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SAVING HAITI



Operation Hestia



Cpl Johanie Maheu, Formation Imaging Services Halifax

Top: MCpl Handwood of HMCS Athabaskan treats the broken arm of a young woman injured in the Haiti's destructive 7.0 magnitude earthquake on Jan. 12. The powerful vibrations have left the country in ruins and agencies from around the world, including the Canadian Forces, mobilized quickly to offer assistance.

Above: MCpl Jean-Paul Somerset (left) and AB Paul MacKenzie tend to an earthquake victim. The sailors are part of Operation Hestia, the Canadian Forces response to the disaster. See more on page 2.

Injured CF members get fitness help pg. 3

Quinn relinquishes reigns to HMCS Calgary pg. 3

Civilians try on combat boots for a day pg. 3

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Cpl Johanie Maheu, Formation Imaging Services Halifax

LS Brad Burden, a member in HMCS Athabaskan, transports a girl for medical help in Leogane, Haiti.

CF rolls up sleeves to help Haiti

Virginia Beaton
Trident

Within hours of the devastating 7.0 earthquake that struck Haiti on Tuesday, Jan. 12, the CF was formulating a response on behalf of the Canadian government.

The first CC-177 Globemaster carrying humanitarian assistance for the people of Haiti departed 8 Wing Trenton the next evening. Components of the CF Disaster Assistance Response Team (DART) were among the cargo.

In Halifax, *HMC Ships Athabaskan* and *Halifax*, carrying 500 sailors, soldiers, airmen and airwomen, departed for Haiti two days after the quake struck, as the maritime component of the CF response.

"Canada and Canadians have a strong tie to Haiti and Haitians and we're going to do our best to save lives and protect the vulnerable over the coming days," said Capt(N) Art McDonald, commander of the task group, at a news conference before the warship sailed. "With *HMCS Athabaskan*, commanded by Cdr Peter Crain and with a Sea King detachment embarked, and with *HMCS Halifax*, commanded by Cdr Josée Kurtz, we deploy to provide humanitarian aid to the people of Haiti."

The Sea King offers the ability to move aid around the theatre, explained Capt(N) McDonald.

He described the two ships as "very flexible forces" and added "that will enable us to adapt, as a more detailed appreciation of the situation on the ground is delivered."

As Capt(N) McDonald, Cdr Kurtz and Cdr Crain spoke during the press conference, members of the ships' companies

worked in the background to store the ships. On the jetty were cartons of supplies ranging from generators to shovels, first aid kits, chain saws, cement saws, tarpaulins, pylons, safety glasses and flashlights, all of which were carried on board by work crews.

Before the departure, the ship's company of *Halifax* started a toy and clothing drive for the Haitian children and crewmembers each donated \$2. The Walmart in Dartmouth also contributed \$7,000 in clothing and food.

The epicentre of the quake was 15 kilometres southwest of the country's capital city of Port au Prince and initial casualty estimates range from 50,000 to 200,000.

This deployment is not the first time Canadian Navy ships have provided aid to this region. In September 2008, following four severe hurricanes that ravaged Haiti, St. John's deployed as part of the Canadian government's decision to participate in humanitarian operations. In cooperation with the United Nations' World Food Programme, St. John's delivered 350 metric tonnes of food and other relief supplies by sea and air to the south and southwest regions of Haiti that were severely affected by the hurricanes.

Haiti is one of the poorest countries in the western hemisphere. According to statistics from www.unicef.org, its population in 2007 was just over nine million, with approximately 80 per cent living below the poverty line and a literacy rate of 60 per cent. In 2007, Haitians' life expectancy was 61 years.

Donations for Haitian relief may be made through many organizations including the Canadian Red Cross, UNICEF Canada or World Vision Canada.



Cpl Johanie Maheu, Formation Imaging Services Halifax

Above: Crowds swarm the beach in Leogane, Haiti, as HMCS Athabaskan's crewmembers arrive in a Rigid Hull Inflatable Boat (RHIB). Their ship's Sea King flies overhead on a reconnaissance flight.

Below: The command team from HMCS Halifax travels by RHIB to HMCS Athabaskan, for a mission brief while en route to Haiti on Jan. 16.



Cpl Johanie Maheu, Formation Imaging Services Halifax

Fitness help for unwell CF members

Shelley Lipke
Staff writer

Injured military members can achieve faster recovery with the help of a Physical Exercise Specialist from Personnel Support Programs.

Carol Lynn Ross is one of 32 newly created Physical Exercise Specialists (PES) positions across Canada who are helping people with medical conditions get back into good health, in order to meet operational requirements, as part of the Canadian Forces Physical Fitness Strategy.

"A percentage of the CF population is medically unfit," says Ross, who works out of the Naden Athletic Centre. "My job is to bridge the medical system and the CF to help with this problem."

As a practising kinesiologist and exercise physiologist with a rehabilitation background it was easy for Ross to make the transition from Fitness/Sports Instructor to Physical Exercise Specialist in September.

"Before this new rehabilitation system, if a person had an acute knee injury we [PSP fitness staff] weren't allowed to work with them. They would have to work solely with their doctors and physiotherapists until they were finished their treatment," says Ross.



Shelley Lipke, Lookout

Physical exercise specialist Carol-Lynn Ross keeps an eagle eye on Cpl Sharon Penner's form as she performs ball exercises at the Naden Athletic Centre gym. Ross helps CF members with medical conditions strengthen and train to get back up to operational standards.

Members often became deconditioned while the physiotherapist worked with them. The new system allows Ross to help strengthen the rest of their body while they receive physiotherapy on the injured area.

"I try to offer interesting classes to make it motivating and exciting for the members. I've created specialized boot camp classes. People really like it because

they receive support in a very social setting and this gives them accountability."

Ross's new land-based training program is steadily growing and has gone from one day a week to five. She has also taken a lead role in collaboration with the physiotherapist to oversee a pool based rehab/reconditioning program.

A tracking system has also been created to monitor those who fail their EXPRES test.

"Within the CF physical fitness strategy there were concerns with remedial training for members who failed their EXPRES test," explains Ross. "In the past there was a disconnect between the member who failed, their unit and PSP to ensure corrective follow-up and training.

To mitigate this problem Ross, with the assistance from her colleagues, developed a new system of tracking.

"The tracking system

makes the member, the unit and PSP accountable, and brings the member up to a level of retesting within 12 weeks," says Ross. "Because we have a master list to notify the units and supervisors, and because all of their training sessions are being tracked, the system is working now."

With over 60 clients, Ross is busy.

"I see people with long term injuries, conditions like diabetes, or people who are ready for release because of their medical condition, and I am able to help them. All of my clients must be referred to me thorough a doctor or physiotherapist and I love to support these people because they really want help," says Ross. "It's very rewarding to see a person who can't sleep at night because their stomach is killing them from all the medication they are taking, and then later see them healthy and happy with their life."



LS Richard Despres practices push ups under Ross's watchful eye.

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matters of OPINION

FILM *friday*

Creation fumbles but has noteworthy acting

W. Andrew Powell
The GATE

Paul Bettany stars in not one but two new films opening in theatres this week, including the drama *Creation*, about the life of a young Charles Darwin, and the horrific action thriller, *Legion*. Other new arrivals include *Extraordinary Measures* with Harrison Ford and Brendan Fraser.

Creation

Charles Darwin is a monumental figure in the scientific world. His theories on evolution helped shape the modern study of biology, and it seems almost overdue that a modern film should look at his exploits.

With Paul Bettany as Darwin and Bettany's wife Jennifer Connelly as Darwin's wife, Emma, the film explores some of the theological and political problems that plagued the scientist throughout the earlier years of his life.

Struggling with his daughter's failing health, and eventual death, Darwin is ultimately torn between religion and science as he attempts to finish his book, "The Origin of Species", which has been in progress for a number of years. While Emma is very religious, she is still supportive of her husband, but they both realize the implications of Darwin's research and what it will undoubtedly mean for the church.

Haunted by images of his daughter, Darwin's research, while exhilarating and life-consuming, is causing him to question how he can

go forward before God if he were to finally reveal what he has discovered. The memory of his daughter also causes him unending grief, making him second-guess whether he should release his research at all.

Directed by Jon Amiel, best known for his films *Entrapment* and *The Core*, *Creation* aims to be a potentially interesting biopic as it mashes Darwin's psychological state against his scientific reasoning, but more commonly the film meanders into unfortunate clichés.

The film is randomly engaging, but it fails to energize what could have been an unquestionably interesting story. Amiel's clumsy attempts at wringing emotion from these characters can only be called ham-fisted missteps, and the overall flow of the film is jumbled and messy as we jump back and forth through Darwin's life.

Perhaps a straightforward approach to the story would have been dull, but it felt like the film was confusing, more than it was being clever. Something that utterly tainted by interpretation of the film and its story.

Performances in the film are generally quite good though, particularly Bettany and Connelly, who were both deeply invested in the darker parts of the story. Co-stars Toby Jones and Jeremy Northam also stand out, as does Martha West as the young daughter, Annie.

Creation fumbles around at times, and misses big opportunities, but it's by no means a terrible film. It's just messy. While it might be worth a watch, it's not what I consider a big-screen event.

Also in theatres this week...

Extraordinary Measures

Brendan Fraser, Harrison Ford and Keri Russell star in the story of a couple fighting to save the lives of their two youngest children.

Fraser plays John Crowley, an average working-class man who is starting to make a name for himself in the corporate world when his daughters fall gravely ill. With his wife, played by Russell, the family seeks for help and answers, but discover that there simply is no cure.

However, there is hope in the form of a scientist, Dr. Robert Stonehill, played by Harrison Ford. Robert is an untried and unconventional researcher who may have the hope that John's family needs, but to get anywhere they will need a lot of money, and time - two things which are in short supply.

If they can raise the money, John's only hope for his children is that Robert can develop a drug that will save their lives.

Legion

In what I can only call one of the most inept looking action movies of the year, Paul Bettany and Dennis Quaid star in the end-of-the-world story that pits humanity against a legion of apocalyptic angels.

With Bettany playing the Archangel Michael, the story centres on a small group of people fighting to stay alive. The story apparently revolves around the fact that God has lost faith in mankind, and his angels have been sent in to clean up the world with fire, brimstone, and mayhem.

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ANSWERS ON PAGE 15

Level: Beginner

SPORTS trivia by PO2 Bill Sheridan Contributor

Superbowl

1. What league was formed during a meeting in a car dealership in 1920?
2. What league did Lamar Hunt start to rival the NFL?
3. When did these two leagues first meet for a championship?
4. Who won that game?
5. What two teams played in that first one?
6. What was the first AFL team to win the AFL-NFL Championship?
7. Who coined the term Superbowl?
8. Who played in the most consecutive Superbowls?
9. How many teams have won more than five Superbowls?
10. What team has lost the most Superbowls?
11. Who has passed for the most yardage in Superbowls?
12. Who has scored the most touchdowns in his Super bowls?
13. Most yards rushed in a Superbowl is how many and by whom?

- ANSWERS
1. NFL
 2. AFL
 3. First Super Bowl after 1966 season 15 Jan 1967.
 4. Green Bay Packers
 5. Packers and Kansas City Chiefs
 6. New York Jets 1969, or Superbowl III
 7. Lamar Hunt
 8. Gale Gilbert five straight losses (Buffalo 4 and SD)
 9. One Pittsburgh Steelers with 6
 10. Bills, Vikings and Broncos have each lost four.
 11. Game and Career is Kurt Warner
 12. Jerry Rice eight touchdowns
 13. Timmy Smith Redskins 204

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Shelley Lipke, Lookout

Maureen Duffus stands in front of a house at Macaulay Point with her new book "Battlefront Nurses in WWI". The house was used for training nurses during the First World War before they were deployed to a battle zone.

Author uncovers history, develops it into a book

Shelley Lipke
Staff writer

What began as a search to uncover her aunt's military past, eventually led local author Maureen Duffus to write a book about the role of nursing sisters during the First World War.

She found her aunt's story so compelling she molded her research into her fifth book, *Battlefront Nurses in WWI*, a detailed look at nursing sisters through the lives of her aunt, Ethel Morrison, and another local nursing sister, Elsie Collis.

Following the two women's lives, Duffus tells the story of their travels to Egypt, France, Salonika and England - adventures that few women could have dreamed of at the time - and takes readers inside the Esquimalt training camp that prepared them for war.

Duffus chronicles four years in the two nursing sisters' lives after they enlisted in the Canadian Expedition Force in Esquimalt, B.C. in 1916.

"They cared for front line soldiers, wounded or gassed, sick with typhoid, dysentery, pneumonia or malaria," said Duffus. "Then served on hospital ships in danger from U-boat attacks, under fire from the air by aircraft and Zeppelins in Salonika, and waited every night for bombs to drop in the last months of the war. Several nurses were killed when they were posted so close to the battlefield in France they could hear the artillery from their hospitals and their living quarters."

Despite the nursing sisters' compelling stories, their place in wartime

They must have been strong minded ladies to go into this profession and then find themselves in the middle of a ghastly war.

-Maureen Duffus author

history is largely unknown, says Duffus.

"As I began researching to write this book I felt the nurses neglected to tell their story and because very few books were written involving the nurses I wanted to share their fascinating story of the war years."

Duffus spent three years searching through the National Archives, newspaper and magazine articles, and Morrison's and Collis's diaries to reveal insight into daily life as a nursing sister.

"Nobody knew that a whole medical unit was formed at Macaulay Point," said Duffus. "And the fact that the nurses served in exotic places when we mostly know about the war being on the Western Front begged the question why where they in those places?"

I found it extraordinary that these gently brought up ladies were born in the Victorian age and were amongst the first professional nurses. They must have been strong minded ladies to go into this profession and then find themselves in the middle of a ghastly war," she said.

Having access to the diaries

enabled Duffus to tell the story from the women's perspective, showing the reader their lives as lieutenants in the Canadian Army Medical Corps. It begins with entries from Collis's diary while she was at Macaulay Point training camp and follows the pair through to the end of the war, when the hospitals they served in were the targets of vicious air raids in France.

Both nurses served at the Mediterranean Front in Salonika in 1916 with No. 5 Canadian General Hospital, and also in France near the front lines when German aircraft bombed Canadian hospitals in the Boulogne area in 1918.

Duffus neglected to ask her aunt first-hand about her adventures during the war and she wishes she had.

"I didn't have the wit to ask her about her experiences when she was still alive, but I feel these remarkable ladies deserve to be remembered," she said. "After the war my aunt went back to school to get her diploma to be a public health nurse and then worked for years at Lampson School in Esquimalt."

In 2008 Duffus put together a photo essay on her website to mark the 90th anniversary of the armistice, which ended the war on Nov. 11, 1918.

To see her work on this project go to www.maureen-duffus.com.

She has published five books to date, all dealing with aspects of local and regional history. *Battlefront Nurses in WWI* was released on Nov. 9, 2009 and retails for \$29.95 in Bolen Books and Monroe Book Store in Victoria.



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STEAM POWER

Heating the buildings of CFB Esquimalt

Carmel Ecker
Staff writer

Steam may seem like outdated technology, but it's still a hot commodity at CFB Esquimalt.

It flows through the heating pipes of many dockyard buildings, powers and heats warships when alongside and is key to several processes in the electroplating shop.

The main source of CFB Esquimalt's steam power is the heating plant in building D209, tucked behind Base Logistics in dockyard.

A team of eight engineers from Base Construction Engineering (BCE) keep the plant running 24 hours a day, all year round.

One engineer remains in the plant over each 12-hour shift to monitor the three 600 horsepower Cleaver Brooks boilers, which are the size of a large trailer home, plus their supporting equipment.

When Lookout visited the shop, engineer Eugenio Marrelli was testing the boiler water for impurities such as calcium and magnesium hardness, which can degrade the boilers through long-term exposure.

Standing in front of what looks like a tiny double-door refrigerator, Marrelli mixed the water with the necessary reagent chemicals and explained the repercussions of leaving impurities in the system.

"Most impurities don't go up with the steam. They stay within the boiler and get more concentrated," he says. "The boiler will corrode on the inside causing leaks, which means the boiler doesn't last as long."

Another concern is foaming water caused by high levels of dissolved solids, he says. It gets into the system along with the steam and causes water hammer, where the water, moving at high speed, hits a bend or a closed valve in the pipes creating a pressure wave. This can damage the entire distribution system and even break pipes if the pressure is high enough.

"When you hear pipes banging in your house, that's water hammering, but it's 100 times more severe when steam's involved," says Marrelli.

The liquid in Marrelli's test tube turned blue, and he compares it against a block of vials with varying shades of blue liquid. His test that day confirmed there was no concern, the levels of phosphates in the boiler water were adequate at 30 parts per million



Carmel Ecker, Lookout

Above: Eugene Marrelli, a shift engineer at dockyard's heating plant, tests the water from the plant's boilers for impurities such as magnesium and calcium, as well as high oxygen levels, which can harm the boiler over the long term.

Right: For its biennial inspection, the heating plant's number 1 boiler spent a week being dismantled so the inspector could check every accessible nook and cranny.

(ppm) – the acceptable range is 20 to 40 ppm.

The orthophosphate test is one of several the shift engineer conducts to confirm the water in the boilers is properly treated.

However, if the water has high levels of unwanted minerals, the shift engineer can add different chemicals to the boiler to alter the compounds to something less harmful to the boiler. If there is too much oxygen, he can add an oxygen scavenger that will reduce it.

"There are going to be impurities in the water, but with chemicals you decide what kind," says Marrelli.

With his testing completed, Marrelli headed downstairs to where the heating process begins.

On the underground level of the shop, two sets of pumps loudly hum away as they pump water through white-washed pipes that stretch up to the higher floors.

Steam that goes out to other buildings cycles back into the shop as water when it cools (known as condensate); however, some water is lost in the process, so two small low pressure pumps draw extra water from the municipal water system through softeners and send it up to the

fourth level where a deaerator lowers the oxygen level.

Back down in the basement, the boiler feed-pumps push the low oxygen water into the boilers at 150 pounds per square inch (psi) to force it past the 100 psi internal pressure of the boilers.

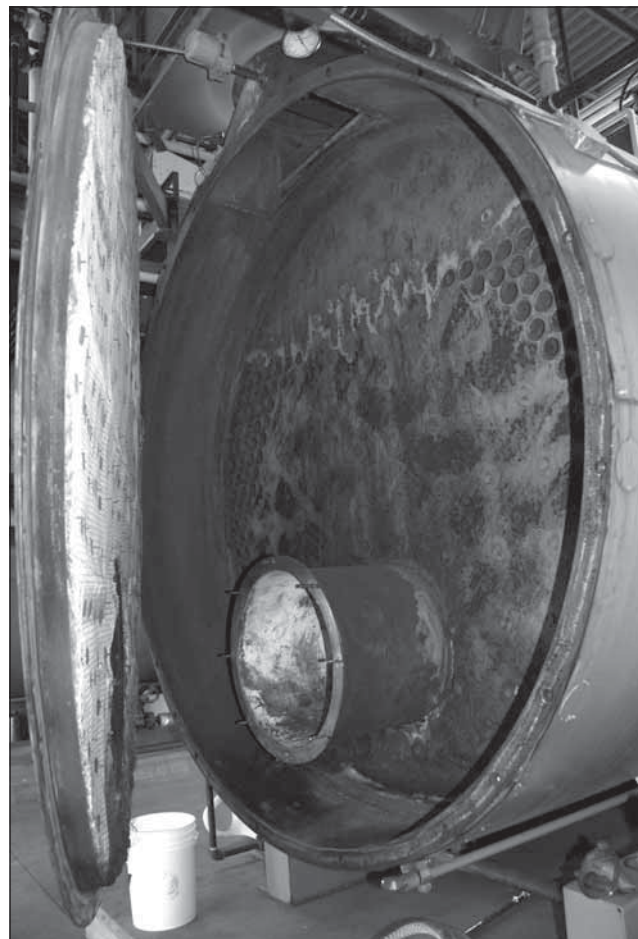
The heating plant's three boilers usually run on natural gas, but also have the ability to run on oil in case gas isn't available. The newest boiler – 12-year old Number 3 – can even burn waste oil from the ships, an activity that has been suspended for the past year pending an assessment of the special burning equipment installed on the boiler.

If CE is allowed to continue burning waste oil, which is refined before it is sent to the heating plant, it will significantly offset the cost of natural gas, says Larry Cracknell, Business Manager for BCE's mechanical section.

"Waste oil is cost-effective and supports the fleet, which needs to get waste oil out of the bilges," he says.

Currently, waste oil is sold to small local contractors who burn it, but that money goes into the crown purse, not BCE's coffers, says Cracknell.

In the plant, Marrelli headed up two flights of stairs, walked past the idle Number



3 boiler and noticed the pressure had dropped to about 80 psi. Even when idle, it's best to keep the boiler pressure at 100 psi so it's ready to use if needed, he says. With the flick of a switch, the boiler rumbled into action and Marrelli walked around the side of the machine to turn on the natural gas valve.

While Number 3 builds pressure, Marrelli walked into the next room to check on the 20-year-old Number 2, which was throwing off enough heat to make a person break out into an immediate sweat at close range.

Even in winter, when there are two and sometimes all three boilers running, engineers can walk around the plant in t-shirts and still be too hot, says Marrelli.

Making regular rounds of the shop is one of the duty engineer's main jobs. They keep their eyes and ears open for any strange readings on the dials or sounds coming from the machines.

Most of the tools needed to fix a problem lie ready for use on the second floor work bench. The heating plant's engineers also work closely with CE's plumbers

and steam fitters who can be called in if needed.

Everything was running smoothly on the day Lookout visited, and Marrelli headed over to the Number 1 boiler, which just had its biennial inspection. It's been partly dismantled to offer a view right through the core of the boiler. The space is large enough for the inspector to crawl inside.

"They check the welds because they are under pressure and can expand and contract causing cracks," explains Marrelli. "They check the tubes for leaks, erosion and pitting."

The inspector also checks the brickwork, which protects the outer metal from the boiler's extreme heat.

At the back, Marrelli opened the rear door to reveal a wall of fire tubes that direct the flue gases in three passes through the boiler water to produce steam.

Marrelli will re-assemble this giant over the next couple of weeks so it's ready to go when cold weather hits.

On an extraordinarily cold day or if there are several ships in port that require steam, all three boilers may be in action. In the summer, just one is usually enough to support the ships and the electroplating shop.

Because there are three boilers plus a standby boiler, known as the summer boiler, steam is always available even when equipment needs maintenance or repair.

The only time all three boilers shut down is during a power failure, a situation Marrelli hopes will be a thing of the past when a generator is installed this fall.

The plant generally undergoes two or three power failures a year during the winter and the process of restarting the system is time consuming given that everything must be slowly brought up to temperature, explains Marrelli. Bringing the temperature and pressure up too quickly can cause water hammer in the distribution lines.

The heating plant's future was in question in the early 1990s as the base looked at having central heating for all buildings. But because the plant was and continues to be in good shape and since the jetties need steam to support both Canadian and visiting foreign ships, the plant remains.

Steam may seem like old technology but it's still a vital part of keeping the navy on the water.

Calgary's reigns handed to Pumphrey



Left: Cdr William Quinn (left), outgoing Commanding Officer; Cmdre Ron Lloyd (centre), Commander of Canadian Fleet Pacific; and Cdr Ron Pumphrey, incoming commanding officer, sign change of command documents during a ceremony on the ship Jan. 14.

Below: In lieu of being rowed ashore, Cdr Quinn and his Executive Officer, LCdr James Salt, are taken off the ship by chuckwagon pulled by officers of the ship.



All photos by Pte Malcolm Byers, Base Imaging Services Esquimalt
 Crewmembers of HMCS Calgary tip their hats to bid farewell to Cdr William Quinn during the ship's change of command ceremony.

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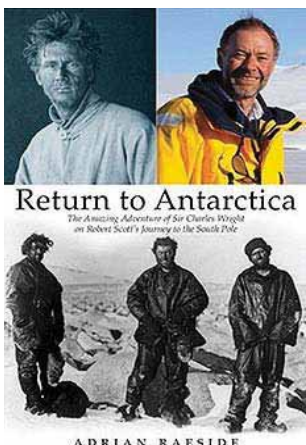
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Shelley Lipke, Lookout

In a special awards ceremony held at RAdm Tyrone Pile's residence, PO2 Roy Kaighin, Stephanie Greaves and Ken Lavigne received bravo zulus from the Admiral in recognition of their contributions to the Naden Band over the years. PO2 Kaighin composes the band's music while Greeves and Lavigne sing at various events and concerts the band holds throughout the year.

Band members honoured - music to their ears

Shelley Lipke
Staff writer

In recognition of their outstanding dedication to the music of the Naden Band, two civilians and one band member have been awarded a bravo zulu from Commander Maritime Forces Pacific and Joint Task Force Pacific, RAdm Tyrone Pile.

Stephanie Greaves, Ken Lavigne and PO2 Roy Kaighin proudly stood in the Admirals residence on Jan. 14, among friends and family and the entire Naden Band.

"The navy wants to say thanks to you for all your work. This is a special day, and it's long overdue," said RAdm Pile, as he congratulated them on their work.

"Bravo Zulu means well done," he explained to those not familiar with the terminology. "It's the highest honour we can give."

For more than 10 years Greaves has volunteered her vocals to the songs of the Naden Band at countless venues ranging from Symphony Splash to Christmas concerts.

She is an accomplished singer who boasts that no musical challenge is too great. "There is no game that seems to fowl me, and even if I don't know the

genre, I will somehow figure it out," she said. She sings blues, country, rock, jazz, pop, big band and everything in-between.

Greaves first became involved when she saw the band play at the Legislature many years ago, and she loved them. Her mother coaxed her to introduce herself.

"I wanted to be a part of it," she said.

She began singing with the military band at various events such as Navy Days, Military Family Resource Centre fundraisers and the Pacific Fleet Club.

"There is nothing like the energy received for singing with such a talented group of musicians. They are multi talented and they play so many instruments that it's a real treat. I seriously do pinch myself when I go on stage because I still can't believe I'm singing for the Naden Band," she said. "To have a group of 40 musicians back you up is an amazing feeling."

The band thought a male voice to accompany Greaves would add even more flavour, so they united with Ken Lavigne almost a decade ago.

"At the time I had no idea what the Naden Band was," said Lavigne. "But being an eager and hungry

musician, it was a great opportunity to play for thousands of people when I learned they wanted me to join Stephanie for the Salvation Army Toy Drive Christmas Concert at the Royal Theatre."

He is the founding member of Canadian Tenors and last year made his first Carnegie Hall debut in New York City with the New York Pops Symphony Orchestra.

The mastermind behind the music they sing is PO2 Roy Kaighin.

He has been with the band for 12 years and along with playing keyboards, flute, saxophone and percussion, he composes the music.

"You can't buy this stuff in the stores," he says. "I arrange for the band to highlight the expertise of the musicians through my composition."

He was a director with the Royal Westminster Regiment from 1994 to 1998, and assistant director at 15th Field Artillery band in Vancouver.

"This is a milestone in my life. I'm very honoured that the Admiral would think of me in this way. This is the first time a Bravo Zulu has been awarded to a member of the Naden Band," said PO2 Kaighin.

Civilians walk in a soldier's footsteps

Shelley Lipke
Staff writer

Staring down the scope of a C7 automatic machine gun, Dylan Thomas squinted one eye and chose a target with the other.

Like the others standing in his line, he had never shot an automatic weapon, and as he steadied it, pressed his cheek against the cold metal, and squeezed the trigger, he wasn't sure what to expect.

A ruffling of rapid succession shots followed, each echoing around him. He felt the recoil of the gun kick back against his shoulder and saw a showering of golden shell casings spit from the C7. When the firing stopped and only a cloud of smoky gunpowder lingered in the air, he lowered the weapon, removed his finger from the trigger and shared an ear-to-ear grin with the others in the line.

This was 11 Service Battalion's Soldier for a Day at Albert Head and shooting blanks at the small arms weapons stand was a shared favourite among those who experienced it.

"This program is a productive way to show civilians what we do and some of the aspects of a service battalion role," said recruiter MCpl Les Gardner. "It's positive and provides insight that we do similar jobs to civilian trades."

Twenty six civilians joined

Thomas to step in the boots of a soldier at the Albert Head training area on Jan 16. Most of the attendees were young, some as young as 15, and while they have to be 16 to sign up as a reservist, they were out to experience what it's all about.

The day began with an introduction to navigation and compass reading, which taught grid references, bearings and plotting. Then the civilians broke into groups to rotate to different stations to see some of these jobs firsthand.

Thomas's group began at the vehicle repair and recovery stand.

"One of the possible jobs available for army reservists is vehicle technician," said WO Ken Kieley while showing them a supply truck. "Our large supply trucks travel about eight to 10 kilometres behind the front line personnel to ensure they have enough supplies for their mission, but we need vehicle technicians and material technicians so they run well in the field."

Then WO Kieley led the group to another truck, this one used for towing in Afghanistan and other areas. Here he demonstrated an indirect tow by pulling a heavy logistic vehicle wheeled wrecker stuck in a ditch with a large MILCOT (the army version of a Chevrolet Silverado). "Depending on where the vehicle

is stuck, we can't always pull it out in a straight line, so we are using a pulley and chain secured around a tree to show you how we would get this MILCOT out of the ditch," he said.

After the demonstration he let people operate the towing cable on the truck and answered their questions about jobs for drivers, vehicle technicians and material technicians.

Then it was a lesson in military-style camping. Each group set up a 10-person tent and learned about the importance of stealth camping and leaving nothing behind. Cpl Tracey Trowsdale-Pollitt showed them how to set up camp and survive in temperatures below 60 degrees Celsius.

Cpl Troy Andrews assisted people in firing the C7 and C9 small arm weapons.

"I'm sure none of these people have fired an automatic weapon before, and this seems to be their favourite part of the day," he said. "Some are here for their second time in Soldier for a Day and they hopefully will go back to their school and tell their friends about it."

For Cpl Andrews, joining the reserves seven years ago has provided opportunities that most people don't get to experience.

"It is a chance to do something different than everyday life," he says.

At the camouflage and conceal-

ment stand Cpl Greg Corfield said, "It's all about blending into your surroundings," as he smudged green, brown and black paint on one volunteer's face. "We are trying to deny the enemy of our whereabouts in the field, and we have to blend in."

Once everyone was painted, Cpl Corfield led the group on a walk through the forest looking for anything that wasn't camouflaged and seemed out of place.

Near the end of the walk a camouflaged soldier, Pte Christian Milne, complete with leaves attached to his hat jumped out of the bushes shooting at the group. Someone screamed, another person darted behind a tree, but the point was made - expect the unexpected and appreciate the element of surprise that camouflage provides.

Pte Milne smiled and laughed with the group after he introduced himself, and told them that he had been in their shoes a year ago. The 28-year-old enjoyed Soldier for a Day so much he signed up.

"I love it. I am about to start my basic training and I've decided to do the weekend course at Work Point for that. It's a good adventure and I like learning a lot and having fun while doing it," he said. "When I did Soldier for a Day last year I found it beneficial to talk to the troops and they helped confirm what the

recruiter told me. I am going to be a vehicle tech."

As the day came to a close the civilians thanked their hosts and hopped on the bus and excitedly chat about the highlights of their day.

Most had learned about the Soldier for a Day through school, friends or family, or had heard about it from the recruiter.

Thomas said, "It's opened my eyes to what the military can offer me, and it leaves me thinking I'd like to join. The personnel were very friendly and answered all my questions."

Back at the Ashton Armouries the bus unloaded and MCpl Gardner debriefed the group again on the positions available and some of the benefits of joining the reserves and then handed out applications and information.

"11 Service Battalion provides support to the first line units like Canadian Scottish Regiment (an infantry unit) and 5th Field Artillery unit," explained MCpl Gardner. "We are the army reserve support unit for them and have jobs like cooks, vehicle technicians, weapons technicians, drivers, supply technicians, and administration roles available to support them."

Soldier for a Day is held once or twice a year and more details can be obtained by emailing MCpl Gardner at les.gardner@forces.gc.ca.



Shelley Lipke, Lookout

Left: Arian Aminalroaya hoisted a Carl Gustav recoilless rifle on his shoulder to imagine what it would be like to fire the weapon.

Above: Civilians shoot C7 and C9 automatic weapons during weapons training.

Below: The day began with an initiation to map reading and compass navigation.



Bravery behind the wall of valour

Life saving actions earned sailor a medal and later a space on the Wardroom's Wall of Valour.

Staff Writer
Shelley Lipke

Thirty years ago Ernest Nash was a 25-year-old Master Seaman when he dove into frigid water to save a fellow sailor from his ship.

This impulsive action earned him a Medal of Bravery, and years later his name was engraved on the Wall of Valour monument outside CFB Esquimalt's Wardroom.

"In my 35 years experience in the military, I believe if you asked anyone who has received a Medal of Bravery they would all say the same thing – you don't think twice about helping, you just do it," says the 55 year old, who retired from the navy but continues to work for the government.

On the evening of Dec. 7, 1979, MS Nash and fellow sailor LS Richard Broadhead were in HMCS Kootenay, which was tied up under the Pattullo Bridge in Vancouver.

"One of our ship mates came back on board drunk," recalls Nash. The sailor had passed out on deck and when the quartermaster tried to wake him, he reacted badly and began to struggle.

"Because he thought he was being mugged he jumped up and ran in the wrong direction, hit the stanchions and then he fell overboard," says Nash.

The ship was quickly thrown into emergency stations, and the quartermaster tossed a kisby ring to the sailor. But in the frigid, fast moving water of the Fraser River, the sailor was being taken by a strong tidal current. "He was getting swept away quickly and we figured he was in trouble," says Nash. "LS Broadhead and I stripped down

to our pants and jumped in the water to pull him back to the jetty."

The two fought the current to safely bring the sailor to the jetty and waited for a boat to pick them up.

"We were in the water for about 10 minutes before we were pulled into the whaler boat," says Nash. When the crew recovered the whaler boat to its home on the Kootenay, the sailor began thrashing around the boat as it was being hoisted, which shook the boat wildly. "We had to restrain him until we were safely back on the ship," said Nash.

Once the sailors were on board, the sailor was sent to his rack, and Nash and LS Broadhead had hot showers to warm up and were issued rum tots by the Commanding Officer.

Two years later Nash, promoted to Petty Officer Second Class, received a letter from Government House informing he would be awarded the Medal of Bravery for his actions on the Kootenay that night.

"I was told I could bring one person to see me receive my medal, so I decided to take my mother," said Nash. "But since my father and other family members also wanted to see me receive my medal they paid for their own way to Ottawa. It was really nice to be recognized and it was a great party in Ottawa," he said.

Nash's career progressed in the years that followed. He was commissioned from the ranks and took the job of Lieutenant Commander in 1992 as the first engineer for HMCS Iroquois after its refit. Then he took an early retirement and left the military. In 2003, he found out his name was on



a national monument.

The Wall of Valour had been erected in Halifax, Ottawa and Victoria as a tribute to all the recipients of the Medal of Bravery since 1972.

"I had to wonder how many people walk by that every day and what they think as they pass by the monument. Every person whose name is on it did something out of the ordinary," he said.

In 2004, Nash visited the monument for the first time to see his name among the 25 other names. "I feel that compared to many people in war, what I did wasn't much, but it is nice to be recognized and feel appreciation for my efforts," he said.

These days Nash works for Public Works with the Government of Canada and since he is involved with work on the submarine HMCS Victoria, he passes by the monument often.

"Our military seems to want to recognize people for things they are doing more so than they have in the past. I think this comes from our heritage and they are seeing a value in recognition," he said.

LCdr (ret'd) Ernest Nash shares the honour of having his name on the Wall of Valour below CFB Esquimalt's Wardroom with 25 others.

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Scoring big, Regina glides to win

Shelley Lipke
Staff writer

For the first time in years all eight units in the fleet were represented in the 2010 Cock of the Walk hockey championships, and after four exciting days packed with games in a round robin quarter finals, semi finals and finals tournament, it was *HMCS Regina* that celebrated a victory.

The final game began when Capt(N) Paul Dempsey, deputy commander of fleet, dropped the puck on Jan. 14.

Fast skating and lots of action followed between *HMC Ships Calgary* and *Regina* who both fought for the title.

Calgary played a strong, tight game against *Regina*, and when one team scored, the other would fire back almost immediately.

At half time it was tied 1-1.

Then *Calgary* pulled in the lead in the second period at 16:56 when defence man LS Chad Ernst shot from the point. A minute later *Regina* followed suit to tie it up as Lt (N) Geoffrey Simpson scored with an assist by OS Adrian Jack.

Lots of shots on net were made, but *Calgary's* goaltender SLt Sean Bruce stopped them.

With a 2-2 tie very late in the game fans in the bleachers chattered about the game possibly being determined by a shoot out.

But at 2:33 the winning goal emerged when goaltender PO2 Daniel Simister passed to OS Jack who relayed to LS Fox, who shot and scored. *Calgary* fought back, but couldn't get it in the net, and several minutes later when the buzzer sounded it was a 3-2 win for *Regina*.

"The final game was a head-to-head competition with fast skating, and lots of shots on net (24-20)," said organizer Les Alexander, fleet fitness and sport coordinator. "Both teams displayed good sportsmanship throughout the game with few penalties."

The teams stayed for the closing ceremonies and award presentations with *Regina's* team members lining up to receive winning plaques and T-shirts.

"Special thanks went out from Capt(N) Dempsey for the way the players personally conducted themselves throughout the tournament, and he also thanked 11 volunteer referees from various units who took part in the tournament using a four man system," says Alexander.



Shelley Lipke, Lookout

In the final game, HMCS Regina bested HMCS Calgary with a 3-2 score to win a point for their ship towards the COW trophy.

HMC Ships Ottawa, Algonquin, Vancouver, Regina, Calgary, Protecteur, Winnipeg, and Canadian Fleet Pacific Commander Coastal Division (CFP-CCD), formerly MOG4, all played.

During the games, all four teams in both divisions made it to the quarter finals after a two game round robin. Red division results showed CFP-CCD first, *Winnipeg* second, *Calgary*

third, and *Protecteur* fourth, and blue division with *Regina* first, *Algonquin* second, *Vancouver* third and *Ottawa* fourth.

In the semi finals *Regina* beat *Winnipeg* 5-2 and *Calgary* won 4-3 in a shoot out with CFP-CCD to advance to the final game.

Throughout all games in the tournament *Regina* remained undefeated.

COW history dates as far back as when the Canadian

Navy was the Royal Canadian Navy. Each time a ship or department in the fleet wins a tournament the points are tallied towards the final trophy, which is awarded to the ship or fleet department with the most points in all the COW sporting competitions. Then they are declared Pacific COW Sports Champions for that year and will keep the trophy until the following year.

2009 COW hockey tournament results

Jan 11

- Algonquin vs Ottawa (5-0)
- CFP-CCD vs Calgary (5-2)
- Regina vs Vancouver (5-0)
- Winnipeg vs Protecteur (6-3)

Jan 12

- CFP-CCD vs Protecteur (2-1)
- Vancouver vs Ottawa (6-1)
- Calgary vs Winnipeg (2-2 tie with each team given one point)
- Algonquin vs Regina (6-6 tie)

Jan 13 Quarter Finals

- Winnipeg vs Vancouver (6-1)
- Calgary vs Algonquin (4-4 tie which Calgary won in a shoot out 5-4)
- Regina vs Protecteur (7-2)
- CFP-CCD vs Ottawa (10-3)

Jan 14 Semi Finals

- Regina vs Winnipeg (5-2)
- CFP-CCD vs Calgary (3-3 tie Calgary 4-3 win in shoot out)

Finals

- Regina vs Calgary (3-2)

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INFOCUS



ASLt David Thebault, JTFP Public Affairs

Left: LS John Paul Daigle takes a deep breath as he helps secure a hurricane hawser following a cold-move of HMCS Winnipeg from C3 to A2 jetty on Jan. 19. Although LS Daigle is a Sonar Operator in Winnipeg, line handling is considered an entire ship's evolution.

Above: OS Ryan Crossman heaves electrical cables onto the deck of HMCS Winnipeg as part of re-establishing shore power following the cold-move.

Bravo ZULU



Pte Paul-Emile Laramee accepts his promotion to Cpl from Cdr Doug MacKeen.



MCpl Oliver receives his new shoulder slip ons from Cdr Doug MacKeen, and CPO2 Mark Banns, Galley Operations Chief.

FORMATION NEWS: SAILOR OF THE YEAR

Winnipeg crewmember named sailor of the year

CPO1 Paul Helston
Fleet Chief

The Canadian Fleet Pacific initiative to recognize a sailor for outstanding achievements has selected its first Sailor of the Year.

Commodore Ron Lloyd approved the selection of Master Seaman Lani Shields, a Marine Electrician from HMCS Winnipeg.

MS Shields was born in New Westminster, B.C., in 1976 and was raised and educated in Langley, B.C. In 1994 she joined 15th Field Artillery Regiment in Vancouver. She served with the Army Reserves for nine years, during which time she attended Kwantlen University College and received Certification in Architectural, Structural and Mechanical Drafting. After College she worked in both Civil and Mechanical Drafting. She received excellent training with the Army Reserves and served overseas with 1 Royal Canadian Horse Artillery during a six-month deployment in Bosnia for Operation Palladium - Roto 7 in 2000.

In the fall of 2003 MS Shields transferred to the navy where she began her Marine Electrician training in Esquimalt the following spring. Upon completion of her primary electrical training, she joined HMCS Protecteur. She spent six months of this posting in Halifax in 2005 completing a QL4 Marine Electrician course.

MS Shields served with HMCS Protecteur until she began the QL5A Electrical Technician course in Esquimalt in January 2007. Upon completion of her Technician training in May 2008 she joined HMCS Winnipeg as an Electrical Technician. Immediately after joining HMCS Winnipeg she completed a busy period of pre-deployment preparations, which included work-ups, and also saw her complete the Ship's Team Diver course at FDU(P) in December 2008.

In February 2009, HMCS Winnipeg deployed for Operation Sextant. The mission included a two month period in the Gulf of Aden conducting counter piracy operations with the Standing

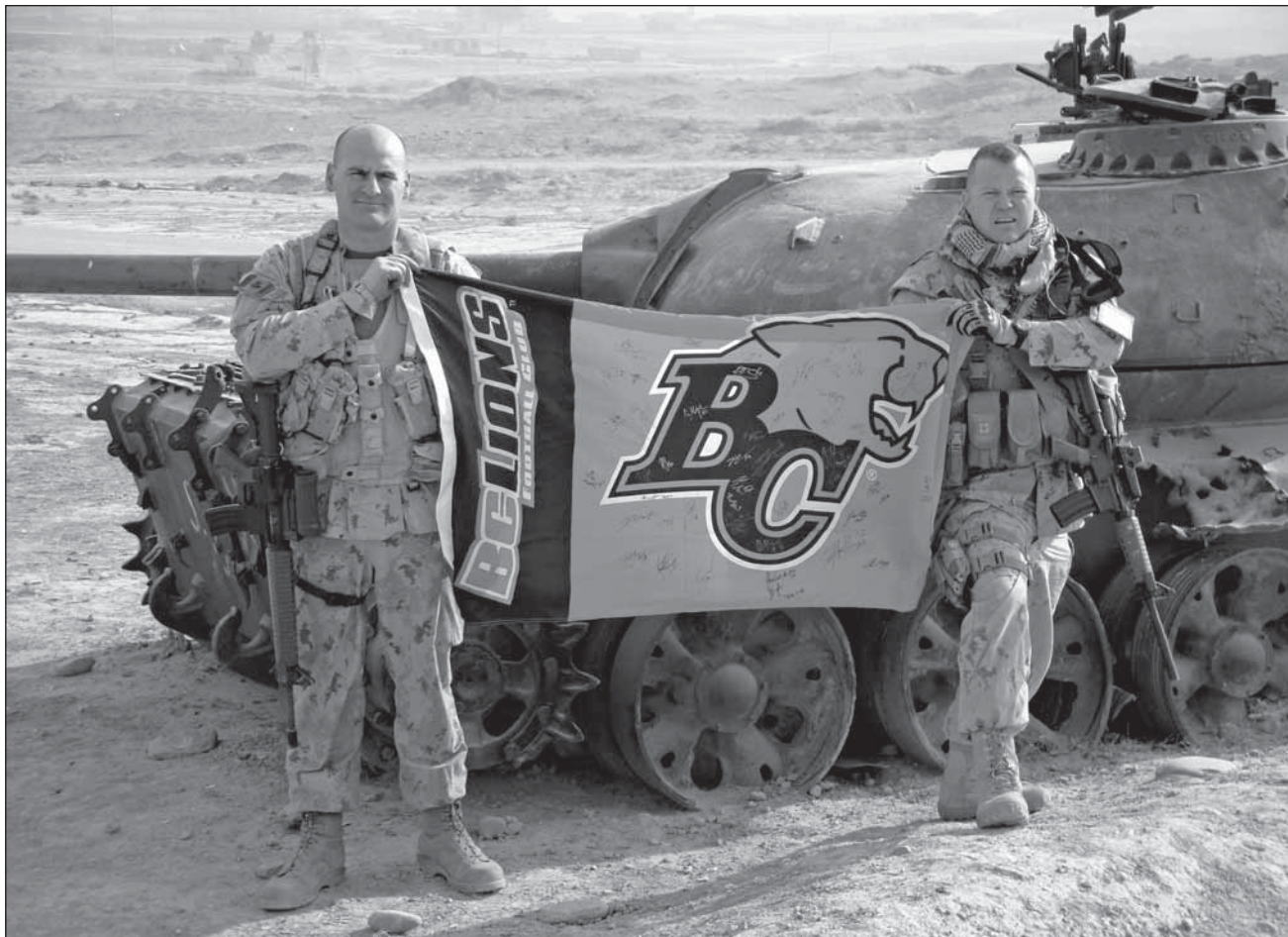


NATO Maritime Group One (SNMG1).

During the deployment she served as the boarding diver for several boarding missions and remains an active member of HMCS Winnipeg's Dive Team.

She is dedicated to her physical fitness and truly enjoys assisting others – BZ to MS Lani Shields.

The selection process occurs in April, July, October and December for the sailor of the quarter and in January for the Fleet Sailor of the Year. This award is not intended to replace any other awards but merely to compliment it. The criteria are professionalism, performance, volunteering in the unit and in the community, as well as specific outstanding achievements.



PO1 Roger Payne, naval communications specialist, and Cdr Rob Watt, chief of counter IED training, hold up a B.C. Lions flag that was given to them by the football team. Cdr Watt took the initiative to get some B.C. sports team memorabilia sent to Afghanistan for the troops to enjoy at a meeting place and lodge called Canada House. Vancouver Canucks, Vancouver Giants, New Westminster Salmonbellies, Vancouver Whitecaps and B.C. Lions all sent items for the Canadian troops overseas.

Canada House, support by sports

Shelley Lipke
Staff writer

When Cdr Rob Watt arrived in Afghanistan in September, he got the ball rolling to bring some West Coast decoration to Canada House, a meeting house and lodge used by the military members.

"I noticed that Canada House was decorated with Canadian NHL jerseys. However they included every team in Canada except the Vancouver Canucks," he said.

This had to change, he thought.

The local sailor reached out to friend Dan Whittle, a Vancouver businessman, former reserve clearance diving officer, and member

of the Friends of HMCS Vancouver.

"Dan mentioned he was meeting with the Canucks Head Office that week and said he would see what he could do," said Cdr Watt. "During the meeting Whittle went a step beyond the request and arranged to have memorabilia from all major Vancouver sports teams sent to us."

Last November in Vancouver, Gen Walter Natynczyk, Chief of the Defence Staff, and CWO Gregoire Lacroix were presented a collection of sports memorabilia on behalf of B.C. sports teams to be given to the troops in Afghanistan.

"The players were really excited about contributing to

the troops," said Jamie Taras, retired player and director of community relations for B.C. Lions. "We always talk about football being a battle, but meanwhile the real battles that are being fought are by our military."

The items arrived in Kabul just in time for Christmas and included signed hockey jerseys from the Vancouver Canucks (NHL) and Vancouver Giants (WHL), a signed 1950s replica lacrosse jersey from the New Westminster Salmonbellies, a signed flag from the B.C. Lions football club, and a signed soccer ball and t-shirts from the Vancouver Whitecaps.

"Items like this make a big difference over here in Afghanistan, as they are a

connection with Canadian life back home," said Cdr Watt. "Displaying them in Canada House helps change it from a converted shipping container structure into a welcoming little piece of Canada, and having items from our local teams also means a lot to us, as it is a visible sign of support from our communities on the West Coast."

The Canadian contingent in Kabul has recently been split, with half the personnel moving to a new facility near the airport. In this location a new Canada House is being built and these items will be among the first to be displayed there.

"They will hang on the wall with pride," he says Cdr Watt.

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Whoever said that Vancouver's 2010 Olympics was the most important event of the year did not know about Milfoto 2010! So mark your calendar now and reserve the weekend of **August 20-22, 2010** for a good time and get together with your fellow photographers at the 11th Milfoto Reunion. Having received very positive comments regarding our 2005 Reunion at 8 Wing Trenton, we decided to book the same facilities. Trenton's central location, the Wing's ability to accommodate large groups, reasonable cost of facilities, food, and accommodation was a deciding factor in our choice. Add to that the great memories it will bring back for most military personnel that transited through Trenton at one point in their career.

In preparation for this Reunion, the organizing committee has been hard at work since spring 2008. The full schedule has yet to be finalized but here are some of the events already planned:

Friday, 20 August • **Meet and Greet**
Saturday, 21 August • **Golf (9 holes, best ball)**
 • **8 Wing Imaging section & Air Force Museum tours**
 • **Baker Island BBQ and equipment display**
 • **Dinner and Dance**
Sunday, 22 August • **Sunday Brunch and departure**


Your registration cost for this event will cover the following meals: Friday Meet & Greet, Saturday Lunch (BBQ) & Dinner, and Sunday Brunch. Golf and accommodation are not covered by your registration. Early-Bird registration using the enclosed form would be greatly appreciated. Additional information regarding reunion activities, accommodation, transportation, and car rental will follow in our second communiqué scheduled for the beginning of May 2010.

We would like to communicate with you by email if possible. Please provide us with an email address at your earliest convenience. We are still trying to locate fellow photographers, so spread the word around or send us their address and we will gladly contact them. We would like to see as many photographers as possible attend.


For more information, please contact any committee member or visit our web site at:

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It's RRSP time again...

Pierre Goulet
SISIP Financial Services

January and February are typically the time of year when many Canadians make their Registered Retirement Savings Plans (RRSPs) contributions. The first sixty days of each new year gives us the time to top-up contributions, borrow to make contributions if we haven't done so throughout the year, or to start a new contribution plan. All contributions made up to and including March 1, 2010 can be claimed either on your 2009 or your 2010 tax return.

1. Don't wait until the last minute

You work hard for twelve-months of the year to earn your money. Don't wait until the deadline to seek out your investment options. It's easier to invest in small doses. Try making your investment decisions throughout the year, when you will have more time to reflect on these decisions, and you can avoid the February rush.

2. How much to contribute?

When contributing to a RRSP, time is money! However, because we can carry over our unused contributions for an indefinite period, some of us have a lot of contribution room. Decide how much effort you want to make towards your 2009 contribution and what you would like to contribute in 2010. Be reasonable, do not invest every dollar of your surplus

cash or borrow too much through a RRSP loan. This could cause you financial difficulties and prevent you from properly planning future contributions.

If you do not have surplus cash and you do not want to borrow, it is better to simply focus on the year ahead and start a monthly contribution plan into a RRSP. Doing so will put you ahead of the game at this time next year.

3. Whose RRSP to contribute to?

Generally, the purpose of a RRSP is to build savings that will provide a source of income at retirement. If you have a retirement savings plan and your spouse does not, you may wish to make spousal RRSP contributions. Such contributions are still deducted from the income of the contributor, but help build a retirement income for the spouse with no retirement savings plan.

4. Determine your risk tolerance and RRSP investment choice

An understanding of your objectives and risk tolerance is key to your investment success. You may be considering a Tax Free Savings Account (TFSA) which allows up to \$5,000 every year into an account that grows tax free. Let a SISIP Financial Services (SISIP FS) financial planner assist you in determining your risk tolerance level and the appropriate investment vehicle; professional advice can really pay off. Visit your local SISIP FS office, call 1-800-680-8177 or online at www.sisip.com.

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