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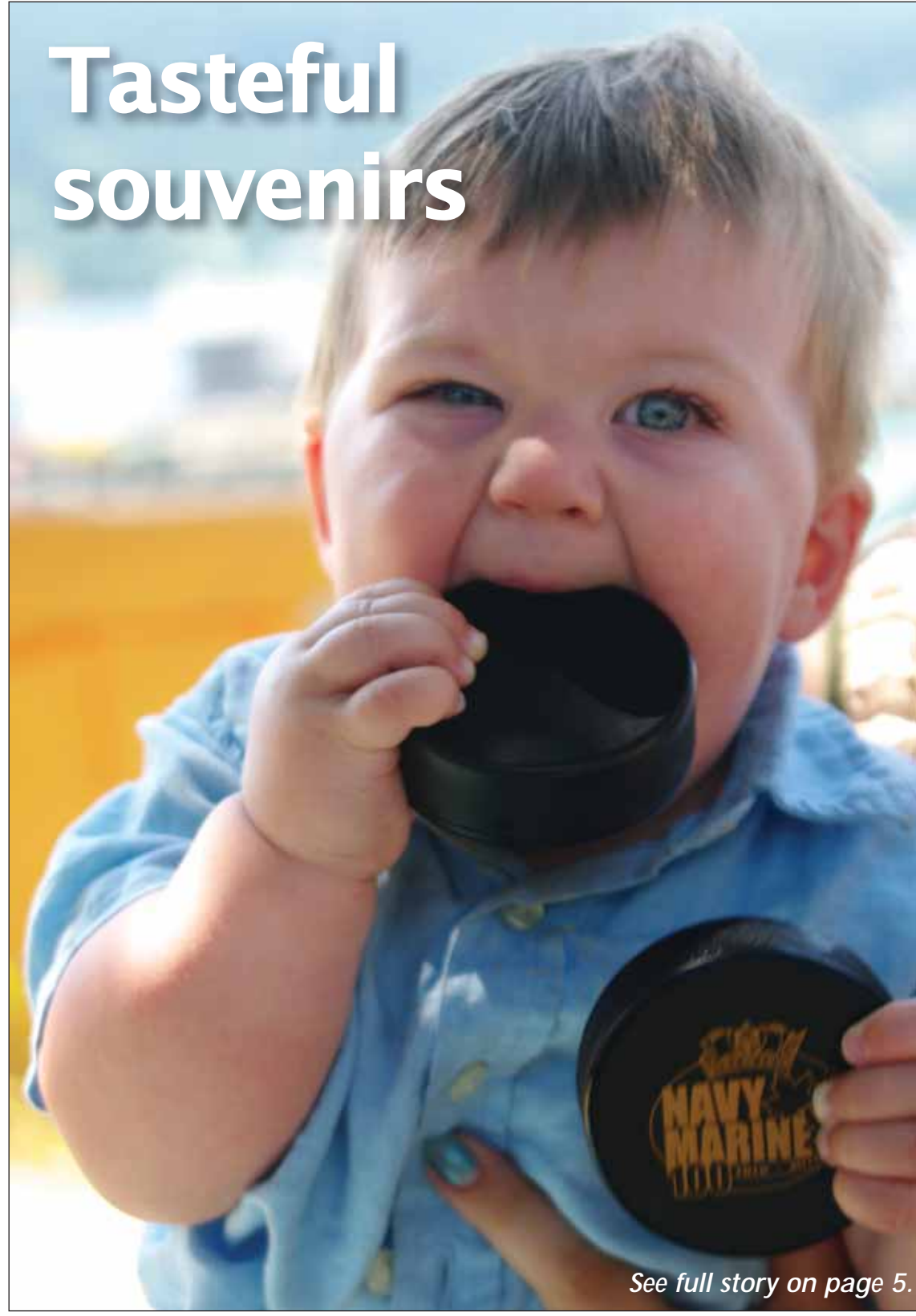
June 24
11:30am-4pm
Chief & Petty Officers' Mess
Rainbow Room



COMMUNITY 6
Chief gets second chance during grand spectacle



COMMUNITY 11
Divers suit up for fund-raising relay



Tasteful souvenirs

See full story on page 5.

Deanne Gillespie, CFMETR

Taking a "bite" out of the Navy's Centennial souvenir items is nine-month-old Jake Currie during the Canadian Forces Maritime Experimental and Test Ranges Open House in Nanoose Bay June 13.

Quick reaction saves life

Mary Ellen Green
Staff writer

A tragedy was avoided and a child's life spared because of the quick actions of Cpl Wes Brown.

Traffic heading out of town was at a standstill as Cpl Brown drove back to the base in a staff car on Tuesday, June 9, with two passengers. As he drove past Admiral's Walk, a boy, with bike in hand, darted from between the stopped cars.

Without hesitation, Cpl Brown turned the steering wheel hard right. The car knocked the bike from the boy's hands before sliding into the ditch and flipping onto its roof.

"It's true what they say, time just stands still. I remember calling out 'Did I hit him?'," recalls Cpl Brown. "After checking if my passengers were alright, I walked up the ditch and over to where the little boy was standing with people crowded around him. All he had was a slight abrasion on his left ankle. I asked him if he was okay, and he seemed completely fine. It was a huge weight off my shoulders."

RCMP, fire fighters and Military Police were on scene almost immediately. Cpl Brown called Transport Electrical Mechanical Engineering's (TEME) vehicle safety member to arrange for towing.

"It was the perfect accident, if there is such a thing. We rolled very gently into the ditch. I'm sure it looked a lot worse than it really was."

When Cpl Brown arrived at CFB Esquimalt in Spring 2007 to work as a Mobile Support Equipment (MSE) operator with TEME, he had only a learner's licence.

Continued on page 3

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Kind gesture for boy with cancer

Shelley Lipke
Staff writer

When four-year-old Emma Richard learned at her preschool in Gatineau, Quebec, that a young boy in her community was battling a rare form of brain cancer, she was deeply concerned.

Along with the other children in her class, she decorated art cards for five-year-old Jacob Randell; but Emma wanted to do more and asked her parents to help.

Her father LS Eric Richard was at sea in the Indian Ocean on deployment with *HMCS Winnipeg* when he heard of his daughter's desire to do more.

So he took her initiative and enlisted the crew's help. In a heartbeat they raised \$4,400 and made a care package, which they sent to Jacob and his family.

"In a situation like this one, I can only imagine the heartbreak and stress that family faces," said LS Richard. "My daughter has always been very concerned with Jacob's progress, and although the two children have never met, she asks daily about Jacob and says a special prayer for him every night before bed."

Since last November when Jacob was diagnosed with cancer, he has undergone nine surgeries and a series of chemotherapy and radiation treatments at the Children's Hospital of Eastern Ontario.

Both parents have left their jobs to support him as he fights the disease.

While 80 per cent of the tumour has been removed, he is still unable to eat or drink, and the surgeries have left complications with his movement, vision, and hearing. Jacob's doctors have made him a study case because his cancer is so rare.

"I printed a copy of Jacob's story and gave it out to each mess on the ship," said LS Richard. "I can honestly say that everyone on board was touched by this courageous little boy's journey, and my family and I were overwhelmed by the generosity of the crew."

Along with the cheque, that crew included a picture of the ship, a special coin, a message from the commanding officer, a ship ball cap, and a ship crest.

When the package reached Gatineau, the family was thankful and surprised that fundraising had taken place on board a Canadian Navy ship at sea.

"We have been extremely overwhelmed with the outpour of support from everyone in our community, but to know that Jacob's journey made it half way across the Indian Ocean is an incredible feeling I just can't put into words," said Jacob's mother Liliane. "Jacob was in the end of his treatments when this care package arrived and it couldn't have come at a better time. I don't



Five-year-old Jacob Randell, who is battling brain cancer, holds up a photo of *HMCS Winnipeg* and some of the items the ship's crew put together in a care package for him.

think Jacob truly understood what all this meant until he saw a picture of the ship and a personal letter to him. The moment he grasped what these sailors represented he did not let go of his coin and I truly believe it gave him the strength and courage to get through the hardest part of his journey. This package has helped him persevere through his hard days and I can only hope we will all have the honour of meeting these sailors someday. They

all have a very special place in our hearts and in our family."

LS Richard is hoping to meet Jacob and his parents when he returns to Gatineau and said he will bring Jacob another ship coin because he loved the first one so much.

A special website has been created for Jacob at www.jacobsjourney.webs.com where visitors can sign his guestbook and offer encouragement to him and his family.

HMCS WINNIPEG will be featured in an upcoming episode of **Glutton for Punishment**

Monday, June 22, 2009 at 9:30am and 5:30pm PST.
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Driving skills tested

From page 1

"I didn't even know how to drive a standard when I arrived in Borden for training," he laughed. "It's amazing I put off driving for so long, and it's the trade I chose."

After a collision in a DND vehicle, it is standard operating procedure to pull a driver's DND 404 driving licence for 24 hours, regardless of where fault lays in the incident.

Cpl Brown spent the next day filling out accident statements and getting checked out at the base hospital.

But he was back behind the wheel two days later driving the Chief of Defence Staff, Gen Walter Natynczyk around the Island. When Cpl Brown dropped the CDS off for the last time, the General turned to him, shook his hand, and presented him with the CDS Coin for Excellence.

"Things happen for a reason, and for every action there's a reaction. Thankfully, my reaction produced positive results," says Cpl Brown.

Winnipeg delivers Webkinz to orphanage

Mary Ellen Green
Staff writer

When MS Karrie Kowalyk's young nephew, Ross, heard she was being deployed in *HMCS Winnipeg* off the coast of Africa, he started thinking of a way he could make a difference in the lives of children on the other side of the world.

He asked his mother, MS Kowalyk's sister, if it would be alright if he donated his collection of over 140 Webkinz stuffed animals to children in Africa.

"When my sister told him I was leaving to go on this trip, he asked her if we were going to places that had orphanages," MS Kowalyk said. "I told my sister I was sure we would be going to many places where children could enjoy the toys."

Nine-year-old Ross understands the hardships some children face. He was diagnosed two years ago with Acute Lymphoblastic Leukemia (ALL), and Minimal Residual Disease. He spent many months in the Health Sciences Centre Winnipeg and the Ronald McDonald house, and has endured countless chemotherapy treatments, bone marrow taps, and other drug treatments.

"He continues with treatment to date and is doing remarkable well.



Children from an orphanage in Djibouti, a country in the Horn of Africa, hold up the stuffed toys *HMCS Winnipeg's* MS Kerrie Kowalyk donated to them on her nephew's behalf.

Having ALL has made Ross grow up quite fast and he knows the value of life," MS Kowalyk said.

Once MS Kowalyk knew of Ross's intentions, she approached *Winnipeg's* executive officer to get permission to bring along the furry donations.

With help from Forward Logistics Supply on the ground in the Middle East, arrangements were made for 60 of Ross' Webkinz to be donated to an orphanage in Djibouti, a country in

the Horn of Africa.

"The children were very shy in the beginning, but were happy. They seemed to like the toys," MS Kowalyk said. "We were told they don't get many toys to play with."

The remaining Webkinz will be donated to a women and children's safe house in Tonga.

"Ross donated them because he has seen the charity of others and wanted to do his part."

Come and Celebrate National Aboriginal Day

June 24 • 11:30am-4pm
Chief & Petty Officers' Mess
Rainbow Room

Author Grace Poulin from Thunder Bay, ON, will speak about Aboriginal Women's experiences during the Second World War.



matters of OPINION

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FLEET NEWS FROM THE TOP

Watch on deck reviewed, amendments made

Cmdre MFR Lloyd
Commander CANFLTPAC
CPO1 Paul Helston
Fleet Chief

The Fleet Efficiency Working Group (FEWG), as part of an ongoing effort to ensure we are operating efficiently and not wasting people hours, has recently embarked upon a new initiative to examine one aspect of the ship's internal organization: specifically, the watch on deck, which is comprised of personnel who stand positions such as lookout, life buoy sentry, boatswain mate, helm and throttle.

This was undertaken in recognition of the continued shortage of technicians in the Fleet and the need to progress planned maintenance, which continues to fall astern and impacts operational readiness of our ships.

To mitigate this risk, the study focused on combat system technicians to whom this would have the most significant impact in their maintenance routines.

A trial was authorized by then-Commodore N.S. Greenwood, Commander Canadian Fleet Pacific, to be conducted in HMCS Regina from Oct. 27 to Nov. 21, 2008, throughout their directed work-up

and the task group exercise.

The trial was later extended into the spring of 2009 to continue the evaluation and policy development. This involved the removal of the lifebuoy sentry from the watch on deck and a program to educate the ships' company ensued. This specific position is done by combat system technicians around the clock while at sea. It is important, however, to understand the history of the life buoy sentry and to place it into context.

This position was established as an after lookout in the Second World War to visually detect submarines, and following the war, its usefulness, at the time, was seen as worth retaining. It is important to note that merchant ships do not employ a life buoy sentry, nor do many navies including our own Maritime Coastal Defence Vessels.

To mitigate risk to our sailors during the trial, the upper decks were made out of bounds after dark and new night rescue protocols were instituted for a rescue at night.

The trial also used different occupations to operate the helm and throttles to provide ships with greater flexibility with reduced crewing levels. The findings from the trial revealed the need for a higher degree of training in certain situations involving navigational

hazards. However, it did not preclude the necessary level of training of personnel for these positions depending upon the situation. For example, the training of a helmsman is more critical in difficult navigation scenarios than in open ocean, which presents little or no associated hazards.

The trial has now concluded with an amendment made to ships' standing orders that provides Commanding Officers with greater

flexibility for employment in watch on deck personnel. Specifically, the life buoy sentry is now referred to as the "after lookout" and will not normally be utilized. The watch on deck in some instances can be filled by different occupations or two jobs can be easily achieved by one sailor, thus reducing a rigid crewing construct. The details of this change can be found in SSOs chapter 2 article 2044 or consult Sea Training Staff.

SUDOKU PUZZLE

			1	7	5		
				2	6	7	
5			9		8		
7			2		1	5	
			5		4		
2				9			
	3	1		6			
				4			
		4		1			6

ANSWERS ON PAGE 15

Level: Intermediate

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SPORTS trivia by PO2 Bill Sheridan Contributor

Sports Movies

QUESTIONS?

1. What song is played every time Ricky Vaughn comes into a game?
2. Who was the sportswriter for the Charlestown Chiefs, who wrote the story about moving to Florida?
3. What was Burt Reynolds characters name in original film titled The Longest Yard?
4. What were the two characters names in White Men Can't Jump?
5. What does the voice say in Field of Dreams?
6. In 8 Seconds, what does the 8 signify?
7. In Happy Gilmore, who does Happy fight with during the Pro-Am tournament?
8. In Caddyshack, what is the prize for the best caddy?
9. In the Abbott and Costello's, Who's on First? Comedy sketch, who is in the battery?
10. What was the type of dive that Rodney Dangerfield's character completed in Back to School?
11. What sport is the movie Kansas City Bomber about?
12. With which sport does Forrest Gump win a scholarship?



1. Wild Thing, from the film Major League, played by Charlie Sheen
2. Dickie Dunn
3. Paul Crewe
4. Billy Hoyle (Woody Harrelson) and Sidney Deane (Wesley Snipes)
5. a) If you build it, he will come, b) Ease His Pain, & c) Go the Distance
6. How long a rider must stay on to get a score
7. Bob Barker
8. Scholarship with a win in the Caddy Tournament
9. Pitches, Tomorrow & Catcher, Today
10. Triple Lindy
11. Roller Derby
12. Football

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A Cormorant from 19 Wing Comox lowers a diver to the Canadian Coast Guard vessel Cape Cockburn in Nanoose Bay during a search and rescue demonstration at CFMETR's Open House.

Photos by Deanne Gillespie, CFMETR

Nanoose opens gate to public

Deanne Gillespie
CFMETR

What does a decontamination unit, a Mark 48 torpedo with a saddle on it, and bagpipes all have in common?

They were all part of the sights and sounds this year at the June 13 Armed Forces Day held at the Canadian Forces Maritime Experimental and Test Ranges (CFMETR) in Nanoose Bay, B.C.

Held every two years, this year's event attracted nearly 1,500 visitors to the sunny seaside base on eastern Vancouver Island. After enduring torrential rain and cold during 2007's affair, participants and visitors were relieved to see the sun shine for the entire day.

"I am certain the positive impression we have on our visitors is mostly attributable to the enthusiasm and high competency demonstrated by CFMETR employees when talking about what we do here," said CFMETR Commanding Officer, Cdr Gerry Laporte. "We have a unique capability here and are privileged to work in a wonderful part of the world."

The hot commodity of the day was 300 boat tickets to Winchelsea Island, snapped up within the first 40 minutes after the gates opened. The island tour is not only an enjoyable scenic ocean cruise, but an educational experience as well. Staff at the Range Operating Centre spent the day enlightening visitors about torpedo tracking operations that take place on the island

in the Strait of Georgia.

Adding to the festivities was the Nanaimo Scottish Pipe and Drum band and a fly-past by an Aurora from 19 Wing Comox. Also, members of three separate organizations collaborated to put on a search and rescue display on the water. Onlookers crowded the nearby jetty and decks of the Yard Torpedo Tender for a front row view of a Cormorant helicopter from 19 Wing Comox lowering a rescue diver to Canadian Coast Guard vessel Cape Cockburn, while Nanaimo Marine Rescue stood watch.

Several units from Vancouver Island participated, including Victoria's Canadian Forces Recruiting Centre; submariners from HMCS Victoria and their "saddled up" Mark 48 torpedo; a Naval Centennial display; and a Portable Decontamination unit from CFB Esquimalt.

Numerous local units included Nanaimo's 748 Communications Squadron, a 105mm Howitzer with the 5th B.C. Field Regiment, The Canadian Scottish Regiment, the RCMP Underwater Recovery Team and CFMETR's own sonobuoy, acoustics and firefighter displays. There was an abundance of marine vessels to tour, including the U.S. Navy's YTT and Torpedo Weapons Retriever; Raven - an Orca Class training vessel; and CFMETR's own range vessels, the Sikanni and Stikine.

CFMETR opens their doors to the community for their next Open House in 2011.



CFMETR's Deanne Gillespie "saddles up" on a Mark 48 torpedo at the HMCS Victoria display.



Above: Master Bombardier Lisa Kachanoski paints four-year-old Keagan Lewis as he prepares to "go into hiding" at Nanaimo's 5th Field (BC) Regiment display.

Right: Firefighter Denis Doré was more than happy to suit up eight-year-old Jaidyn Twamley. "It's so heavy," she exclaimed.



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Chief reunites with Queen's colours

Mary Ellen Green
Staff writer

Thirty years ago Patrick O'Hara was part of the guard for a historic event: the presentation and consecration of the Queen's Colour by royalty at the Garrison Grounds near the Halifax Citadel.

At the time, the Able Seaman was told it was a once-in-a-lifetime experience for a young sailor. However, that is not the case.

Years later, with a few promotions along the way, CPO2 O'Hara, Base Disciplinarian, has been given a second chance to be a part of a grand spectacle of pageantry, naval traditions and music.

On June 27 in Halifax, the Canadian Navy will receive a replacement Queen's Colour during a formal parade presided over by Her Excellency, the Right Honourable Michaëlle Jean, Governor General and Commander-in-Chief of Canada.

CPO2 O'Hara is the Colour Chief in the Old

Colour Party, which is responsible for removing the current Queen's Colour, and escorting it to its place of retirement.

More than 400 sailors and officers from across the country will march in a display of precision drill. Training for this event was underway on the Naden Parade Square with 93 military members from Maritime Forces Pacific (MARFAC) until June 13. Now they are in Halifax, training with the Maritime Forces Atlantic guard for two weeks before the ceremony.

"I hope we do it like we did in 1979, and have a little friendly rivalry between the East and West Coast guards," says the Chief. "We each had our own songs to sing, and we would see how loud we could go when we marched past each other. It was all very exciting."

The current Queen's Colour was presented to the navy by Queen Elizabeth, The Queen Mother, on behalf of

Queen Elizabeth II, in 1979, and is ready to be replaced.

During this event, formally called the "Consecration and Presentation of the Queen's Colour," over 100 members of the massed band of the Navy, comprising members from the renowned Stadacona, Naden and Naval Reserve bands, will provide the musical backdrop. A 21-gun Vice Regal Salute will be fired from the ramparts of the Citadel, while a low fly past of maritime aviation will provide an air element to the event.

"I enjoy the camaraderie, the drill, and the pomp and circumstance of being involved in this kind of thing," says CPO2 O'Hara.

He has also been involved in the Navy's 75th anniversary and the laying up of the old Queen's Colour in June 1980. He's postponing his retirement so he can be a part of the Naval Centennial in 2010.



Mary Ellen Green, Lookout

Members of the Maritime Forces Pacific Guard of Honour practice their ceremonial drill in the parking lot outside the Naden Drill Deck. They will be attending the Consecration of the Queen's Colour in Halifax.

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25. LCdr Gene Fedderly - Guard Commander
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27. LS Brian Fraser
28. MS Christopher Fraser
29. PO1 Donald Fraser
30. OS Nicolas Frenette
31. PO2 Nicolai Gapotchenko
32. MS Eric Gingras
33. SLt Claude Giroux
34. OS Edward Hale
35. OS Jason Houston
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46. OS Kyle Leonard
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48. PO1 Brian MacPhee
49. OS John McDougall
50. OS Brandon McLeod
51. OS Gerald McNeill
52. OS Nicholas McNulty
53. OS Patrice Mongeau
54. OS Jason Murphy
55. OS Kristopher Newhook
56. CPO2 Patrick O'Hara
57. OS Giovanni Onucky
58. OS Janice Peart
59. Lt(N) Paul Pendergast
60. OS Chris Perkins
61. OS Daniel Puxty
62. OS Max Reid
63. OS Michael Reid
64. OS E Renaud
65. OS Chris Rickert
66. LS Sylvain Robert
67. MS Nicolas Robichaud
68. MS Bradley Robinson
69. OS Garnet Robinson
70. LS Timothy Rose
71. OS Jason Rupke
72. OS Kenneth Saunders
73. OS Antony Savard
74. CPO2 John Scambler
75. OS Julian Schultes
76. Lt(N) Warner Shillington
77. OS Odis Smyth
78. OS Allen Snow
79. OS Kenneth Squibb
80. OS Kenneth Stevens
81. OS Robert Sullivan
82. OS Matthew Taggart
83. OS Adam Tansley

84. OS Aaron Tweedy
85. OS James Varpalotai
86. OS Gerard Vautour
87. OS Patrick Villeneuve
88. PO2 Trevor Walker
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COMMUNITY NEWS: SHIP REPAIR DISHES IT UP

FMF spices up appreciation day

Mary Ellen Green
Staff writer

It's time once again to get your teams together for the Fleet Maintenance Facility Cape Breton (FMF CB) Appreciation Barbecue and Sports Challenge, being held Tuesday, June 30, at Duntze Head.

Teams of five are being sought for the Five-Sport Challenge featuring a hockey shootout, fastest soccer shot, golf chipping, basketball free-throw challenge, and football toss.

Each team member will test their sporting skills at each of the five challenges. Once finished, their scores will be tallied, and the team with the most points will win.

Teams of five are being sought for the Five-Sport Challenge featuring a hockey shootout, fastest soccer shot...and football toss.

Prizes are being designed by the shipwrights and cast by the foundry. A prize for the best sports jersey will also be available to the person who wears the most interesting jersey.

Free burgers, hotdogs, and a vegetarian option with all the fixings will be available for FMF employees on two shifts: from 11:30 a.m. to 12:30 p.m., and 5 p.m. to 6 p.m. Managers will be on hand to cook and serve the meal. A donation box will be available for any other member of the defence community who may follow their nose to the sweet smell of barbecue. All proceeds will go to the United Way.

The Five-Sport Challenge

may take place during both shifts, depending on the number of teams registered.

ACT Behavioural-Based Safety Facilitator, Charles Bodi, is organizing the barbecue for the third year running. He expects over 600 people to come to the event.

Jack FM's AJ and Crash will be broadcasting live from the site during lunch hour, and FMF CB's Commanding Officer, Capt(N) Martin Adamson will address the crowd.

Bodi says over 50 people are donating their time and energy to pull off the event.

"We're always looking for more volunteers, and volunteers get to eat first," he said. "Even if someone wants to be put on the list for next year, they can contact me to get involved."

To register a team in the Five-Sport Challenge, or to sign up as a volunteer, contact Charles Bodi by email at Charles.bodi@Forces.gc.ca, or by phone at 250-363-2023.

The FMF CB Appreciation Barbecue is being held in conjunction with National Public Service Week.



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FMF makes education a priority with database

Carmel Ecker
Staff writer

Five people and one database are changing the face of training for Fleet Maintenance Facility Cape Breton's (FMF CB) 1,200 employees.

It has taken two years and a lot of hard work, but Unit Training Coordinator Karen Riedel has built the training section into a valuable resource for workers and managers alike.

When she began her job in the fall of 2006, she saw right away the training section needed to move in a new direction.

"When I first got here, there was training but it hadn't all been tracked," says Riedel.

That made career planning for employees in Dockyard's largest and most diverse unit almost impossible to manage.

"There is no other unit on the base that has the challenges of coordinating in the way that FMF does," says Riedel.

While other units are comprised of employees in similar, if not the same, professions, FMF CB has people working in trades, engineering, and safety and environment.

"You never know what someone is going to ask for," she says.

The first task on Riedel's list was to work with Peter Schutinga from FMF CB's IT section and local company

Vivid Solutions to create a database that would help both the training section and FMF CB managers stay on top of employee education requirements.

The results: last year, Riedel and her staff arranged for employees to attend 1,580 courses ranging from legislated training, such as harassment prevention, to trade specific courses.

Using the section's new database, the Training Section was able to keep track of who took what course. With a few keystrokes, the section can bring up any employee's training history or find out who has requested a particular course.

"It's a powerful tool custom-made for FMF," says Riedel.

Put into practice in late 2007, the database is still evolving to meet FMF CB training needs, but it has already made a big difference.

Managers can view the database – though they can't make any changes – so they know their employees' educational goals and mandatory training, and can work to accommodate them.

Having that information at their fingertips has made for better communication between the training section and their clients, enabling people to take more courses, both on and off base, than ever before.

Having an accurate tracking



The Fleet Maintenance Facility Cape Breton training team, (left to right): Sheryl Frances, Karen Riedel, Victoria Manuel, Brenda-Lee Dodwell, Capt(N) Martin Adamson, Sheila Ennis and Mandela Pritchard.

system has also built trust.

In early February a manager came to the training section and handed all his section's training records over to Victoria Manuel, then the Acting Unit Training Coordinator.

"He said, 'For years we've been keeping our own records because we didn't have faith in the training system,'" Manuel recalls. "We've seen what you've done and now we have faith in the

training system – we'd like to give you all of our training records."

"When you start hearing things like that, it's an indication things are working the way they are supposed to," says Riedel.

Now the training team is working with the sections to streamline training – map out what they need or could need.

"That's a big project," says Riedel.

Employees fill out a Personal Learning Plan that lists the type of skills they need, how they will best learn those skills, the appropriate course if they know of one, how much time and money it will take, why they need the course, and when they need to complete it.

Seven hundred employees completed a PLP in 2008. The training section has since met their target of outfitting 90 per cent of employees

with a plan.

"We've been telling employees that "while we can't guarantee you'll get a particular course, we can definitely guarantee that you won't be getting any courses if you don't submit a Personal Learning Plan."

Riedel and her staff hope their new office, room 102 in building D11B, will encourage more people to come by and chat about their future training needs.

Changes to welding process create a dream team

Carmel Ecker
Staff writer

Fleet Maintenance Facility Cape Breton (FMF CB) is in the midst of overhauling the way its production and engineering departments work together.

A team of six people from the production and engineering staff have developed a trial cross-functional process that maps out the necessary interaction between the two departments whenever they receive a work order that involves welding.

Having a work flow map gives all the players involved in the welding process a picture of the work to be done, as well as what each member of the department requires from each other to complete their portion of the work order.

This end-to-end view of the welding process has been missing from the current instructions, as shop managers and workers have focussed on departmental procedures and their portion of the job. Missing in the description was a more complete understanding of what each person requires from the others involved in the overall

completion of the work.

"It created frustration for everyone," says Quality Manager Dave Craig, "and misconceptions of what was needed for welding jobs."

"Workers on the shop floor felt hampered by the lack of proper welding references, engineers thought that production workers didn't ask for sufficient instructions, and shop managers felt that engineers didn't include all the paperwork needed by people on the shop floor," adds Craig.

Frustrations symbolize the inefficiencies in the current set of standard operating procedures and work instructions. However, a more comprehensive and streamlined set of cross-functional work flow maps should eliminate many of these frustrations and ensure that FMF stays on top of the many tasks required by the fleet, from routine maintenance to mission fits.

"The overall future demand for work is going to exceed the capacity of our workforce, so we can't afford to frustrate our workforce or be inefficient in our work processes," says Craig.

Departments as mutually

dependent on each other as production and engineering, must operate using the same guidelines and language or they risk an "us versus them" mentality, says Brad Batson, a member of the cross-functional welding process project team.

Welding served as a test process to gain insight into the complexity of the overall FMF workflow process. The project team started by mapping out how the production and the engineering staff work together when they received a welding work order from the ship.

A planner/estimator in the production department determines the requirements for the job. If necessary, they request technical assistance from an engineering technician who specifies how the job must be done to meet welding standards. If the job requires critical structure welding, the welding engineer provides a welding record that describes everything a welder needs to know about the weld, including joint configuration, welding process and the non-destructive testing requirements.

Once back in the planner/esti-

mator's hands, the job package is assembled, which includes the specification, project schedule and necessary paperwork, and then passed to the work centre manager. He in turn passes it to the welding supervisor, who assigns the job to a welder.

When the weld is completed, quality control personnel perform non-destructive testing as needed to ensure there are no defects in the weld.

Throughout this process, welding quality documentation is assembled and reviewed by the quality documentation section prior to job closure. If the process was not followed correctly, a non-conformance report is raised and the job package is sent back for correction. What the project team found as they mapped the workflow process was a lot of non-conformance reports being generated.

"If we get many of these non-conformance reports, it means the welding process could be improved upon," says Batson.

While the welding may have been done properly, the lack of acceptable quality evidence demonstrated that the cross-function-

al communication between production and engineering was not always working as effectively as it could.

Better communication and streamlined descriptions of work processes are the keys to smoother workflow, says Craig.

"Without people communicating and seeing the overall work requirements, we end up with the effort in each shop being stove-piped and inefficient," he says.

The project team recommended that all work within FMF be assigned a "process owner", who is most responsible for coordinating the work between departments.

So far, this approach has been working for the welding process. The number of non-conformance reports has dropped dramatically as the overall work process was mapped out.

"Now when we look at the welding job packages, all the documentation needed to close the job has been included," says Craig.

The cross-functional process approach will be applied to other core service delivery functions from the other trade groups, beginning this fall.

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Honouring Aboriginals

■ Sailor pays homage to heritage in France

Heather Fitzsimons-Hunter
CNC Public Affairs

In 2005, Master Seaman Trevor Whitten stood at his great great grandfather's grave in France's Orange Hill cemetery.

He stood not only as an Aboriginal person paying respect to his deceased family member, but also as a Canadian Forces member paying respect to a fallen member. MS Whitten was part of a Guard of Honour for the Aboriginal Spiritual Journey, which was held during the Year of the Veteran.

The Spiritual Journey was initiated by the Aboriginal veterans' organizations and the Assembly of First Nations, and supported by the Canadian Government. It consisted of Aboriginal spiritual elders, veterans, RCMP and youth who visited the European battlefields and cemeteries of the First and Second World War.

While there, they performed a "calling home" ceremony to return the spirits of Canadian soldiers who died on the European battlefields. The journey served to educate people on Canadian military history and as a healing experience for Aboriginal veterans and their families.

The road has not been easy for Aboriginal people in the Canadian Forces. MS Whitten has heard many first-hand accounts of First Nation veterans who came home after fighting for Canada in the First and Second World Wars only to discover they were deprived of compensation, education funds, land titles, and financial grants that other soldiers received for their war efforts. According to MS Whitten, "these were the lost Indians."

Regardless of past discriminatory practices of the Canadian Government, MS

Whitten says it is an honour and a family tradition to defend Canada. He is a seventh generation Canadian Forces member, and a fourth generation sailor in the Canadian Navy.

In France, standing on the same battlefields where his great great grandfather, Wesley Latham, fought during the First World War, MS Whitten experienced a surge of pride and respect for his ancestors. He described it as "understanding the First Nations warrior history and culture."

The Spiritual Journey reconnected him to his family and heritage. It also connected him to the Canadian military and its history.

"Everyone who wears the uniform is my brother. We are family and we are Canadians fighting for Canada; no matter when or what your ethnic background. That is why it was important to not only bring back the spirits of the First Nation soldiers, but the spirit of every fallen soldier."

That sentiment was echoed during a memorial service and wreath-laying at St. Julien Memorial near Ypres, where the walls are engraved from floor to ceiling with over 55,000 names of soldiers without graves. As the ceremony commenced, a waterfall of poppies came down. Each poppy represented a name on the walls.

"This was a time to remember and acknowledge each soldier, the country they fought for, and the place and the discrimination they may have returned to. It was an opportunity to honour all Canadian soldiers no matter what their ethnic background, as well as healing First Nations people in the Canadian Forces, and educating people about the Canadian military," says MS Whitten.

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Divers well suited for 24-hour relay

Shelley Lipke
Staff writer

While most people ran, walked, or danced their way around the University of Victoria track during the 15th Annual Easter Seals 24 Hour Relay, in gym gear, two members of the navy's "Dangerous When Wet" team sweated buckets in their attire.

As 20 members of the Fleet Diving Unit (Pacific) team traversed a lap around 2.7 kilometre track, LS Benoit Leonard and LS Gabriel Mercier donned a 38-kilogram bomb suit. The hefty outfit was, in part, to showcase the fitness level of navy divers. The other angle was highlighting the work navy divers do at home and in Afghanistan.

"After they ran, they were both exhausted, not only from the heat, but also from running in the heavy suit," said QL5A dive instructor PO1 Donald Morris. "People loved it though; everyone was coming up and talking to us."

QL5A student LS Ryan Purcell spearheaded forming the team with clearance divers from FDU(P), and their efforts won them two awards and recognition from specta-

tors.

By the relay's end, the dive team had completed 130 laps for a total of 351 kilometres.

"This was first place among all teams for total kilometres completed, and we set a new 24 Hour Relay record, shattering the old record by 54 kilometres," says PO1 Morris.

The teams' fundraising efforts also earned them third place in the public service category.

"We raised over \$1,300 for charity and became well known to the public through this admirable accomplishment. It felt good to help out the kids and do this," said PO1 Morris.

In the tent city, divers set up a small robot to demonstrate some of the unit's bomb disposal equipment. A few spectators even tried on the bomb suit.

"We hope it was a positive thing that will boost a few more people to join the military," said PO1 Morris.

This year's 24 Hour Relay raised \$564,000 to help send children with disabilities to Camp Shawnigan.



Above: LS Gabriel Mercier and LS Benoit Leonard prepare to run a lap of the 24-Hour Relay in a 38 kilogram bomb suit.

Below: LS Barry Macleod hands off to LS Gabriel Mercier during the 24 Hour Relay held at University of Victoria. The divers broke a record for the number of laps completed.



After they ran, they were both exhausted, not only from the heat, but also from running in the heavy suit. People loved it though.

-PO1 Donald Morris
QL5A dive instructor

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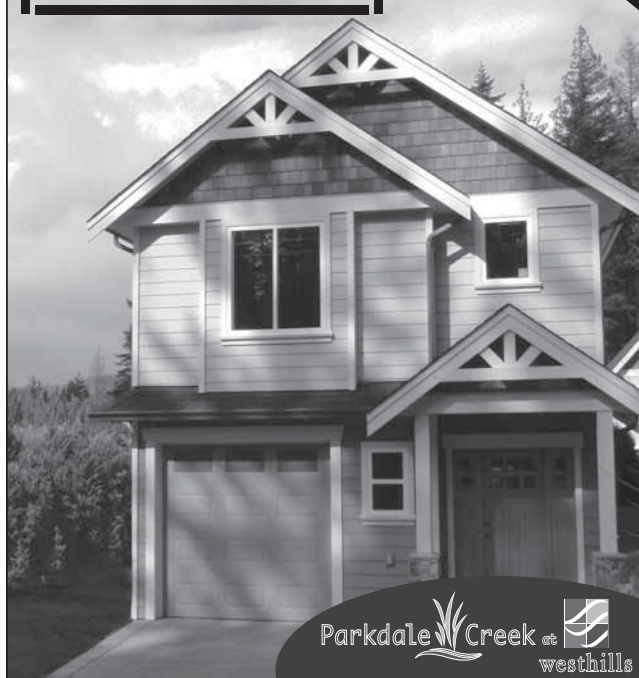
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Boomers ride a journey of remembrance

LS Kris Langford
 FDU(P)

Maritime Forces Pacific was represented by five navy cyclists during the third annual Boomers Legacy ride. Riders left Victoria Friday June 12 for the 300 kilometre, two-day bike ride to Comox.

Boomers Legacy was created by Maureen Eykelenboom as a memorial for her son Cpl Andrew "Boomer" Eykelenboom, a medic who was killed by a suicide bomber in Afghanistan in 2006.

CPO2 Mike Vincelette, PO2 Andy Cordner, MS Yvon Harvey, MS Kareem Negm, and LS Kris Langford, saddled up with CWO Todd McGowan and Sgt Dan Flynn from RCSU-Pacific and Cpl Lisa Stewart from 11 Field Ambulance, to join 60 civilian and military riders at

the Lt General E. C. Ashton Armoury for the ride start.

Chief of Defence Staff, General Walter Natynczyk cut the ribbon releasing the peloton of cyclists to the roads with full police escort to Goldstream Park, where they regrouped to start the gruelling 13k climb to the summit of the Malahat.

The CDS broke out his brand new donated bike for a 90-minute ride through Duncan, on which MS Harvey commented, "That was great, and I'm impressed that he can find time for these events."

The final push into Courtney saw all riders close up for a final victory ride through the streets of the city. With the last of the long distance riding out of the way, most riders proceeded to Cpl Eykelenboom's grave site in Comox.

The brief and personal memorial was

directed by CWO McGowan, who started the event and is also Boomers former CSM.

"This is the reason we rode this week, and at the end of the day it's about remembering the ultimate sacrifice for humanity that all of our soldiers have made," said LS Langford about the small vigil.

The whole weekend's activities ended at Maureen Eykelenbooms home for brunch, then loading the bikes on trucks and saying final good byes. The ride and gala dinner in Courtney resulted in over \$50,000 for Boomer's Legacy Fund, a memorial foundation that raises funds for the Assistance to Afghanistan Fund, a division of DND. The AATF allows soldiers in theatre to recommend how and where funds can be best utilized for humanitarian aid.

Tritons advance to ball hockey nationals

Shelley Lipke
 Staff writer

Regional ball hockey ended last Thursday, and CFB Esquimalt's Tritons were declared the winner.

CFB Esquimalt, CFB Comox and out-of-Canada team AFB McChord went head-to-head in a series of five games from June 15 to 17 at the Wurtele Arena to determine who would advance to the national competition at CFB Borden in August.

The road to victory began with a 5-2 win when CFB Esquimalt played AFB McChord in the first game, and continued when CFB Esquimalt won over CFB

Comox in game two 2-1.

Then CFB Comox played AFB McChord in the next two games to determine who would advance to the finals against the undefeated CFB Esquimalt team. These games saw CFB Comox win 8-0 and then again with 4-3.

During the final game, CFB Comox put up a good fight, and the score swayed back and forth in favour of each team.

Esquimalt Tritons Captain PO2 Trevor Bartlett opened the scoring at the nine minute mark of the first period, adding a second from LS Ray Moore six minutes later as they dominated most of the first period.

Comox added a goal with



Shelley Lipke, Lookout

CFB Esquimalt won over CFB Comox during the Pacific Regional Ball Hockey Championships on June 17.

only 31 seconds left in the first half, giving them a much needed lift that carried over

to the second.

The Tritons found themselves in penalty trouble allowing the Silver Totems to run away to a 4-2 lead with only 11 minutes remaining on the clock.

Tritons Coach Darren Fogarty called the Comox goalie for wearing steel-toed boots, which are not permitted according to both CF and Canadian Ball Hockey rules. The goalie was instructed to replace his footwear, giving the Tritons an unexpected 10-minute rest that proved to be a momentum changer as AB Pat McKernan scored three minutes later making it 4-3.

With 1:34 left in the game, the Esquimalt coach pulled the goalie allowing him to put his top shooters on. It only took four seconds for Cpl Frank McCafferty to blast one past the Comox goaltender.

Then in overtime at 7:16 LS Danny Morin scored his first goal of the year winning the championship with a score of 5-4. Esquimalt goalie Cpl Jean-Francois Robert was named most valuable player.

The CFB Esquimalt Tritons advance to the CF Ball Hockey Nationals Aug. 8-14 at CFB Borden.

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PO2 Chamberlain accepts her CD1 for 22 years of military service from Cmdre Ron Lloyd, Commander Canadian Fleet Pacific.



Maj Don Saunders receives his new shoulder slippers from Col Veenhof, with the assistance of Maj Saunders' wife Shannon, and children Hailey and Cameron.



Retired Major Alex Bolin (centre) displays his Canadian Forces Cadet Instructors' Lifetime Achievement Award at the annual Ceremonial Review of 2276 Rocky Mountain Rangers Royal Canadian Army Cadet Corps on June 6 in Fort St. John. With him are (left to right) Maj Dan Davies, LCol Terry Kopan, Col James Gludo and Cdr Rod Hughes.



PO2 Adrienne Lecour receives HMCS Vancouver's Sailor in the Half award from Vancouver's Commanding Officer Cdr Robert Lewis-Manning.



The navy's newest Honorary Captain(Navy) Jim Balsillie, co-CEO of Research in Motion, which makes the Blackberry, accepts his certificate from Chief of the Maritime Staff, VAdm Drew Robertson.

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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 RVC! All Years 50th Anniversary Reunion on July 10 & 11, 2009. Reunion information is available at www.rvcialumni.org.

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6	5	7	3	4	2	9	8	1
8	2	4	5	9	1	7	3	6

INMEMORIAM

Gregory (Greg) Edward Barrington
 Passed peacefully away after a lengthy battle with cancer, Greg Barrington, on Monday, June 1, 2009, at the Victoria Hospice in British Columbia, at the young age of 47 years. Predeceased by his mother Lillian and father Walter. Leaving to mourn with treasured memories, his loving daughter and son Alanna and Patrick and his "honorary" daughter Allison in B.C.; his two sisters: Jeanette Miller (Dan) and Mercedes Hibbs (Tasker); his seven brothers: Fabe, Vince (Roxanne), Noel (Sharon), Walter (Patricia), Frank (Rosemary), Paul (Gladys) and Jack, all in St. John's, NL. Also to mourn are his many nieces, nephews and friends in St. John's as well as Victoria where he lived for the past 10 years, especially Al, Eugene, Marylou, Sharon and Jen, who gave "their all" during this past year to help Greg and his family during this difficult time; also Greg's good friend in St. John's, Leslie Hynes. Greg proudly served in the Military for 28 years as a Naval Communicator. He also served overseas during the Gulf Wars. He will be sadly missed by all, as Greg was one of a kind, whose unselfish and caring manner won the hearts of everyone he met. His wish is to be cremated and returned to Quidi Vidi where he was born. A memorial service and Mass of Christian Burial will be held in St. John's at a date to be announced. In lieu of flowers, donations gratefully accepted to a charity of one's choice.

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