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NEWS 3

Sailor and family need community's help



LOCAL 13

Aboriginal youth tough out training



CFAV Glendyne sneaks past Shelley Foss in the mid-size tug boat race at the Seattle Maritime Festival held May 7 - 10.

Local tugboat remains a crowd favorite

Mary Ellen Green
Staff writer

For the third year in a row, Canadian Forces Auxiliary Vessel (CFAV) Glendyne has captured the People's Choice Award at the Seattle Maritime Festival, held May 7-10 in Washington.

The popular tugboat also came in third in the mid-size tugboat race, just one second behind their arch rival, the Shelley Foss.

With 17 embarked guests, Glendyne's crew fought to the end of the epic tugboat battle.

CFAV Glendyne's Master, Hugh Dinsdale-Young said, "We've finished one second behind them for the third year in a row. We go faster and faster each year, and they just keep getting better and better."

Glendyne managed to complete the mile and a half race travelling at 12 knots, much faster than it has ever travelled in the past.

"Glen Rideout, the Chief Engineer, has tuned her up so well that she's running better than ever," Dinsdale-Young said. "It was great just to see the crew having fun."

The sign shop at Fleet

Maintenance Facility Cape Breton made two five-foot Canadian Flag stickers that were securely fastened to Glendyne's hull.

"When we were going at a good speed, the flags came up out of the water, it was really neat," he said.

Glendyne's crew also participated in two new events this year.

During the Stories of the Sea story telling competition on Thursday night, boatswain Dan Walushka came fourth prize with a sea poem performed by his alter-ego, Captain Canada.

A team of four also tested their

luck and skill in a survival suit competition that had the members race to see which team could get dressed in a survival suit, swim 200 feet and climb aboard a liferaft the fastest. Team Glendyne took second place in one minute and 23 seconds.

"We really surprised ourselves by competing well in these new events," said Dinsdale-Young.

The tugboat was also open for visitor tours, and hosted a reception on Friday night. "We had about 40 people on board, which is a lot for a tugboat," Dinsdale-Young said.

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Editorial & Opinion..... 4
 PSP Programs..... 5
 Mental Health Week..... 10
 Classifieds..... 14-15

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Save Savannah: fundraising on to help sailor's family fund treatment

Mary Ellen Green
Staff writer

For Kristine and LS Shawn Chamberlain's two-year-old daughter Savannah, costly stem cell treatments in Germany may be her only hope for a chance at a normal life.

Savannah has a rare form of epilepsy called Infantile Spasms. It causes thousands of seizures everyday, most of which can only be seen on an electroencephalogram (EEG) - which measures the electric activity of the brain. She also suffers the more apparent clinical seizures everyday, which has been terrifying for her family to witness.

For the first six months of her young life Savannah was healthy, but after that she began to deteriorate before her parents eyes.

"Around Christmas time two years ago we noticed a strange flexion of her limbs," said LS Chamberlain. "We thought it was a startle response, but then she started staring off. We would wave our hands in front of her face and there was no response. So we took her to emergency, but they told us nothing was wrong."

It happened again, this time in the presence of a paediatrician. Savannah was diagnosed with the rare form of epilepsy.

"We weren't aware of how severe it was because we had never heard of it before," LS Chamberlain said.

To treat the disease, the couple tried 17 different medications, some with very severe side effects and with no real improvement.

"We put her on ACTH, a steroid that made her gain over 10 pounds in six weeks. We had to pull her off it because we were concerned about her heart function," LS Chamberlain said. "Now, she has a feeding tube because some of the medications sedate her so much she is unable to swallow solid foods."

The Chamberlains have made plans to travel to the Xcell Centre in Dusseldorf, Germany, in late June where Savannah will undergo Autologous stem cell treatment.

"They will remove bone marrow from Savvy's hip, extract stem cells to form a concentrate, and re-inject it into her spinal fluid," LS Chamberlain said. "They've gone beyond embryonic stem cells and



can now use the individual's own stem cells."

The cost of the treatment is \$12,300, and since Savannah's appointment is in the middle of Germany's tourism high-season, the costs of airfare and accommodations are pricey.

"When it's all said and done, it will cost us about \$23,000," LS Chamberlain said.

There are a number of activities unfolding to help raise money to cover the expenses.

Fellow sailor MS Benoit L'Heureux, also known as Captain Submarine, will lead local magicians and Shriners' Clowns in an evening of entertainment for the whole family, starting at 7 p.m. at the Pacific Fleet Club on Friday May 22.

Admission is by donation.

The following Friday, May 29, a benefit concert and dance is being held at the Esquimalt Legion, featuring local blues and rock band, Steel Beach.

There will also be a silent auction at the legion event. Anyone wishing to donate an item for auction can contact LS Chamberlain at 250-370-2800. Admission is by donation.

Also on May 29 the Colwood Scotiabank is holding a bottle drive on Savannah's behalf on the corners of Kelly and Sooke Roads.

Bottles can also be dropped off at the Chamberlain residence anytime at 516 Ridley Drive, Colwood.

A trust account for Savannah's treatments has been set up at all RBC branches. Donations can be made to account number 003 01120-5178694.



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matters of OPINION

FILM *friday*

Hank heads up Hollywood hidden bomb

W. Andrew Powell
The GATE

The theatres are quiet this weekend, aside from the release of one big film that has every other studio steering clear. That film is of course Warner Bros' long-awaited adaptation of the Dan Brown novel, *Angels & Demons*, starring Tom Hanks once more as professor Robert Langdon.

Angels & Demons

Novelist Dan Brown has stirred up no end of controversy with just two books to his name, and that's mainly because of his unique interpretation of the collision between history and religion, particularly in terms of the Catholic Church.

In his second novel, a prequel to *The DaVinci Code*, Brown led professor Robert Langdon on a quickly-paced adventure, and as some fans like myself will attest, his sophomore effort offered a much more thrilling and engaging story.

In the story, Langdon has been called to help the Vatican as they face the threat of one of history's most well-known secret societies, the Illuminati. Following a path set down hundreds of years ago, Langdon must try to stop the group from killing four cardinals, who are all at risk because of an age old feud between science and religion. At the same time a hidden bomb is counting down to the destruction of Vatican City.

Tom Hanks once again stars as Langdon, who plays the expert historian-adventurer, while Ayelet Zurer co-stars as his latest partner, the scientist Vittoria Vetra.

My first complaint with the film, although certainly not my strongest, falls with Hanks, who may have delivered his worst performance to date, with an almost total lack of charisma in any of his key



scenes. Although Langdon should be working through the clues to save these four heads of the church, it also seems like he is only concerned with unearthing lost secrets.

Speaking of performances, Ewan McGregor was also a huge disappointment as the Camerlengo. Perhaps I'm blaming him for some of the directorial problems, but he lacks the skill to really pull this kind of character off convincingly, and the script is so bad, you can see him coming at you a mile away.

With director Ron Howard at the helm again, *Angels & Demons* was made a little differently than *The DaVinci Code*. Following complaints that the first film was far too complicated, and stumbled over its own storyline too often, Howard simplified *Angels & Demons*, cutting and changing the story to fit the screen.

Disappointingly, neither Howard nor the screenwriters (David Koepp and Akiva Goldsman) were able to turn the adapted story into a com-

elling film. As a fan of the book, I actually agree with the cuts, for the most part, but Howard has taken a lot of the mystery and magic out of Brown's story, turning the film into a dull, by-the-numbers thriller.

I also consider Goldsman one of the worst writers in Hollywood, shovelling out the kind of cheap plots that the industry flocks toward. Koepp has written a few interesting scripts, but I think for the most part his plots tend to have a see-through approach that certainly doesn't do *Angels & Demons* any favours.

Possibly worse still, *Angels & Demons* is actually incredibly dull, worse than the first film, a surprising feat considering it (and book) had the pacing of a turtle race.

Some of these faults could have been forgiven, but when they are all added up, *Angels & Demons* is pretty much a disaster. Maybe not *X-Men Origins: Wolverine* bad, but it's such a disaster that I've found a new appreciation for *The DaVinci Code*, which

if nothing else left me with a sense of mystery. On the other hand, *Angels & Demons* reminded me of a bad episode of CSI, right down to the half-baked plot.

However, Brown's plot plays out quite cleverly on paper. You may have ideas about where things are headed as you read, but it's still fast-paced and enthralling, with very engaging characters. On film, these characters are devoid of life, and the plot is never deep enough to sweep you away.

Howard is a talented director, but he needs to stay away from Goldsman, who always seems to be involved with Howard's worst films.

Coming soon...

May 22

- *Terminator Salvation*
- *Night at the Museum: Battle of the Smithsonian*
- *Dance Flick*

May 29

- *Up*
- *Drag Me To Hell*

June 5

- *Land of the Lost*
- *Away We Go*

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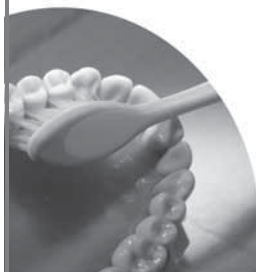
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PSP NEWS: UPCOMING ACTIVITIES

Play, get fit, have fun this summer

15th Annual Naden Open Golf Tournament.

This year's tournament takes place June 25 at Olympic View Golf Course.

• 7:30 a.m. shotgun start with the format being a two-person scramble.

Cost of the tournament is \$85 for Defence Team members and \$105 for guests.

A barbecue lunch will be provided.

Register at the Naden Athletic Centre kiosk no later than June 10.

For more information, please call Danielle Sutherland at 363-4068 or email danielle.sutherland@forces.gc.ca.

Stress: Take Charge

Four morning sessions: June 3, 17, 24 and July 2

8:30 a.m. to noon. This program helps participants manage their internal stress response more effectively.

Participants are supported in their identification of the strategies they already use and those they will begin to implement in order to optimize their stress hardness.

For more information please call Health Promotion at: 363-5680 or visit our website at www.pspesquimalt.ca

Weight Wellness

Eight sessions – June 2, 4, 10, 16, 18, 23, 25 and 30

2-4 p.m. Weight Wellness takes a self-management approach to behaviour change and

overall health. Throughout the program participants share experiences with each other and learn about eating habits, physical activity and other lifestyle factors that can contribute to achieving and maintaining a healthy weight. In their own time between meetings, participants keep a journal, record lifestyle activities, and engage in exercises to assist in possible behaviour changes that lead to good health and quality of life

For more information please call Health Promotion at: 363-5680 or visit our website at www.pspesquimalt.ca

Basic Relationship Training

Weekend of June 6 and 7

9:30 a.m. - 3:30 p.m. Basic Relationship Training is a course for couples and singles who want to learn skills necessary to mitigate proven risk factors in long-term, committed relationships.

Participants learn which factors are important to change and which skills are important to learn in order to maximize the likelihood of remaining in relationship for the long haul. BRT is not couples counselling.

For more information contact Health Promotion: 363-5621, Christine Blackburn, Admin Assistant or visit: www.pspesquimalt.ca

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Aug 10-12 9 a.m. – 4 p.m.

Cost: \$125/ three-day camp

Soccer Referee Clinic May 29-31


Personnel Support Programs in conjunction with the Lower Island Soccer Association will be hosting an Entry Level Soccer Referee Clinic. The clinic will be held at the Naden Athletic Centre.

Friday May 29, 6 – 10 p.m.

Saturday May 30, 9 a.m. – 4 p.m.

Sunday May 31, 9 a.m. – 2 p.m.

The clinic is open to all military members, dependants and DND employees. Cost of the clinic is \$100. Registration must be done online through the British Columbia Soccer Association website. Reimbursement through PSP may be available. Please contact Danielle Sutherland, Sports Coordinator, at 3-4068 or email danielle.sutherland@forces.gc.ca



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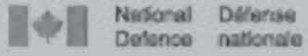
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FMF CB NEWS: REACHING INTO THE COMMUNITY

New program for Aboriginal youth

Mary Ellen Green
Staff writer

Ten Aboriginal participants will commence trades orientation at Fleet Maintenance Facility Cape Breton (FMF CB) thanks to the new Employment Equity Trades Orientation Program (EE TOP).

Phase I will go from July 6 to Sept. 4, with the successful applicants cycling through the many trades at FMF CB, job shadowing an apprentice or tradesperson as a trades helper.

They will get about a week in each major group, where they will gain experience in more than a dozen industrial trades.

"Every Friday the participants will meet for an open forum discussion and an info session. We're coming up with the topics now, but they will include career planning, how to apply for jobs within DND, and tours of the base," said Jamie Housser, FMF CB Human Resources Project Assistant.

The pilot program introduces Aboriginal participants to the marine industrial environment with the hope

they'll consider trades as a future employment option.

"Perhaps their experience here will encourage them to apply for any of our apprenticeships or go back to school to get the required education. This program has management support at all levels as a way to increase diversity at FMF CB," says Dan Deringer, who will supervise the program.

Aldeen Mason, Formation Employment Equity and Aboriginal Liaison Officer, is on assignment with FMF CB as the EE TOP Program Coordinator.

"The first thing we had to do was to educate our current workforce about Aboriginal issues, rights and history," said Deringer.

FMF CB brought Aboriginal issues expert, Dr. Neil McDonald to give seven in-depth awareness presentations to the managers, supervisors and employees.

"I've been with the department 35 years now, and I've never been to a course, seminar or presentation where we got such positive reaction from the employees," Deringer said. "In fact, many of our current employees have volun-

teered to become mentors for the trades helpers."

The 10 successful applicants will be employed as an SR-ELE-1 Trades Helper and work Monday to Friday 8 a.m. to 4:30 p.m. They will undergo security screening and be given a two-day safety training course.

For those participants not returning to school in September, they have the option to continue working until the end of September in a trade of their choice. Applicants must be at least 16 years old and have completed Grade 10 to be eligible.

"First Nations youth are one of the fastest growing populations in Victoria," Deringer said. "It's also one of the largest unemployed populations. And given the current demographics of the defence team here at FMF, we want them to be part of our succession plan."

Aboriginal organizations and the local First Nation communities were approached for input in the program.

"The bands, Chiefs, and Friendship centre were all involved so that they had intimate input into the program," Deringer said.

Motorcycle, poker and charity fun

Mary Ellen Green
Staff writer

The 3rd Canadian Army Veteran (CAV) Motorcycle Association, Rimini (Victoria) Unit is inviting defence community members with a motorcycle to join them in their third annual charity Poker Run.

The event spans three days, starting on Friday, June 5 with a parade through Langford ending up at Prince Edward Legion on Station Road.

On Saturday morning at 11 a.m. a ceremony will be held at the Langford cenotaph for CAV members and the public to lay wreaths and

pay their respects.

The next morning the fun begins at 10 a.m. with riders drawing their first card of the Poker Run and setting off from the Langford Legion to the Army, Navy and Air Force Club in Sidney to draw another, then the Esquimalt Legion, and Malahat Legion for cards three and four.

The final card is drawn at the Langford Legion, with three winners declared.

For \$10, riders can participate in a day of fun and prizes, with proceeds benefiting the Veteran's Social Reintegration Program.

Canadian Forces Fleet School Esquimalt machine shop instructor PO2 Mike

Horobin is president of 3rd CAV headquartered in Victoria. It includes Canadian Forces and allied veterans from Western and Northern Canada, including Saskatchewan, Alberta, British Columbia, Yukon, North West Territories, and Nunavut.

"The main idea behind CAV is veteran outreach," said PO2 Horobin. "The focus is on those guys sitting home alone and getting them back into camaraderie through motorcycling and reintegration into the community."

Last year, more than \$5 million was donated to Canadian charities from the

CAV nation wide.

"We are a community motorcycle association and part of our mandate is to give back to the community," said PO2 Horobin.

Meetings are on a casual basis throughout the year, and members are only required to participate in one event per year. For more information about joining 3rd CAV, visit the website at www.thecav.ca/3CAV.html.

Registration for the Poker Run is on site June 7 at the Prince Edward Legion on Station Road. Riders are encouraged to show up around 9:30 a.m. so they are signed up before the start time of 10:30 a.m.

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IN BRIEF

Firefighters get the boot

2009 Fire Fighters Annual Muscular Dystrophy Boot Drive is coming to the Lower Island over the May 22-23 weekend. CFB Esquimalt Fire Rescue members will be out at the Dockyard and Rocky Point Gates starting at 6 a.m. Friday May 22 for your donations. Last year fire fighters from the lower Island raised almost \$ 80,000 during the two-day boot drive.

Eager beavers on the run

On Sunday, April 26 *HMCS Ottawa's* Eager Beavers ran through the streets of Victoria. Twelve members of the ship's company competed in the 20th annual Times Colonist 10km race. This race provided an opportunity for the ship's company to exhibit its high level of fitness. *Ottawa* has implemented a strong training program that consists of running three days a week while alongside. While at sea, the ship's company participates in a wide range of member-lead classes from Yoga to circuit training, including a marathon on the flight deck last summer.

All the hard work over the years paid off with an average time under 45 minutes. The top finisher in the group was PO1 Trevor Scoville who ran in 38:15.

CF sweeps film festival

Jon O'Connor
Contributor

Videos and films from Canada made a great impression on the jury of the International Military Film Festival (Military Camera), held in Warsaw, Poland May 3-8. In total, four prizes were awarded for Canadian submissions.

The Gold Prize went to *"Sinking a Destroyer"*, a 34-minute made-for-TV production on the sinking of the former *HMCS Huron* during a live-fire naval exercise. This was directed by Ian Herring and produced by Charles Hutton Brown of the Director Navy Public Affairs staff in Ottawa. It also received the Chief of Navy Training Award.

The Canadian feature film *"Passchendaele"* took Silver. The \$20-million epic production was filmed in Alberta and is a love story set against the horrors of the First World War. It was written, directed, and produced by Paul Gross, who was also the lead actor.

The Nagroda Award for Creativity went to *"Overpass"*, a six-minute documentary on the Highway of Heroes, the phenomenon of flag-waving citizens lining the highways and bridges between 8 Wing Trenton and

downtown Toronto for the return of fallen Canadian soldiers. It was shot in Whitby, ON, and produced by Jon O'Connor of Land Force Central Area Public Affairs in Toronto.

This is the inaugural year for the festival and screened some 26 productions of all durations and genres. Submitting nations included Brazil, France, Turkey, Latvia, Bulgaria, Russia, Romania, Switzerland, Hungary, South Africa, Holland, Germany, Poland and Canada.

"We thought it was appropriate to launch this festival on the 10th anniversary of Poland's membership in NATO," says Krzysztof Pomes, the founder and executive director of the festival. "Since Canada sent the highest amount of submissions for the festival we decided to recognize this with National Day of Canada."

All six Canadian films were screened on the final day of competition, Wednesday, May 6 and included a coffee break hosted by the Canadian Defence Attaché in Warsaw. The delegation from Canada was attended by filmmaker Jon O'Connor and led by Jacek Szymanski of Director Navy Public Affairs in Ottawa.



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Trident Fury winds down with special mess dinner at sea

Mary Ellen Green
Staff writer

During Exercise Trident Fury, *HCMS Regina's* stewards and cooks got the rare chance to host a formal mess dinner at sea.

The wardroom was the stage for fleet of guest that included members of industry from across B.C., Commodore Ron Lloyd, Commander Canadian Fleet Pacific; Capt(N) Gilles Couturier, Commander Maritime Operations Group 4 (MOG4); complemented by members of the ship's company, including the Commanding Officer,

Cdr Haydn Edmundson; Executive Officer LCdr Andrew Muir and Coxswain CPO1 Malcolm Conlon.

The good silver was polished and placed on the linen-clad table, the fine china made an appearance and the candelabras lit the scene.

Wine was corked and place cards were set for the guests of honour.

"There were six hours of preparation for one hour of glory," said PO1 Greg Conway, *Regina's* senior steward.

The cooks in *Regina's* main galley had the task of preparing five meals that day. "We're cooking for

233 people including our visitors today," said cook PO2 Stewart Kendall, as he wrote the number in red on a white board in the galley for all cooks to see.

"We've prepared a five-course meal for the formal mess dinner in the wardroom," he said.

On the menu was cream of squash soup, scallop ceviche, garden salad, Chicken Wellington served with wild rice pilaf and roasted beets, and cheesecake for dessert.

Cheese, seafood and fruit trays were prepared by the stewards for the pre-dinner reception in the flight hangar.

After the reception, the guests made their way to the port bridge-wing to have a glass of sherry. Shortly thereafter, they made their way to the wardroom for dinner.

OS William Stoffer and AB Richard Rowntree had the task of serving dinner. "I've had the opportunity to serve this kind of important dinner before, and although I'm still a bit nervous, it gets easier," said AB Rowntree.

"It's great experience for the young stewards because they get the opportunity to interact with dignitaries and higher-ups," said PO1 Conway. "It's a great way to build up their confidence."



Mary Ellen Green, Lookout

Senior steward PO1 Greg Conway puts the finishing touches on the table in HMCS Regina's wardroom for a mess dinner at sea for Cmdre Ron Lloyd and his guests.

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The Canadian Blood Services Donor Clinic is happening on **Tuesday May 26** at the Naden Athletic Centre, Upper Gymnasium, Building N88 from **10 am-4pm**. Please bring ID. Sponsored by Port Operations and Emergency Services. For more information contact Catherine Slood @ catherine.slood@blood.ca.

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MENTAL HEALTH WEEK MAY 26 - JUNE 3

Mental Health is an issue that affects everyone at all levels of our workforce. Held annually, mental health month is designed to increase awareness and reduce stigma associated with mental health. Due to lack of awareness and the social stigma associated with these issues, many people do not seek help and continue to suffer. In many instances, untreated mental illness and depression may lead to more severe suffering and even suicide. While mental illnesses such as depression are common they are also highly treatable. The following sessions will be offered to provide employees across the base the opportunity to find out more about the importance of mental health.

"Issues & Solutions – Mental Health in the Workplace"
26 May 09 – 4 hrs in length (invitation only) 0800-1230

"Issues and Solutions" is a short two hour briefing aimed at senior/middle managers. It will consist of two parts: the first session will be an overview of the Mental Health Works approach dissecting their philosophy and strategy. It will provide awareness and recognition of mental health issues within the workplace. This session will be provocative and engaging. Stories about challenging, yet successful, cases will alter your view on these issues forever. The second portion of the morning will be a presentation by Major Suzanne Bailey – S02 MH Training and Education CF Healthy Services Group HQ, regarding mental health literacy, defining mental health and mental illness, the impacts of stress, operation stress injury, stigma reductions, and skill development.

"Issues & Solutions – Mental Health in the Workplace"
27 May 09 – 0830 – 1200 (invitation only)

This session of "Issues and Solutions" will be a full morning workshop for a select group of Fleet Maintenance Facility Cape Breton supervisors and managers. This session will be similar to, but more in depth than, the 26 May "Issues & Solutions" session with the goal of training for front line supervisors.

"Mental Health First Aid" 28 May 09 – 0900 – 1530 Building N136

Mental Health First Aid (MHFA) is an open session for anyone who may be or believes they know someone who may be suffering from a mental illness and are looking for some assistance. According to statistics, one in three Canadians will experience a mental health problem at some point in their life and the longer the problem persists

without treatment, the worse the outcome. MHFA gives people the skills they need to provide that early help that is essential to recovery.

This session will be held in the Learning and Career Centre at Naden (N136). Information will also be available at the Employee Assistance Program (EAP) resource room located at Dockyard building 29 (D29), Colwood Pacific Activity Centre 2610 Rosebank Rd.

A lunch hour information session will be held 12:00-1:00 in the Conference Room Building 54 Naden.

"Stand up for Mental Health" 3 June 09 – 1215 – 1315 Rutherford Theatre - building N 92A

Stand Up for Mental Health (SMH) is a comedy show based on mental health issues. Founded by David Granirer, a man who suffers from depression himself, SMH was created from an idea he formed while teaching his Stand-Up Comedy Clinic course at Langara College in Vancouver. David recognized the opportunity to help those who suffer from mental illness through the craft of comedy. He feels that anyone who can laugh at their personal setbacks can rise above them, turning despair into new hope. "We use comedy to give consumers a powerful voice and help reduce the stigma and discrimination around mental illness" says Granirer. "The idea is that laughing at our setbacks raises us above them. It makes people go from despair to hope, and hope is crucial to anyone struggling with adversity. Studies prove that hopeful people are more resilient and also tend to live longer, healthier lives."

His organization trains groups all over the lower mainland of B.C., Ontario, Nova Scotia, and is also working with the Depression Bipolar Support Alliance in the United States. A group will also be starting up locally in Victoria. The effectiveness of the stand up comedy act is in the members who are all people who suffer from some sort of mental illness themselves.

"There's something amazing about having members from your community take the stage at an event and rock the house," says Granirer. It's incredibly empowering and a great way of fighting public stigma. Most so-called normal people would never want to go anywhere near stand-up comedy. Seeing people with mental illness do it forces the audience to re-evaluate their perceptions of and prejudices against people who have a mental illness."

Space is limited to 100 seats. RSVP early to Ferris.moxam@forces.gc.ca to reserve your seat. For more information call Nora at 363-7968.



Showing a touch of emotion, Captain John Hungar, an Instructor with Victoria's 3005 12 Service Battalion Royal Canadian Army Cadet Corps in Saanich, is presented with the Cadet Instructor Branch "Lifetime Achievement Award" by Peter McKay, Minister of National Defence, and General Walt Natynczyk, Chief of the Defence Staff, at a ceremony at National Defence Headquarters on Friday May 1.

Capt. Hungar enrolled in the Cadet Instructor's Cadre sub-component of the Canadian Forces Reserve in 1971 and has served over 35 years with seven different Army Cadet Corps in B.C. including Kamloops, Surrey, Victoria and the Sea Cadet Corps in Sooke. Additionally, he spent several summers as an instructor at the Vernon Army Cadet Summer Training Centre. The citation for the award highlights his efforts to build and expand cadet corps.



Cpl Frieda Van Putten
Base Imaging Services

PO2 Cartwright rings the bell as a sign of remembrance during the commemoration of the Battle of the Atlantic on May 3 while HMCS Protecteur was in the port of Sasebo Japan. Protecteur is in Asia conducting duties as the MIDPAC Oiler.

Protecteur commemorates Battle of the Atlantic at sea

A/SLt Hendry
HMCS Protecteur

On a warm, overcast morning on May 3 the ship's company of *HMCS Protecteur* gathered on the flight deck to remember the sacrifice of sailors who fought during the Battle of the Atlantic.

On the first Sunday of May each year, Canadian sailors everywhere around the world commemorate the campaign fought against the German Navy's submarines and surface raiders, who sought to sink the Allied war effort by destroying merchant shipping across the North Atlantic.

Canadian losses during the convoy battles were high, 24 ships and over 2,000 sailors were lost at sea along with 900 airmen of the Royal Canadian Air Force who were employed in maritime reconnaissance. It is for them that the Commanding Officer and Coxswain of *Protecteur* threw a single wreath of red and white poppies into the harbour of Sasebo, Japan.

The short but meaningful ceremony concluded with the reading of the naval prayer, and the recitation of the sunken ship's names while *Protecteur's* bell tolled in the background in honour of each sunken ship.



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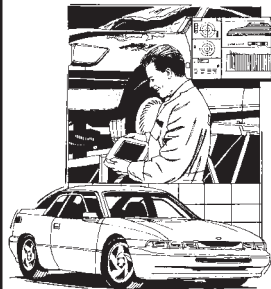
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Canadians help lead multi-national shipping exercise in South Africa

Shelley Lipke
Staff writer

Seventeen naval reservists recently returned from South Africa following the end of Exercise Bell Buoy, a multi-national Naval Cooperation and Guidance for Shipping (NCAGS) exercise held April 20 to May 1.

Six nations participated: Australia, Canada, Chile, The Republic of South Africa, the United Kingdom, and the United States of America. Nations attending as observers were: Angola, Argentina, Brazil, Namibia, Singapore and Tanzania.

This year's exercise focused on the competent management and safe passage of merchant shipping in established areas of responsibility.

For a touch of realism, a regional scenario was fabricated: South Africa required the assistance of other nations to help contend with Somalia pirates who moved their operation

south and were attacking ships sailing past Durban and Cape Town.

"When a merchant ship was under attack, Shipping Cooperation Point personnel practiced communication, plotting, and exchange of information with the merchant ship as well as with Maritime Component Commander Staff, said Staff Officer Maritime Exercises, Lt(N) Willy Wilkins. "We would give the merchant ships advice, such as rigging their fire hoses or instructing them to do zig-zag manoeuvres to deter the pirates from boarding the ship. Conducting this exercise helps us get inside the heads of some of these merchant captains and understand what they feel and what their needs are as they transit through these shipping areas."

Bell Buoy also spread awareness of what Naval Cooperation and Guidance for Shipping means if merchant ships encounter it during their operations. To familiarize many vessels

in the area, military teams boarded 27 vessels, including a diamond exploration vessel, container ships, a tanker, a cargo vessel, a bulk carrier and the MS Rotterdam cruise ship with more than 1,500 passengers and crew embarked. They conducted an operational brief for the ship's captain and senior officers to explain who they were, what Naval Cooperation and Guidance for Shipping is and ask if the ship had time to participate in the exercise scenario.

"Most were surprised that they were being briefed by Canadian instead of South African naval officers and many were unaware of Naval Cooperation and Guidance for Shipping," said Lt(N) Wilkins.

Canadians have been doing this training for more than 30 years and regularly play a leading role in the exercise. "The South Africans relied heavily on the Canadian contingent to help run this exercise because we are the best trained nation at NCAGS and are interna-

tionally well known for being experts in this field," says Lt(N) Wilkins.

To date there is a nation that is employing a Naval Cooperation and Guidance for Shipping Area in live theatre.

"The Spanish government set up a NCAGS area in October 2008 in the Arabian Sea, off the coast of Somalia because the threat of piracy has escalated in recent years," she said.

Once an area is set up, a notice is given to each ship before it passes through a transit corridor advising the ship of a naval presence and the safest route to proceed along

"In real situations any nation can set up a NCAGS area and call on assistance from other nations when there is a crisis," she said. "If we ever required one in Canada, it would be set up by Transport Canada."

About every five years Exercise Bell Buoy is hosted by Canada. Since the last was in 2007, the next one is scheduled for 2012.

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Aboriginal youth tough it out, and discover if the military is for them

Mary Ellen Green
Staff writer



Mary Ellen Green, Lookout
A/Slt Ryan Phillips tries out the fox line built by the Aboriginal pre-recruits. A/Slt Phillips mentored the group during their training.

Five Aboriginal youth from across Canada stood with pride on Thursday May 7 in the Gunroom at Venture Naval Officer Training Centre to accept their Certificate of Military Achievement upon completion of the Pre-Recruit Training Course.

The course helps Aboriginal youth explore career options in the CF, and by the end each participant said a career in the military is something they would consider.

"The diversity recruiter in Manitoba brought the program to my attention, and I thought it would be a good way to see what the military is really like," said Chris McGinnis, from Winnipeg, MB. "I heard about the ALOY (Aboriginal Leadership Opportunity Year) program at RMC and I want to join the army as an officer."

For three weeks the group was immersed in military culture, taking time to learn about all aspects of the Canadian Forces. Participants experienced portions of the Basic Military Qualification, including morning inspections, daily physical fitness and sports, navigation with a compass and maps, basic weapons training and military drill.

"This is an opportunity for youth to challenge themselves both physically and mentally in an unfamiliar environment. It can also be a springboard to a new and exciting career with the Canadian Forces," said LCdr Angus Fedoruk, Officer in Charge of the Leadership and Recruit Training Division at Venture, the Naval Officers Training Centre.

They also participated in a day sail in HMCS Calgary's annual Cowboy-Up.

"We're trying to give them a taste of what they could expect at basic training," said Platoon Warrant WO Tom Woodrow. He spent five days camping with the students in Rocky Point's training area. Students learned navigational skills and building a fox line.

"My favourite part has been the hiking and navigational training," said Kirstyn Roberts from Roseau River Anishinabe First Nation in southern Manitoba. "I would really like a career

in the military in a medical trade."

Students also wrote the CF aptitude test to find out what trades they would qualify for if they chose a career in the military.

To be eligible for the program,

youth must not carry a status card, but be a self-identified Aboriginal. Transportation, accommodation, food and uniforms were provided. A \$1,200 bonus was paid upon successful completion of the course.

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

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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 the community. Males needed especially! For more information or to volunteer please call the Leisure Assistant Coordinator at 250-477-6314 ext. 15 or volunteers@rivonline.org.

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YOU'RE INVITED to 2136 C Scot R (Princess Mary's) Royal Canadian Army Cadet Corps ANNUAL REVIEW

45 members of 2136 C Scot R (Princess Mary's) Royal Canadian Army Cadet Corps will parade in the 65th annual review ceremony.

The public is invited to view the ceremony that completes the local training year for the Cadets.

- ▶ 1:00 pm
- ▶ Sunday May 31
- ▶ 715 Bay St.

Reviewing officer: Retired Brigadier General Michael E. Heppell

For further information:
Capt LK Jeffries (250) 363-8005 or (250) 893-2136

The parade will also celebrate the Centennial of the Cadet Instructors Cadre, the sub-component of the Canadian Forces Reserve whose officers lead Royal Canadian Army, Sea and Air Cadets in delivering the cadet programme.

The event will include demonstrations planned and organized by the Cadets themselves, including Band and Drill. Static displays will show the Corps history over the past 65 years, the Cadets involvement in the Community, Shooting, Field craft activities and general cadet training for 2008/09.

The Cadet Unit is commanded by Capt Larry Jeffries assisted by training staff Lt Cheryl Fearn, Lt Ken Logan, Lt Daniel Knee and Civilian Instructor Paul MacDonald. The Cadet Parade Commander for this parade is Cadet Warrant Officer Tyler Fearn. In addition to the reviewing officer the inspecting party will include Capt Jim Davidge from the Pacific Region Cadet Training Division, Victoria; Major (ret) Richard Grubb of the Army Cadet League of Canada, and the chairman of our local Sponsoring Committee, Mr. Mark Hallam.

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