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NEWS 2

Protecteur on leave



LOCAL 5

Namesake visit up Island




Winnipeg in action

photos by SLt Michael McWhinnie
Task Force Public Affairs Officer



Above: Naval Weapons Technician, LS Randy Melanson performs post-firing maintenance on the Close In Weapon System in HMCS Winnipeg.

Left: Lt(N) Andrew Berry finds his bearings with the aid of a pylon navigating instrument. Bridge watchkeeping is one of many responsibilities charged to this maritime officer.

Winnipeg is currently conducting counter-piracy operations off the Horn of Africa as part of a NATO fleet tasked with improving maritime security in that troubled region.

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HMCS Protecteur takes on fuel at Apra Harbour, Guam, just before proceeding to sea.

Protecteur replenishes crew spirits

Lt(N) Jim Smith
HMCS Protecteur

As family and friends of HMCS Protecteur celebrated the Victoria Day long weekend, the ship's company also enjoyed an extended long weekend in Apra Harbor, Guam, during the third port visit of their deployment.

The deep blue ocean, the white sandy beaches, and the endless sunshine was a welcome relief after spending two weeks at sea in support of the American 7th Fleet operating in the area. Up to this point the ship had conducted eight Replenishments at Sea (RAS), pumping more than 2,415,000 litres of fuel to our American allies, with more to come before this deployment wraps up later in June.

As with most ports of call, there was some routine maintenance before getting ready to proceed to sea once again. The most important item on Protecteur's long weekend "to-do-list" was the repairing of the air conditioning units, which were taken care of by a few civilian workers from Fleet

Maintenance Facility Cape Breton in Esquimalt. They made the long journey so the crew could comfortably escape from the South Pacific temperatures that routinely hover in the mid 30C with an humidex factor in the mid 40's.

This visit in Guam was also marked by the arrival of Commander Stan Bates as the new Commanding Officer of Protecteur. Following a brief ceremony on the flight deck under a cobalt blue sky and a refreshing breeze, buses arrived to ferry people to the spectacular Gab Gab beach located within the confines of the Guam Naval Station.

In the afternoon was a massive barbecue and fun in the sun with many sporting events. Special thanks to SLt Teri Mullin, PO2 Nathaniel Keats, and LS Elysabeth Morin-Forin who engineered this event.

Guam turned out to be a wonderful stop for the ship's company given the number of beach front resorts and miles of sandy shores for those who just wanted to let the stresses of life at sea melt away



Hull technicians, MS Tim O'Quinn (right) assisted by LS Joel Dubois (left) and LS Chris Switzer (centre) rig the upperdeck fuel station to receive the fueling hose from the fueling jetty in Guam.

under a palm tree.

With a short stop at a fueling depot to top up her cargo tanks, Protecteur's time alongside ended and they let go of all lines and

took up duty once again in support of the American 7th Fleet. Next stop is Tokyo and a promise of more moderate temperatures to look forward to.

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Naval combat dress re-fashioned

Shelley Lipke
Staff writer

Sailors will don a new look very soon.

A re-fashioned naval combat dress has been approved and will be introduced throughout the Canadian Navy over the next year.

A true black work uniform will replace the lack luster attire sailors currently wear on the job.

Shirts have been tapered and have reinforced collars to avoid premature deterioration. A small rubber band on the inside of the pant waistband will hold the shirt in place.

A small Canadian flag adorns the left shoulder of the new jacket. The pocket configuration on the front of the coat now includes upper arm pockets and a flap on the back.

The new dress was designed following interviews with the men and women who wear the uniform, asking how it could be improved. A sample was constructed and presented to the naval dress committee, who passed the new dress in March 2009.

"I think this is a very positive initiative," said Formation Chief Petty Officer, CPO1 Bob Cookson, who sits on the Naval Dress Committee. "It only took six months to get it approved to make our sailors more comfortable in their working environment."

The new naval combat dress will not be issued all at once; rather, if an item wears out it will be replaced



Shelley Lipke, Lookout
CPO1 Paul Helston, Fleet Coxswain, models the new Naval Combat Dress, which adds comfort to the naval uniform.

with the new dress.

"While the new dress will be gradually introduced through attrition, prior-

ity will be given to sailors involved with the Joint Task Force Games and in support of Operation Podium

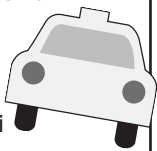
because they will be in the public eye throughout the Olympics," says CPO1 Cookson.

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Published each Monday, under the authority of Capt(N) Marcel Hallé, Base Commander.

Le LOOKOUT est publié tous les lundis, sous l'égide du Capt(N) Marcel Hallé, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in CFAO 57.5. Views and opinions expressed are not necessarily those of the Department of National Defence.

Le Rédacteur se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies, ou annonces publicitaires pour adhérer à l'OAF57.5. Les opinions et annonces exprimées dans le journal ne reflètent pas nécessairement le point de vue du MDN.

LOOKOUT
NEWSPAPER

Circulation - 4,500

One year subscription - \$35.³¹

Six month subscription - \$17.⁶⁶

Three month subscription - \$11.⁷⁷

A Division of Personnel Support Programs
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WHAT SAY YOU

A historical moment for CISM volleyball

The expression "nobody will remember who came in second" does not apply to the Canadian Forces CISM Men's Volleyball Team, who will long remember a recently captured silver at the Canadian National Championship in Calgary over the May 8 weekend.

Throughout the round robin, our team battled against former and current national team members to squeak in a third place finish and earn a spot in the semi finals.

Having previously lost to the second place University of Calgary Dinos, there was little doubt the guys would need to play exceptionally well for a chance to make history and play for gold.

In mild disbelief, the team found themselves up two sets ahead of a very strong Dino team, only to falter a bit to lose the third.

Outstanding passing and outside hitting by Cpl Ivan Karin, 2Lt Gord Lee and the ever present Cpl John Ready flying out of the back row made kill after kill. Sensing a victory in the fourth set, team captain and veteran setter, Cpl Dennis Noel continued to challenge the Dino's block with some excellent set selections to middle players 2Lt Conor Murphy and Cpl Eric Sirois.

Each time the team seemed to be losing momentum, Libero, Capt Guillaume Tremblay would come up with a spectacular dig, re-energizing everyone's efforts. Huge support from Lt(N) Mike St Pierre, 2Lt Matt Lorrain, OCdt Bobby Hartzell and OCdt Simon Dakin made it easy for coaches Denis Gaboury and Capt Craig Johnston to rest starters throughout the tournament. With history a few points away, a final push was all it took for a chance to play in the finals, and the guys were not to be denied. A dream was now a reality.

The Sunday afternoon final would not go as well. With the addition of several players to the opponents' roster not seen in round robin play, the CISM team was to fall in three straight sets to a very strong and experienced Alberta Club team, which consisted of many of the country's top players.

Despite a somewhat disheartening finish, coach Denis Gaboury was very pleased with everyone's tournament performance.

This was indeed a proud moment. For a group who can only practice together a few times a year, a silver medal at the prestigious Canadian Open is an accomplishment few teams get to enjoy. While the team has competed in Provincial and National Championships since the



photo by Ken McDonald

The CISM team won silver at the Canadian National Championship in Calgary. **Back row left to right:** Denis Gaboury (head coach)(Ottawa), Cpl John Ready (Trenton), Lt Matthieu Lorraine (Ottawa), Lt(N) Mike St-Pierre (Esquimalt), Cpl Eric Sirois (Valcartier), 2Lt Conor Murphy (Portage La Prairie), Cpl Ivan Karin (Ottawa), Capt Craig Johnston (A/Coach)(Ottawa), and Capt Daniel Trudel (Trainer)(Kingston). **Front row:** OCdt Gordon Lee (RMC Kingston), Cpl Dennis Noel (Valcartier), Capt Guillaume Tremblay (Winnipeg), OCdt Robert Hartzell (RMC Kingston), and Ken McDonald (Chef d'équipe)(Comox). **Absent:** OCdt Simon Dakin (RMC Kingston).

early 90s, their best finish at a National tournament was forth in Ottawa in 2002.

The team physiotherapist, Capt Dan Trudel, should be equally proud. His treatment of some very sore athletes and a few minor injuries was key to our player's great performance. Capt Trudel's talents were also put to good use treating a few serious injuries to players from other teams.

Special mention goes to the Volleyball Patron, BGen John Collin, for taking the time out of his very busy schedule to support the team in Calgary is equally warranted.

The Canadian Nationals was but a stepping stone in this year's schedule as the team now prepares for the 30th CISM World Military Volleyball Championship. This year's event will be held in Rio de Janeiro, Brazil from June 20 - 30. There are also plans for a pre-tournament training camp at the US Marine Corps Base in Cherry Point, North Carolina, with our American CISM friends.

The CF CISM Volleyball Program is always looking for new talent within the Regular and Reserve Force for both the men's and women's teams. If you feel you have the leadership and volleyball experience needed to attend one of our selection camps, we would very much like to hear from you. All contact information is located on the following CISM web site: www.cismcanadateams.com

Ken McDonald
Chef d'Equipe
CF CISM Men's Volleyball

Correction

In the Motorcycle, poker and charity fun story in last week's *Lookout*, it incorrectly said the Poker Run runs over three days. It is a one day event only on Sunday, June 7, starting at the Prince Edward Legion in Langford at 10:30 a.m. Sign up for the event starts at 9:30 a.m. on site.

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Military on the move at the Victoria Day parade

Right: Capt(N) Marcel Hallé and Victoria Mayor, Dean Fortin take the salute from the dais at Centennial Square as the Naden Band of Maritime Forces Pacific marches past for the start of the annual Victoria Day Parade.

Below Left: Members of the Royal Canadian Sea Cadet Band march past the Base Commander's dais during the parade.

Below Right: 39 Canadian Brigade Group drives past the dais in one of their army vehicles.



Photos by Ed Dixon
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Above: HMCS Nanaimo's ship's company marches through the streets of their namesake city.

Below: LCdr Shawn Connelly explains to guests on board Nanaimo the procedure for a light-line transfer as HMCS Brandon approaches from astern.

Warships visit Nanaimo

AB Dylan Clarkson
HMCS Nanaimo

Crew members from *Nanaimo* and *HMCS Brandon* arrived in Nanaimo May 15 to take part in the city's annual Empire Day celebrations.

As soon as the ships found their places at the visiting vessel pier, hurried preparations began to ready the ships and crews for the weekend ahead.

Sailors erected awnings above each vessel's foc'sle before enjoying a quick supper. Members of the *Nanaimo* donned their salt and peppers and set off for a night at the Port Theatre hosted by the Nanaimo Empire Days Celebration Society.

The theatre quickly filled with the ships' crew, joined by many local citizens who turned out to watch the crowning of this year's May Queen, Aura Tansky-Parker and her Royal Party.

With the conclusion of the theatre show, *Nanaimo's* ship's company joined members of the Nanaimo Empire Days Celebration Society and the Friends of Nanaimo at a reception for the 2009 May Queen at Branch 256 Royal Canadian Legion.

Saturday proved to be restful and orderly as members of *Nanaimo* and *Brandon* took to sight seeing and touring the City of Nanaimo. Several members of the ships' company volunteered to remain aboard ship and provide tours for some 250 curious locals clamouring to get a closer look at Canada's Kingston class warships.

The final day in Nanaimo came with a hot sun and little rest as *Nanaimo's* ship's company dressed in their number ones and set off



to accompany the Empire Days Society Annual Parade. They were joined by the Naden Band, the Seattle Motorcycle Police Drill Team and numerous local organizations on their march through streets filled with several thousand cheering citizens.

A change of uniform and the crew of *Nanaimo* stood ready in their whites to receive the May Queen, *Nanaimo's* mayor and many other notable guests at a cocktail party on the foc'sle. Food and spirits flowed with the conversation as the ships' crew mingled with guests.

The night finished up with a bang as the ships' company and guests were treated to front row seats on the sweep deck to watch fireworks explode over the harbour. As the last firework faded into blackness the harbour momentarily resounded with the sound of ships whistles as *Nanaimo* and *Brandon* joined other vessels in bringing the Empire Day Celebration to an end.

Departure was early Monday morning, but not too early for a number of

guests who turned out to join *Nanaimo* on her sail home. Amongst the adults were many children who took the opportunity to explore the ship, participate in the watch with crew members and even take a hand at the helm.

Visitors were treated to a demonstration of the *Nanaimo's* abilities as the Commanding Officer put the ship through a series of manoeuvres just outside Esquimalt Harbour.

"This was the fourth consecutive year since the commissioning in 1997 that *HMCS Nanaimo* participated in the Empire Days celebrations," said Commanding Officer, LCdr Shawn Connelly. "We enjoyed visiting long standing friends and making new ones in Nanaimo. It is always an outstanding weekend."

The voyage was not only the end of the Empire Days Celebration but the final voyage to a foreign port for *Brandon's* Commanding Officer, LCdr David Botting, who, along with his ship's crew, provided much appreciated support for Nanaimo; HMC Ship and city alike.



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Poppies and pride, sailors remember

Shelley Lipke
Staff writer

The sight of a crimson blanket of paper poppies spread over the otherwise green grass surrounding the Menin Gate war memorial in Ypres, Belgium, is forever fixed in two sailors' minds.

Last November, MS Trevor Linfoot and MS Marie Corry marched shoulder to shoulder with 50 Canadian Forces members at Ypres and Vimy Ridge in France as a tribute to the 90th anniversary of the First World War Armistice.

"The whole time we were in Europe we never got a sense of how many people died until we went to the Menin Gate," said MS Linfoot. "The troops used to march through this gate on the front line going into battle."

The sea of paper poppies was an accumulation of individuals remembering a loved one.

To add to the duo's education, they saw the Menin Gate archway and its inscription, from top to bottom, of 54,896 names of missing British and Commonwealth soldiers who were killed during the Battle of Ypres. Halted in formation under the gate, they gazed at the inscriptions as a lone bagpiper played *Amazing Grace*.

"Then the other bagpipers joined in, people in the crowd started humming and when the drums started, nobody could hold back the tears," said MS Corry. "This was the one ceremony that was most significant for me."

The two sailors' journey to these battlefields began with a test of knowledge and song. Ten Master Seaman competed for the trip, but it was these two Esquimalt sailors who knew *Oh Canada*, Vimy Ridge history, and drill and ceremonial protocol the best.

While the Canadian contingent was 50 strong, only four navy personnel were chosen, and both sailors felt extremely proud to represent their environ-

ment.

"To be a member of the military and represent Canada for this event was one of the biggest honours that could be bestowed on me," said MS Linfoot.

Three generations of Linfoot men, dating back to the First World War, have worn the uniform.

"I wanted to step on the ground that my great grandfather did," he said.

After passing the tests, the two sailors went to Europe from Nov. 6 to 16. British, French, Belgium and Canadian contingents joined veterans to parade the streets in front of thousands of onlookers during the 10 days.

"As we marched the people were clapping and cheering because the Canadians were there," he said.

"Just seeing the Canadian flag on our uniform, people would thank us and talk to us," said MS Corry.

At the start, MS Linfoot was a colour escort, the person who guards over the flag while on parade, and MS Corry was back up

for the cenotaph post, but this changed on Nov. 14.

The two played a key role in the funeral procession for Pte Ralph Tupper Ferns, a Canadian Second World War soldier of the Royal Regiment of Canada, who went missing Aug. 14, 1944, and was assumed to have died during the battle of Falaise Gap, two months after Allied troops landed in Normandy.

Sixty-one years later, in March 2005, his remains were discovered in a quarry in Haut Mesnil, 18 kilometres north of Falaise.

"It took three years to establish his identity," said MS Linfoot. "It was a long drawn out process to whittle it down to this member's unit because they had to look at all the regiments who fought in the area."

He received a full military funeral at Bretteville-sur-Laize Cemetery with family in attendance.

"During the funeral I was part of the escort party, which meant I walked in front of the casket and acted as military representation for the funeral," said

"To be a member of the military and represent Canada for this event was one of the biggest honours that could be bestowed on me,"

-MS Trevor Linfoot

MS Linfoot. "It was sobering experience. Being in the navy we don't take part in military funerals like members in Gagetown or Petawawa do. We felt honoured to be able to give him a proper burial that so many Canadian soldiers didn't have."

Both sailors agree that the trip was an experience of a lifetime and one they'll never forget.

"To be able to go there and see the history and meet the people who feel so grateful for what Canada did for them was incredible," said MS Linfoot.



MS Marie Corry (far left) and MS Trevor Linfoot (far right) stand in one of the trenches on the Canadian side of Vimy Ridge looking across to the German trenches close by.

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6pm**

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Butchart Gardens donated \$25,000 to the Homecoming Statue Project. Above, owner Robin Clarke hands over the cheque to HCapt(N) Cedric Steele and RAdm (Ret'd) Ken Summers, both co-chairs of the project. Once their fund-raising goal of \$200,000 is reached, local artist Nathan Scott will carve and cast the sculpture in preparation for its unveiling next year beside the Tourism Victoria Information Centre on Wharf St. The statue pays tribute to the men and women of the Canadian Navy, and their families.



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HALIFAX CLASS Modernization

On Sept. 30, 2010, HMCS Halifax will enter the Halifax Shipyard of Irving Shipbuilding Inc (ISI) to undergo the first of twelve 18-month mid-life refits scheduled for the Halifax Class ships spanning a near seven year period in total. This first refit will mark nearly one decade of planning and preparations to modernize the backbone of the Canadian Navy's surface fleets.

LCdr O.J. Brine DND

Halifax class ships commissioned between 1992 and 1996 were designed in the late 1970s and 1980s to conduct anti-submarine warfare and anti-surface warfare missions required to counter Cold War threats. When the Cold War ended, naval operations increasingly moved towards the littoral environment.

The modernized Halifax Class ships will contribute significantly to a more operationally effective, relevant and responsive Canadian Forces. New weapons and sensor systems will better enable the ships to operate globally and support forces operating ashore, while upgraded electronics will facilitate improved interoperability with allied, coalition and joint partners.

Project History

The Canadian Patrol Frigate project had always envisioned the need to upgrade the combat system after 15 years of service. The principal vehicle through which this was to occur was the Frigate Equipment Life Extension (FELEX) project dating back to February 2002. This project was imple-

mented to overhaul of the ships' combat systems, including radars and a new Command and Control System (CCS). In September 2006, the project scope changed to bring a number of stand-alone combat systems projects (HMCCS, Radar Upgrade, IFF, ESM, Multi-Link) and other platform projects (IPMS, SEOSS) under one umbrella; thereby, reducing the risk of integration. The project was then renamed to HCM/FELEX. This project, along with numerous other stand-alone and CF projects, as well as various maintenance and sustainment activities, comprise the HCM program.

The HCM/FELEX project is governed by three major contracts. First, there are two Multi-Ship Contractor contracts, both signed in March 2008, to conduct the refits: Irving & Halifax Shipyards Ltd on the east coast; and Washington Marine & Victoria Shipyards Ltd on the west coast. These contracts are the vehicle through which changes to the physical structure of the ships will occur, such as upgrades to crew habitability and installation of new radars and equipment. There is also a Combat Systems Integrator con-

tract which was signed in November 2008 with Lockheed Martin Canada to design and build a new CCS, as well as provide the associated radars and sensors upgrade.

A significant amount of de-confliction between HCM/FELEX and the various stand-alone projects was achieved using computer aided designs, including numerous three-dimensional models and various human machine interface studies. This also empowered project personnel with risk-reduction tools which will ensure the final HCM product meets the rigorous demands of modern at-sea operations.

Improved Fighting Efficiency

The combat system upgrade is built around the Lockheed Martin Canadian Advanced Command and Control System (CANACCS-9LV). The heart of the CCS is based on the Saab 9LV system which is deployed in 14 international navies and installed on more than 200 warships worldwide. Leveraging on an open-architecture system, ACCS-9LV will enable technology insertions that will meet future Canadian requirements. Additionally, it will sup-

port new multi-function consoles in the operations room that will improve situational awareness and reduce operator workload in heightened a threat environment through the employment of tactical decision aids, decision support tools, and mission planning tools.

Integrated into CANACCS 9LV are several upgrades to the sensor and weapon suite. The most visible change will be the radar upgrades, which will be centered on the Thales Smart-S Mk II 3D medium volume search radar for optimized littoral operations. Redundancy will be provided by upgrading the Saab SG-150 2D air/surface search radar. These radars, in addition to the Telephonics Mode 5/S Identify Friendly or Foe, will significantly improve situational awareness of emerging threats and overall fighting effectiveness.

Interoperability with allied forces, whether land, air or other naval units will be greatly enhanced through the use of the IBM Multi-Link 11, 16, 22 system. Its higher performance with reduced duplication of tracks (supported by sensor fusion) will ensure HCM ships are provided with a clear pic-

ture of the environment in which they operate.

Improvements to the weapons suite will ensure sailors are given the necessary tools to carry out missions in all threat environments. For example, upgrading the Advanced Harpoons Weapons Control System (AHWCS) to AHWCS II will enable the combat team to fully harness all capabilities resident in the Harpoon surface-to-surface missile. As well, continued upgrades to the NATO Evolved Sea Sparrow Missile will be enhanced by two new Saab CEROS 200 Fire Control Radars, especially suited to dense littoral operations. Upgrading the Bofors 57mm gun system to the Mk 3 variant will provide flexibility in a gun system that is capable in the spectrum of operations ranging from warning shots to lethal fire and self defence against surface and missile threats.

Other sensor and defence system upgrades in HCM include:

- The Raytheon NSC navigation radar system for improved dual X/S band 360 degree navigational coverage;
- The Elisra Electronic Support Measures, which

will provide 360 degree coverage and designed to operate in the dense littoral environment;

- The Rheinmetall Multi-Ammunition Soft-kill System, which is passive defence suite capable of countering SSM missiles in all relevant wavebands such as ultra-violet, electro-optic, radar, laser, and infrared; and

- The Thales SIRIUS Infrared Search and Track System, which will provide long range surveillance under all atmospheric conditions and can be leveraged to assist operators in threat classification.

A host of other improvements will also occur as part of HCM. For more detailed information on these, as well as equipment selection, visit the Director Maritime Requirements (Sea) website at: http://navy.dwan.dnd.ca/english/dgmfd/dmrs/sections/dmrs_08/intro.asp

LCdr Owen Brine is currently serving as a CCS subject matter expert on the DMRS staff of HCM, after completing successful tours as Combat Officer in HMCS Toronto and interim Combat Officer in Canadian Fleet Atlantic Headquarters.

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COMMUNITY NEWS: SISIP SPONSORS EVENT

Volunteers honoured for their work

Daryl Barnhart
MFRC

On a clear evening in late April, the Government House ballroom played host to the annual SISIP Volunteer Recognition Event for over 200 Military Family Resource Centre (MFRC) and Personnel Support Programs (PSP) volunteers.

The event, sponsored annually by SISIP, is an opportunity for the agencies that serve the CFB Esquimalt community to show their appreciation for their dedicated volunteers.

The 2009 event took place at the Lieutenant Governor's beautiful Government House mansion where LGov Steven L. Point was on hand to offer opening remarks.

"Military families and personnel live a unique lifestyle, one which presents challenges and rewards that are difficult for many of us to under-

stand," he said. "Volunteers provide invaluable services and support to these members of your community."

MFRC Executive Director Gaynor Jackson also commented on the vital importance of volunteer service for her organization.

"The contribution volunteers make to the MFRC allow us to be able to provide services to the military community," she says. "The work done by volunteers provides an unparalleled connection to our community, allowing us to react in real time."

The MFRC and PSP singled out six volunteers from the past year who made a special effort in their particular areas. Receiving awards for PSP were CPO2 Dubeau, PO2 Heidi Twellmann and Kay Stidston, while Leanne Kopp, Diana Scott and Laurel McKay accepted for the MFRC.

"The volunteers honoured this year have all done a spectacular job giv-

ing back to their communities," says Jackson. "The MFRC is proud to be able to work with such dedicated and talent volunteers."

LGov Point echoed a similar thought in his welcoming remarks.

"Each of you are an inspiration," he said. "Volunteering is one of the great things we can do as it raises the standard and the quality of our lives."

Jackson added that whether it's helping out with a one-time special event or a weekly program, the MFRC and PSP are always looking for new volunteers.

"Feel free to contact us anytime to see what opportunities are available to you," she says.

The MFRC can be contacted at the 24-Hour Information line at (250) 363-2640. PSP can be reached online at www.pspesquimalt.ca. For more information on SISIP Financial Services go to www.sisip.com

Big hearted riders needed for bike ride

Shelley Lipke
Staff writer

Karen Wylie is looking for 29 people with sturdy peddle power for a really big ride on single bike.

The whacky cycle is a fundraiser for the Heart and Stroke Foundation's 15th annual Big Bike ride. This year, the Dockyard Heartbeats need riders to fill the seats.

The two-ton bicycle built for 30 (29 rider plus one driver) travels across Canada with corporate groups, families, and clubs taking it for a spin. Last year over 50,000 riders in 200 communities across Canada helped raise over \$7 million for heart and stroke research. The 37 Victoria teams raised more than \$122,000. "It's a lot of fun, and it's not a race," said Wylie. "In fact it doesn't really matter if you pedal at all."

The big bike will travel around Greater Victoria area from June 8 to 12, with various teams in out-



rageous attire climbing on board for 15 to 20 minutes of pedaling and noise-making. For the Dockyard Heartbeats this will take place in Langford at 5:45 p.m. on June 12.

"We make a lot of noise and have a lot of fun. Last year we wore paint suits made of paper and decorated them with paper hearts, played loud music

and raised over \$5,000. We even won the team spirit award because we were all dressed in the same outfits, had a mascot, and a theme song. This year we are asking people to wear a white t-shirt and we will supply stick-on logos and hearts for the shirts."

Each rider is asked to collect \$100. "The goal is to raise \$2,900 with 29 team

members, but if a person doesn't raise this much, other people compensate for them," she said. "It's all for a good cause. It's important to bring awareness of the warning signs for heart attacks and strokes to people. My father had a massive heart attack at 51, and my brother was 49 when he had his. Every dollar that is raised goes towards research and obtaining cardiac equipment."

The big bike operates with a minimum 20 riders and so far the Dockyard Heartbeats have 14. Riders who register online and raise \$100 will automatically be entered in a draw to win a high definition LCD TV and a Nintendo Wii Fit. Riders can fundraise directly through the website at www.bigbike.ca.

The ride is open to military, civilians, friends and family members. To join the team, contact Karen Wylie at 250-363-2185 or Irene Lipon at 250-363-4621.

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photos by SLt Michael McWhinnie
Task Force Public Affairs Officer

Peter Gordon MacKay, Minister of National Defence and Minister for the Atlantic Gateway travelled to the Horn of Africa region last week to offer words of encouragement to the crew of HMCS Winnipeg.

Centennial celebration for cadet organization

LCdr Gerry Pash
RCSUP PA

The Canadian Forces Reserve Cadet Instructors Cadre will celebrate 100 years of service to Canada throughout 2009.

The Royal Canadian Sea, Army and Air Cadet organizations are part of the nation's fabric because of the dedication and service of thousands of adults who lead and mentor the teenagers of their community. While each cadet organization has a different history, the legacy of youth leadership applies to all members of the modern day Canadian Forces Reserve Cadet Instructor Cadre.

Army

The first cadet instructors were an element of the Department of Militia to support associations or companies for drill in educational institutions, originally authorized by Militia General Order 18, July 25, 1879.

These companies were confined to high schools,

normal schools, colleges and universities. Each institution recommended one person to be appointed Captain, and two persons to be appointed Lieutenants to the company.

The first authority for cadet instructors to hold rank in the Militia was promulgated in a Special General Order on Dec. 21, 1903. Those individuals held their rank only as long as they remained active and the cadet corps was efficient.

Then on May 1, 1909, the Corps of School Cadet Instructors (Militia) was authorized. The Corps was composed of qualified male school teachers, and qualifications and promotion were established for the Infantry of the Non-Permanent Active Militia.

On Jan. 1, 1924, the designation was changed to "The Cadet Services of Canada." Following the Second World War, an establishment for the Cadet Services of Canada and a Civilian Instructional Cadre was organized as the fifth sub-component of the

Canadian Army to administer and train the Royal Canadian Army cadets.

Navy

In 1900, the Navy League of Canada sponsored a youth training program known as the Boy's Naval Brigade, which, in 1923, was changed to the Navy League Sea Cadets. Similar to the early school appointed officers for the Drill Associations, the first sea cadet officers were not members of the Royal Canadian Navy, Regular or Reserve, but civilians in uniform. That condition remained until 1941 when sea cadet officers were appointed by Governor General's Warrant.

Air

Prior to 1940, the first Air Cadet Squadrons were in fact Army Cadet Corps that were affiliated with Royal Canadian Air Force, Air Reserve Squadrons, whose officers provided leadership. On Nov. 11, 1940, an Order-in-Council established the Air Cadet League of Canada to work in partnership with

the RCAF to support the Air Cadet Organization.

Today

What is now the modern day Canadian Forces Cadet Instructors Cadre Branch is the result of the unification of the Canadian Forces in 1969 and the subsequent consolidation of cadet instructors to the Cadet Instructors List. The Cadet Instructors List was renamed the Cadet Instructors Cadre on July 21, 1994.

Centennial

The Centennial was marked by several events in Ottawa during the first week of May including the presentation of a new camp flag.

The Canadian Forces Cadet Instructors Cadre Centennial is an opportunity to highlight with honour and pride the unique and special service that is provided by the largest officer occupation in the Canadian Forces. The mission: "To instil in youth the attributes of good citizenship, and leadership, promote physical fitness and stimulate an interest in the sea, land, and air activities of the Canadian Forces."

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Bravo ZULU

On May 20, members of the Defence Aboriginal Advisory Group (DAAG) were recognized for their service contributions. Each member was presented with a certificate of recognition, plus service pins denoting two, five and 10 year's service. DAAG members provide advice and guidance on Aboriginal issues, as well as help develop new initiatives and employment equity policies.

From Left to Right:

Aldeen Mason, MS Trevor Whitten, Gord McKinney, Bill Stewart, Cpl Moogly Tetrault-Hamel, Susan Johnson, PO2 Debbie Chamberlain, and LS Todd Craft

Shelley Lipke, Lookout



CPO1 Cookson, Formation Chief, presents the Formation Chief Petty Officer's Award to MS Aubry.

Below: Jim Tyre (CPO2 retired) from the Chief and Petty Officer Association presents the Top Student Award to the MS Aubry of Fleet Maintenance Facility.



CPO1 Lake, PLQ Chief Petty Officer, presents the Primary Leadership Qualification Drill Competition Award to MS Jackson of HMCS Calgary

Below: LS Koziol is promoted to Master Seaman by Base Commander Capt(N) Marcel Hallé.



PLQ Course 0037 graduates

CPO2 Ryan Tompkins
PLQ Chief Instructor

Principles of Leadership (PLQ), what are they?

If you know the answer, then you have probably been on a Primary Leadership Qualification course. If not, you are more then likely going to find out in your future military career.

PLQ course is designed to teach skills and knowledge to help future leaders effectively lead subordinates. The 0037 course started March 5 with 32 students eager to learn, yet overcome with nervousness of the unknown. The first few weeks were filled with a myriad of classroom work and the all anticipated room inspections. Smells of boot polish and steaming irons filled the PLQ wing of Nelles block.

Drill practice could be heard from the drill shed all the way to Nelles Block far past dusk. A little more classroom work,

a bit of teaching lesson plans and we were ready to commence the eagerly anticipated field phase.

The field phase used a variety of different scenarios in order to test not only our leadership but our ability to adapt to the unknown. Warning orders and frag orders all came into play. We soon realized during the executions of our missions that things don't always go according to plan. Adaptability, decisiveness and assertiveness were all major factors in our ability to complete the missions.

We all feel changed by the course. We are now ready to return to our units as more knowledgeable, stronger and confident leaders. We graduated with the same number of students that we started with; a statistic that we are very proud of, and one that gives testament to the esprit de corps that was shown throughout the course. PLQ course 0037 graduated April 27, 2009.

BIS NEWS: NEW LEADER



Photo by AB Brad Olsen, BIS

On May 14, during a ceremony held in the Aldergrove Building (D199), Commander A.J.V. Holborn, (right) officially assumed command of the Base Information Services Branch from Commander J.N. Tremblay, (left). The ceremony was presided over by the Base Commander, Capt(N) Marcel Hallé.

Spring cleaning should include fire safety

Mike McLean
CFB Esquimalt Fire and Rescue

Spring is the time for cleaning, so why not include fire safety as well.

You may not realize it, but as you're clearing out storage and garbage, you're also getting rid of many potential fire hazards.

Here are a few tips from the CFB Esquimalt Fire Prevention Bureau on what to look for when spring cleaning your basement, garage, yards and sheds.

- Most of the debris that accumulates over the winter months—boxes, stacks of paper, old clothes and other clutter—offer an excellent place for a fire to start.

- Reduce or eliminate hazardous chemicals in your home. Cleaners, old paints, paint thinners can fuel a fire. Keep on hand only the amounts you need and be sure to use, store and dispose of materials in a safe manner. Never mix chemicals when disposing of them.

- Never store gas-powered equipment such as lawn mowers, outboard

motors or propane cylinders used on barbecues inside the home.

- Maintain a metre distance of combustibles and storage around the furnace, water heater or any heat source. Be careful what you store underneath any stairs, especially combustible products.

- Check your dryer vent, not just the one in the dryer, but the one that

vents outside. This can build up over time and cause problems.

- Look around your yard for any dead shrubs, trees or deadfall.

- Keep your lawn mowed and watered regularly. Don't let it dry out and become an issue.

Your local municipalities have some terrific programs to help you with any disposal needs. CRD also

has an easy-to-use website with all kinds of useful information for hazardous materials, specific disposal or recycling needs.

You can also use these tips for your workplace. Fire safety is something that we always need to be aware of.

Any questions or concerns please do not hesitate to call the Fire Prevention Bureau at 250-363-1538.

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

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WORK POINT - CHILDCARE Spot Open June 1st. I presently have a 1 year old in my care who would love a buddy around the same age. Please email with any questions. Janet_xo3@yahoo.ca or call 250-360-6757

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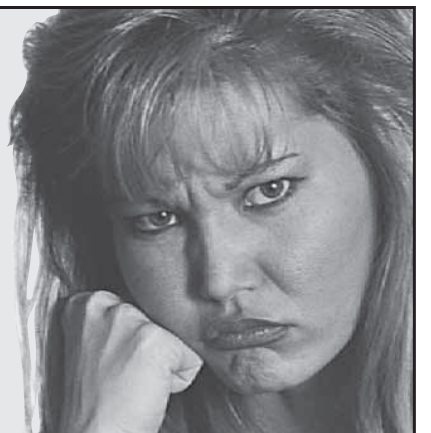
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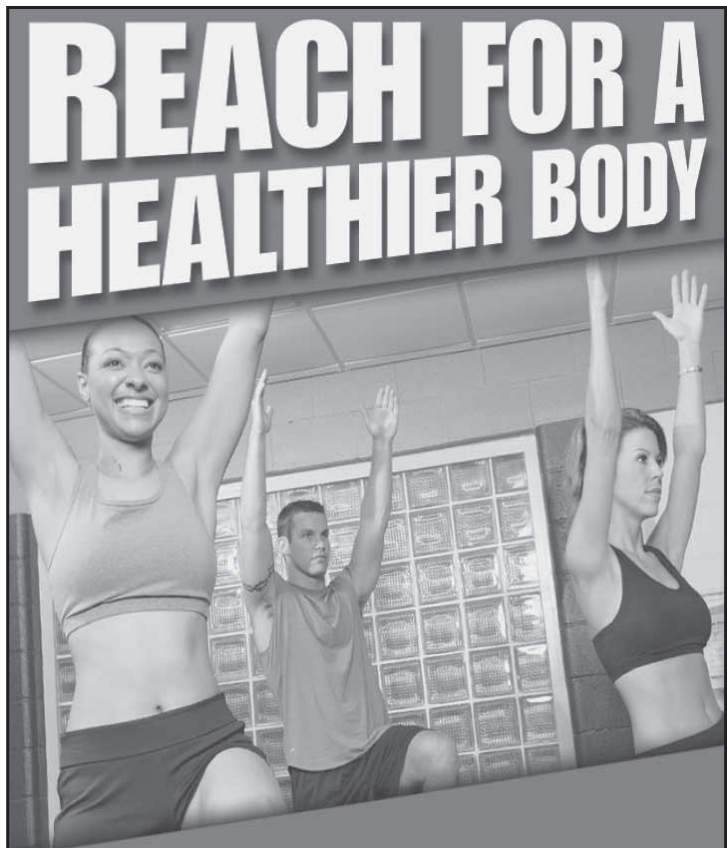
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FINANCIAL NEWS: INSIDE ADVICE

Tax time tension

Jim O'Connor
Contributor

The tax deadline for most people was April 30. However, if money is owed and you didn't submit on time, you will be charged penalties on the amount submitted when you do file. These penalties can be up to 10 per cent plus two per cent a month. Interest is charged on both what you owe and the penalty amount until the bill is paid. Filing, even if late, will at least stop the penalties accumulating.

You still want to file even if you don't owe. There may be grant amounts or over-payments of pension and insurance premiums that will be refunded. You won't get your refund unless you file. There are also a number of government rebate and subsidy programs that stop if you don't file a return. These include, among other things, the GST quarterly rebate cheques and monthly child benefits. There are also provincial programs such as pharmacare discounts and medical plan premium subsidies that depend on tax filings. Every time there is a new grant or rebate program, they always seem to use the list of tax return filers to decide who gets the cheques.

For some people it may not be too late to file, even if they owe. If either you or your spouse (or common-law partner) are self-employed, your deadline for filing is extended. You are still charged interest on amounts owed from April 30, but there are no penalties as long as you file before June 15. You are self-employed if you work for some one as

a contractor (rather than as an employee) or if you bill people for goods or services that you provide. You are required to report those revenues as taxable income and you can write-off a variety of expenses that you incur in order to earn that income.

You must pay taxes and pension on net self-employment income, but there are still a number of advantages besides the extended reporting deadline. The expenses that you can deduct will often include amounts you spend anyway, such as the portion of your house expenses applicable to the area used for business, and a portion of your car expenses based on the amount of its use for business. If you have losses in the start-up years, and can make the case that you are in the business to at least eventually make money, you can write those losses off against other income.

You probably want to talk to a tax professional about what you can and should be doing about reporting such activities. At a very minimum, be sure to keep receipts and other documentation for expenses associated with making money. If whoever is paying you reports those payments as expenses in filing their taxes, Revenue Canada can simply assess you for taxes on the full amounts reported as paid to you. There can also be penalties for failure to report income and interest

Jim O'Connor is a retired Navy Logistician. He has been doing taxes commercially for almost 20 years. His daughter Brenda and he own and operate the Esquimalt Branch of Lionheart Tax Services.



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Tuesday May 26

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