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COMMUNITY 3

Clearance diver relishes Olympic moment



SHIP NEWS 7

Realistic training a big hit in HMCS Algonquin



NEWS 13

MARPAC unveils renovated security operations facility



Royal Reception

Cpl Pier-Adam Turcotte, Imaging Services Esquimalt

VAdm Dean McFadden, Chief of the Maritime Staff, presents His Royal Highness the Prince of Wales, Prince Charles, with the Canadian Decoration for 32 years of service to the Canadian Forces. Prince Charles and Camilla, The Duchess of Cornwall (right), visited CFB Esquimalt last Monday before continuing their Canadian visit to Ottawa.

Royal visit draws hundreds to dockyard

Mary Ellen Green
 Staff writer

The weather was fittingly reminiscent of Great Britain when Their Royal Highnesses Prince Charles, the Prince of Wales, and Camilla, the Duchess of Cornwall, visited HMC Dockyard last Monday.

Under a light West Coast drizzle the royal couple stepped from their car to the warm reception from Chief of Maritime Staff, VAdm Dean McFadden;

Commander Maritime Forces Pacific, RAdm Tyrone Pile; and Jason Kenney, Federal Minister of Citizenship, Immigration and Multiculturalism.

Once acquainted, they made the brief walk to the dais at Duntze Head, clasping the hands of onlookers along the way.

Hundreds of DND employees and their families lined Hospital Road to Duntze Head to get a glimpse of royalty on the last day of their B.C. tour.

Dressed for the first time in a Canadian Navy Vice Admiral's uniform, the next heir to the British throne listened earnestly as RAdm Pile, VAdm McFadden and Senator Kenny addressed the couple and the crowd.

The event was in honour of the Canadian Navy's upcoming 100th anniversary. On May 4, 1910, the Canadian Naval Service Act was written, creating the Royal Canadian Navy. Six months later Esquimalt

Dockyard was officially transferred from British to Canadian command.

The royal visit marked a number of firsts at the naval base. The recently consecrated replacement Queen's Colour paraded for the first time. The Canadian Naval Centennial flag made its debut on the masthead at Duntze Head, and Prince Charles accepted the second clasp to his Canadian Decoration.

See Prince on page 2

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Prince oversees flag raising

From page 1

"This morning, I'd like to recognize another significant milestone. It was in 1977 that you accepted an appointment as the Colonel in Chief of the Royal Regiment of Canada. It is with great pleasure that I now present to you the second clasp of the Canadian Forces Decoration in recognition of your 32 years of honorary service to the Canadian Forces," said VAdm McFadden.

The Prince of Wales then gave an unscheduled, improvised address.

"I cannot tell you how touched and honoured I am to be given the clasp to the Canadian medal that I have, that I wear with

great pride all the time," said Prince Charles.

"It is the greatest possible privilege to wear the Canadian Navy uniform and to be made a Vice Admiral. I know how busy you all are, and I cannot properly thank you enough for the service you provide. I salute you for all the work you carry out and wish you every possible success and good fortune in the future."

With that, the Canadian Naval Centennial flag was hoisted and RAdm Pile took the salute as *HMCS Winnipeg* sailed past.

The ceremony concluded with the national anthem and the royal couple made their way to the Admiral's residence for a short reception.

Before entering the reception tent on the Admiral's lawn, The Prince of Wales greeted three veterans from the Vancouver Island Chief and Petty Officers Association: president Dave Logie, first vice-president Fred Kirke and treasurer Bill Smith. The three men presented him with a British Oak sapling that will be one of 100 planted by the association at Duntze Head in recognition of the Canadian Naval Centennial.

After the reception, the royal couple made their way by motorcade to the Victoria International Airport where they boarded a flight to Ottawa to participate in Remembrance Day celebrations in our nation's capital.



Cpl Pier-Adam Turcotte, Imaging Services Esquimalt



Ed Dixon, Imaging Services Esquimalt



Mary Ellen Green, Lookout

Clockwise from top left:

- Prince Charles inspects the Guard of Honour.
- The Prince of Wales and the Duchess of Cornwall talk to those who came out to see them during their visit to HMC Dockyard.
- Prince Charles greets Bill Smith, treasurer of the Vancouver Island Chief and Petty Officers Association just before entering the reception on the Admiral's lawn.
- The Canadian Naval Centennial flag is hoisted for the first time at dockyard's Duntze Head.



Mary Ellen Green, Lookout

Clearance diver's Olympic torch run

Shelley Lipke
Staff writer

Wearing an ear to ear grin, PO2 Steve Mandy felt the warmth of the flames as he held the Olympic Torch high in front of him. Proudly he sprinted the 300 metre distance while he relished being one of Canada's Olympic torch runners.

"For me this experience will last a lifetime," he said. "I felt honoured to represent Canada and the athletes that are coming from around the world to be here for the winter Olympics"

PO2 Mandy first heard about the Olympic torch relay six months ago, and on a whim he decided to apply.

"I saw the ads on TV and also in a running magazine advising they were accepting applications for the Royal Bank and Coca-Cola sponsored Olympic Torch Run," he said. "I thought that it would be an amazing experience to be a part of this and being an amateur runner, I thought I'd fill out an application. I remember thinking there would be so many applicants that I'd never be chosen," he said.

The application process was a detailed one, and part of it required a short essay.

"Out of several topics, I chose to write about the environment," said PO2 Mandy. "Because I have such a large family, I wrote about our contribution to global change and about educating my kids on recycling, reducing and reusing."

Each applicant also had to

choose the area they would run through if accepted.

"I thought my chances would be better if I picked a few locations outside of Victoria, so I picked the Victoria to Nanaimo and Tofino to Campbell River legs of the run," said PO2 Mandy, a clearance diver with Fleet Diving Unit (Pacific).

With only 3,000 applicants chosen from several hundred thousand applicants through the website, PO2 Mandy was surprised when he was notified he had been chosen as a runner.

"I was thrilled when I heard the news that I was approved to run 300 metres through the Qualicum Bay area and share this honour with 11 other runners."

On the morning of Nov. 2, excitement shook the Mandy family awake, as all four kids, three dogs and two parents rolled out of bed at 3 a.m. to travel up Island to share a piece of Olympic history.

"We met with the race officials at 6 a.m. and we were briefed of the procedure that was required to pass the torch to each other," said PO2 Mandy.

"It was a very high energy event right from the start because the race officials were so animated. Their attitude really added momentum and excitement to the whole event," said PO2 Mandy. "I remember thinking it was only day four of the relay and with 106 more days to go, I really felt they transferred a positive energy to us before we ran."

Dressed in a white tracksuit



Photo submitted

PO2 Steve Mandy ran his 300 metre distance with a smile on his face in front of a community of supporters.

with the Olympic logo on the back, a toque and red mittens, PO2 Mandy stepped up as one of 12,000 runners that would carry the Canadian Olympic Flame through a portion of its 45,000 kilometre distance.

Each runner was given a number that was displayed on a telephone pole for friends and family members to wait nearby. Then, at this location, the previous runner lit the torch of the next, and family, friends and a large community of spectators cheered the next runner.

"We ran down the Old Island Highway past the community of Bowser," said PO2 Mandy. "My wife said I ran pretty quick, especially because she was trying to take photos during this time. As I was running my kids were ecstatic, and one even ran along the side of me the entire 300 metres taking photos. I was so glad the kids could

take part in this. They wished they were running too, and were amazed and thrilled to be a part of this," he said.

After the run, one four-year-old spectator wanted to hold the torch so PO2 Mandy passed it to him for his mother to take a photo.

Like many of the Olympic torch runners, PO2 Mandy purchased his torch as a souvenir and keepsake.

"For me it's a nice piece of art and a nice piece of history," he said. "I will display it in our home and when I look at it I will think of what an honour it was to be a part of such a monumental event."

When the Winter Games come to Canada, PO2 Mandy would love to take his family to see the downhill skiing or the Canada vs. United States hockey games, but says with a large family it would be too expensive to go to the games, so they'll probably watch it at home.

Diving unit investigated war souvenirs

Shelley Lipke
Staff writer

Two Second World War artillery rounds were discovered in an alley in Burnaby, B.C. on Nov. 4, and once local RCMP determined the rounds to be military ordnance, the Canadian Forces Explosive Ordnance Disposal team was called in.

LS Keith Slade and LS Adam King, both explosive ordnance disposal operators from Fleet Diving Unit (Pacific), travelled to the mainland to investigate.

"When we arrived on the scene the alley had been cordoned off by RCMP," said LS Slade. "After speaking with the officers, we took a number of x-rays using a hand-held machine to establish there were no explosives inside the projectiles. Then we looked for any distinguishing features in shape and size to identify the items," he said. "From the shape of both items I could tell they were projectiles from the Second World War."

The residents had just moved into a new home and suspected

that the previous resident had taken these items out of the home and put them in the alley to be collected as trash.

"The residents did the right thing by calling the proper authorities to investigate," said LS Slade. "In this case there were no explosives, but we never know until we get on site if it's safe or not, and the message to get out to people is to always call in the proper authorities if in doubt."

On average the explosive ordnance disposal team receives a call a week, which sends them out investigating grenades, mortars, smoke markers that wash up on shore or other explosive devices.

"We treat every call as a priority," said LS Slade. "If this couple had left the items and if they had been full of explosives any movement or rough handling could have set these items off. Because they are old, over time they begin to collect moisture, which could trigger an explosion if handled improperly," he said.

The projectiles were taken back to Fleet Diving Unit to be safely disposed of.



Photo courtesy of FDU (P)

LS Keith Slade, an explosive ordnance disposal operator from Fleet Diving Unit (Pacific), was called out along with LS Adam King to investigate two Second World War rounds that were found in an alley in Burnaby.

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People Talk

Lookout asked HMCS Calgary sailors this question:

What does it mean to you to be part of Calgary's crew?



It means that I am part of a huge family where everyone cares for one or another. Sometimes people ask where I'm from, (unit) and the smile and pride of saying that I am from the Calgary is priceless. The closeness at so many levels cannot always be reflected on some other units. Calgary is as special as hockey is to Canada.

PO2 Line Laurendeau



Family is left ashore when we slip the lines. I am left with only the people I work with to fill the gap. To say that I am happy while at sea on Calgary is a hard but bitter truth. I miss my home so much while sailing and the one thing that gets me out of my rack with a consistent smile is the friends that I have made aboard. The varied personalities I interact with on a daily basis ease the leaving home, time and time again. The crew is the only reason that Calgary has the reputation of the best ship in the fleet.

PO2 Peter Aubin



Calgary is one those ships that sailors want to sail in. If you talk to anyone and ask what ship they would ask to be posted to, Calgary is always one of the first mentioned. The spirit of her crew has been renowned since she first sailed into Esquimalt harbour. Without sounding trite, I consider it an honour and privilege to have been posted on board her. The sense of community and inclusiveness from both the city and past and present ship's company has been incredible.

PO1 Jason Kitt



I think being a part of Calgary's crew means pride, because we train harder, we work harder and we play harder than any other ship in the fleet. Being part of a tight-knit community of co-workers and friends means everybody works together for the common good and we work well together.

OS Johnathon Druken

Charity changed single parent's fortunes

Sheena Graham
Contributor

I first became involved with the Young Parent Support Network (YPSN) as a client when my son Gerrik was eight months old. I got connected with them through the Women's Transition House, where I was living after a violent break up with Gerrik's dad.

At this time, I was not a permanent resident of Canada, so I was unable to access any government support. It was a great relief and benefit to me and son to be able to get support from YPSN.

Over the past three and a half years of being involved with YPSN, I have gained strength, knowledge and a great many other benefits that will stay with me forever.

I was fortunate to be one of the first participants of the Future Planning Group, which enabled me to get closer to my future goal of being financially secure and independent. This group helped me in many ways, such as financial support to be able to become a permanent resident, and guidance and support from the others in the group.

Gerrik and I have also tremendously benefited from the respite care that YPSN provides. This care has allowed me to get the much needed breaks that any parent needs (as I do not have any family here; they are all in the USA) and have given Gerrik wonderful, stable, supportive role models in his life, who nourish the person he is.

It has allowed him to get more one-on-one time and to be able to get out on "adventures,"

which are hard to give him when you are a single, young, low income parent. Gerrik has bonded with many of the staff and respite workers, which I know will only make him a better person. They have been a stable support for both Gerrik and I.

Over the past year I have gotten even more involved with YPSN, by becoming a board member, which has enabled me to become a support person for other parents. It has enriched my life to know that I am able to give back what has been given to me. This wonderful, caring organization has given me great knowledge, and helped me build my confidence to know that I can achieve whatever I put my mind to. This could not have been possible without the loving support of a "family" such as YPSN.

From the Admiral: BZ for two successful events

Over the past two weeks Maritime Forces Pacific has conducted two very high profile events - the arrival of the Olympic torch and commencement of the torch relay, and the visit of their Royal Highnesses, the Prince of Wales and Duchess of Cornwall.

Both events fell in the midst of a challenging period, with the Formation drawing heavily on personnel and material resources to support the Vancouver 2010 Winter Olympics and Paralympics (Operation Podium), as well as many other Force Generation remits, such as completing work on HMCS Victoria and starting the Halifax class modernization project.

The tremendous success of both the Olympic torch and royal visit pro-

grammes was a direct reflection on the dedication, hard work, and pride that each military and civilian member of our community demonstrates every day.

Both events placed the Formation on a national stage and succeeded in showing the positive work we do to support all Canadians.

Bravo zulu to all those in the Formation who planned, executed and participated in the Olympic torch events and royal visit.

I look forward to many more excellent events as we celebrate our Naval Centennial

RAdm Tyrone Pile

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FILM *friday*

2012 has bad dialogue and big bangs, but it's still fun

W. Andrew Powell
The GATE

Opening this week in a theatre near you: Roland Emmerich directs the epic disaster, *2012*; Philip S. Hoffman stars in the music comedy, *Pirate Radio*.

2012
Roland Emmerich is the king of the modern disaster movie. The writer/director has given us such disaster epics as *Independence Day* and *The Day After Tomorrow*, but that wasn't enough. Now, Emmerich is back for *2012*, a film riddled with explosions, massive destruction, and terrible, terrible dialogue, as well as one of the worst "end of the world" concepts I could ever imagine.

Don't worry though, it's still fun.

John Cusack plays Jackson Curtis, a one-time sci-fi writer who is trying to spend some quality time with his kids, who now live with his ex-wife. Taking the kids to Yellowstone park, Jackson happens upon the crazed radio host Charlie Frost, played by Woody Harrelson, who explains to him that the Earth is about to have a serious disaster.

Jackson of course shrugs this off, but it's not long before he realizes the truth and rushes to save his kids and former wife, with only one hope: find the arks that are meant to save a portion of humanity from the coming worldwide disaster.

Co-starring Amanda Peet as Jackson's ex-wife, Kate, and Chiwetel Ejiofor as Adrian Helmsley, a scientific advisor to the United States, *2012* has a string of diligent actors who obviously worked hard to bring some depth to this popcorn disaster-adventure. Emmerich gives them some fluffy dialogue to play with, as well

as jokes aplenty scattered throughout the story, but he also seems happy to pull the rug out from under his efforts, making their efforts to be serious seem like a joke.

When it comes down to it though, few people are going to see *2012* because of the actors. The reason it's a real big screen film is because the effects in *2012* are made for a massive theatre screen. Even today, when anything is possible, there are moments in the film that actually deserve to be called "eye popping". That won't save the sometimes lame storyline, but it does make the film go down nice and easy with a bag of popcorn.

The stupidity of the film is hard to ignore though. While I was happy to swallow the ridiculous plot in *The Day After Tomorrow*, which at least bordered on some kind of quasi-science, *2012* requires anyone with a smidgeon of common sense to zone out for a few moments as a character explains how harmless particles are suddenly acting like microwaves. They aren't frying people. They have no effect on the Earth's surface, but somehow they're melting the Earth's core.

Lastly, I'll admit my other big problem with the movie is the way every major event in the film is a massive chase scene, with the cast rushing at the last possible moment to save themselves. It happens so often it gets to be laughable near the end. There is also something deeply disturbing, and not in an eerie way that benefits the movie, about the wholesale destruction of humanity and the emotional void that seems to exist within these scenes. A good director would make me care about these lost souls, but even when a main character

dies it's simply a throwaway because they are all written so paper-thin.

So, is it a great movie? Not really. It's certainly no *Independence Day*, but it is a great popcorn adventure, even at its excessive length of 158 minutes. Emmerich just got a little too jokey in this one for my tastes, and maybe made some of the more excessive humanity-goes-by-bye moments a little too cheap.

Also opening this week...

Pirate Radio

Set in the 1960s, *Pirate Radio* is about a group of disc jockeys operating an illegal radio station onboard a ship off the coast of England. Led by The Count, played by Philip Seymour Hoffman, the collection of oddball DJs will do anything to keep playing the music they love, for all of the listeners who keep tuning in.

Loaded with rock classics from the era, *Pirate Radio* is



John Cusack and Woody Harrelson star in *2012*.

a comedy with some heart, and lots of rock, but it's maybe not what you might expect. Although the trailers make the film sound like a true story, the truth is that it's anything but. The film was previously released in the United Kingdom under the name *The Boat*

That *Rocked*, but it didn't do very well. For its North American release, the director cut twenty minutes of film, which may address one of the chief complaints that the film was simply too long.

Still, the reviews are definitely mixed. As

Lisa Schwarzbaum of *Entertainment Weekly* wrote, "Pirate Radio is, in the end, about as rock-revolutionary as a tea break. But the choppy production floats on a great soundtrack (the real pirates are the Rolling Stones) and is buoyed by an inviting cast..."

SPORTS *trivia* by PO2 Bill Sheridan Contributor

Hockey

QUESTIONS?

1. Who is Harvey the Hound and where does he 'play'?
2. Who adopted the name '5 for fighting' for his band?
3. Which Olympic Medal did the Toronto Granites win in 1924?
4. Which Goodwill games featured hockey and where was it held?
5. Which former NHL and then AHL team played in Duquesne Gardens?
6. What pre NHL hockey team was nicknamed the Fighting Irish?
7. How many wider is the Olympic ice surface than the NHL surface?
8. What company was the principal card maker for the NHL for many years?
9. What was the Scouts home arena called?
10. Who were the Rideau Hall Rebels?
11. What team played in only four NHL games?
12. Where was the first hockey tournament held?
13. Who was on the Punch Line?
14. Which Quebec City team won the Stanley Cup?
15. Who played their home games in the seventies in the Richfield Coliseum?
16. What was the Silver Puck Award?

- ANSWERS
1. Calgary Flame mascot, Pengrowth Saddle Dome
 2. John Ondrasik
 3. Gold
 4. 1990 in Seattle
 5. Pittsburgh Pirates (NHL) and Pittsburgh Hornets (AHL)
 6. Montreal Shamrocks
 7. 15 ft. Olympic rink is 200 by 100, NHL is 200 by 85
 8. O-Pee-Chee
 9. Kemper Arena in Kansas City, Missouri
 10. Team composed of Lord Stanley's Family and friends
 11. Montreal Wanderers, their rink burned down, as they searched for a new place to play the team forfeited two games, thus the record books show six decisions.
 12. Montreal, during the Montreal Winter Carnival
 13. Toe Blake, Rocket Richard and Elmer Lach
 14. Bulldogs, 1913 (pre-NHL)
 15. Cleveland Barons
 16. Missouri championship of regular season games played between the Scouts and Blues.



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HEALTH: ADDICTIONS AWARENESS WEEK

Don't enable substance abuse at work

Dana Brothers
Addiction Educator,
Force Health
Protection

Reprinted from the November edition of the Safety Digest

What is workplace substance abuse enabling?

Enabling substance abuse in the workplace occurs when the actions or inactions of those in the organization allow or reinforce substance abuse. This is often unintentional and, while it does not cause substance abuse, it does help create an environment that may allow an individual's use to grow into a bigger problem.

How can it happen in the workplace?

There are many ways that enabling can occur in the workplace; the organization itself, its policies and traditions, along with supervisors and workers, can all play a role either being part of the problem or part of the solution.

An organization can enable if it:

- has a culture that makes alcohol use expected and readily available (i.e. drinking as a major part of activities such as celebrations, etc.);
- does not have clear policies and procedures that encourage supervisors to identify and address problem behaviours;
- does not follow established policies and or procedures;

- does not directly deal with performance issues; or,
- does not provide support (education/resources) to assist supervisors to take effective action.

Supervisors and co-workers can enable if they:

- overlook poor or inefficient work;
- take over some of a co-worker's responsibilities;
- cover up poor performances, mistakes, or absences;
- minimize, excuse or ignore unacceptable behaviour – believe that it could not happen to a colleague; or,
- continue to accept excuses or promises even though the problem doesn't improve.

So, what are the harms of workplace enabling?

Workplace enabling can create an environment that makes it easier for an individual's substance use to move along the scale into misuse and dependency. It prevents them from experiencing the consequences of their actions and, therefore, it remains easier to continue and possibly move into more problematic use. Problematic substance use can impact workplace health and safety, operational readiness, and can have a negative effect on the organization, the individual, and co-workers.

What the organization can do to help:

- establish clear policies

and enforce them;

- provide education and support to assist supervisors to take action; and,
- promote a healthy workplace culture by taking a clear stand on substance use and provide alternatives at events, etc.

What supervisors can do to help

Supervisors play an important role in addressing workplace enabling because they have frequent contact with and are tasked with the responsibility for individual CF Personnel. Also, supervisors are often seen as role models and have a powerful impact on the learning of subordinates. Some things you can do include:

- speaking to the person about what you observe, using facts only;
- not judging, but offering support;
- avoiding doing things that may help an individual to maintain their substance abuse: i.e. covering up, assisting in their job, minimizing the problem;
- helping to develop a culture of health and safety;
- learning CF Drug Program policies and ensuring that these policies are implemented and supported (this can be done through taking the Supervisors Training Course offered through your local Base/Wing Health Promotion Office); and,
- intervening early, refer-

ring members to appropriate supports and being involved in aftercare/back to work programs.

What co-workers/friends can do to help:

- avoid doing things that may enable someone i.e. covering up and assisting in their job;
- stop a colleague from endangering his/her own or someone else's safety by, for example, stopping someone from driving or operating equipment while under the influence of alcohol; and,
- challenge inappropriate behaviour that is the result of problematic use on and off duty.

The workplace can contribute to making it easier or more difficult for an individual's substance use to move along the scale into misuse and dependency. Each and every member of the CF can play a role in creating a workplace that is supportive of an addiction free lifestyle and fosters a stronger and healthier Canadian Forces.

Information adapted from various sources, including Alberta Health Services, Capital Health, the Johnson Institute-QVS, and the British Journal of Addiction.

For more information on Addictions Awareness and Prevention, please contact your local Health Promotion office or visit our website at: www.forces.gc.ca/health-sante/ps/hpp-pps/default-eng.asp.

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Training makes a splash in Algonquin

ASLt Mark Fifield
HMCS Winnipeg

An enhanced form of paintball warfare swept through HMCS Algonquin as the ship sailed to Southern California with HMCS Protecteur for the final of three Task Group Exercises this year.

Dressed in all black protective clothing, from head to toe, members of the ship's naval boarding party and force protection team loaded up their converted service weapons with cartridges filled with paint.

Under the watchful eye of Sea Training Pacific staff, the sailors executed drills and scenarios that closely matched real life threats, including the sting of being hit.

This is the first time this type of training, officially known as Close Engagement Ammunition Simulation System (CEASS), has taken place in the destroyer.

"Realistic training with CEASS technology will pay dividends for our sailors when they encounter hostile situations in real life as it can make the difference between life and death" explains CPO2 David Morse of Sea Training. "It is critical that sailors learn to control their fear and react quickly and effectively to threats to the ship and crew."

A conversion kit is used to replace lethal bullets with paint cartridges in regular service weapons such as the 9mm Sig Sauer Pistol, MP-5 submachine gun, and the C7 assault rifle.

The muzzle velocity of converted weapons is reduced to approximately a third of those with live ammunition. But it has more bite than standard paintball projectiles, about two times the velocity.

So when paint splattered on a naval boarding party member, they were fully aware of being hit.

Five drills sculpted by Sea Training staff tested the skill set of sailors:

Flash Drills: A quick drill of 30 seconds or less led by Sea Training staff on the flight deck of Algonquin. It was designed to pressure the trainee to make a split second "shoot or no - shoot" decision based on the visual cue's given by a role player.

Clearing Drills: This drill assessed a two-person naval boarding party team's ability to move tactically through a vessel. Each team had to clear spaces on the vessel while exercising their Rules Of Engagement and the Use of Force continuum.

Boarding Exercise: This was a high stress reality-based exercise that was con-

sequence driven; meaning trainees endured a small pain penalty when mistakes were made. During the exercise the entire NBP team boarded a vessel of interest while utilizing CEASS equipment. Trainees were forced as a team to work tactically, to communicate effectively with each other, and to use all the tools at their disposal to successfully complete the boarding.

Practical use of force: this was an exercise used to enhance the proficiency of the force protection upper deck sentries, watch leaders and duty force protection officers in a high stress training environment. It provided force protection personnel with the realism and feedback required to improve weapon-handling drills, close range marksmanship and individual force protection skills.

Bridge Warning Organization: This serial exercised and developed the ship's Bridge Warning Organization and the associated outstations in a controlled high stress real-time environment. CEASS was designed to represent the physical effects of small arms ammunition during small boat attacks. The serial provided the Bridge Warning Organization with the realism required to improve methods and skills in escalatory hails and warnings, and to use all the tools at their disposal to counter any threats. It provided practical training in control in the deployment of force protection personnel and quick reaction teams to deal with an imminent attack

The naval adaptation of CEASS technology will allow the naval boarding party and force protection team to optimize their maritime security training, especially the use of force-on-force tactics and procedures. CEASS training provides sailors with a number of benefits from a training



Above: MWO Robert Norton of Sea Training Pacific plays the role of a hostile threat on the flight deck of HMCS Algonquin. MWO Norton is wearing CEASS protective equipment and brandishing a special knife designed to deliver a mild electric shock upon coming into contact with another person.

Below: LS Alex Morin takes cover while ordering a hostile role player to lay down his weapon or be fired upon as per the rules of engagement.



perspective. First, they utilize the same service weapons that are used at sea, thereby providing more familiarity and experience in handling and operations. Second, this technology allows for more realistic training scenarios to be played out in real time on actual shipboard envi-

ronments against simulated adversaries who return fire. Lastly, naval boarding party members get immediate feedback on their performance "under fire", which will improve their confidence to respond effectively in the event of a hostile engagement.

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Top left: Members of the 5th (British Columbia) Field Artillery Regiment, RCA, execute a 21-gun salute on 105mm Howitzers during Remembrance Day ceremonies at the B.C. Legislature Cenotaph on Nov. 11.

Top right: Alongside his wife, a veteran salutes the cenotaph following the laying of his wreath.

Right: Members of the Royal Canadian Legion started the ceremony by leading the parade.



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Memorial for engineers dedicated

Mary Ellen Green
Staff writer

A war memorial built 63 years ago by Canadian Forces engineers at CFB Chilliwack was rededicated Nov. 7.

The All Sappers Memorial, originally unveiled June 14, 1946, commemorates the lives of engineers lost in the line of duty in commonwealth nations.

Part of the inscription on the 42-tonne granite obelisk reads: "In memory of all Sappers of the empire who have given their lives in the service of their country."

LCol Jon Burbee, Base Construction Engineer Officer and Senior Engineer for the Pacific Region, was parade commander for the event, leading currently serving and veteran engineers, as well as the new occupants of the former CFB Chilliwack: RCMP officers from the Pacific Region Training Centre, Corrections Canada Guards and Canadian Border Services Agents.

CWO Doug Heath was the parade Chief Warrant Officer.

"Not only did we celebrate and pay tribute to our past, but through the direct and indirect involvement of our more junior non-commissioned members and officers, the branch demonstrated the strength of what it means to be an engineer to the next generation," LCol Burbee said.

On the four corners of the cenotaph, sentries stood dressed in period uniforms from the Second World War, the Korean War, and

the current disruptive woodland and desert tan combat uniforms.

The event had particular sentimental significance, as Col (Retired) Roger St. John, the last Base Commander of CFB Chilliwack and serving Colonel Commandant of the Canadian Military Engineers, died suddenly on Sept. 15, at age 65.

"He was central to making this happen. It was tragic that he couldn't see it all come about, but his wife Joy was there with her family, and it made the day more poignant," LCol Burbee said.

Canada Lands Company Limited, which took over the land after the Canadian Forces Engineering School at CFB Chilliwack closed, donated approximately \$1 million to refurbish the memorial and park.

"It's nice to see that as a community, Chilliwack still cherishes the impact the military had there," LCol Burbee said.

The creation of the original monument was overseen by LCol Coulson Norman Mitchell, Commander of Camp Chilliwack. The monument was unveiled by Governor General Sir Harold Alexander, Field Marshal the Earl Alexander of Tunis. It was quarried by the Royal Canadian Engineers at nearby Harrison Lake, B.C., and transported by raft down the Fraser River to Chilliwack.

The site will be turned over to the City of Chilliwack to be maintained in perpetuity as the All Sappers Memorial Park on Legacy Walk in Garrison Crossing, at the corner of Vedder and Keith Wilson Roads.

Whatever the issue, community is key

Judy Valois
Civilian Human Resource Service Centre (P)

The Learning and Career Centre, with the support of Maritime Forces Pacific, the National Manager's Community and the DND Manager's Network, is hosting its eighth annual Federal Manager's Leadership Forum on Nov. 24.

It's a day for both military and civilian managers from DND and other federal departments to network and gain insight into some of the latest ideas on leadership presented by well-known leadership experts, authors and public figures.

Some of the themes of previous forums have focused on how to motivate others, lessons learned on leadership, polarity management, and managing generational differences, to name a few.

Once again, this year's forum will bring innovative ideas on leadership. World renowned author and facilitator, Margaret Wheatley, will present her latest ideas on leadership, organizational behaviour, and building community. Wheatley has a doctorate from Harvard University in Organizational Behaviour and Change and has worked for over 30 years with numerous organizations around the world including Fortune 100 companies and government agencies.

She gave the world a new way of thinking about organizations with her revolutionary application of the natural sciences to business management. She will share her global experience and knowledge in a special day-long workshop specifically targeted for our organization where managers are finding they need to maintain morale and lead their people in an environment of fiscal restraints, increasing operational pressures, constant change and the exodus of knowledge leaving our organization. She will provide

insight on how we can look to one another more and build community to develop creative solutions to the many challenges managers face.

Details of this Event

Date: Nov. 24, 2009

Location: Naval Officer Training Centre, Nixon Building

Time: 8:30 a.m. – 4 p.m.

There is no cost for supervisors and managers to attend this event.

The Leadership Forum fills up every year. Register early via your Unit Training Coordinator.

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Keep reading this publication for more answers and financial planning insight.

Have questions of your own?

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There are two things certain in life – death and taxes. This is as true today as it was 100 years ago; the difference is today there are more resources available to take care of your family after you're gone.

Estate planning isn't just for the elderly. It's for those of us who want to give less to taxes and more to those we love.

How do you start estate planning?



With the clay mold completed for the Canadian Naval Centennial statue, sculptor Nathan Scott is just a few steps away from having the project ready for its placement on Victoria's Inner Harbour in 2010.

Vancouver cathedral's windows adopt navy look

ASLt Carli Sussman
HMCS Discovery

On Sunday, Nov. 1, Vancouver's Christ Church Cathedral conducted a dedication ceremony for a new set of two stained glass windows in the "Regimental Colours" memorial (east) alcove. The windows, donated by Archdeacon Ronald Harrison, former president of the Naval Officers Association of Canada, were created in recognition of the upcoming Naval Centennial on May 4, 2010.

The windows were designed and crafted by Thomas Mercer and Edward Schaefer, who are also designing windows for St. Paul's Anglican Church at Canadian Forces Base Esquimalt.

"The east alcove has a lot of army memorabilia – regimental colours, plaques, photographs – but nothing naval," said Archdeacon Harrison. "Vancouver is a major sea port, but there aren't many naval memorial and tributes in this city. I wanted to do something to acknowledge the sea and those who serve on

it. Specifically, I wanted to honour local connections to the navy."

The windows have a distinctly west coast flare, in that they feature the badges of six ships with strong connections to the Pacific. The port window contains the badges of Her Majesty's Canadian Ships Rainbow, Chilliwack and Cape Breton.

HMCS Rainbow was given to Canada by the Royal Navy, and entered into Canadian service on Aug. 4, 1910 – the same day the Naval Service Act received Royal Assent. She was one of Canada's first two naval ships.

HMCS Chilliwack was a corvette built in North Vancouver in 1940, which saw extensive action in the Battle of the Atlantic.

HMCS Cape Breton, also built in North Vancouver, served as a repair ship on both coasts. Cape Breton is also the name of the fleet maintenance facility at CFB Esquimalt.

The starboard window contains the badges of *HMCS Protecteur*, *Vancouver* and *Discovery*.

HMCS Protecteur is the Canadian Navy's only supply ship stationed on the Pacific Coast. She has the unique role of providing food, fuel and supplies to Canadian and Allied ships.

HMCS Vancouver is the namesake ship for the city of Vancouver, which was named for the famous British explorer Captain George Vancouver.

HMCS *Discovery*, Vancouver's Naval Reserve Division, is named in honour of Captain Vancouver's ship, HMS *Discovery*.

Along with the ship's badges, the windows contain various examples of naval symbolism and heraldry, including the 1944 badge of the Royal Canadian Navy, the flag hoist "Bravo Zulu" (naval terminology for "well done"), and three golden spheres that represent Saint Nicholas, one of the many patron saints of sailors.

The ceremony was attended by a contingent of more than a dozen naval personnel, including Rear-Admiral Tyrone Pile, Commander of Maritime Force Pacific, Joint Task Force Pacific and Joint Task Force Games.

IN BRIEF

Pension news

There is a fundamental revamping of the CF pensions website as part of an ongoing communications strategy aimed at ensuring that Regular and Reserve Force members are well equipped with information about their pensions.

Members will be able to obtain information on all aspects of CF pensions, including joining the plan, contributions, service, benefits, service buy-back, credit transfers, and career and personal events by accessing the site via internet at

www.cmp-cpm.forces.gc.ca/dgcb-dgras/ps/pen/index-eng.asp

Canadian Forces Sailing Association Results of Series Race F1, Nov. 8

Div 1

1. Compromise, Glen Shippam
2. XS, Colin Nichols
3. Presto, Rodger Brady

Div 2

1. Pitaraq, Graham Heath
2. Hilda Harris, Jon Pirquet
3. Circles, Will Nesling

Div 3

1. Still Squeezin', Mike Becevel
2. Morgana, Tom Kennedy

COMMUNITY NEWS: FIRE SAFETY

What every home should have

Mike McLean
Fire Inspector

A portable fire extinguisher can save lives and property by putting out a small fire or containing it until the fire department arrives; but portable extinguishers have limitations. Because fire grows and spreads so rapidly, the number one priority for residents is to get out safely.

Safety tips:

Only use a portable fire extinguisher when you feel safe to do so, the fire department has been called or is being called; and the room is not filled with smoke.

To operate a fire extinguisher, remember the word PASS:

- Pull the pin. Hold the extinguisher with the nozzle pointing away from you, and release the locking mechanism.
- Aim low. Point the extinguisher at the base of the fire.

- Squeeze the lever slowly and evenly.
- Sweep the nozzle from side-to-side.

For the home, select a multi-purpose extinguisher (can be used on all types of home fires) that is large enough to put out a small fire, but not so heavy as to be difficult to handle.

Choose a fire extinguisher that carries the label of an independent testing laboratory.

Read the instructions that come with the fire extinguisher and become familiar with its parts and operation before a fire breaks out. Local fire departments or fire equipment distributors often offer hands-on fire extinguisher training.

Install fire extinguishers close to an exit and keep your back to a clear exit when you use the device so you can make an easy escape if the fire cannot be controlled. If the room fills with smoke, leave immediately.

Know when to go. Fire extinguishers are one element of a fire response plan, but the primary element is safe escape. Every household should have a home fire escape plan and working smoke alarms.

For additional information go to www.nfpa.org and click on fact sheets and safety tips.

Extinguishers for the home are quite inexpensive and can be purchased at your local community store.

Your local Fire Prevention Bureau offers FAFPE (First Aid Fire Fighting Equipment) courses to all members of the CF/DND community. All new workers need to have this training and everyone has to re-train every four years. You can organize to take the training through your local training coordinator. If you have any questions or concerns please contact the CFB Esquimalt Fire Rescue Fire Prevention Branch at 250-363-1538.

November 21, 2009 2:00pm

2nd Annual Chopper Challenge!



Be the fastest team to pull a CH-124 Sea King helicopter across 75 feet of tarmac!


443 (MH) Squadron will host the event at 1501 Kittyhawk Rd

\$20 per person or \$200 per teams of up to 10 people 18 years of age or older (gloves permitted)


Purchase Hamburgers, hot-dogs, pop, and baked goods for lunch.
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<p><small>*NOTE NOMINEES WILL BE CONTACTED BEFORE THE EVENT TO ENSURE THEIR AVAILABILITY*</small></p>	
<p><small>FOR FURTHER INFORMATION PLEASE CONTACT CPL BRIGHAM EMAIL: MARY.BRIGHAM@FORCES.GC.CA OR TELE: 250-363-4032</small></p>	



Shelley Lipke, Lookout

During a replenishment at sea with a Chilean ship, HMCS Calgary's CPO2 Patrick O'Hara uses the big eyes while Lt(N) Rob Macquarrie uses a steward's distance metre to judge distance as their ship pulls alongside the tanker.

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or Ms. Sharon Brine
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INFOCUS

Victoria residents receive Sacrifice Medal

Two Victoria area residents are among the first Canadian Forces members to receive the Sacrifice Medal at ceremonies in Ottawa and locations across Canada Nov. 9.

Dean McFadden presented MS Raymond Hall, of Victoria's Naval Reserve Division *HMCS Malahat* and LS Sylvain Dostie of Canadian Forces Fleet School Esquimalt with the medal at Maritime Forces

Pacific Headquarters.

MS Hall was injured in August 2007 while working as a clerk with the ISAF United Nations Headquarters in Kandahar, Afghanistan. LS Dostie served with a Defence and Security Team during 2008 in Kandahar.

The Sacrifice Medal was created to provide a tangible and lasting form of recognition for the members of the Canadian Forces and those who work with them who are wounded or killed by hostile action and to the next of kin of Canadian Forces members who have died as a result of service.

Her Excellency the Right Honourable Michaëlle Jean, Governor General and Commander-in-Chief of Canada, presented the first 46 Sacrifice Medals to members of the Canadian Forces and, posthumously, to a Canadian diplomat at Rideau Hall last week. The inaugural ceremony was in the presence of Stephen Harper, Prime Minister of Canada. The Ottawa recipients included LS Crysta Rutherford and a posthumous award to Lt(N) Christopher Saunders.



Duncan Ayre, Navy Public Affairs
LS Sylvain Dostie (left) and MS Raymond Hall wear the Sacrifice Medal after a ceremony at Maritime Forces Pacific Headquarters.



Amy Mahar is promoted to Acting Sub-Lieutenant by Cdr Doug MacKeen (left) and Cdr Steve Irwin.



LS Davidson Berry (right) is promoted by Maj Bernard Tremblay, Acting Base Information Services Officer at Maintenance Detachment Matsqui.



LS Chris Welch (centre) is promoted to Master Seaman by Capt(N) Martin Adamson (right) and LCdr Angelicco Lopez.



PO2 Alana Power and PO2 Shanna Wilson won the Esquimalt Military Family Resource Centre's 2009 Phenomenal Woman Award.

Base hospital honours the fallen

A/SLt Shawn Kalbhenn
CF Health Services Centre Pacific

On the day before Remembrance Day, CF medical personnel dedicated a memorial wall at CF Health Services Centre Pacific specially created to honour the memories of their fallen personnel who have died in the line of duty.

Featured on the wall are the photos of the medics who have died since 2001, along with items collected from the Health Services Unit in Afghanistan, where the idea for a memorial wall originated. Soldiers there felt the need to commemorate their fallen comrades, and honour their sacrifice.

The memorial wall here in Esquimalt is an extension of the wall in Kandahar. Military members at the clinic hope to ensure the contributions and sacrifices made by those who have served, and continue to serve, will not be forgotten.

For many of the medical technicians at the clinic, the memorial carried an extra significance. Most had connections with the fallen medics, having served with them either in Afghanistan or Canada.

Most in attendance at the commemoration ceremony did not know the soldiers on the wall, but all felt a connection simply by being health care professionals themselves.

After Commanding Officer, LCol Phyllis O'Grady made her tribute to the wall, junior medical technician Cpl Macey read the poem, "I am the Medic" written by MCpl Dahr of 1 Fd Amb, Edmonton. The poem will also be displayed on the memorial wall.

Since 2001, the CF Medical Services has lost six medics: Pte Colin Wilmont (1 Fd Amb), Cpl Michael Starker (15 Fd Amb), Cpl Nicholas R. Beauchamp (5 Fd Amb), MCpl Christian Duchesne (5 Fd Amb), Cpl Glen Arnold (2 Fd Amb), and Cpl Andrew Eykelenboom (1 Fd Amb).

"Every soldier, sailor and air man or woman who comes through this clinic will be reminded of the oath each has



Photo courtesy of CFHsvcc

People take in the items on display at the CF Health Services Centre's new memorial wall.

taken," said CWO Christopher Kaye, who spearheaded the idea behind the wall both here and in Afghanistan. All military members and DND employees in the CFB Esquimalt area are invited to view the memorial inside the clinic on the first floor next to the dental department.



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Milestone in marine security reached

Strengthening marine security on the West Coast accelerated a few knots two weeks ago when the Chief of the Maritime Staff, VAdm Dean McFadden snipped the ribbon to the newly renovated Marine Security Operations Centre MSOC West (MSOC(W)) to officially mark the declaration of Initial Operational Capability for the Coastal MSOC Project.

Located in the Maritime Forces Pacific (MARPAF) Headquarters in Dockyard building 100, the centre is staffed by DND navy and personnel, and representatives from partner government agencies/departments, including the Canada Border Services Agency, Department of Fisheries and Oceans Canada, Canadian Coast Guard, Transport Canada, and the Royal Canadian Mounted Police.

There are currently two Marine Security Operation Centres located on the East coast in Halifax, Nova Scotia, and on the West coast in Esquimalt, British Columbia. The centres are currently housed within existing DND buildings. In their current state of operation, these units act as "living labs" to identify information exchange and technology requirements for the end-state capability that is being developed and implemented by the MSOC Project.

As dozens of people looked on, VAdm McFadden etched his signature on the Initial Operational Capability Declaration Certificate that marked another milestone for the Coastal MSOC Project as plans to progress towards implementation and to achieve



Mary Ellen Green, Lookout

Chief of Maritime Staff, VAdm Dean McFadden addresses the packed room at the Marine Operations Security Centre ribbon cutting marking the initial operating capability.

full operational capability, tentatively forecasted for 2014.

"You can take great pride in the fact that Canadians no doubt appreciate this gem of an institution that has been created on both coasts," VAdm McFadden said.

The centres provide Canada with a marine security capability that is resourced, organized and equipped to provide marine domain awareness, by identifying and reporting all maritime activities that are contrary to Canadian interests, represent a potential threat to the sovereignty and safety of Canada and Canadians or involve criminal activities contrary to Canadian law. The recent event on the West Coast involving the MV Ocean Lady, car-

rying illegal immigrants is a prime example.

"We've reached the stage of initial operational capability learning as we do the business, having already had an effect and been noticed. I expect there will be many more of these events in the future," he said.

Focus on marine security was amplified on April 27, 2004, with the introduction of Securing an Open Society: Canada's National Security Policy. In the policy, the government outlined a six-point plan to tighten marine security; one of those points was the creation of networked Marine Security Operation Centres.

The MSOCs will have the authority and the capacity in terms of personnel, technology and physical

infrastructure resources to allow them to bring to bear all civilian and military assets necessary to detect, assess, and support a response to marine security threats.

Although DND remains the lead agency for the project, it is but one of five core partners. The establishment of MSOCs does not alter the jurisdiction related to departmental marine responsibilities. Situations calling for a less-than-whole government response will see the navy participating only to the extent necessary to facilitate the appropriate level response.

A third MSOC, led by the Royal Canadian Mounted Police, was established in the Great Lakes and St Lawrence Seaway region on July 31, 2005.

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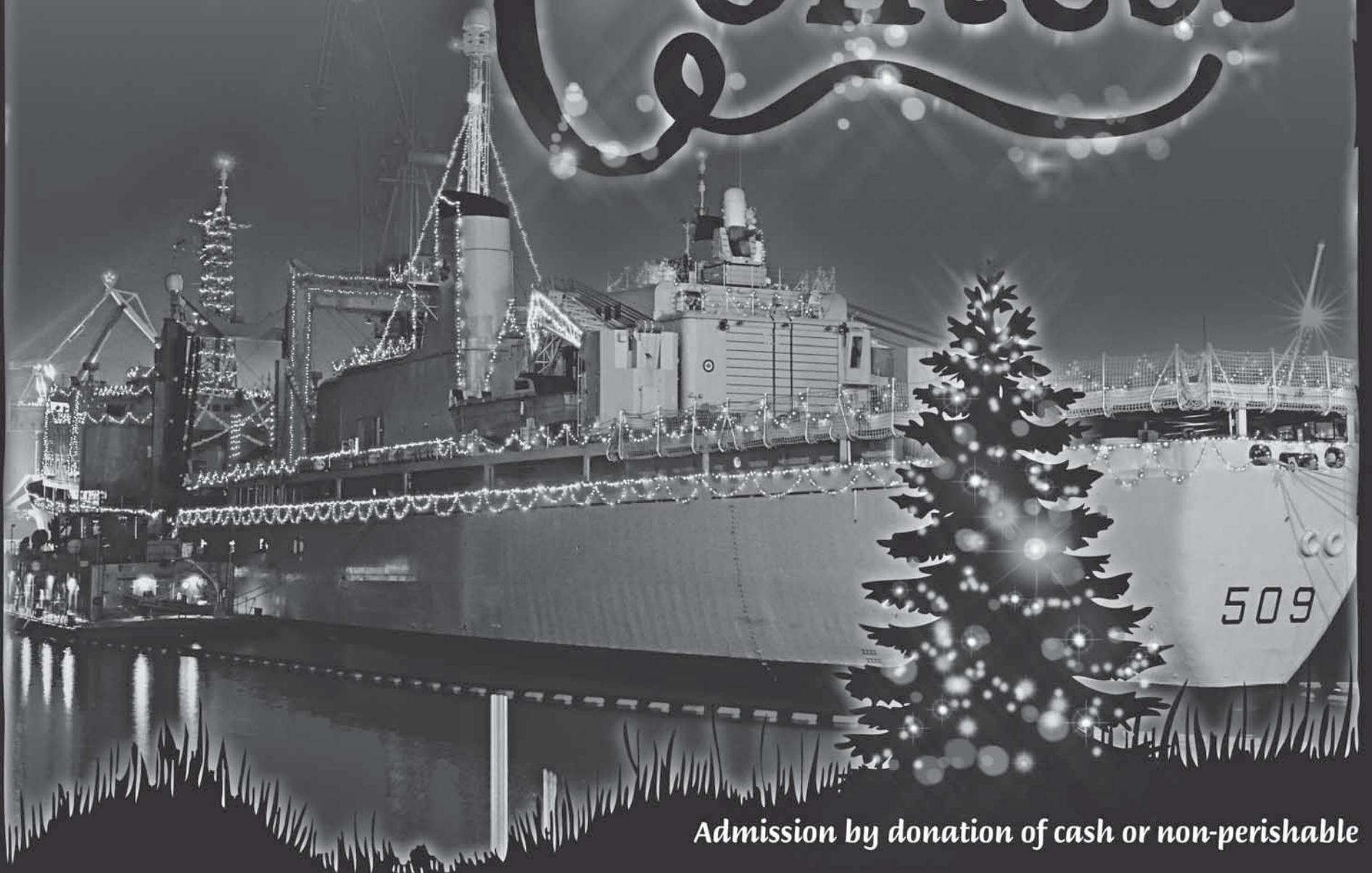
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Cadet bears torch for Olympic run

Cadet Chief Warrant Officer Riley Dunlop, a Metchosen resident, was selected as one of 12,000 Olympic torchbearers for the Vancouver 2010 Games Torch Relay. Cadet Dunlop's journey was at 3:30 p.m. Oct. 31 in the community of Ganges on Salt Spring Island.

Cadet Dunlop became a part of history when he carried the Olympic Flame in the Vancouver 2010 Torch Relay on Salt Spring Island.

"The event was awesome and everything went spectacular. I want to thank everyone who made this possible for me to be a part of history," said Cadet Dunlop after his segment of the torch relay.

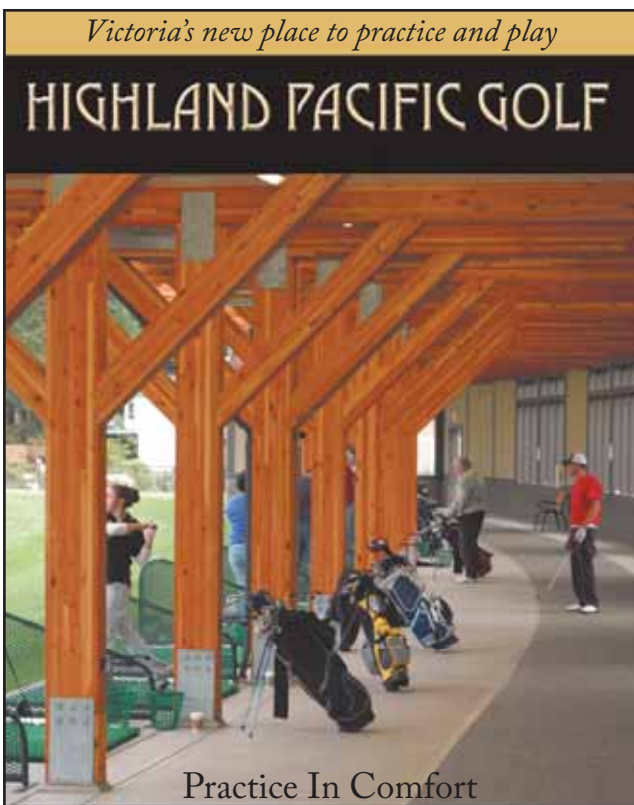
His segment was along Lower Ganges Road at Hereford Avenue to Park Drive, which followed Lower Ganges Road.

Riley has been a member of 2289 RCACC since Sept. 30, 2003, and now holds the top cadet position within the Corps as the Regimental Sergeant Major. His many accomplishments within the cadet organization demonstrate his dedication and determination to assist the youth of Victoria.

Cadet Dunlop has been awarded the Lord Strathcona Medal for leadership, as well as the Army Cadet Service Medal for six years of service. He was employed at the Vernon Army Cadet Summer Training Center in the important and coveted role of Company Sergeant Major of the Band during the summer of 2009. He was also selected to attend the International Expedition to New Zealand from Dec. 27, 2009 to Jan. 8, 2010.



Cadet CWO Riley Dunlop carried the Olympic torch on Salt Spring Island for his segment of the 12,000 person relay.



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