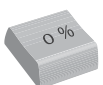
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Cpl Frieda Van Putten, Combat Camera

HMCS Protecteur conducts a replenishment at sea with American vessel USNS Ericsson in the Yellow Sea off the coast of Southern Japan. Protecteur is in Asia conducting duties as the WestPac Oiler.

HMCS Protecteur completes another leg

Lt(N) Jim Smith
HMCS Protecteur

On the morning of May 1 all was in place for HMCS Protecteur and her crew to close up and make its entrance for the second port visit of the current deployment, WestPac Oiler, in the picturesque city of Sasebo, Japan.

This marked the end of a busy week in which Commander Canadian Fleet Pacific, Commodore Ron Lloyd; Canadian Fleet Pacific Fleet Chief, CPO1 Paul Helston; Commander Sea Training, Commander Mike Knippel; and part of his team joined the ship to complete the second phase of Protecteur's Directed Work-Ups (DWUPS) program.

The primary focus of the week was to assess the capability of the ship and crew to conduct a variety of replenishments at sea (RAS), including a day RAS, a two-ship night RAS, and finally a consolidation RAS that saw Protecteur turn into the customer ship. A consolidation RAS is a way for Protecteur to top up its own cargo tanks by RASing with another (usually much larger) supply ship, and on this occasion it was with the United States Naval Ship (USNS) John Ericsson.

Sasebo was an ideal port visit, giving the ship's company a variety of activities to do. Because of its close proximity to the American naval base there was also a welcomed taste of home with McDonald's, Subway,

Baskin' Robins, as well as many other familiar food outlets. Protecteur was also the recipient of kindness from its host ship USS Denver, an Austin-class amphibious transport docking ship based in Sasebo, who hosted the crew to a day of sports and barbecue on the second day alongside.

Many sailors found their way to the historic city of Nagasaki situated 60 miles east of Sasebo and stood at Ground Zero where the second of two Atomic Bombs were dropped on Japan, which precipitated the end to the war in the Pacific.

Also, located on the Island of Kyushu approximately 80 miles north of Sasebo is the largest city on the island,

Fukuoka, which has a professional Japanese baseball team. Their stadium is modeled after the Sky Dome in Toronto.

The four-day visit was just long enough for everyone to take in the sights, culture, and authentic Japanese sushi and other unpronounceable delights the city had to offer. The lush greenery and warm spring weather topped off the overwhelmingly successful port visit.

Protecteur is now back at sea and has commenced official duties as WestPac Oiler providing support to the American 7th Fleet operating in the area. Later this month Protecteur will make a port of call at the American naval facility in Guam, a stop the ship hasn't made in over a decade.



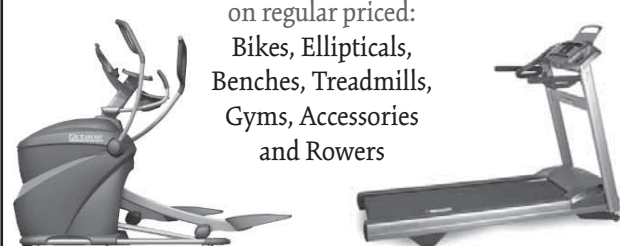
HMCS Protecteur enters the port of Sasebo, Japan.

Cpl Frieda Van Putten, Combat Camera

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Remembering Battle of the Atlantic

Private Malcolm Byers, Esquimalt Imaging Services
Above: Base Commander, Capt(N) Marcel Hallé lays a wreath.

Left: OS Knight rings a naval bell for every ship lost during the Battle of the Atlantic at the Victoria Legislature cenotaph service May 3.

Right: Veterans march from the cenotaph.



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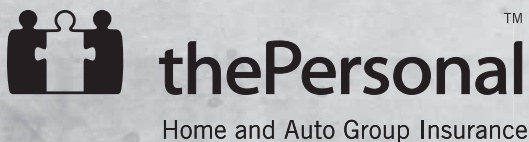


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Marching leads to aerobic excellence

Mary Ellen Green
Staff writer

When it comes to marching, Sgt Kim Arnold says “the more miles under your feet, the better off you’re going to be.” And he would know.

Sgt Arnold is Maritime Forces Pacific’s Nijmegen Marching team second in command, and has personally completed the march 10 times.

And even though MARPAC isn’t sending a marching team to the four-day march in the Netherlands this summer, the core team is still training five days a week.

“A lot of individuals wanted to carry on for the personal physical fitness program, and there are a lot of local events to participate in, so we decided to continue to train,” he said.

The team recently participated in the 32-kilometre Victoria Volkssport Phoenix Festival, April 17-19 in Esquimalt.

“We wanted to show the public the navy presence, esprit de corps, and show them we’re part of the Victoria community,” Sgt Arnold said.

Every Monday, Wednesday and Friday since February, the MARPAC Nijmegen marching team has set out on an early morning march, reaching distances up to 40 kilometres on Fridays.

“We usually take weekends off because it’s like doing a marathon a week. You need



Members of the 2008 MARPAC Nijmegen Marching Team surprised Sgt Kim Arnold with a Blue Seal of Aerobic Excellence for his dedication to physical fitness and the marching team. Back row from Left: PO1 Chris Koblung, PO2 Dale Hannem, PO2 Charles MacIntosh, and MS Charles Banville. Front row from Left: CPO1 Mike Howlett, Sgt Kim Arnold, and LCdr Jason Webstern.

time to recover,” he said.

With all the kilometres logged, Sgt Arnold was recently honoured in a surprise presentation with the Canadian Forces Award of Aerobic Excellence Blue Seal by last year’s Nijmegen team, on board HMCS Algonquin Friday, April 17.

“They know I’m not a lime-light kind of guy, so they had to surprise me,” he said.

The CF Award of Aerobic Excellence program provides recognition for members who have demonstrated an exceptional level of commitment to developing their own personal level of aerobic fitness.

The award is broken down into seven levels of achievement, each divided into six

sub-levels (red to gold seals). For each seal, members must track and accumulate 2,000 units of physical fitness. The Blue Seal is the third and thus requires 6,000 units. For each three kilometres marched, one unit is earned, meaning Sgt Arnold marched over 16,000 kilometres to receive the prestigious award.

“We registered him ourselves,” said Personnel Support Program’s fitness instructor, Megan Ramsay. “It all works on an honour system, and once the award is approved, it is presented by the unit. It’s something everybody should be proud of,” she said.

For two consecutive years, the marching team spent two days a week at the Naden

Athletic Centre with Ramsay brushing up on their fitness and learning preventative measures such as stretching and hydration.

“We started with general physical training, boot camp, and circuit training and then moved to education about proper stretching and hydration,” Ramsay said.

The team even started doing yoga on Thursdays to help with their recovery.

“It was great to see them every Tuesday and Thursday and be able to watch their progression. We had marchers from both genders, all ranks, ages and fitness levels.”

The MARPAC Nijmegen Marching team took home the prestigious Woodhouse award for best overall team from last year’s march. They also received a team medalion as all 11 members completed the March for the 10th consecutive year.

“Our motto is start with 11, finish with 11. We’ve never lost a marcher,” Sgt Arnold said.

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52-year-old diver sets benchmark at Fleet Diving Unit

Shelley Lipke
Staff writer

The oldest candidate to complete a ship's team diver course just graduated from Fleet Diving Unit (FDU) – and he's done so swimmingly.

Age was no obstacle for 52-year-old naval reservist OS Robert MacDonald, who had the mental stamina to keep up with his classmates who were 30 years younger.

"The average age of the students was 23 or 24, and because the diver trade is very physically and mentally demanding, only nine of us passed."

An extensive fitness background that includes playing for the World Field Lacrosse Team and representing Canada in World Cup Rugby helped the new sailor reach this diving benchmark.

"It was an extremely challenging and demanding course," said OS Robert MacDonald. "I was lean and fit to begin with, but I lost 20 pounds during the course, so now I'm really fit. This course was one of the most demanding things I've ever done."

An average day for the students involved a 10 kilometre run in the morning, followed by a two kilometre swim and multiple push ups and sit ups.

"Then we would either do a dock-to-dock swim or a jetty-to-jetty swim, which would take about 40 minutes," said OS MacDonald, a firefighter in the civilian world. "Even with my firefighting training, I've never encountered this level of physical exertion. You can fight fires for eight hours, but you have relief and rests during that time. Here, there is no rest, and you might do three dives a day, so fitness is really a priority."

As the divers progressed through the six-week course, bonds grew within the group and the fresh youthful divers embraced their robust mature counterpart.

"They nicknamed me 'Blue' because I reminded them of a character in the movie Old School. This older fellow in the movie had full trust in the younger fraternity," he said.

Camaraderie and inspiration went both ways.

"At times they would help push me along through the course, and other times use me as inspiration because I'm an older fellow doing this," he said. "The pain we experienced as a group brought us closer to each

other. If a person was falling behind during a long run, the other divers would loop back and pick them up."

To keep the students on their toes, classroom instructors often called out "awkward", which meant students had to be fully dressed in a dive suit and in the water within three minutes. This one word sent everyone into an adrenaline surged panic as pens and pencils dropped, athletic bodies leapt from classrooms in a thunderous sprint to the oceanfront to pull on wetsuits and fins before leaping into the frigid water.

"This training teaches us to be able to check the hulls of ships for bombs quickly," he said. "Our first awkward took us 12 minutes, and we were able to narrow that down to 2 minutes 32 seconds."

OS MacDonald most enjoyed the Sea King hoist.

"We would be swimming in the ocean and the helicopter would hover above us and send down a hoist cable." One by one the divers would be picked up, winched to safety inside the helicopter only to jump back out feet first. "They showed us how to jump safely and I thought it was quite exhilarating to take part in this and see how skilled the pilots are to hover for so long."

His desire to become a Canadian Forces diver

stemmed from his involvement as a firefighter with the aftermath of 911. "As a group, 70 per cent of our department went to Ground Zero to help the American firefighters," he said. "To me it was a life changing experience."

He took part in seven memorials for firefighters and says this changed his life. "There was nothing in the dictionary to describe how I felt," he said. "Because 343 firefighters died along with 2,500 people from all over the world, it really taught me how short life was and I felt like I had to do the things in life I really wanted to do before it was too late."

For OS MacDonald, this meant diving. "I had done some civilian diving 30 years ago, and it was something that I really enjoyed, so I decided to pursue it."

Now with the six challenging weeks under his belt, he's a qualified port inspection diver for the Reserve Force.

Back at HMCS Discovery in Vancouver, he'll dive with a team of Port Inspection Divers.

"I'm very proud and honoured to be a part of the dive trade and to have formed a team with the students and instructors at this unit. I keep saying to the younger fellows that they shouldn't turn away opportunities, and that they should follow their dreams," he said.



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Sails in full bloom at CFSA opening

Shelley Lipke
Staff writer

More than 150 sailors took to the water April 26 to sharpen their sailing skills after the winter break and celebrate the start of the Canadian Forces Sailing Association season.

The Naden Band played O'Canada to kick off the day for the members, guests from visiting yacht clubs, and the guest of honour, Base Commander Capt(N) Marcel Hallé.

One by one, boats sailed past HMCS Oriole with Lt(N) David Cooke, Commodore CFSA, and visiting dignitaries embarked, for a fleet review. Each boat was judged in its sail past as traditional compliments were exchanged.

"For a bit of fun, we asked the wives of the visiting guests to judge the sail past for the best dressed boat, best crew and best sail past," said Lt(N) Cooke.

In ideal winds just 30 feet from Oriole, each boat would pass and salute



Sailboats from the Canadian Forces Sailing Association were decked out for the official opening of the club.

while heeling over in the breeze, as the judges took notes on the categories.

CFSA currently has 300 members and some 115 privately owned boats.

"We are always welcoming new members," said

Lt(N) Cooke. "Anybody who is interested in sailing, or learning how to sail should join the association, whether they have a boat or not. And fees are waived for the first year for Canadian Forces members who are on course at Venture or at CFFS(E)."

This year, the sailing association looks forward to its weekly Wednesday evening races, a CFSA Regatta on June 5 to 6, a dinghy regatta on June 13 to 14, and its involvement in the Sept. 12 Easter Seals Regatta hosted by the Royal Victoria Yacht Club.



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HMCS Calgary hosted a day sail on May 1 called Cowboy Up. The event featured Cormorant and Sea King helicopters performing flybys and lowering crew members from cables to the flight deck, and a man overboard exercise. This 14th annual event provided a fun day for invited veterans, cadets, spouses and family of crew.

Calgary's salty cowboy trek

Shelley Lipke
Staff writer

The sun warmed the flight deck of HMCS Calgary and the more than 300 veterans, Calgarians, reservists and cadets who joined civilians and family members of the crew for the annual Cowboy Up day sail on May 1.

As the frigate sailed off the Dallas Road shore into the Juan de Fuca Strait, the ship conducted high speed maneuvers, the crew performed a man overboard exercise, and Cormorant and Sea King helicopters swooped down and hovered close enough for onlookers to snap photos and wave at the pilots.

"This is the navy's opportunity to showcase what we do and thank the people that support us throughout the year," said Executive Officer LCdr James Salt. "This is a perfect venue to show the navy to the public."

Many guests donated items for the evening's silent auction to raise money for Victoria Make-a-Wish Foundation and the Children's Burn Unit in Calgary.

Among the guests was LCdr Lucie Tremblay, Naval Provost Marshal (Pacific), who participated in last year's Cops for Cancer island bike ride. She brought along 14-year-old cancer survivor and junior rider Carmin Blomberg.

"I'm very thankful for the Make-a-Wish Foundation because they sent me to Disneyland when I was sick with Cancer," said Blomberg.

Other guests included members of the Calgary Naval Veteran's Association who attend the event every year, and the Calgary Stampede Association, who will incorporate the 15th anniversary of HMCS Calgary. "For HMCS Calgary's 10th anniversary, the Stampede Committee came out and fed everyone a free breakfast in the Inner Harbour, and we hope to do this next year again," said Calgary's Logistics Coordinator, CPO2 Will Slater.

Calgary Alderman Ric McIver said each year Calgarians look forward to seeing members of the crew at the Calgary Stampede. "They are the only navy in the world that has a cowboy hat as part of their official uniform, and the

Calgarians love them."

After lunch was served on the flight deck, the frigate slowly sailed back to Esquimalt harbour for part two of Cowboy Up – the evening party.

"Different organizations and individuals donated everything from paintings to belt buckles, and we auction it off for charity each year," said CPO2 Slater. Each year, the money raised is split equally among the two charities.

As the evening unfolded on the ship, the Turnpike Bandits played country tunes and donated a portion of the money from the sale of their new album. People took turns on a makeshift mechanical bull – a 45-gallon barrel wrapped up with blankets, strung up in the hangar with bungee cords with four cowboys tugging on the cords to dislodge the rider.

The event raised more than \$4,000, which was split between the charities.



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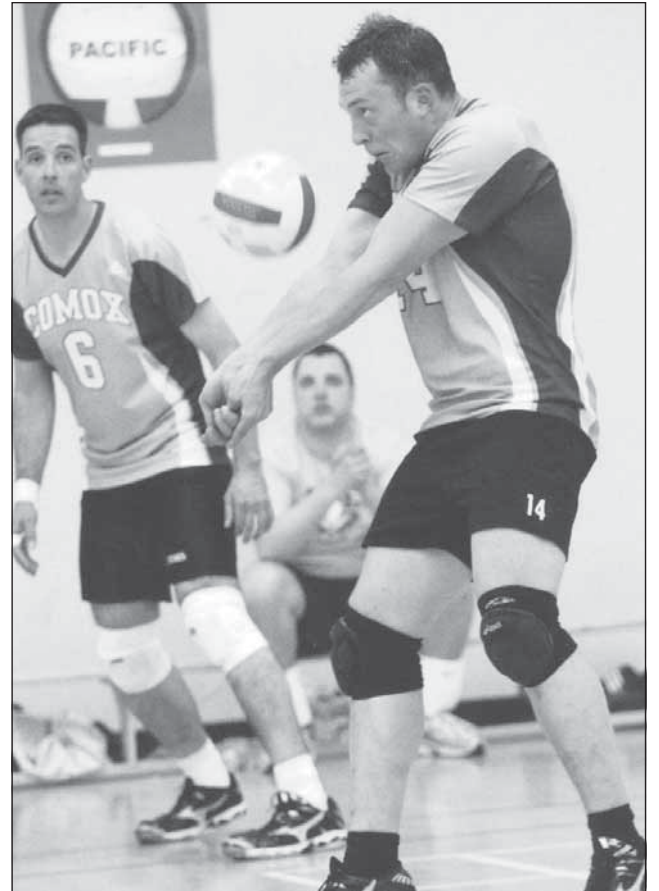
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Above: CFB Esquimalt's women's volleyball team posed for a team photo before playing in the Pacific Region Championships.

Right: Lt(N) Mike St-Pierre, co-captain of the Canadian Forces CISM Men's Volleyball team, bumps the ball during the Pacific Region Championships in Comox.



Local sailor set to play on highest court

Mary Ellen Green
Staff writer

As the co-captain of the Canadian Forces CISM Men's Volleyball team, Lt(N) Mike St-Pierre knows how to rally. Problem is there's no one to hit the ball back.

He's the only active men's volleyball player on base and the only navy member on the CISM team, so that means training alone.

"Playing CISM level sports isn't a joyride," says the left-side power hitter. "It's tough to maintain your skills when you're training alone. My supervisors have always been supportive, but it's hard to maintain support through these difficult manning times."

Even though he's training alone, he's not training for nothing.

Lt(N) St-Pierre recently picked up a gold medal after being chosen to play on the CF Pacific region men's volleyball team, which won the

National Championships at 19 Wing Comox April 25-29 after playing seven matches.

"It gives me great pleasure to announce that, largely through Mike's efforts, the team clinched the National title for the Pacific Region," said 19 Wing Coach, Ken MacDonald. "Throughout the championship, Mike's experience as a CISM volleyball player was absolutely instrumental in providing the leadership, athletic prowess and skill necessary to this winning endeavour. He selflessly mentored less experienced players and was a dominant figure in all matches, earning him a spot on the All Star team and as the team's MVP."

It was the first time since 1983 that the Pacific team won the tournament, doing so with a home court advantage.

"It was a great tournament with a very even playing field," said Lt(N) St-Pierre. "The semis and the finals

both went the full five sets. It was a serious grind."

The Pacific region defeated CFB Kingston (Ontario region) 16-25, 25-19, 25-14, 11-25, 15-6 to capture the national crown.

On Friday, Lt(N) St-Pierre left for Calgary where the CISM team competed in Volleyball Canada's Senior/Master Canadian West Open over the weekend.

The CISM team heads to Rio de Janeiro, Brazil, for the 30th CISM World Military Volleyball Championships in June. Twelve teams will compete for the title.

"When you're stepping up to the plate with some teams at that level you have to step up your game," he said. "The competitiveness keeps you going and gives you an edge."

Lt(N) St-Pierre has been to India for the CISM World Military Games in 2007, and has been to competitions in Brazil twice in the past.

"It's not what most people expect when they hear

you're going to Brazil. You're in a gym night and day. You might get an afternoon off, but you'd probably need that time to ice yourself. It's all very focused. You go to play and you go to represent."

Women's Volleyball

In the same week, CFB Esquimalt Lady Tritons represented the Pacific region in the women's tournament, but were unable to come out victorious.

"We didn't win, but we didn't give it up easy, and the consistent training and practice since October 2008 paid off," said Lt(N) Milena Johnson.

"A/SLt Courtney Romkey was chosen as a member in the All-Star team and PO2 Heidi Twellmann brought the Dedication to CF Sports award home. What made it even more special was the participation of our two coaches Ms. Switch Rousseau and Mr. Keith Bruhm."

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Club president scoops idol status

Mary Ellen Green
Staff writer

When MS Mary Harrison took up the post of President of the Mess Committee (PMC) for the Pacific Fleet Club in late April, she never imagined she would be crowned with idol status.

However, she's not a deity, but a singing star, winning the first Fleet Club Idol competition.

The sailor took to the stage alongside four other competitors- two individual males and a male duet - to belt it out for vocal supremacy.

"The event was already planned when I arrived in this position and since I love to sing, I asked my boss if it was alright for me to participate," MS Harrison said. "And since no one on the mess committee was on the judging panel, he decided it was no problem."

Judges took into account talent, audience participation and stage presence when making their final decision.

Her first prize win includes singing with the Naden Band. "They've asked me to choose three country songs for them to orchestrate. I love country, blues and rock, so I'm going to pick six songs and let them choose," she says. "They asked if I could travel, but my husband is a hull technician in HMCS Winnipeg and I have two small children, and a new position so I told them no, for now."

As the new PMC for the junior rank's mess, MS Harrison brings a wealth of knowledge and experience to the executive committee. For the first time in many years, the executive committee has a full complement with 10 members. A new Entertainment member and a new Centennial member have also been added to the mix.

She hopes to help breathe life back into the mess and encourage members to get involved.

"We had our first electronic vote a



Base Commander Capt(N) Marcel Hallé presents MS Mary Harrison with her appointment as PMC of the Pacific Fleet Club.

few weeks ago. I emailed out the candidates to our over 900 members and I only got 50 votes back, and one of them was late," she said.

But she has hope and plenty of ideas to help create a space for the junior ranks to enjoy and unwind.

"I really enjoy working in this sort of environment. It's a pretty steep learning curve, but I'm ready and I have the energy," she said.

On May 29, starting at 12:30 p.m., a Meet Your Executive afternoon get together will be held to help members get to know the mess committee team.

Wednesday nights are Wacky Wing

Night. For \$5 a plate, members and guests can enjoy the tasty snack starting at 7 p.m.

Friday nights the Pacific Fleet Club boasts a DJ and dancing, and Saturday nights are for special events. The bar is open at 6 p.m. seven days per week, and there's always free pool in the lower lounge.

If you are a live-in member, free transportation is available to and from the mess Wednesday through Saturday by calling 250-363-6028.

For more information about events and the executive committee of the Pacific Fleet Club, check the website at www.fleetclub.ca.

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EAST COAST NEWS: WALL ART



From the age of the sail to today's Victoria Class submarines, a new mural in the Fleet Maintenance Facility Capt Scott illustrates the history of Halifax's HMC Dockyard. Cape Scott formally commemorated the 250th anniversary of HMC Dockyard by unveiling the mural, which is located in the front entrance of D200. The 12-foot by three-foot mural took three months to create and features images ranging from a tall ship to an Maritime Coastal Defence Vessel and a Sea King. It also features representations of diversity such as a female dockyard worker from the Second World War and a dreamcatcher.

A smooth response to force protection

Mary Ellen Green
 Staff writer

For motorists entering CFB Esquimalt the Thursday before the Easter long weekend, traffic was held up by an unusual sight: armed guards asking for identification and searching vehicles at Canteen Rd.

The soldiers, sailors and air personnel that stood

guard that day are part of the Base Auxiliary Security Force (BASF), used to support standing security forces any time the threat level on base increases from white to yellow or beyond.

Made up of 111 Regular Force personnel from across the various branches and lodger units, the security force came together for their annual training

exercise, Exercise Smooth Response 2009.

PSS Operations Officer, Lt(N) Mike Hollywood says the security force is ready to support the base's force protection stance for however long the elevated threat level lasts.

"Being a military base, we have some serious infrastructure here and we have to be ready for any


emergency to guard our assets," he said.

For two days, BASF members brushed up on their proficiencies, including rules of engagement, use of force, C7 shooting, ASP Baton, OC Spray, sentry duties, vehicle and personnel searches, weapons handling procedures, and tactical communications before culminating their efforts in a one-day Force Protection Exercise at Naden, Dockyard, Colwood, Rocky Point, Albert Head and 443 Maritime Helicopter Squadron.

Lt(N) Hollywood said BASF is a force that taxes all units. "To make sure we have the maximum number of people with the required training is very difficult because our members also have duties and training obligations with their own units. Also, with deployments and postings it's very difficult to keep our billets full. It's a continual search and an ongoing appeal to units for required personal."

The BASF contingent is coordinated and trained by the Port Security Training Section, which is under the part ship of the Unit Commanding Officer, Cdr Tim Howard. For more information about BASF, check <http://esquimalt.mil.ca/POESB/Baseops/Emergency%20Response%20Plan.htm>.

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Winnipeg at Sea



Cpl Rick Ayer, Formation Imaging Services, Halifax
Above: MS Jason Tucker fills out a form in order to vote in the British Columbia provincial election.
Left: Cdr Craig Baines and Coxswain CPO1 Dave Bliss carry out the casting of the wreath during the Battle of the Atlantic Ceremony while deployed in the Gulf of Aden.
Below: Three members of HMCSWinnipeg's Naval Boarding Party look out over Karachi Harbour in Pakistan, on April 26.



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Bravo ZULU



Above, MS Corry is presented a certificate of appreciation by MARPAC/JTFP HQ CO Cdr Mary-Ellen Clark for her participation in the vigil party for the commemoration of the 90th anniversary of the armistice of World War One.



Capt Lindsay is presented the Silver Seal for Aerobic Excellence by Cdr Clark.



Cpl Degrandpre is promoted to Master Corporal by Cdr Clark.

Fleet Sailor of the Quarter

CPO1 Paul Helston
Fleet Chief

Canadian Fleet Pacific and Atlantic recently began an initiative to recognize sailors for outstanding achievements. This is done in April, July, October and December for the sailor of the quarter, and in January for the Fleet sailor of the year.

This award does not replace any other awards, but merely compliments them. The criteria are professionalism, performance, volunteering in the unit and in the community, as well as specific outstanding achievements.

The award for the sailors of the quarter consists of a non-monetary prize of \$250, official portraits, and *Lookout* and hometown news articles. There will be a coin presentation by the Fleet Commander, which will include a luncheon for the winner and his or her family. The sailor of the year will receive this package, a plaque and a dockyard parking spot for the year.

Nominations from Fleet units are reviewed by a board consisting of the Fleet Chief and two Coxswains. The first board sat this April and the Fleet commander, Commodore Ron Lloyd approved the selection of MS Alex Kiraly of *HMCS Winnipeg*. To quote her Commanding Officer, Commander Craig Baines,



MS Alex Kiraly recently earned the title Fleet Sailor of the Quarter, a new award from CANFLTPAC.

"She has proven to be a critical asset to her section, the Combat department, and the ship throughout Operation Sextant, and she has my highest recommendation for Sailor of the Quarter."

MS Kiraly was born in Hungary (Hodmezovasarhely); she and her family later emigrated. She joined the navy in 1999 as a Naval Communicator and has since sailed on three classes of ships including *HMCS*

Huron, *HMCS Ottawa*, *HMCS Algonquin*, *HMCS Protecteur*, and currently deployed with *HMCS Winnipeg* near the Horn of Africa on an anti-piracy mission.

Career highlights include numerous deployments, including last year for TFAS Arabian Sea, and being part of the team that fought the fire in *HMCS Ottawa's* engine room in 2003. She is married and resides with her husband in Victoria, who is also in the navy.



AB Steve Laidlaw was promoted Friday, April 24 at Maritime Operations Group Four (MOG 4) supply conference room. Above, SLt Marcous and PO1 Priestly remove the Ordinary Seaman rank covers and slip on the new Able Seaman ones. Standing watch is Cdr Vasey, MOG4 Commanding Officer.

Great navy year at Malahat



LS Shirley Tidalgo is awarded the Captain Jackson Trophy as the most outstanding junior rating, from Cdr Pokotylo, HMCS Malahat's Awards Ceremony and Ceremonial Divisions April 2.



NCdt Devin McCormick receives the Captain G. Garrard Memorial Trophy as the most improved naval cadet, any classification, based on performance, attendance and proficiency.



PO2 Mike Mitchell is awarded the Wardroom Trophy from LCdr Michael Lawless as the most outstanding Chief Petty Officer or Petty Officer in any trade based on performance, proficiency and leadership.



PO1 Gilles Leblanc receives the Chief Petty Officer Burch Trophy for his demonstrated potential as a future coxswain of HMCS Malahat from CPO2 Bob Bartlett, former coxswain.

A/SLt Ivan Elieff HMCS Malahat

HMCS Malahat held its annual awards night on Thursday, April 2, marking the end of a successful training year, and the beginning of the Naval Reserve's busy summer training season.

Malahat's awards ceremonial divisions are held to acknowledge individual achievement during the past training year, which runs from September to April. They are also an opportunity to get together as a ship's company before most members depart on summer training or operational employment.

Malahat trains its part-time sailors to meet Canada's maritime objectives in times of peace, crisis or war. Although training throughout the year is often fun, it is always with a purpose. In the words of Malahat's commanding officer, Cdr Steven Pokotylo, "We must be prepared to serve Canada whichever way needed: at sea, ashore or overseas."

Several members of Malahat have recently returned from overseas operational tours, including Lt(N) Jim Parker, who served for six months as a United Nations Military Observer (UNMO) in Sudan, and MS Raymond Hall, who returned from a nine-month tour in Afghanistan. Others are in the final preparations to embark on similar deployments, while much of the ship's company is now focused on full-time summer coursing to gain new qualifications and advance their careers.

Malahat had many other noteworthy events this training year. The Sept. 27-28, 2008, weekend training sail in Patrol Craft Training Grizzly, the navy's newest class of ship, was particularly noteworthy, as Malahat earned the distinction of being the first Naval Reserve Division to crew one of the new Patrol Craft Training vessels for a training weekend. This was the culmination of much hard work undertaken by Malahat members training

to earn the requisite command, engineering and other qualifications needed to crew these vessels. The crew of approximately 20 Malahat sailors was treated to spectacular early fall weather as they conducted the requisite man-overboard, fire-fighting, ship driving, mooring and other training exercises.

Other training activities conducted throughout the year included small arms training, diving, and classroom training. Malahat's unique approach to unit objectives of recruiting and community involvement also included the Sailor For a Week program for high school students wanting to learn about life in the Naval Reserve.

In addition to training, Malahat has a long tradition of community involvement, which this year included Government of Canada Charitable Workplace Campaign fundraising, participation in the Children's Hospital Festival of Trees and the Sidney Sparkles and Santa Light parades, to name but a few.



Above left: Lt(N) Steve Hutchings receives a "Bravo Zulu" award from Cdr Pokotylo for his outstanding contribution to Malahat's fitness program. He also received the Naval Officer's Association of Vancouver Island Sword, and the Victoria College Trophy.



Above right: MS Kyle Bienvienne received the Coxswain's Memorial Trophy from CPO2 Sean Neraasen, Malahat's Coxswain, as the non-commissioned member demonstrating the greatest potential to be a future coxswain of Malahat.



Above left: PO2 Fiona Borland receives a "Bravo Zulu" award from Cdr Pokotylo for her outstanding achievement as Malahat's recruiting officer.



Above right: LS Krista Lavoie receives a "Bravo Zulu" award from Cdr Pokotylo for her contribution to Malahat's fitness program.

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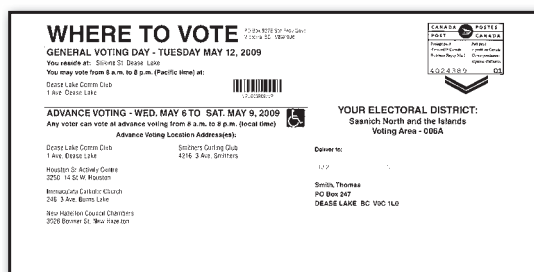
There are many voting opportunities in B.C. Here are some of your options:

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

Do You Have This Card?



This card tells you where you can vote during the four days of advance voting and on General Voting Day. Take it with you when you go to vote. If you do not have this card, visit the Elections BC website at www.elections.bc.ca or call toll-free **1-800-661-8683** to find a voting location near you.

How To Vote

- Choose only one candidate.
- Choose one electoral system.
- Mark your ballot with an **X** or **✓**.

Future Voters

Elections BC encourages you to bring your children with you when you vote. It's a chance to show tomorrow's voters how our electoral process works.

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
- a resident of British Columbia for the past six months

You Can Register When You Vote

If you aren't already registered, you can register when you go to vote. You'll need identification that proves both your identity and current residential address.

Bring Identification

Don't forget to bring ID when you go to vote. All voters must show identification before they receive their ballots.

Any one of the following is acceptable:

- BC drivers licence
- BC identification card
- Certificate of Indian Status

If you don't have any of the above, bring two documents that together prove your identity and current residential address.

Government-issued identity documents (e.g. health care card, birth certificate, social insurance card, passport, citizenship document/certificate, Old Age Security card etc.)

Other government-issued documents (e.g. property tax assessment, income tax assessment notice, government cheque)

School/college/university-issued document (e.g. admissions letter, report card, transcript, residence acceptance, tuition/fees statement, student card)

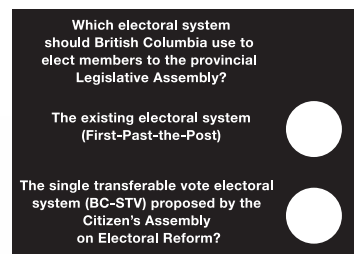
Other documents

- bank/credit card or statement
- residential lease/mortgage statement
- insurance statement
- public transportation pass
- utility bill
- membership cards
- hospital bracelet/documents
- attestation of residence
- provincial election Where to Vote card

Voters without identification can be vouched for by a voter in their electoral district who does have the necessary identification, or a direct family member or someone who has legal authority to make personal care decisions for the voter.

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.

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.

Esquimalt-Royal Roads

105-1505 Admirals Rd
Victoria, BC
(250) 952-5220

Juan de Fuca

4495 Happy Valley Rd
Victoria, BC
(250) 391-2816

Oak Bay-Gordon Head

2533 Estevan Ave
Victoria, BC
(250) 952-5170

Saanich North and the Islands

1528 Stellys X Rd
Saanichton, BC
(250) 544-4421

Hours of Operation

Monday - Friday 9 a.m. to 5 p.m.
Saturday 10 a.m. to 4 p.m.

Saanich South

Main Fl, 4243 Glanford Ave
Victoria, BC
(250) 952-5206

Victoria-Beacon Hill

1318 Blanshard St
Victoria, BC
(250) 952-5078

Victoria-Swan Lake

455 Boleskine Rd
Victoria, BC
(250) 952-5025

www.elections.bc.ca / 1-800-661-8683

ELECTIONS BC
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TTY 1-888-456-5448