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MARPAC NEWS CFB Esquimalt, Victoria, B.C.

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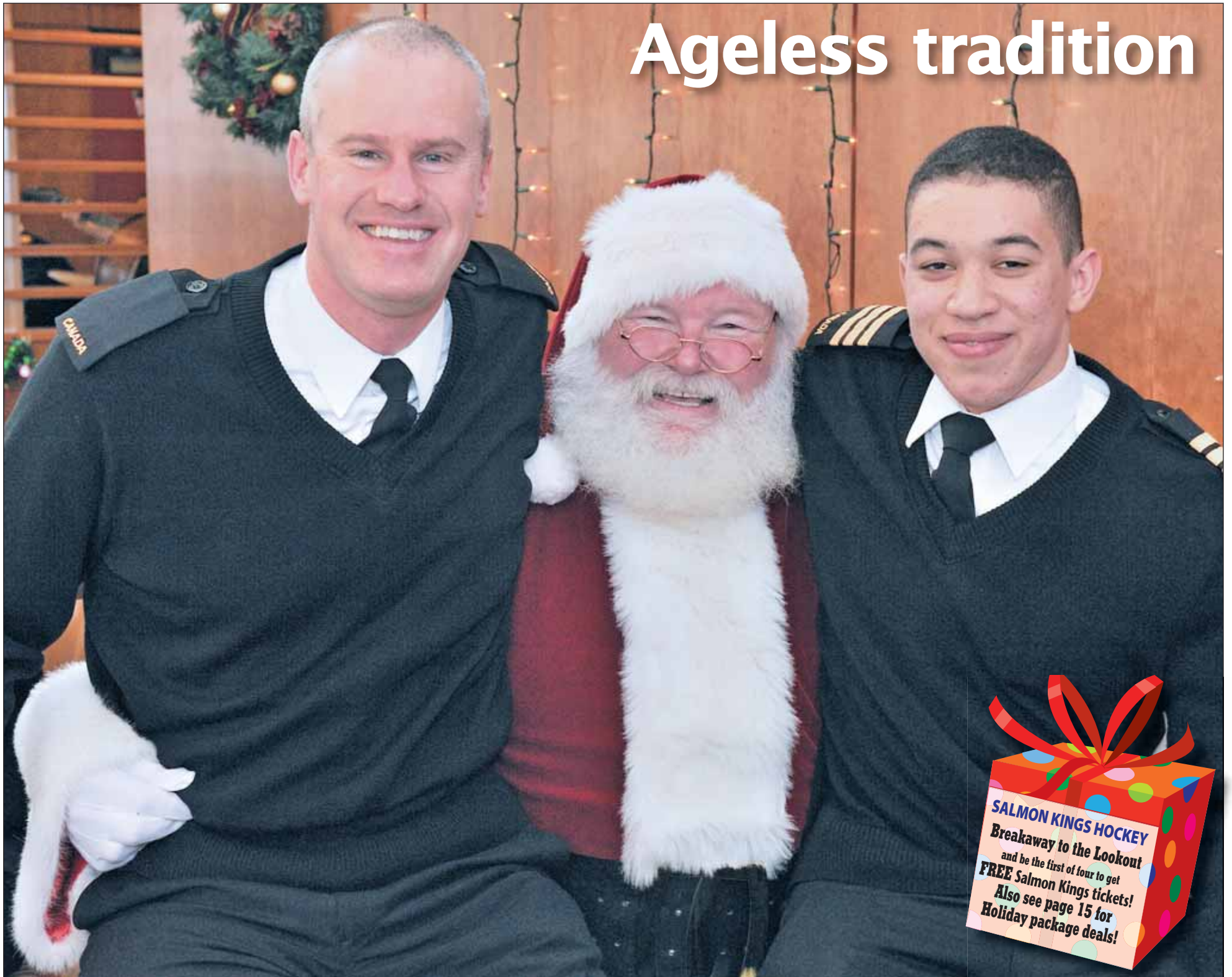


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Ageless tradition



Corporal Frieda Van Putten, CFB Esquimalt Imaging Services OS Vincent Lemire, the youngest member of Canadian Forces Fleet School Esquimalt (and acting Commandant for a day), took to Santa's knee with the school's genuine Commandant, Cdr Chris Hargreaves (who trialed the Ordinary Seaman rank). The interaction with the jolly old fellow took place during the annual Fleet School Junior Ranks Christmas dinner held in Nelles Galley on Dec. 4. The traditional meal saw the junior ranks enjoy a Christmas dinner of turkey with all the trimmings. See more photos on page 2.

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Christmas Cheer at Nelles

Top Left: During the Dec. 7 Junior Ranks Christmas dinner, Santa stopped by and handed out candy canes to everyone, including Cpl Ravyw Pendal.

Shelley Lipke, Lookout

Top Right: At the head table OS Jessica Drew (Acting Base Commander) stood beside Capt(N) Marcel Hallé, Base Commander, and had the honour of carving the turkey.

Shelley Lipke, Lookout



Left: Ordinary Seaman Vincent Lemire, the youngest member of Canadian Forces Fleet School Esquimalt was awarded acting Commandant for the day. Part of those duties included carving the turkey with the school's Commandant Chris Hargreaves during the Dec. 4 annual Fleet School Junior Ranks Christmas dinner held in Nelles Galley.

Cpl Frieda Van Putten
Base Imaging Services

SKATE WITH SANTA

Wurtele Arena
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Join Santa and his merry elves for an afternoon of skating fun and treats! Santa will also lead the skaters in some fun games and activities on the ice. Canteen will be open with hot dog and refreshment sales.

All children must wear helmets. Participants must bring their own skates.







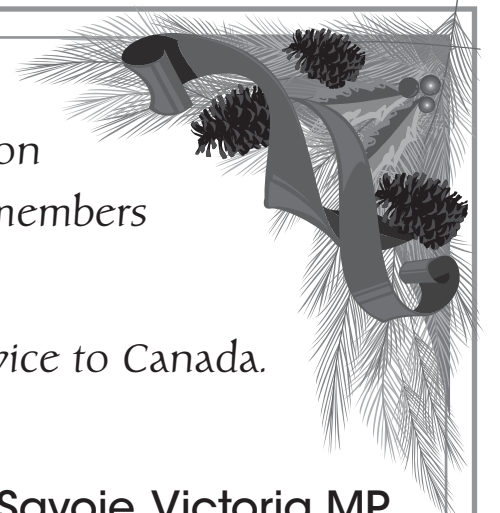
Wishing a peaceful and joyful holiday season to all Canadian Forces members and their families.

Thank you for your service to Canada.



Denise Savoie, Victoria MP
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City of Langford offers affordable homes to members of the military

Shelley Lipke
Staff writer

Purchasing an affordable home in Langford just got a lot easier for Canadian Forces members.

Langford City Council has added the military to the list of eligible applicants for their affordable housing program.

Initiated in 2003, this program enables families that meet the criteria to purchase a modern three bedroom home for \$165,000.

"Because this part of the world is very attractive the land values are very high, and the average working person is challenged in finding affordable housing," says City of Langford Councillor Lillian Szpak. "We created a program that provides an opportunity for affordable home ownership, and have included the Canadian Forces as a way of adding diversity to the program, and recognizing that our military members and their families work for our community."

A total of 40 homes have been secured through rezoning for this program, and already 33 have been built. These homes are scattered throughout Langford in Happy Valley, Valley View, South Langford and Eagleridge areas. Each home purchased is meant to be lived in long term, and is not to be used as an investment, so families are not allowed to rent them out.



photo courtesy City of Langford

Above is an example of affordable housing for purchase in Langford.

The houses are secured under Langford's affordable housing program for 20 years, and if the family has to leave during this time the house is returned to the City of Langford.

To be eligible for the program, applicants must meet certain selection criterion.

"The total family income must not exceed \$60,000 per year and the family's total household assets must not exceed \$50,000," said Councillor Szpak. "Each household must also have a minimum of two people, one of whom is dependant on the other. For example, this can include a dependant with a disability or a child under 18 years of

age." Applicants must also be renting at the time of their application and not already a homeowner.

Councillor Szpak has seen firsthand both the privileges and challenges of military life, and is able to see how this program will benefit members.

"My husband is a full time regular service member, so I can certainly relate to being married to the military. This program reflects mayor and council's belief that when we help families, we help the community," she said.

Throughout her husband's career, she's lived in numerous houses across Canada and Europe.

"I think this lifestyle gives me an insight into the value of this program, which will help military members when they come to the area and are house hunting for an affordable home in a beautiful neighbourhood community like Langford," she said. "We want to recognize these members as part of our community."

Interested applicants must get pre-mortgage approval and a letter from the Canadian Forces proving verification of employment.

Members fitting the criteria for this program are encouraged to go to www.cityoflangford.ca and click on the link to the affordable housing program.



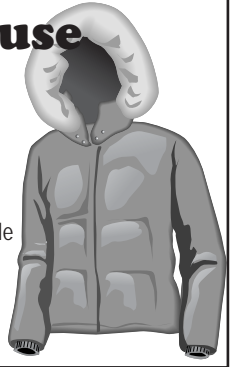
Shelley Lipke, Lookout

RAdm Tyrone Pile, Commander Maritime Forces Pacific/JTFP, led the Salvation Army Kettle Drive outside of the Bay Centre on Douglas Street last Monday. Two-year-old Faie Truong and mom Arianne donate a loonie and received a smile from the Admiral.

Coats For A Cause

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People Talk

Lookout asked this question during the Junior Ranks Christmas Dinner on Dec. 7:
Is there something you've dreamt about doing for a long time? Why haven't you done it?



I've been dreaming of going on vacation to the Philippines. My dad lives there and I have two kids now and my Dad really wants to see them. I was there last in 1997, so it's been a long time and I feel I'm due for a visit. I haven't gone lately because I've been too busy working, but I'm hoping to go in the summer when I have some time off.

MS Abel Ayuste



I would like to be a photographer, and a good one. It's a dream of mine to come back in life as a cameraman or photographer. I'd like to do this to show the world what happens in different areas of the world through the lens.

Cpl Jean-Francois Pelletier



I've thought about traveling with a backpack to do an around-the-world trip. I'd like to do this to see what happens everywhere and to see if my country is a better place. Often we complain about what happens here, and I think I'd gain an appreciation by seeing other places. It's hard to travel a long time as I haven't had a deployment yet to give me more time off. Once I get deployed I'll have this time off and be able to travel through Europe.

Cpl Eric Duchesne



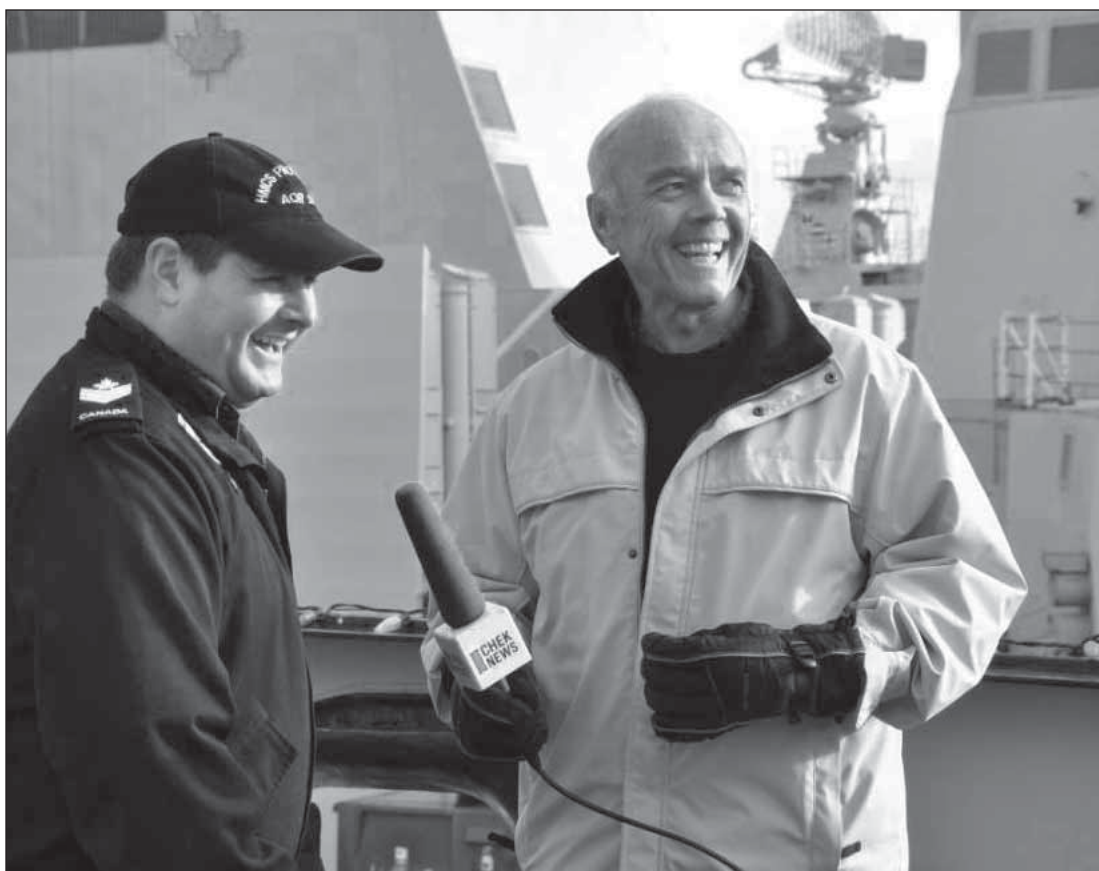
I would like to get on a tour. I haven't had a chance to go on a deployment yet and I'd really like to. I'd like to go to Afghanistan when I finally do go, and work in the command post for an infantry company.

Cpl Brendan Frovich



I'd like to go on safari to the Serengeti. I think the scenery would be amazing and having the ability to see all the animals in the wild would be breathtaking. I haven't done this yet because I keep going somewhere else, like Spain, or other parts of Europe, or Northern Africa, but within the next four years I'd really like to go.

A/SLt Penny Trusty



Community interest in the 22nd Annual Navy Lighting Contest has increased in recent weeks with the approach of the holiday season.

Local media have visited dockyard and reported on preparations.

Left: CHEK News Gordie Tupper interviews marine electrician PO2 Pascal Harel on board last year's winner in the ship category, HMCS Protecteur.

The contest runs Dec. 14 to 24 from 6 - 9 p.m. with bus tours originating from the Admiral's Road entrance to CFB Esquimalt. Admission is by donation of cash or non-perishable food items with all proceeds supporting The Mustard Seed.

SLT Michael McWhinnie, BPAO

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As illustrated, THE HOMECOMING STATUE by Nathan Scott features that most joyous occasion when a sailor returns from the sea to family and community. Civilian and military leadership for this project have pooled their time, talents and efforts to develop and manage this community project. The actual dedication and unveiling of the statue will be in conjunction with other Naval Centennial events in May/June 2010.



May the Holidays bring you pleasant memories and much happiness.



To be unveiled next May, the "Homecoming Statue", sculpted by prominent local sculptor Nathan Scott, will be a visible and permanent tribute to the men and women of Canada's Navy.

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Shelley Lipke, Lookout

Campaign leadership chair Capt(N) Gilles Couturier, and Base Commander and campaign chair Capt(N) Marcel Hallé present a cheque for \$590,767.30 to Michael McEvoy, United Way Chair for the 2009 campaign, and Bev Bakka, Health Partners representative for B.C.

Another successful year showcasing the base's amazing charitable spirit

Shelley Lipke
Staff writer

The 2009 Government of Canada Workplace Charitable Campaign for United Way (GCWCC-UW) that began Sept. 17 with the MARPAC Olympics came to a close Dec. 11 with a wrap-up pancake breakfast and cheque presentation of \$590,767.30.

While donations will continue to trickle in and be added to the totals well into the New Year, it was a time to celebrate a successful campaign, and see the dollars raised by the defence community pass to the hands of United Way representatives.

It began with people lining up for a pancake breakfast served with a smile by Fleet Commander Commodore Ron Lloyd, campaign leadership chair Capt (N) Gilles Couturier, and base commander and campaign chair Capt (N) Marcel Halle. Then the focus turned to the cheque presentation and speeches.

"I want to thank the defence community who got involved in different events that built team spirit and

morale while raising money for a tremendous cause," said Capt(N) Hallé. "The cheque given today reflects the total amount raised to date, and there will be more to follow," he explained. "We continue to surpass the half a million mark each year which we have done for the past seven years."

Together Capt(N) Couturier and Capt (N) Hallé thanked the campaign support team and the loaned representatives for their support and then presented the cheque to Michael McEvoy, United Way chair for 2009 campaign, and Bev Bakka, Health Partners representative for B.C.

Over the past three months fundraising initiatives have included incentives geared to coax dollars out of pockets while having a good time. These events included head and beard shaves, the media hockey challenge, formation wide 50/50 draws, raffles, bake sales, golf days, car washes, dodge ball tournaments and the annual jail and bail event.

"Our participation levels on the base have been pretty consistent with other years," said Vickie Ilkka,

MARPAC/JTFP GCWCC-UW campaign coordinator. "Our units have been going above and beyond, and quite a few have exceeded their goals this year."

Ilkka says this year there was a greater focus on raising the awareness of the needs within the community. "We wanted to make sure everybody knew about it and was given an opportunity to give either their money or time."

CFB Esquimalt's goal this year was \$700,000. "We are currently over three quarters of the way to our goal," said Ilkka. "I think we've got a lot to be proud of. With the ups and downs we've seen in the economy, our defence team comes together and helps raise the awareness and the dollars each year."

In 1986 CFB Esquimalt began its involvement with this campaign and annually continues to be the largest fundraiser in the Greater Victoria area.

The Spirit Awards to recognize fundraising efforts in corporate categories will be held Jan. 27 at the Empress Hotel.

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Centennial of Flight: help create a virtual time capsule

As the Centennial of Flight celebrations come to a close, you can help the Air Force create a virtual time capsule to commemorate this milestone in Air Force history.

Starting Dec. 8 and running through to Dec. 31, 2009, the Centennial of Flight Facebook page will be available for military and civilian members of the Air Force, and the general public to post photos, videos, images, comments and memories to help create a virtual celebration everyone can participate in and enjoy.

Some ideas for posting:

- Post a photo of yourself on the job or better yet, get a group of folks from your section together and post a group shot.
- Post photos from Centennial of Flight

celebrations that you personally attended or worked on as part of your job with the Air Force.

- Post your thoughts on the Canadian Centennial of Flight and what military aviation has meant to you.

- Anything else you can think of that will allow visitors to experience Air Force life through your eyes.

Just log in to your Facebook page, or create a new account at www.facebook.com. Then search for "Canadian Centennial of Powered Flight" and make your posts. Log in from home as firewalls may prevent using Facebook from your workstation.

Posts will be monitored to ensure the highest quality possible.

Tackling Christmas stress

Sarah Jenkinson
MFRC

While the Christmas season is a time of excitement that many look forward to, it is also a time when some individuals and families experience increased stress.

During Christmas time, people may experience financial pressure, stress related to social connections with family, and heightened expectations. There are several community resources that can be accessed during the Christmas season. The Esquimalt Military Family Resource Centre provides programs and services that address the unique challenges of the military lifestyle.

If you need help with short-term problem solving and don't know who to

contact, call their 24 Hour Information Line at 250-363-2640 (toll free 1-800-353-3329 across Canada). The information line will be available 24 hours a day throughout the holidays.

The Member Assistance Program (MAP) provides free counselling assistance for Canadian Forces members and their families. Call their 24 hour phone line at 1-800-268-7708 for a referral to a MAP counsellor.

The NEED Crisis and Information Line provides crisis intervention and emergency mental health support for anyone that needs it. Call 250-386-6323 for 24 hour help.

SISIP Financial Services provides insurance, financial planning, counselling, the

Canadian Forces Personnel Assistance Fund (CFPAF), the Minor Disbursement Program and financial education. Call 250-363-3301 for more information.

Salvation Army Community and Family Services provides emergency food, clothing, counselling and food hampers. Call 250-386-8521 if you need their assistance.

BC Families in Transition (formerly the Separation Divorce Resource Centre) provides counselling and support, supervised access and groups for individuals, parents and children age 6-14 years. Call (250) 386-4331 for more information.

Please note that some services may be closed during statutory holidays.

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From the Admiral of M



As we prepare for 2010 and Canada's hosting of the Winter Olympic Games in Vancouver, we can all look back on 2009 as one of the most intense 12 months of high-paced activity ever experienced by this Formation.

Planning and support to Op Podium and Joint Task Force Games have had an impact, large and small, on every unit and section across MARPAC and Joint Task Force Pacific, and yet the core business of our navy and region has continued unabated and at the high standards expected of our DND team of military and civilian professionals.

I am constantly amazed by the abundance of talent we have in this organization and take great pride in telling as many Canadians and allies as possible about our accomplishments.

Earlier this year we bid farewell to *HMC Ships Winnipeg* and *Protecteur* as they deployed separately on different missions of critical importance to Canada's role in maintaining stability and security in a global maritime environment and building key Pacific Rim relationships.

Winnipeg's counter-piracy actions off the Horn of Africa were well documented by national and international media, who highlighted the tremendous capability and flexibility of our ships and embarked air detachments and drew public attention to the negative impact of piracy on international shipping and global trade.

Protecteur's presence at the Chinese People's Liberation Army (Navy) 60th anniversary and International Fleet Review at Qingdao, China

and subsequent replenishment missions in the Western Pacific, established a continuing Canadian presence in this region of growing political and economic influence. As illustrated by Prime Minister Harper's recent visits to Singapore, India, China and South Korea, the Asia-Pacific region is one of growing importance and "greater opportunity".

Likewise, Canada's commitment to the Americas was given a boost by *HMCS Calgary's* deployment to Central and South America with participation in the largest Latin American naval exercise, PANAMAX, counter-drug operations with Joint Interagency Task Force (South) and a series of diplomatic visits to Chile, Peru, Ecuador, Mexico and the United States.

During her return transit, she linked up with Task Group Exercise ships *HMCS Algonquin* and *Protecteur* as the Pacific flagship embraced workups and her welcome return to the fleet.

The arrival of *HMCS Chicoutimi* this past spring heralded new beginnings with the announcement of the Victoria-class In-Service Support Contract on the west coast and the subsequent establishment of a second submarine Home Port Division at MARPAC. Soon, the patience of our submariners will be rewarded. In 2010, submarine basing and operations out of Esquimalt Harbour will return for the first time since 1974.

As you well know, these are simply the highlights of a Formation that is prepared and ready to respond to many challenges at sea and ashore from southern British Columbia to the Northern tip of the Yukon. Whether it is our

daily commitment to port security and search and rescue, planning for unique threats posed by the forest fires and flooding or dealing with the unexpected arrival of a migrant ship and women from the Formation Fleet, and FMF and our regional colleagues at Comox, Pat Bay and 39 Brigade performed brilliantly. It is important to me that you know that your work is important.

You bring credit to the Canadian Navy, Canadian Forces and our country in ways that may not always be recognized or seen, nevertheless is real and contributes meaningfully to our freedom and very special Canadian way of life.

Next year, when the games are done, we will celebrate the Navy's 100th birthday. It is an opportunity to bring the navy to Canada in a way that will commemorate the past, celebrate today and commit to a great future.

In addition to marquee events such as the Freedom of the City Parade in May and the International Fleet Review in June (both in Victoria) there are numerous centennial activities planned throughout the year across the country.

This is my last Christmas message as Formation Commander. In the coming months I hope to meet as many of you as possible to thank you and your families for your commitment and the many sacrifices that enable us to do our job and do it well.

It is a distinct honour to lead this command and I know that my wife Debra and I and our family look forward to enjoying every moment more than the last.

From the Base Com

Next to going to sea in submarines, my time as Base Commander has been a career high.

The position has allowed me to meet and work with so many wonderful people who make up this great Defence Team at CFB Esquimalt and the wonderful community of Greater Victoria. This is truly a fantastic place to work, live and raise a family.

As we approach the Christmas season, we reflect on the year coming to a close, our many accomplishments, the year that lies ahead, the work that needs to be done, and most importantly how fortunate we are to have each other, our friends, our families and to be living in such a great and free country.

Canadians have come to enjoy this freedom, in large part, because of the sacrifice of those that have gone before us, as well as the ongoing dedication, commitment and courage that comes from each of you who deploy and support deployments in order to keep chaos and conflict away from our borders.

As Base Commander, I am immensely proud of you the men and women who make up our strong Defence Team, your efforts, the tremendous support you provide and your unwavering commitment to service.

The best part of my position continues to be the amazing people I meet

and through my many encounters, what I have come to learn is that the human spirit is alive and well.

When their Royal Highnesses visited Victoria, I had the good fortune of being invited to the dinner hosted by the Lieutenant Governor and Premier.

The highpoint for me that evening was sitting between Maureen Eykelenboom and Diane Street at dinner. For I had come to learn that Maureen and Diane had both lost their sons in Afghanistan: Cpl Andrew Eykelenboom, age 23, was killed by a suicide attack in southern Afghanistan on 11 August 2006; and Private Terry John Street, age 24, was killed by an IED on 4 April 2008 in Panjwaii district – both servicemen having paid the ultimate sacrifice doing their part in trying to bring order to this chaotic world.

What impressed me about Maureen and Diane was their inner strength; their lack of bitterness for the loss of their sons, the love and gratitude for the time they had with them and the love that continues to endure. They both have a deep appreciation for the men and women of the Canadian Forces who continue to give freely of themselves to serve, and their ongoing recognition of this courage and the support they provide to our soldiers, sailors, airmen and airwomen. Through their loss and

sacrifice I learned much that night – I learned that life is fragile, yet resilient; delicate, yet robust; full of sorrow, but also full of joy; powerful, yet gentle and most importantly that life should not be taken for granted.

As we enter this Christmas season may you reflect on those individuals that have not come back from being deployed and may your thoughts be with their families that continue to spend Christmas in hope, having to deal with their loss. May your thoughts also be with the men and women who are currently serving and separated from their loved ones, a sacrifice that is not only theirs but their families as well who wait in great anticipation for their safe return.

The height of our current operational tempo has us once again having to do much more, and often this prevents us from spending the kind of quality time that we should with our friends and families.

As we approach this Christmas season, let us focus on enjoying and maximizing this time with our loved ones.

As we bring this year to a close, let us prepare to welcome 2010 in anticipation of a successful Olympic Games, a tremendous 100th anniversary celebration of our Naval heritage and success in all future operations.

Filled with pride, I wholeheartedly thank you for your tremendous support and for the great contributions you have all made. Our focus must continue to be the unwavering support to ensure the success of deployed and domestic operations, but let us also maintain perspective and balance, as we need to continue to take care of each other and our families.

From my wife Elaine, my son Matthieu, my daughters Danielle and Renée, we would like to wish all of you and your families a safe, enjoyable and relaxing festive season.

I look forward to a rejuvenated and recharged CFB Esquimalt as we ready ourselves to confront the many challenges that next year will bring - Merry Christmas and all the best in 2010.

Captain(N) Marcel Hallé

Après mes voyages en mer à bord des sous-marins, le point fort de ma carrière aura été ma fonction de commandant de la base. Ce poste m'a permis de rencontrer tant de personnes formidables, que ce soit au travail dans la remarquable équipe de la Défense à la BFC Esquimalt, ou dans la merveilleuse collectivité de Victoria. Il n'y a pas de doute, c'est un endroit fantastique pour travailler, vivre et élever

une famille. Alors que la période des Fêtes arrive à grands pas, nous sommes à l'année qui se termine, à nos nombreux accomplissements, à l'année qui s'en vient, et au travail qui reste à faire. Surtout, nous sommes conscients de la chance que nous avons d'être ensemble, d'être entourés de nos amis, de nos familles et de vivre dans un pays démocratique. Si les Canadiens peuvent jouir aujourd'hui de la liberté, c'est en grande partie grâce au sacrifice consenti par ceux qui nous ont précédés et à la conscience professionnelle à l'engagement et au courage démontrés constamment par chacun de vous qui êtes déployés ou qui soutenez les déploiements afin de tenir les frontières et le chaos loin de nos frontières. Tant que commandant de la base, j'étais immensément fier de vous, hommes et femmes, qui constituez notre équipe de la Défense, de vos efforts et du soutien extraordinaire que vous apportez et de votre engagement inébranlable à l'égard du service.

La meilleure partie de mon mandat demeure sans conteste les rencontres avec les personnes étonnantes que j'ai croisées; ces nombreuses rencontres m'ont permis de découvrir que l'âme humaine est bien vivante et qu'elle se porte bien. Lorsque Leurs Altesses Royales sont venues à Victoria, j'ai eu la chance

HOLIDAY AGES

Maritime Forces Pacific



We wish you and yours all the best for this holiday season and a safe, prosperous and Happy New Year.

Rear Admiral Tyrone Pile

Alors que nous nous préparons pour l'arrivée de 2010 et que le Canada sera l'hôte des Jeux olympiques d'hiver à Vancouver, nous pouvons regarder derrière nous l'année 2009 qui s'achève et constater que ce fut l'une des périodes de 12 mois les plus intenses d'activités que cette formation ait jamais connue. La planification et le soutien de la Force opérationnelle interarmées des Jeux olympiques et de l'opération *Podium* ont eu des répercussions, grandes et petites, sur toutes les unités et sections du FMAR(P) et de la Force opérationnelle interarmées (Pacifique). Et malgré tout, les activités fondamentales de notre Marine dans notre région ont continué de façon tout aussi intense, et toujours avec les mêmes normes élevées attendues de notre équipe composée de militaires et de civils professionnels du MDN. Je ne cesse d'être ébahi par l'abondance de talents que nous avons dans cette organisation et je ressens une immense fierté à relater au plus grand nombre de Canadiens et alliés possible nos accomplissements.

Plus tôt cette année, nous avons salué les NCSM *Winnipeg* et *Protecteur* partant en déploiement pour des missions différentes d'importance essentielle pour le rôle du Canada dans ses efforts pour maintenir la stabilité et la sécurité de l'environnement

maritime mondial et entretenir de bons rapports avec les pays riverains du Pacifique. Les actions de lutte contre la piraterie du *Winnipeg* au large de la corne d'Afrique ont été bien documentées dans les médias nationaux et internationaux, qui ont souligné la capacité et la flexibilité exceptionnelles de nos navires et détachements aériens embarqués, en plus d'attirer l'attention du public sur l'impact négatif que représente la piraterie sur la navigation et le commerce international. La présence du *Protecteur* au 60^e anniversaire de la marine de l'Armée de libération populaire de Chine, ainsi qu'à la revue de la flotte internationale de Qingdao, en Chine, suivie des missions de ravitaillement subséquentes dans l'ouest du Pacifique, a établi une présence canadienne continue dans cette région d'influence économique et politique grandissante. Comme l'ont démontré les récentes visites du premier ministre Harper à Singapour, en Inde, en Chine et en Corée du Sud, la région de l'Asie-Pacifique est une région d'importance croissante et de « grandes possibilités ».

Dans la même veine, l'engagement du Canada envers les Amériques s'est accru avec le déploiement du NCSM *Calgary* en Amériques centrale et du Sud lors de sa participation au plus important exercice naval d'Amérique latine, *Panamax*, à des opérations de lutte contre le trafic de drogue avec la Force opérationnelle interorganisationnelle Sud, et à une série de visites diplomatiques au Chili, au Pérou, en Équateur, au Mexique et aux États-Unis. Pendant son voyage de retour, l'unité a rejoint les navires de l'exercice du groupe

opérationnel *Algonquin* et *Protecteur*, à titre de navire amiral du Pacifique lors d'une croisière d'endurance saluant son retour à la flotte.

L'arrivée du NCSM *Chicoutimi* au printemps passé marque l'arrivée d'une nouvelle ère avec le début du contrat de soutien en service des sous-marins de la classe Victoria sur la côte Ouest et l'établissement d'une seconde Division de port d'attache de sous-marins aux FMAR(P). Bientôt, la patience de nos sous-marinières sera récompensée. En 2010, le port d'Esquimalt redeviendra, pour la première fois depuis 1974, le port d'attache de nos sous-marins.

Comme vous le savez bien, ce ne sont là que les grands points d'une formation prête à répondre à de nombreux défis en mer et sur terre, depuis le sud de la Colombie-Britannique jusqu'à la pointe nord du Yukon. Qu'il s'agisse de notre engagement quotidien en matière de sécurité portuaire ou dans l'exécution d'opérations de recherche et sauvetage, de la planification contre des menaces uniques tels les incendies de forêt et les inondations, ou dans l'interception d'un navire chargé d'immigrants et dont l'arrivée est inattendue, les hommes et les femmes de la Flotte de la formation, de la Base et de l'IMF, de même que nos collègues régionaux de Comox, Pat Bay et du 39^e Groupe-brigade, ont tous travaillé avec brio. Il est important pour moi que vous sachiez que votre travail est essentiel. Vous renforcez l'image de la Marine canadienne, des Forces canadiennes et de notre pays de façons qui ne sont pas toujours comprises ou vues de tous, mais qui restent néanmoins bien

réelles et contribuent de façon importante à notre liberté et à notre mode de vie canadien bien spécial.

L'an prochain, lorsque les Jeux seront derrière nous, nous célébrerons le centième anniversaire de notre Marine. Ce sera là l'occasion de faire connaître la Marine aux Canadiens de façon à commémorer le passé, célébrer le présent, et s'engager vers un avenir grandiose. En plus d'activités populaires tels le défilé Freedom of the City en mai et la revue internationale de la Flotte en juin (toutes deux organisées à Victoria), de nombreuses autres activités commémorant le centenaire de la Marine sont prévues partout au pays et tout au long de l'année. Je vous encourage à visiter le site Web du centenaire de la Marine canadienne au http://www.navy.forces.gc.ca/centennial/0/0-c-1_fra.asp.

C'était là mon dernier message de Noël en tant que commandant de formation. Dans les mois à venir, j'espère rencontrer le plus de gens parmi vous afin de vous remercier, vous et vos familles, pour votre engagement et les nombreux sacrifices qui nous ont permis, à tous, de faire notre travail aussi bien. Sachez que c'est tout un honneur que de diriger ce commandement, et je sais que, tout comme moi, ma femme Debra et ma famille regardent de l'avant pour profiter tous les jours du moment présent. Nous vous offrons, ainsi qu'aux vôtres, tous nos meilleurs vœux du temps des Fêtes, ainsi qu'une bonne et heureuse année.

Contre-amiral Tyrone Pile

Commander, CFB Esquimalt

convié au dîner offert par la lieutenant-gouverneure et le premier ministre. Pour moi, le grand moment de cette soirée fut le dîner parce que j'étais assis en compagnie de M^{me} Maureen Eykelenboom et de M^{me} Diane Street. J'avais appris que M^{mes} Eykelenboom et Street avaient toutes deux perdu un fils en Afghanistan : le Cpl Andrew Eykelenboom, 23 ans, a été tué le 11 août 2006 lors d'un attentat suicide dans le Sud de l'Afghanistan, alors que le Soldat Terry John Street, 24 ans, a été tué le 4 avril 2008 par un EEI dans le district de Panjwayi. Ces deux hommes ont fait le sacrifice de leur vie alors qu'ils contribuaient à rétablir l'ordre dans ce monde en bouleversement. Ce qui m'a frappé dans l'attitude de Maureen et de Diane fut leur force intérieure, l'absence d'amertume relativement à la perte de leurs fils, la gratitude pour le temps qu'elles avaient passé avec eux et tout l'amour qui en subsistait. Elles partagent un profond respect pour les hommes et les femmes des Forces canadiennes qui continuent de se donner corps et âmes pour servir leur pays et elles reconnaissent chaque jour le courage que cela exige. En outre, elles continuent à soutenir nos soldats, nos marins, nos aviateurs et nos aviatrices. Les épreuves qu'ont subies ces deux femmes m'auront beaucoup appris ce soir-là. J'ai compris que la vie était pré-

caire mais tenace, fragile mais robuste, pleine de douleur mais aussi remplie de joie, puissante mais d'une grande douceur. Plus important encore, j'ai aussi compris que la vie ne devrait jamais être tenue pour certaine.

À l'occasion de la période des Fêtes qui approche, je vous invite à songer à ces personnes qui ne sont pas revenues de leur déploiement et à avoir une pensée pour leurs familles qui continuent de célébrer Noël dans l'espoir, encore affligées par ces disparitions. Je souhaite également que vos pensées aillent vers les hommes et les femmes qui servent actuellement et qui sont séparés de ceux qu'ils aiment. Il s'agit pour eux d'un sacrifice personnel vécu aussi par leurs familles qui attendent avec beaucoup d'appréhension le moment de leur retour en toute sécurité au pays.

L'importance de notre rythme opérationnel actuel exige encore une fois que nous en fassions beaucoup plus. Souvent, cette situation empêche que nous accordions à nos amis et à nos familles le temps qu'il faut pour profiter d'eux. À l'approche des Fêtes, efforçons-nous de profiter pleinement du temps que nous passons avec les personnes qui nous sont chères. Alors que l'année tire à sa fin, préparons-nous à accueillir l'année 2010 dans la perspective de Jeux olympiques réussis, d'un centenaire de la

Marine canadienne extraordinaire et du succès de toutes les opérations futures. C'est rempli de fierté que je vous transmette mes remerciements sans réserve pour le soutien énorme et l'importante contribution que vous avez tous offerts. Nous devons continuer à fournir un soutien inébranlable essentiel au succès des opérations au pays ou à l'étranger, sans perdre le sens de la mesure, car nous devons continuer de prendre soin les uns des autres et de nos familles. Mon épouse Elaine, mon fils Matthieu ainsi que mes filles Danielle et Renée se joignent à moi pour vous souhaiter, à vous et votre famille, une période des Fêtes agréable, reposante et sans problèmes. J'attends avec impatience de retrouver les membres de la BFC Esquimalt revigorés et pleins d'énergie, afin que nous soyons prêts à relever les nombreux défis qui nous attendent l'an prochain. Je vous souhaite un très joyeux Noël et vous adresse mes meilleurs vœux pour 2010.

Capitaine de vaisseau Marcel Hallé

Right: Capt(N) Marcel Hallé and his family, wife Elaine and children Matthieu, Renée and Danielle, wish everyone a happy holiday season.



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Being a quitter can be a great thing

Mary Ellen Green
Staff writer

When Cpl Armand Corriveau decided to kick his pack-a-day smoking habit last year, he knew he had to keep his idle fingers busy and his mind off the cravings.

So when HMCS *Protecteur* slipped lines and sailed to the Persian Gulf on Operation Altair, tucked away in his kit were quilting needles, thread and fabric. Not present were cigarettes.

His goal: cleaner lungs and a queen size quilt detailing 33 ship crests.

"I wanted something to keep me busy during the trip, so I brought along a project," he said.

Cpl Corriveau started with embroidery and needlework shortly before his oldest daughter was born 20 years ago.

"My grandfather was into needlework and he passed his skills on to me."

In the evening, as the tanker rocked gently in the Persian Gulf, Cpl Corriveau could be found hold up in the mess pushing and pulling a needle through fabric to create each square on the quilt.

"It took me between six and 12 hours to do each



one," he said.

From the dozens of crests to choose from, he decided on the self propelled surface combatants commissioned in the Canadian Navy: the tankers, submarines, maritime coastal defence vessels, frigates.

Once he had gathered the crests, he used carbon paper

to trace them onto 8 x 10 pieces of fabric. "I wanted to represent the navy's salt and pepper uniforms, so I chose un-dyed cotton and black thread," he said.

When the ship made a port visit in Malaysia, Cpl Corriveau stopped at a fabric shop to get some material for the quilt face.

He purchased raw cashmere that fit the project's colour scheme.

"Since the fabric was so delicate, I didn't want to stitch it together myself, so after I arrived back in Esquimalt I decided to take the crests and the materials to a professional seamstress to finish it up."

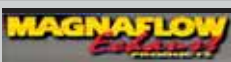
It took the seamstress in Sooke over 20 hours to assemble the quilt. In all, the project took over 600 hours to complete.

In the fall he presented the contemporary piece to the CFB Esquimalt Naval and Military Museum. They plan on hanging it in a prominent place very soon.

And yes, he's stayed smoke free.

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The navy's technical trades keep warships connected

Shelley Lipke
Staff writer

As a naval electronic technician in *HMCS Calgary*, LS Cheryl Lapointe spends her days working on and troubleshooting the ship's key communications systems. Within her trade lies a detailed network of electronics that must be in top shape for the warship to perform properly at sea.

"Without the internal communication system we couldn't sail because if there was an emergency on board we wouldn't be able to communicate. It would be chaos," she says.

"We need communications for daily operations and sheer emergency purposes. If there was a fire in the forward part of the ship, the commanding officer needs to be able to let each of the departments know what action they must take, and we all rely heavily on the communications systems."

LS Lapointe spends the majority of her time at sea doing preventative and corrective maintenance on the intercom systems that connect the six departments and allow the ship to communicate with land and other ships.

When a piece of equipment needs repair she is tasked to locate the problem.

"Troubleshooting is a huge part of my job and I often have to try different things until it works. I like this because it provides a challenge on a daily basis."

Her military career began seven years ago when she left her small town of Reserve Mines, Cape Breton Island, Nova Scotia, to enlist as a technician.

"My brother is a technician in the air force and he suggested that I look at a technician trade because the training is great and you get really good employment opportunities both within and outside of the military," she said. "I decided to listen to him and I found the training really hard. Electronics was like a brand new language to me. It was as challenging as going to shore and hearing everyone speak Spanish when you don't understand a word."

For two years she put in long hours to learn her trade and become confident in her ability. "Once the academic part was over she started enjoying it. It's a good trade, I think it's one of the best in the military. It gives me a lot of pride in myself knowing I made it though basic training and all the challenges in my

electronics course, especially being a female in a male dominated trade."

Whether she's vacuuming out filters, checking cables to ensure they are in good condition or fixing equipment, she gets a lot of job satisfaction being able to keep the equipment working on the ship.

"We work with the radar techs, sonar techs and naval weapons techs, and because all four trades are interlaced we need to cross train with them so that we understand their equipment if it fails. We work closely with the stores department to put in orders for new equipment because we need to keep the system working well."

Aside from her regular duties, she also volunteers as a Military Family Resource Centre representative on the ship advising people of what services are offered for their family members, aids with the United Way campaign and helps clean the ship.

Along with the rest of the ship's company, she agrees that life at sea can be difficult at times.

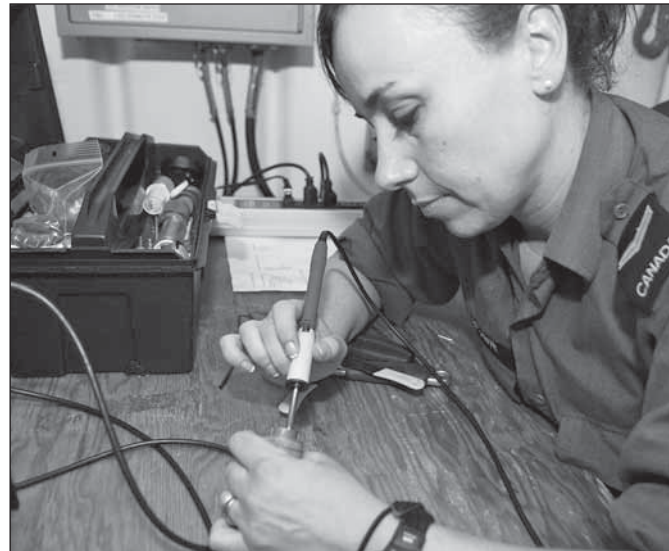
"I find lack of sleep, long hours, and sometimes running around in circles while trouble shooting challenging. It's hard to move around the ship then sleep with 15 other people in my mess, and it's also difficult to share a bathroom with them too," she says.

LS Lapointe says her biggest challenge is being away from her husband. "He's my



best friend and he is also a communications technician for the military. It's interesting being married to somebody who does the same trade because everything I talk about he understands."

"Because my hometown is such a small place it was really hard to step out of my comfort zone to join the military and leave it to explore this career," she adds. "But I'm very glad I did. I'm proud to be sailing all over the world and serving my country and I consider it an honour to be a sailor in the Canadian Navy."



Shelley Lipke, Lookout
Above: LS Cheryl Lapointe, a naval electronics technician, tunes an HF transmitter that is used for high frequency radio communications.

Left: Seen here she is soldering a connector for a phone line that was broken.

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Photos by Duncan Ayre, NPA Office
Above: Sgt Sherry Rumbolt (J63 IT Section) is promoted to Warrant Officer by Cdr Bolduc and Mike Maxwell.
Below: Major Michael Woolley (J62 Readiness and Plans) is promoted to Lieutenant-Colonel by Rear-Admiral Tyrone Pile and Mike Maxwell.



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GOODYEAR **DUNLOP**



Shelley Lipke, Lookout

The Triton's mens team defend the goal against the Colorado Springs in the regional tournament.

Esquimalt teams dominate regionals

Shelley Lipke
Staff writer

The regional men's, women's and old timer's hockey tournament, held Dec. 1 - 5, proved victorious for two of three CFB Esquimalt teams.

They took to the ice to compete against three Comox teams, plus a men's division Colorado Springs team.

CFB Esquimalt Women's Tritons team was selected just one week prior to the start of their first game against CFB Comox in the best of three series.

Game one was a fast paced affair with the Tritons opening up an early 3 - 1 lead in the first period. Momentum built in the second period which brought two more goals for the Tritons to hold the lead at 5 - 1, and they finished with a solid 8 - 1 win.

"Goalie PO1 Line Laurendeau played an impressive game stopping all but one shot and that one was a lucky bounce that snuck past her," said team captain WO Charlene Arsenault.

"She faced an impressive shot total which earned her the player of the game. The team emphasized positional play and their dedication was evident in the results of the first game."

In game two Comox came out of the box with a mission to tie the series.

"This game was a much tighter affair with no score after the first period," said WO Arsenault.

The second period saw the Tritons dig deep and find the back of the Comox net, popping in three unanswered goals. The teams returned to the ice in the third, and

Comox battled hard, but the Tritons still managed to score another two goals and end the game 5 - 0, winning the tournament.

Tritons player OCdt Sue Zahorak earned the shut out and MS Christine Carrier, who scored in the third, earned the game MVP. Team captain WO Arsenault won most valuable player for the tournament as the leading point getter.

The team will disband and players will remain active in civilian leagues in preparation for the nationals in May in Ottawa.

The Old Timers also walked away with bragging rights after their three-game series against Comox. The Comox Flyers won the first match with a 2 - 0 score.

"The Comox goaltender played extremely well giving few rebounds, and the Comox senior team implemented a trap defence that clogged up the neutral zone making it difficult for Esquimalt to get quality scoring opportunities," said coach

PO1 Cam Armstrong.

Then in game two the Tritons utilized an aggressive fore-check and quick transition from their zone to apply pressure on Comox. With stronger play, they earned a score of 2 - 0.

"Esquimalt's goaltender Sgt Bill Fitzner played very well, earning a shut out win," said PO1 Armstrong.

In the championship game Esquimalt got off to a very quick 2 - 0 lead and applied the same pressure used in game two. During the first period a third goal for Esquimalt was disallowed due to a man in the crease. Comox continued to fight back and eventually tied the game.

With minutes left in the game Esquimalt scored what proved to be the winning goal giving them a 3 - 2 victory. LCdr Jay Harwood was awarded the game MVP, and Sgt Bill Fitzner, Esquimalt's goaltender, was awarded tournament MVP.

"Esquimalt's team Captain Sgt Mike Bell was instru-

mental in keeping our team morale, and he used period breaks to ensure the team remained focused and stuck to our game plan," said PO1 Armstrong.

The team is now using its time to heal some sore bumps and bruises in preparation for the National Championships in Ottawa.

The men's Tritons played a three game series against Colorado Spring and Comox, but in this round robin Comox won.

Game one was a tie against Comox, and then Comox beat Colorado Springs 7 - 0.

The second game for the Tritons was a 4-0 win over Colorado Springs. Comox finished in first place with a higher goal percentage than the Tritons. This earned them a bye to the finals. In the semi-finals, Esquimalt defeated Colorado Springs 4 - 1, advancing to the final game against Comox. This tightly contested game saw three goals scored in the last five minutes, and a 4-3 win for Comox.

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O most beautiful flower of Mount Carmel, fruitful vine, splendor of heaven, blessed mother of the son of God, immaculate virgin, assist me in my necessity. O Star of the Sea, help me and show me that you are my mother, O, Holy Mary Mother of God, Queen of heaven and earth, I humbly beseech you from the bottom of my heart to help me in my necessity. (Make my request.) There are none that can withstand your power. "O Mary conceived without sin, pray for us who have recourse to you." (Three times.) "Holy Mary place this prayer in your hands." Say this prayer three consecutive days and then publish it and it will be granted you. JK

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Above: Santa discusses the tracking of his sleigh on Christmas Eve with a member of NORAD.

Below: Last year workers spent the Eve tracking Santa and updating his location on the website.

NORAD is ready to track Santa

Jill St. Marseille
NORAD

He is preparing for his biggest night of the year and NORAD is getting ready to track his journey as he leaves the North Pole, bound for millions of homes across the globe on the ever magical Christmas Eve.

The count down for Santa's big arrival has officially begun.

In the days leading up to Christmas, www.noradsanta.org features holiday games and activities in seven languages, English, French, German, Italian, Japanese, Spanish and Chinese.

Starting at 12 a.m. MST on Dec. 24, visitors to the website will follow Santa as he gears up his sleigh, checks his list and makes his final preparations. Once he leaves the North Pole, children of all ages can track him with updated Good Maps and Google Earth reports.

NORAD Tracks Santa began on Dec. 24, 1955, when a local boy dialled a misprinted telephone number and reached the commander at Cheyenne Mountain Air Force Station in Colorado. The youngster asked Santa's whereabouts and the commander gave him the information he was looking for. Thus began the tradition of tracking Santa, three years before NORAD itself was formed.

Santa fans will be able to track him through Facebook, Twitter, YouTube, Flickr, TroopTube.mil and even OnStar.



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