

Volume 55 Number 7 | February 15, 2010

# LOOKOUT



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MCpl Chris Ward, Combat Camera



After months of preparations, military members were ready for the real deal when the Olympics kicked off on Friday. Navy, Air Force and Army personnel will work closely with the RCMP to ensure a safe and secure Olympic and Paralympic Games.

**Above:** OS Aaricka Winlaw stands guard to ensure the safety of personnel in the vicinity of the helicopter landing pad, while two CH-146 Griffin helicopters prepare to land at HMCS Discovery during Operation Podium.

**Right:** RAdm Tyrone Pile, Commander Joint Task Force Games (JTFG), looks through the laser site of a .50 calibre machine gun while in an Orca-class patrol vessel. Col David Barr, JTFG Deputy Commander, stands ready to explain the detailed functions of this heavy machine gun.



Cpl Roderick Hopp, Combat Camera

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# Trenton Wing Commander charged with murder, assault

**Carmel Ecker**  
Staff writer

Wing Commander of 8 Wing Trenton, ON, Col Russell Williams, has been relieved of duty after Ontario Provincial Police (OPP) charged him last week with two counts of first degree murder, two counts of forcible confinement, and two counts of break and enter and sexual assault.

The charges stem from an investigation into the Jan. 28 disappearance of 27-year-old Jessica Lloyd, a Belleville, ON, resident.

Police charged 46-year-old Col Williams with the death of Ms Lloyd and of 38-year-old Cpl Marie-France Comeau. Cpl Comeau, who was found murdered in her Brighton, ON, residence on Nov. 25, 2009, was posted to 437 Transport Squadron at 8 Wing.

The other charges relate to the sexual assault of two women living in the Tweed, ON, area in September 2009.

"We all feel this shock and emotionally it's difficult," said Gen Walt Natynczyk, Chief of the Defence Staff, during a news conference at 8 Wing Trenton last Wednesday.

His meeting with the media followed a meeting he and the Chief of the Air Staff, LGen André Deschamps, had with 8 Wing personnel, during which they offered words of support. "We have to support [Trenton personnel] and we have to support their families," Gen Natynczyk told the room of reporters.

"I told them to stand tall and I told them to stand proud," he said. "We have to move forward."

He encouraged anyone with

information pertinent to the case "to provide that information".

The mayors of Belleville and Tweed also attended the meeting with members of 8 Wing and offered their own words of encouragement.

Asked for his personal reaction to the news of Col Williams' arrest, Gen Natynczyk said, "It felt as if I had a body blow and I was winded."

There is a "sacred trust" put in military leadership, he said. Anytime that trust is violated, "that's where you know you've had a body blow."

In a statement issued Monday, Jan. 8, LGen Deschamps said, "Although one is considered innocent until proven guilty, in light of the seriousness of the charges, and in consideration of the high level of responsibilities attached to the position of Wing Commander, an interim Wing Commander for 8 Wing Trenton will soon be appointed."

LCol David Murphy has since been appointed acting Wing Commander.

The CF National Investigation Service and the Belleville Police are cooperating with the OPP on the continuing investigation.

***In consideration of the high level of responsibilities attached to the position of Wing Commander, an interim Wing Commander for 8 Wing Trenton will soon be appointed.***

-Gen André Deschamps  
Chief of the Air Staff



Col Russell Williams has been charged with the murder of two women and the assault of two others.



## From the Chief of the Defence Staff

I know I speak for every man and woman in uniform when I say that we have been shocked and dismayed by the events unfolding around the arrest of Colonel Russell Williams in Trenton. I will not comment on the charges against Col Williams. They will be dealt with by the criminal justice system.

These are disturbing and tragic circumstances. These allegations touching our senior leadership have created a wave of emotion that inflicts pain on all those involved. CF leaders at all levels need to remain conscious of the sacred trust that exists between them and those they lead. It is a trust built on unimpeachable morals, unwavering integrity, and the courage to do what is right.

I have every confidence in the leadership of the CF and their strength

of character to weather this storm, to make the right decisions, and to offer moral support to each other as we collectively work through this tough situation.

This comes at a time when all of our energies are focused on continuing to turn the tide in Afghanistan, saving lives in Haiti, fighting piracy on the high seas, supporting the RCMP in providing security at the Olympic Games, and ensuring that our women and men are prepared for their next mission.

I am confident that we will all remain focused on our missions, and will and continue to achieve success on operations while caring for our people and our military families.

I know we are united in our sympathy for all the victims and those touched by these crimes, and that

we are committed to ensuring we provide the best support to all of the affected military families. In keeping with our commitment to the wellbeing of our personnel and their families, I would like to remind everyone of the Employee Assistance Program through which mental health service providers can be contacted for confidential support and counselling services.

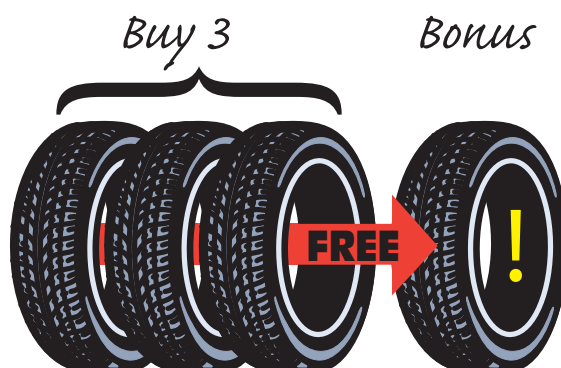
Finally, the police have made a public plea for any information that may bring light to their investigation and I echo that call. If you have information that you believe is relevant, please share it with your nearest military or civilian police agency.

I am proud of you and proud to be your CDS.

*General W. J. Natynczyk  
Chief of the Defence Staff*

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# Nelles turns garbage into compost

**Carmel Ecker**  
Staff writer

Orange peels, salad scraps and other wet waste from Nelles galley, once destined to rot in Hartland Landfill, are being redirected to compost.

Green wheeled totes distributed throughout the kitchen and dish area are filling up with food waste and then disposed of in an environmentally friendly method. This new initiative diverts 70 per cent of the waste from Nelles Block away from the landfill.

In a pilot project that began Jan. 11, civilian and military staff have drastically reduced the galley's environmental footprint by removing more than six tonnes of compostable material from their garbage stream.

"Touch wood, it's been awesome," says CPO2 Mark Banns, Base Foods Chief Petty Officer, "very few hiccups."

The transition to a greener waste management plan for Nelles began about a year ago when Formation Safety and Environment (FSE) performed an audit of their garbage.

"Galley/restaurant operations produce a significant amount of potentially compostable material," says Mike Bodman, an environment officer at FSE. "I wanted to know how much."

A contractor emptied the galley's trash compactor and sifted through the waste to determine what percentage could be composted.

The number was staggering. Seventy-six per cent of the 1,372.5 kg of waste during the three-day audit could be kept out of the Hartland dump.

With the Capital Regional District planning to close landfill doors to kitchen waste in May 2012, Base Commander Capt(N) Marcel Hallé decided to make composting a priority.

"Rather than have a reactionary response, we want to have a proactive response," says Rob McDermot, contract coordinator at Base Construction Engineering (BCE).



Carmel Ecker, Lookout

**Above:** CPO2 Mark Banns stands by the line of clean composting bins behind Nelles Block. Construction Engineering installed a new door and ramp behind the galley so the rolling bins could be easily wheeled in and out of the building.

**Right:** A roll-off bin full of wet garbage is a thing of the past with the new composting program in place.



Photo courtesy of Mike Bodman, FSE

"It's something whose time has come and we're taking advantage," he adds.

BCE solicited bids and signed with Ellice Recycle Ltd.

Ellice currently subcontracts the composting process to reFuse Resource Recovery, a local company that collects organic waste from restaurants and private residences in Victoria and the Cowichan Valley.

reFuse uses in-vessel composting, which can process more types of waste than a standard home composter.

Organic waste enters a concrete container and the waste is broken down quickly using high heat and air flow.

"It takes the normal outdoor cycle time and puts it on steroids," says Gary Bartlett, General Manager for Ellice Recycle.

Once the waste is broken

down, it's taken to an outdoor compost pile to finish composting. That former garbage becomes usable soil for gardeners in just six weeks.

"It has the potential of becoming a valuable resource," says McDermot.

Because the process is enclosed and involves high heat, materials such as bones and fat can be included without the risk of rodent infestation.

BCE has installed a new door and a ramp at the back of the galley so staff can roll the green collection totes in and out. When reFuse collects the bins – every second day – they drop sanitized replacements in a separate

area to avoid contamination. Prior to disposal, the staff sorts the trash to ensure non-compostable garbage, such as ketchup packets and creamer containers, don't reach the green bins.

"Kudos to everyone in the kitchen," says Bartlett. "They've done just a wonderful job."

With such a high level of success so early in the six month trial, McDermot is optimistic about implementing the program in other galleys, starting with Work Point.

"Once we iron out all the wrinkles, our intention is to implement this in other food services outlets on base," he says.

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

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

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

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**LOOKOUT**  
NEWSPAPER

Circulation - 4,500

One year subscription - \$35.<sup>31</sup>

Six month subscription - \$17.<sup>66</sup>

Three month subscription - \$11.<sup>77</sup>

A Division of Personnel Support Programs  
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## WHAT SAY YOU

# CF inspires Canada's Olympic hockey teams

### To Our Troops,

As we get ready to represent Canada at the 2010 Olympic and Paralympic Winter Games in February and March, we wanted to take a minute to let each and every one of you know how much of an inspiration you will be in our quest for three gold medals in the coming months.

People throw out words like war and battle way too often when speaking about sports such as hockey. As athletes, we know that what we do for our country can never measure up to your contributions, or the sacrifice and dedication that our armed forces show on a daily basis.

When we take to the ice, rest

assured we will have you in our thoughts and prayers. We are so proud to be Canadian, and owe so much of what we have here to you, the Canadian military. We will do our best to represent you well in competition, and look forward to a day in the very near future when you will return home safely in Canada, when all Canadians can thank you in person.

*All the best,*  
**Jean Labonté**  
Captain, Sledge hockey team

**Scott Niedermayer**  
Captain, Men's hockey team

**Hayley Wickenheiser**  
Captain, Women's hockey team



## WHAT SAY WE

# Dockyard tours a hit with visiting students

**A/SLt Randy A. Camponi**  
Contributor

Stories of ghosts who haunt century old buildings, fun activities, and a chance to see modern warships up close are just a few of the highlights youth have been experiencing as they tour the base and dockyard.

Classes from near and far have visited Canadian Forces Base Esquimalt since the beginning of January, as the gates were opened for all to come visit one of Victoria's oldest, most historic landmarks.

The tour gives students and

**There is over 100 years worth of stories and history here on base that is quintessential to Victoria's roots and heritage**

-Darelle Odo  
Tour Guide

Canadians of all ages an opportunity to explore, connect with and learn about their navy. The tours are interactive and showcase Canada's Pacific maritime forces.

The walking tours highlight some of Victoria's oldest architecture with heritage buildings originally erected by the British Royal Navy in the mid 19<sup>th</sup> century. Around each corner is another fascinating story and an endless supply of history to absorb.

"There is over 100 years worth of stories and history here on base that is quintessential to Victoria's roots and heritage," says Darelle Odo, a seasoned tour guide here at CFB Esquimalt.

"I love giving tours to the public. Everyone is always fascinated and in awe over the history, buildings, stories, sailors, and the ships," she says.

The tour also commemorates the 100<sup>th</sup> anniversary of the navy.

Schools, clubs and other groups are encouraged to arrange customized tours based on their interests and age. They are free and are sure to amaze. For more information and for booking your tour, call (250) 363-5291, or email cfbesquimalt@shaw.ca.



Navy Public Affairs Office  
**Dockyard tour guide, and co-op student from UVic, Darelle Odo shows a group of 14 students and teachers from the Pender Island home schooling group the armament at the Duntze Head saluting dias; one of the stops featured on their Feb. 1 dockyard tour.**

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## COMMUNITY NEWS: FROM BILGES TO BOARDROOMS

# Former stoker advocates on behalf of ill and injured

**Lt(N) Michael McWhinnie**  
BPAO

When we see others encounter hardship, it's a natural human reflex to ask one's self "What would I do if that happened to me?"

We all have ideas of how we might cope with serious injury or illness, but few would hope to match the story of Marlowe Fraser, an ex-marine engineer.

In 1991 while deployed on board *HMCS Protecteur* during the Persian Gulf War, Fraser was hurt repairing an emergency fire pump. The extent of his injuries were discovered years later when an MRI exam revealed he had broken his neck and extensive surgery was required.

He underwent cervical spine fusion and a period of rehabilitation before being released medically in 2002 after 20 years service. Fraser continues to cope with persisting symptoms from the injury.

No one would blame him if he succumbed to cynicism or a sense of defeat; and yet the opposite occurred.

Within a year he attained a Master of Science degree in Environment and Management from Royal Roads University. Today, in addition to his current employment as the supervising environmental technologist at Fleet Maintenance Facility Cape Breton, he dedicates time and energy advocating on behalf of

ill or injured veterans and current military members.

"My personal experience showed the greatest obstacle to veterans receiving benefits is the lack of knowledge about it," said Marlowe. "The complexity of the application process can also be a barrier and needs to be simplified," he adds.

The desire to see positive change for veterans and CF personnel is a motivating force for Fraser, who, in addition to his full-time job, performs the duties of Executive Director of Advocacy for the Canadian Peacekeeping Veterans Association, and actively participates in the work of two advisory groups including the New Veterans Charter Advisory Group (NVCAG). NVCAG was formed to provide expert advice and guidance to Veterans Affairs Canada (VAC) with respect to the New Veterans Charter's implementation and VAC's ongoing effort to modernize.

"The hardship of coping with injury or illness is daunting enough on its own. When you consider the additional challenges of rehabilitation, retraining, financial losses and employment questions that all arise concurrently, you can appreciate the crucial role of government, through departments like VAC, in supporting the transition of people as they struggle with their new circumstances," explained Fraser.

In November 2009, he travelled



**Terry Doyle (left) expresses gratitude to Marlowe Fraser (right) for his help in obtaining benefits that allow his mother Irene to continue living in her home.**

to Ottawa to testify before the parliamentary Standing Committee on Veterans Affairs of the House of Commons. He believes the new charter is a step in the right direction.

"The report, if implemented, will have a very real future impact on serving members and an immediate positive effect on members retiring with medical releases," he stressed.

Fraser sees improvements on the horizon with the anticipated federal government acceptance of the committee's report. Nevertheless he remains active regionally by committing his time and energy for the causes of veterans and their loved ones. He played a key role in a recently established housing project in Metchosin that houses six previously homeless local area veterans, and welcomes the opportunity to help others.

Fleet Maintenance Facility employee Rick Doyle can attest to the impact of Fraser's efforts. His father, Richard Doyle, served in the navy for 31 years before retiring in 1969.

"Dad applied several times for benefits without success. No doubt, his failing health under-

mined his struggle and he passed away before being able to convince his case manager that his condition qualified," explained Doyle. "I was concerned for my mother but did not know what to do."

With Fraser's support and guidance Doyle was able to arrange assistance for the 85-year-old widow under the Veteran's Independence Program. "The help Mom gets is crucial to her maintaining her autonomy and being able to continue living in her home," said Doyle.

In recognition for his advocacy efforts, Fraser was recently invited to the office of the Base Commander. A group of co-workers assembled for a ceremony presided over by Capt(N) Marcel Hallé and BGen (Ret'd) Larry Gollner, the patron of Canadian Peacekeeping Veterans Association who were sponsoring the award.

"This award is only given when merited and this is the first such occasion in three years," emphasized BGen Gollner as he praised Fraser's accomplishments regarding veteran's issues. Afterwards, Capt(N) Hallé commended Fraser for his personal achievements in the face of the adversity of his injury

and presented him the National Peacekeeper of the Year Award 2009 plaque.

"I am certainly grateful for the acknowledgment this plaque represents, but it is really through helping people that I get my greatest sense of reward," declared Fraser.

When asked if there was one message he wants to communicate to the defence community in Victoria he responded: "If you have a medical condition that has been diagnosed and is relative to your military service, whether you are retired or still serving, you should seek help. People can call me, contact VAC directly, or consult any veteran's association including the legion."

Fraser's past and continuing efforts not only empower an often overlooked or disenfranchised sector of the extended military family, but serve as an example of what may be achieved when the test of adversity is met with equal measures of determination and compassion.

*Note: Information on "The New Veteran's Charter" or the "Veteran's Independence Program" can be found on the VAC website: [www.vac-acc.gc.ca/gene](http://www.vac-acc.gc.ca/gene)*



**BGen (ret'd) Larry Gollner (left) and Base Commander Capt(N) Marcel Hallé (right) present the National Peacekeeper of the Year Award for 2009 to Marlowe Fraser (centre).**

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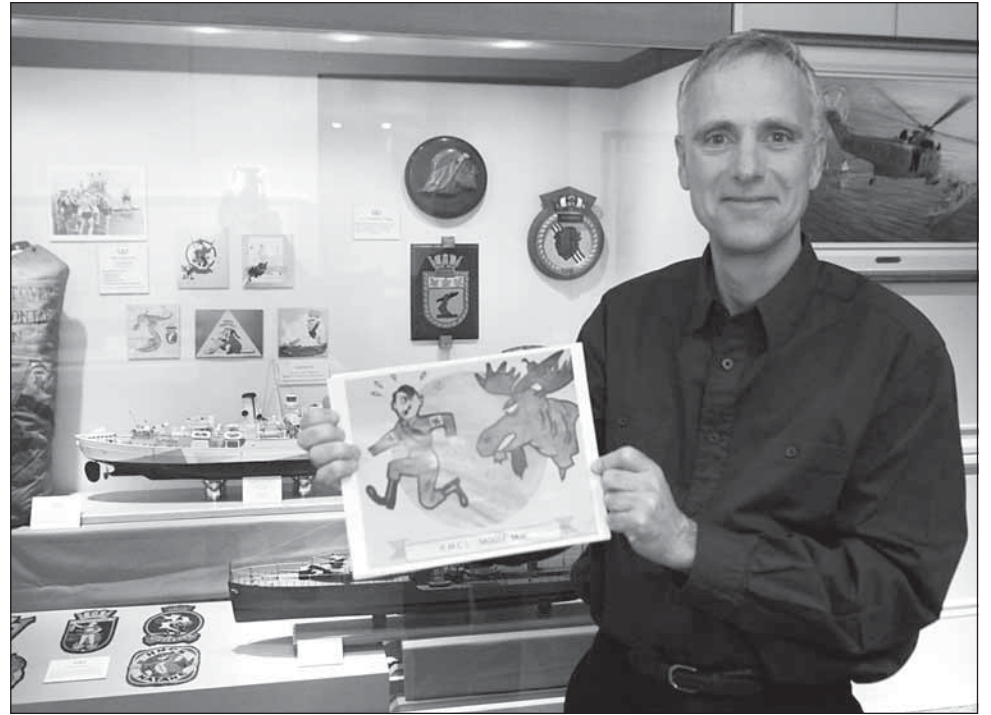
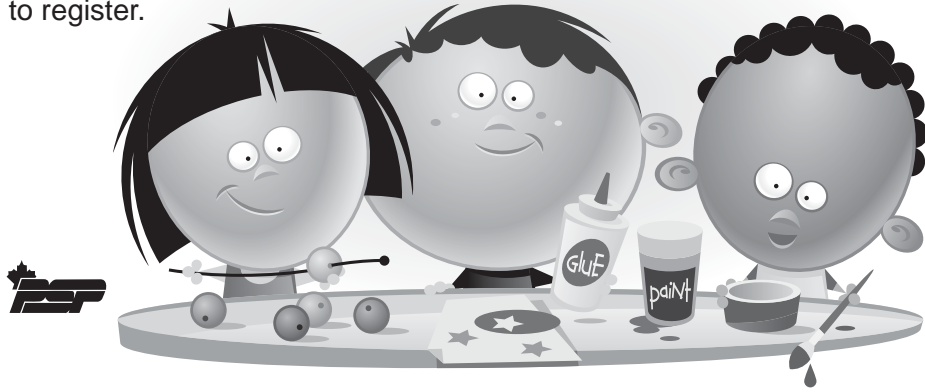
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Shelley Lipke, Lookout

Allan Sibley, program developer at the Maritime Museum of British Columbia, holds up a sample of gun shield art. This piece was created in 1939 to recognize submarine HMCS Moose Jaw. It depicts an image of a moose with a submarine caught in its horns, revealing its sub hunting duties, having just bitten the trousers of Adolf Hitler who is running away.

## Museum hosts Noon with the Navy for heritage week

**Shelley Lipke**  
Staff writer

To coincide with National Heritage Week and the 2010 Naval Centennial, the Maritime Museum of British Columbia is hosting lunchtime history talks on the Canadian Navy.

From Feb. 15 through 17, historian and museum program developer Allan Sibley will lead Noon with the Navy – an informal series of historic chats to explore the many aspects of naval art throughout the past 100 years.

"It will be an informal opportunity for people to look at the personality, pride and tradition that is still maintained today in

the Canadian Navy," said Sibley.

Exhibits will showcase the artistic expression and unbroken tradition of naval tattoos, badges, rope work and gun shield art, among other naval heirlooms.

"We'll see examples of whimsical humorous shield gun art and coat badges, which were never sanctioned by DND, but instead created through the good graces of the vessel's commanders, and were seen as a way to increase sailors' pride and moral throughout the years."

As a social historian, Sibley is interested in the human aspect of naval life and will take visitors on a discovery of the people behind the technology. This is meant as an opportunity to show people a different side of the navy that most don't see.

"The badges show the personality behind the ships, and are often comical because they make light of the mission or danger the sailors encountered. I find them humorous as they speak about the place and the time."

When people see the navy they see ships and uniforms, but don't often see the expressions of comradeship displayed in art form, says Sibley.

The museum also has an unusual collection of knot work that reflects skilled individuals making purses, slippers, bags and other items. Sibley will show illustrations of this collec-

tion to visitors, and then talk about naval tattoos.

By the turn of the 19th century, most sailors had tattoos and they became a story of a sailor's life.

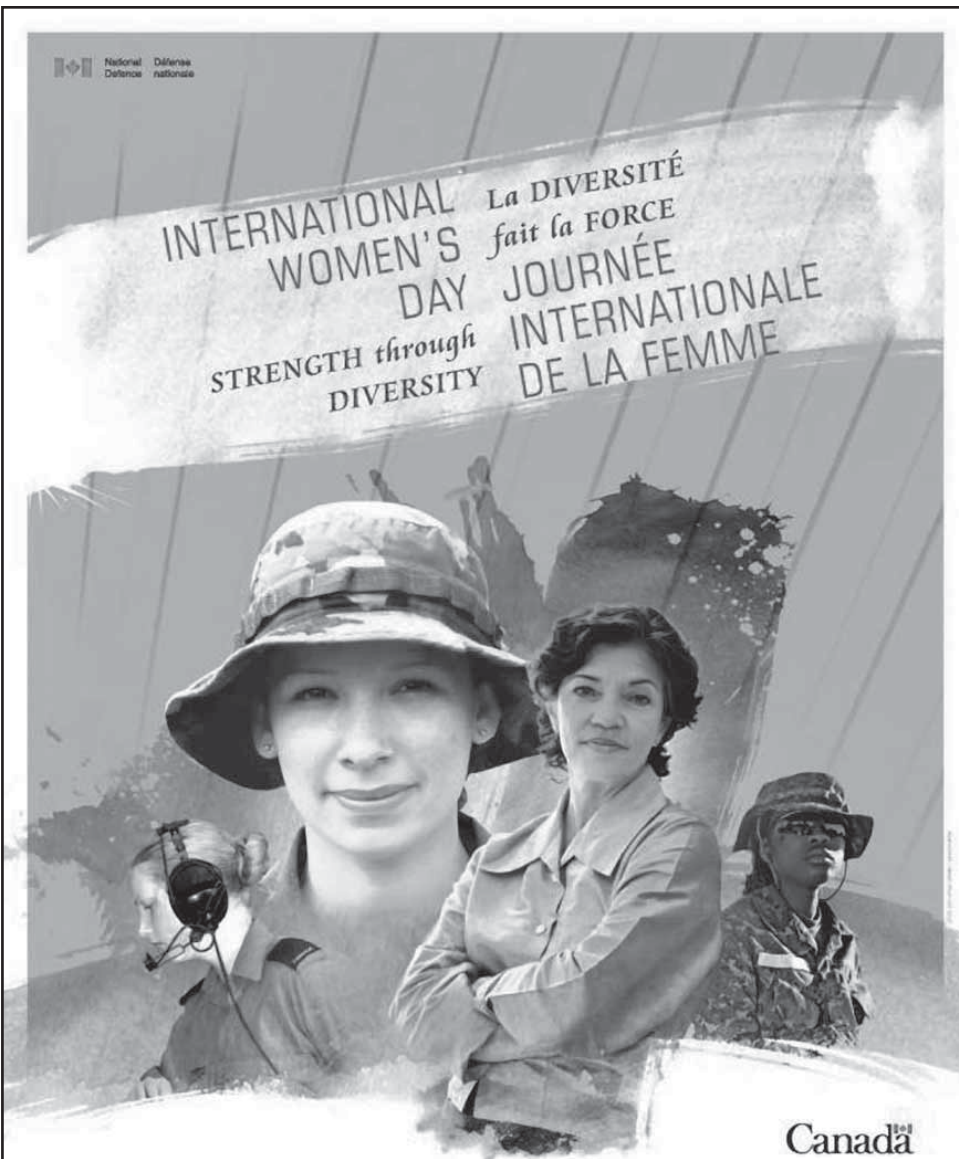
"A sailor's tattoo is a scrapbook on their body. It's interesting to see tattooing from its introduction in the earlier part of the Canadian Navy to the sophisticated tattooing of today. We'll look at them as artwork, as a badge, and how they were used to chronicle the ships served on and ports of call," he said.

Then Sibley will talk about the vessels, from the first HMCS Rainbow to the most recent frigate, and he'll use art as an angle.

He has been involved in history and public programming at historic sites for over 30 years across Canada. "I wanted to host this talk because being a civilian I look at the history from a different perspective than a sailor does," he said.

Reservations are not required; people can just show up at the museum through the lunch hour to join Sibley's chats. "I would encourage people to bring their own stories to share with us when they come to the museum."

Sibley can be reached at 250-385-4222 ext 106 for any questions regarding the Noon with the Navy talks, and looks forward to showcasing the many naval aspects the museum offers.



### The International Women's Day (IWD) is coming up soon – March 8

The Defence Team is commemorating this year's IWD under the theme "The strength of our past – The roots of our success." Events and awareness activities will be held across the organization. To obtain copies of IWD posters, please send your request to Lise Charron at 613-944-7171 or at Lise.Charron2@forces.gc.ca. Visit the EE Commemorative Events Intranet site at <http://hr.ottawa-hull.mil.ca/eec-ece/index.html> for more information on IWD. The site includes a handbook on how to organize an EE commemorative event; regions are invited to send in their agendas, success stories and photos via this website.

### La Journée internationale de la femme (JIF) approche – le 8 mars

Cette année, c'est sous le thème « Les luttes qu'elles ont menées : les racines de notre succès » que l'Équipe de la Défense commémore la JIF. Divers événement et activités de sensibilisation auront lieu à la grandeur de l'organisation. Pour obtenir des affiches, faites parvenir votre demande à Lise Charron au 613-944-7172 ou à l'adresse Lise.Charron2@forces.gc.ca. Pour en connaître davantage sur la JIF, visitez le site Intranet des Événements commémoratifs d'EE à l'adresse <http://hr.ottawa-hull.mil.ca/eec-ece/index.html>. Le site comprend un manuel sur Comment organiser un événement commémoratif d'EE; les régions sont invitées à faire part de leurs programmes, histoires de réussites et photos via ce site.

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# Esquimalt sailors share Paralympic honour

**Shelley Lipke**  
Staff writer

When the Paralympic Flame makes its debut on the streets of Victoria March 6, two local sailors will be among those clutching the specially designed torch.

The news of their selection came as a welcome surprise for LS Kirsten Arensen and Lt(N) Hayley Mooney.

"I didn't know my commanding officer nominated me," said LS Arensen, naval communicator in *HMCS Winnipeg*. "It means so much to me because I love watching and supporting the athletes."

Sports, in particular Ironman, fills much of her life. She recently qualified for the World Championship Ironman competition in Hawaii this year, which is why her commanding officer felt she was the right person to take part in the torch relay.

Col David Barr regarded Lt(N) Hayley Mooney's passion for athleticism in the same light, and put forth her name to the selection committee.

"Col Barr raced in to shake my hand before I read the email myself. I couldn't believe it," she said from Vancouver, where she is working with Joint Task Force Games. Three days after the Olympic Flame is extinguished on the West Coast, the new flame will ignite in Canada's national capital, Ottawa, sparking the official start and inspirational journey of the 2010 Paralympic Torch Relay on March 3. Instead of winding through every nook and cranny of Canada like the Olympic Torch Relay, the Paralympic

Torch Relay is hitting the high-light cities of Quebec, Toronto, Esquimalt, Victoria, Squamish, Whistler, Lytton, Hope, Maple Ridge, and then end in Vancouver on March 11, where it will be run for 24 consecutive hours prior to the opening ceremonies March 12.

The exact location of the sailors' portion of the relay has yet to be posted. But it is on a Saturday, so the two sailors expect lots of friends and family will come out to witness their once-in-a-lifetime run.

"When I run with the torch I will be thinking about all the work I've done to date with Op Podium. My job right now is working with the RCMP-led integrated security unit in Vancouver. I feel pretty involved with the Olympics as I have been living and breathing them for the past year and a half," says Lt(N) Mooney.

She's been with Joint Task Force Games since the summer of 2008.

"The Olympic and Paralympic Games have been on my mind for a while, so carrying the torch will be a pretty awesome experience."

Each Paralympic Torchbearer is offered the opportunity to purchase the torch as a keepsake. "My husband is really excited about this and he wants to hang it on the mantle piece," says Lt(N) Mooney.

LS Arensen also will purchase the torch.

"I'm definitely buying it and I would like one of the sailors on my ship to make a nice case for it, and I will put the flag behind it when I display it."



LS Kirsten Arensen (left) and Lt(N) Hayley Mooney (bottom left) will carry the Paralympic flame when it debuts in Victoria on Mar. 6.

## About the torch and relay

### About the torch

The one-metre-long torch, designed and manufactured by Bombardier, was inspired by the Canadian winter landscape and the lines left on ice by winter sports. The torch also features the Vancouver 2010 Paralympic Winter Games emblem, a red maple leaf air intake cut-out and an engraving of the Games motto: With Glowing Hearts/Des plus brillants exploits.

### About the Uniform

Designed and produced by the Hudson's Bay Company, the Paralympic torchbearer uniform is also steel blue and accented with bright bursts of blue and green on the jacket's left arm. It also features the Vancouver 2010 Paralympic Torch Relay emblem on the chest and the agitos on the back. The red, green and blue agitos are the Paralympic symbol and represent the International Paralympic Committee's role in bringing athletes from all corners of the world together and enabling them to compete. The uniform consists of a jacket, pullover pants, toque and knitted red mittens.

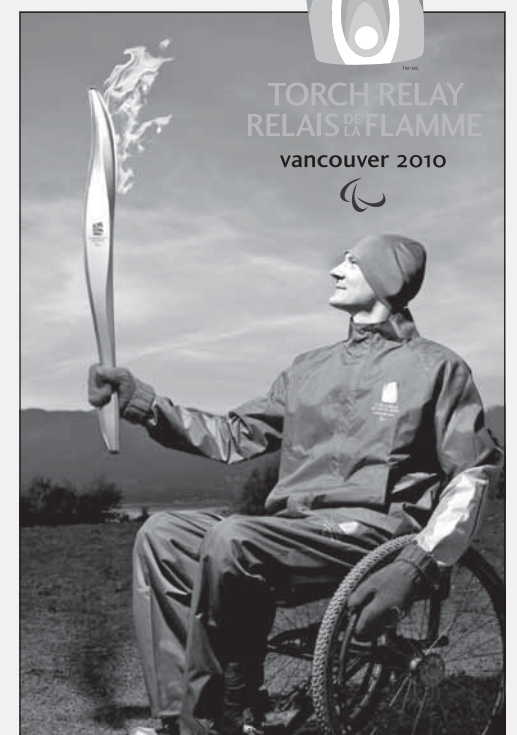
### About the Emblem

For the first time in its 22-year history, the Paralympic Torch Relay has its own unique emblem, distinct from the Olympic Torch Relay emblem. The 2010 Paralympic emblem, "Spark Becomes Flame," is a metaphor for the fire within each and every one of us — the fire of friendship, inspiration and the spirit of the 2010 Paralympic Torch Relay. The emblem symbolizes the moment when imaginations are ignited and dreams are born. Its design was created by an in-house team at

the Organizing Committee.

Over 1,300 athletes and officials from more than 40 countries will take part in five sports (alpine skiing, cross-country skiing, ice sledge hockey, wheelchair curling and biathlon) during the 10 days of competition at the 2010 Paralympic Winter Games in Vancouver and Whistler this March. Tickets for all Paralympic events are now on sale at [vancouver2010.com](http://vancouver2010.com).

Information from [Vancouver2010.com](http://Vancouver2010.com)



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Shelley Lipke, Lookout

An eighth production group within Fleet Maintenance Facility (FMF) Cape Breton production has been developed to incorporate a military structure for military personnel to work under. Production Group Eight has been fully functional under this structure for the past few months.

## Military structure assembled in dockyard

**Shelley Lipke**  
 Staff writer

The military structure has taken root at Fleet Maintenance Facility (FMF) Cape Breton's Production Department.

Gone is the embedding of military members into ship repair shops without military supervision.

In its place, Production Group 8, a new section that supports service personnel while they are posted to the predominantly civilian organization.

"In the past military folks were embedded within the seven production groups at FMF and managed by a civilian supervisor, and various unsuccessful attempts were made over the years to create a parallel military divisional structure," explains LCdr Angelicco Lopez, Production Group Eight manager.

However, it became apparent they weren't receiving typical close navy support because the parallel structures did not achieve unity of command, leading to a lack of full cohesion in the

less utilized, divisional structure, he says.

"This new system was fully established last fall to concurrently do fleet preventive maintenance while ensuring sailors' performance, training, and readiness to deploy is maintained."

While civilian managers did a good job, and in many cases excelled in managing military members, the heavy demands of their primary work made it exceedingly difficult to keep up with the unique military requirements for the sailors on their teams. This caused FMF to explore if there was a better way to manage military personnel in the Production

Department.

"It's great to throw them in with the civilian workforce and there are many benefits to be gained, but there is still a distinct military requirement we have to fulfill. If we don't fulfill that then we aren't doing our jobs," LCdr Lopez says.

Now, sailors have a Chief Petty Officer as their Work Centre Manager (WCM) or shop supervisor, who reports to a Senior Production Chief and then up to the Lieutenant Commander group manager.

"It flows the same way as a chain of command would in a ship," says LCdr Lopez.

CPO2 Shawn Lambert is

the Marine Systems shop WCM and he has experienced both the old and new systems.

"This new system helps us track our progress in a format we are familiar with, and since military members have evaluations, such as weekly divisional and quarterly developmental reviews, it's working really well," he said. "I see a lot of value in the new divisional system."

Five shops currently fall under the new structure and include 60 sailors working in combat systems engineers, marine systems, hull technicians, electricians and the submarine support group. The organization of military members in non-Production departments such as Engineering remains unchanged.

The initiative for Production Group Eight came from FMF.

"We are the first to implement this new structure," says LCdr Lopez. "So far, the feedback has been very positive from both the senior leadership and the junior sailors."

*This new system helps us track our progress in a format we are familiar with, and since military members have evaluations, such as weekly divisional and quarterly developmental reviews, it's working really well.*

-CPO2 Shawn Lambert  
 Marine Systems shop WCM

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MCpl Chris Ward, Combat Camera

LS Scott St. Jacques and Capt Elizabeth Tremblay-Lewicki strap into a CH-146 Griffon helicopter at the end of a community outreach day in Squamish on Jan. 30. The Canadian Forces, RCMP and local first responders spent the day answering residents' questions about RCMP-led Olympic security efforts.

## Olympic bonus: sailor takes to sky

**Lt(N) Peggy Kulmala**  
Maritime Component Senior PAO

LS Scott St Jacques, a naval reservist from HMCS Hunter, the Naval Reserve Division in Windsor, took a ride in a CH-146 Griffon helicopter for the first time.

This cool opportunity was part of a community outreach day in Squamish at the end of January, when the RCMP, CF, and local first responders were on hand to answer residents' questions about the RCMP-led Olympics security efforts.

"Very cool—a great way to end the day," said LS St Jacques. "Another great experience to put under my belt."

The 20-year-old reservist, a boatswain with the Operation Podium Port Security Unit, fielded residents' questions about the

navy's Rigid Hull Inflatable Boats, which are being used to support the RCMP-led on-water security operations in Vancouver Harbour. To the cheers and applause of the residents on the ground, the Griffon took a short flight to the local airport, where LS St Jacques rejoined his fellow sailors for the drive back to Vancouver.

LS St Jacques, a student of St. Clair College's two-year law and security program in ON, took a year off to train and serve with Operation Podium, the CF contribution to the overall security of the Vancouver 2010 Olympic and Paralympic Winter Games.

"Although this would be my diploma year, adding a year to my studies to serve with Operation Podium is not something I will regret," he aid.



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# OPENING THE LEGISLATURE

Cpl Charles A. Stephen, CFB Esquimalt Imaging Services

The Guard of Honour awaits the arrival of The Honourable Steven L. Point, Lieutenant Governor of B.C. at the Legislature Buildings for the opening of the spring session on Feb. 9. The Ceremonial Guard of Honour included members of the Canadian Forces, and The Royal Canadian Mounted Police and The Naden Band of the Maritime Forces Pacific.



Cpl Charles A. Stephen, CFB Esquimalt Imaging Services

**Above:** The Naden Band of Maritime Forces Pacific, under the direction of Drum Major PO1 J.R. Bird, marches the Guard of Honour onto the grounds of the B.C. Legislature.

**Right:** The Guard of Honour awaits the arrival of LGov Steven Point for the opening of the spring session of the Legislature.

**Left:** LGov Steven Point receives a salute from Guard Commander Lt(N) S.A. Wall after arriving at the Legislature buildings.





Shelley Lipke, Lookout

Crews moved quickly to get this boat out of the water. Docked at the Work Point Power Boat Club, the vessel was leaking oil, requiring the Marine Environmental Response team to clean up the spill.

# Sinking boat salvaged

**Shelley Lipke**  
Staff writer

Oil leaking from a sinking boat was quickly contained by the Marine Environmental Response Team (MERT) last Tuesday.

The 28-foot boat had been slowly sinking overnight by the Work Point Power Boat Club, and when CFB Esquimalt firefighters were called in the next morning it was mostly underwater.

Firefighters laid a boom around the boat to contain the spill. Lyle Fairley, branch environment officer with MERT, laid oil absor-

bent pads on the surface within the booms' perimetre to soak up the oil.

Rod Noble, a retired sheet metal worker from Base Construction Engineering (BCE), was the boat owner. He had come to Victoria from Palm Springs to bury his father and was on the boat the night before.

"I received a call in the morning from a friend of mine who told me it was sinking," he said.

The recovery of the boat took most of the day.

Air packs were used to lift the boat so it could be pumped and drained of water.


Noble hired a private

company with a large trailer to haul it out of the water once it was light enough to remove.

More absorbent pads were used to soak up the remaining oil and gasoline residue in the water before the boom was removed. Once the boat sat draining on the trailer the recovery was complete.

"I may have to scrap this boat," said Noble. "But I think my next boat will be a Sea Ray or a Wellcraft. You can cut either of them in half and they will still float."

Noble is the creator of the whale statue that resides outside the Hood building.



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# NORAD plays air role in Olympics

**Lt(N) Desmond James**  
 NORAD PAO

"It's the sound of security." This is how one reporter recently described the somewhat unusual presence of NORAD frontline CF-18 fighter jets in the lower mainland of British Columbia.

NORAD is providing aerospace warning and aerospace control during the 2010 Vancouver Olympics. It's a role NORAD is very familiar, having conducted aerospace warning and aerospace control missions for the Presidential Inauguration, space shuttle launches and sporting events, including the 2002 Salt Lake Olympics.

"We have conducted extensive training with the RCMP's Integrated Security Unit to make sure we carry out our duties in full support of the greater security operation for these Olympics," said Lieutenant-Colonel Rob Martin, NORAD Deputy Chief for Current Operations.

LCol Martin says

NORAD's presence is not meant to hinder the public's enjoyment of the Olympics, but rather to make sure no one threatens the Games from the air.

"We don't want spectators to focus on fighter jets in the air. We want them to focus on the games and the athletes; however, we realize CF-18s are hard to ignore," said LCol Martin. "For those who may want to disrupt the games, I would say that NORAD is watching, and we are very well prepared to do our part to ensure the Games are safe and secure."

NORAD has been carrying out the missions of aerospace warning and aerospace control for Canada and the United States since 1958 and added maritime warning as a third mission in 2006. Since 2001, NORAD has responded to more than 3,300 possible threats to Canada and the United States. In addition, NORAD carries out extensive exercises year-round to make certain its personnel are well trained for any situation or operation in which they could be involved.

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Fleet Diving Unit Pacific Explosive Ordnance Disposal Technicians were called in when a paraflare became entangled in a tree on Discovery Island. Andy Ferneaux (left), a professional tree climber, assisted divers in recovering the snarled paraflare.

## Treetop recovery of military ordnance

**Shelley Lipke**  
Staff writer

Fleet Diving Unit Pacific (FDU(P)) Explosive Ordnance Disposal (EOD) Technicians teamed up with Davey tree cutters on Feb. 9 to safely recover an illumination paraflare hung nearly 35 metres up in a tree on Discovery Island.

Air Force personnel from 443 Squadron spotted the twisted unexploded ordnance (UXO) while on a routine Sea King helicopter flight on Jan 12.

The light weight illuminating device is normally used by air assets to light up the night sky during search and rescue operations.

"Typically paraflares are used to look for people in the water or for small boats. When used over the water they sink to the bottom of the ocean, but in this case the remains of the device landed in the B.C. Park area of Discovery Island, and got

caught in a tree," said Lt(N) Andre Bard, battle damage repair officer at FDU (P). "The paraflare's resting place was in a remote location of the Island and only accessible by boat or helicopter."

The island, located east of Oak Bay in the Discovery Islands Provincial Marine Park, is often used by 443 Maritime Helicopter Squadron crew as a training ground for conducting slinging operations – carrying external load of cargo hanging from a strap from the Sea King.

When the divers heard about the paraflare they asked Capt James Atwood and his crew, who had originally spotted it, to take them in for a closer look.

"We wanted to determine if there was any immediate danger with the item and find out how quickly it would have to be dealt with," said Lt(N) Bard. "If there was explosives or residue it could be dangerous."

Photos taken from the helicopter showed the canister was safe until it could be removed by DND.

Four members of FDU(P) and two employees from Davey Tree service used a Rigid Hull Inflatable Boat to get to the rugged island located 30 minutes away.

After trekking into the bush a few kilometres they craned their necks to see the tangled paraflare in the tree top.

"We could tell it had been there a little while as the tree had started to grow around it," said Lt(N) Bard.

Andy Ferneaux, a professional tree climber, strapped on a harness and using a rope and pulley system began to slowly inch his way up the tree.

"It was impressive watching him climb up that tree. We go pretty deep underwater when we dive, but he went pretty high up that tree. I was impressed," he said.

Once he reached the paraflare he cut the limbs to send it falling to the ground.

"Our technicians cut the lines tangled in the broken tree branches and brought the item back to FDU (P) for final disposal," said Lt(N) Bard.

In the past year, FDU(P) has disposed of 32 marine location markers (MLMs) and 28 other types of military ordnance found on Vancouver Island and the mainland.

"We want to get the message out that if people find anything at all that looks like military ordnance they should report it to Military Police or RCMPs. We are trained to dispose of UXOs; they can be very dangerous but we know exactly what we are looking for and what to do with them. We don't want anybody to touch them, as they could get seriously hurt," warns Lt(N) Bard.

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## Shredding powder on the road to recovery

**A/SLt Nikki Murillo**  
Contributor

On a foggy, calm morning, MCpl Adam Cyr did something he thought he would never do again. He strapped on a pair of skis and shred some powder down a mountain.

Just eighteen months earlier, he was ambushed during the last patrol of his second tour in Kandahar province with the 2<sup>nd</sup> Battalion of the Princess Patricia's Light Infantry (2 PPCLI). The attack was costly; he lost his right leg below the knee and suffered severe burns to much of his body. It was a long road to recovery.

On a sit ski, MCpl Cyr took part in Soldier On, Vancouver Island Society for Adaptive Snowsports (VISAS) Veteran's Learn to Ski program on Feb. 1. He was joined on the slopes by Canadian paralympics ski team member, Andrea Dziewior, a VISAS veteran. By the fourth day, he was feeling pretty confident in his abilities.

"I was going to race her [Dziewior], but I didn't want to psych her out before the Olympics," said MCpl Cyr. "I think definitely one day I'd like to try and get seriously involved and maybe try for the Paralympics, but being from the Prairies, I'd probably have to move here [Comox Valley] first."

In response, Dziewior said she was impressed that injured CF members were so willing to go outside their comfort zone.

"I'm not sure if it's because they like the challenge or chasing a girl," said Dziewior. "But in all seriousness, I have so much respect for what our soldiers do, and even more respect for the courage these soldiers are showing in their recovery. And this is such a great program because sports as a part of



Cpl Jax Kennedy, 19 Wing Imaging  
**MCpl Adam Cyr, 2 Princess Patricia Canadian Light Infantry (PPCLI), tries adaptive sit-skiing on Mt Washington.**

rehabilitation are as important for the mind as the body."

MCpl Cyr, who works in the Soldier On support cell, is working on an initiative called Good to Go, to build a support group in battalions for members with Occupational Stress Injury. His hope is that the model can be applied to other large units to help members help themselves.

"Having been blown up myself, I think it's really important to help out the other guys who've been injured. They know they can trust me when I tell them about what they can expect during their recovery," said MCpl Cyr. "I think that events like this are also really important for recovery. Being here, being able to ski and to learn how others are recovering helps me personally more and more each time."

The Veteran's Learn to Ski week is a partnership between Soldier On and VISAS. Soldier On picks up the cost of airfare and accommodations for the member and an attendant, while VISAS and Mount Washington provide the facilities, equipment and instructors. Many other community organizations, including Royal Canadian Legions in Bowser, Comox, and Courtenay; the Ladies Auxiliary of the Comox Legion, Barry Vandusen at the Whistle Stop Pub, 888 Wing RCAF Assoc and the Herb Bradley Coke Classic, play a key role in financially supporting the program.

To learn more about the Soldier On Fund you can visit [www.cfpsa.ca/en/psp/SoldierOn/CFsOF\\_e.asp](http://www.cfpsa.ca/en/psp/SoldierOn/CFsOF_e.asp) and for more information on VISAS please visit [www.visasweb.ca/index.php](http://www.visasweb.ca/index.php).



**Mel Hunt** BA (Hons), LLB Lieut Col (ret'd)

**Leigh Gagnon** BEd, BA, LLB

**Mel Hunt** practises military law, criminal law, and personal injury law, and is a former member of the Judge Advocate General's Branch in The Canadian Forces.

**Leigh Gagnon** practises family law, real estate law, and in the area of wills and estates.

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### Emergency

- Military Police (MP): Police and security services to the base and its surrounding military communities. (DND) 250-363-4032
- Police, Fire, Ambulance: 9-1-1
- Fire Hall Dispatch: (non-emergency) (DND) 250-363-2224
- NEED Information and Crisis Line: 250-386-6323 (24hr)
- Distress Line: 1-800-suicide (784-2433) (24hr)
- Poison Control Centre: 1-800-567-8911 (24hr)
- Victoria Women's Sexual Assault Centre: 250-383-3232 (24hr)

### Family Violence

- Family Crisis Team (Pacific): Educational briefings regarding the responsibilities of CF members with respect to domestic violence, referral to support for victims and persons using violence. (MIL) 250-363-4411

### Accommodation

- Base Accommodations: receive all requests for accommodation. (MIL) DND Single Quarters: 250-363-5632 After hours: 250-888-0990 CFHA RHU's: 250-363-4421 After hours Emerg: 1-800-903-2342
- Canadian Forces Housing Agency: Administers residential housing units to serve military families posted to CFB Esquimalt. (MIL) 250-363-4163

### Addictions

- Base Addiction Counsellors: individual therapeutic care, family interventions,

assessments, diagnoses, treatment, follow-up, recommendations, and re-source information. (MIL) 250-363-0086 or 250-363-3150

### Family Services

- Military Family Resource Centre (MFRC): 24-hr info services, deployment support, short-term counselling & crisis response. Daycare and respite childcare. Second language services for Francophone families. Support for families with special needs. 250-363-2640 or 1-800-353-3329

### Workplace Conflict

- Dispute Resolution Centre (DRC): Helps individuals, teams and units resolve all forms of conflict through mediation, facilitation and coaching. (DND) 250-363-5508
- Good Working Relations (GWR): centre of excellence in harassment awareness, prevention, training and policy. (DND) 250-363-5513

### Counselling & Support

- Chaplains: Pastoral care, committal of ashes and educational briefs. Also trained to provide pastoral counseling dealing with individuals, couples, family issues, grief and loss, and work related stressors. (DND) 250-363-4030 (24hrs)
- Employee Assistance Program (EAP): Voluntary and confidential peer referral service to help individuals deal with personal or professional issues. (CIV) 250-363-7968
- CF Health Services – Mental Health and Social Work: assessment, support and treatment to regular force service

members as well as reserve force personnel within the Pacific region. (MIL) 250-363-4411

- Member Assistance Program (MAP): 24 hr, bilingual, professional counselling over the phone and the ability to contact a counsellor within 48 hours to schedule an appointment within five days – sooner in a crisis. (MIL) 1-800-268-7708

### Financial

- Service Income Security Insurance Plan (SISIP): financial counseling and planning, insurance and investing. (MIL) 250-363-3301

### Legal

- Assistant Judge Advocate General: Power of attorney. (MIL) 250-363-4260

### Support for Ill/Injured Personnel

- Operational Stress Injury Social Support (OSISS): Establishes, develops and improves social support for CF members, Veterans and their families affected by operational stress. (MIL) 250-363-3057 or 1-800-883-6094
- Integrated Personnel Support Centre (IPSC): CF/VAC integrated "one-stop service" for ill and injured CF personnel, veterans and their families. Available services: Return to Work; SPHL; casualty administration; support; advocacy and transition services. (MIL/VET) 250-363-4483

### Physical Health

- CF Health Information Line: (MIL) 1-800-633-3368
- CF Health Services Centre (Pacific):

offers out-patient care to all CF members within the Formation. (MIL) 250-363-4122

- Personnel Support Programs (PSP): PSP offers morale and welfare programs to the defence community through four important areas:

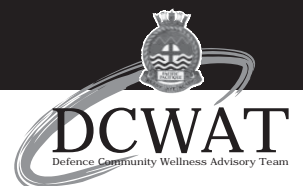
- Health Promotion 250-363-5621: prevention programs and services that promote healthy living.
- Fitness & Sports 250-363-5677: offers a variety of programs at the Fleet Fitness and Wellness Centre and the Naden Athletic Centre.
- Recreation 250-363-1008: provides recreation programs for the defense team ranging from preschool to adult ages and ranging from swim lessons to adult cooking classes.

### Educational and Career Services

Base Personnel Selection Office: The Base Personnel Selection Office (BPSO) provides information and services for Organizational Consulting, In-service Career Selection, Career and Education Counselling, Education Reimbursement Programs, Second Career Assistance Network (SCAN). (MIL) 250-363-4091 Learning and Career Centre: Promotes, advises and delivers training and career development activities. Also houses resource library. (DND) 250-363-7087

### Veterans

Veterans Affairs Canada (VAC): Provides services and benefits to CF members, Veterans and their families including: rehabilitation, financial benefits,



group health insurance, job placement assistance, disability awards and other allowances. (MIL) 1-888-522-2122

### Workplace Issues

Civilian Human Resources Services Centre: administrative service and support, advice and direction on all human resource administration matters affecting civilian employees. (CIV) 250-363-7006

### Unions

- Agriculture Union: Local President 250-363-6650 ext. 258
- Canadian Service Merchant Guild: Western Branch 1-604-939-8990
- Federal Government Dockyard Trades and Labour Council (West): 250-383-7622
- International Brotherhood of Electrical Workers: Local office 250-388-7374
- Professional Institute of the Public Service of Canada (PIPSC): Regional Office 1-800-663-0485
- Union of National Defence Employees (UNDE): BC Services officer 1-613-594-4505 ext. 23

### Ombudsman

Ombudsman: Responsible for reviewing and investigating concerns and complaints from current and former CF members, departmental employees and their immediate family members who believe that they have been treated improperly or unfairly by the DND or CF. (DND) 1-888-828-3626

# Bravo ZULU



**Left to right:**

- Lt(N) Daniel Roy (right) receives his Canadian Forces Decoration (CD) from LCdr Joanna Steinmetz, Acting Commanding Officer of Maritime Forces Pacific/Joint Task Force Pacific Headquarters.
- Lt(N) Donald MacDonald accepts his CD from LCdr Steinmetz.
- PO2 Al Goodfellow receives his CD from Capt(N) Martin Adamson, Commanding Officer of Fleet Maintenance Facility.



**Left:** Capt(N) Adamson (left) presents Long Service awards for 35 years of employment to Robert Dreniak, Robert Lacquemet and Raymond Kimm.

**Right:** Capt(N) Adamson (left) presents apprenticeship certificates to (left to right): Shane Watt, Allison Verley, Samuel Kobierski, Steve Wilson, Trevor Prior, Michael Tellier, Adam Coffin, Benjamin James, and Martin Olsen.

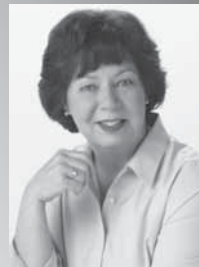


**Left:** Capt(N) Adamson presents Long Service Awards for 15 years to (left to right): Brad Miles, William Bustard, Garth McKay, and Jim Cliffe.

**Right:** Capt(N) Adamson (left) presents Long Service Awards for 25 years to (left to right): Chris Meloche, Richard Lata, William Cole, James Gadsby, Gregory Eyre, Richard Oxman, and John Hestnes.

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# Joint Task Force Games lends hand to Paralympic Committee

**Lt(N) Tony Wright**  
JTFG Support Element

On what felt like a warm summer's day in late January, over 30 volunteers from Joint Task Force Games, who are serving in Vancouver for Operation Podium, lent a helping hand on their day off to the Canadian Paralympic Committee as they prepared for the upcoming Paralympic Games.

Volunteers and staff converged on Bessborough Armoury, home of the 15th Field Regiment, Royal Canadian Artillery, to break down over 30 pallets of Paralympic athletic gear and pack them into individual packages for our Canadian competitors.

The operation is conducted before every summer and win-

ter Paralympic Games and is called a "Pick and Pack."

"The event was very rewarding and from start to finish. I felt honoured to be doing this task," said PO2 Ted Hartley "It's the moment when the full realization of their hopes and dreams come to fruition and they are going to be wearing the colours of our nation."

The Canadian Paralympic Committee staff were taken aback at the enthusiasm and efficiency of the soldiers, sailors, airmen and airwomen who came out to help.

"We had planned to get this done in eight hours but your people made it happen in half the time," said Marylène Croteau, Paralympic Teams Senior Coordinator.

Just before volunteers were

treated to lunch, they had a chance to meet Canadian Paralympic Committee President Carla Qualtrough who is an accomplished swimmer capturing a bronze medal in the Seoul Paralympics in 1988, and silver and bronze medals in the Barcelona Paralympics in 1992.

"Thank you so much for helping with this Pick and Pack. I can't tell you how much it means to an athlete to find their uniform ready and waiting for them when they arrive, and how special it is to put it on and represent Canada," said Qualtrough.

As a gesture of thanks, the Canadian Paralympic Committee presented each volunteer with an official Paralympics toque.



Cpl Dianne Neuman, Contributor

**Col David Barr (left), Deputy Commander of Joint Task Force Games (JTFG), and LCdr Paul Blumenstock, Commanding Officer of JTFG Head Quarters, sort and pack uniforms for Paralympians. Kits were packed for each of the 55 Canadian Paralympians and additional staff.**

## HMCS Whitehorse supports Olympic marine security

**Lt(N) Michael Willis**  
HMCS Whitehorse

HMCS *Whitehorse* has been in the vicinity of Vancouver Harbour from late January to early February to operate "Dorado," an autonomous underwater vehicle that uses high-resolution side-scan sonar to survey the ocean floor.

"While the survey data may be useful to the RCMP-led Vancouver 2010 security operations, the Olympics is not the sole reason for the survey," said LCdr Brad Henderson, *Whitehorse's* Commanding Officer. "The Canadian Navy has a mandate to maintain an accurate picture of the sea bed within our territorial waters. This survey is part of a larger operation

that has been on-going for many years."

On completion of the route-survey mission, *Whitehorse* returned to the Vancouver area to serve with Operation Podium, the Canadian Forces contribution to Vancouver 2010 Olympic security efforts. During their Operation Podium deployment, *Whitehorse*, along with a variety of other Canadian Navy ships, are conducting coordinated maritime surveillance patrols in the approaches to Vancouver Harbour.

"The crew and I are very excited to participate in this very important and rewarding operation," said LCdr Henderson. "Knowing that our work contributes to a safe Olympics will be one of the high points of our careers."



Cpl Roderick Hopp, Base Imaging Services Esquimalt

**HMCS Whitehorse takes part in a route survey tasking, which will provide an up-to-date map of the seabed in support of RCMP-led Olympic security efforts. The survey will capture high-resolution images of the ocean floor, and is an extension of long-term project.**



MCpl Chris Ward, Base Imaging Services Esquimalt

**LS Phil Henry, a clearance diver with the Operation Podium Combined Operational Dive Team, conducts a security sweep of a salt-water filled storm outfall.**

## Diving under Vancouver venues

**Lt(N) Peggy Kulmala**  
Maritime Component  
Senior PAO

LS Phil Henry and nine other clearance divers with the Operation Podium Combined Operational Dive Team took part in preliminary security sweeps of select storm outfalls under waterside Olympic venues and key locations.

Periodically, dressed in full dive gear, they exited from manholes throughout Vancouver's waterfront.

For LS Henry, a well-sea-

soned navy diver of more than 11 years, the security sweeps within the dark, salt-water filled outfalls were certainly out of the ordinary, at times providing him just enough water to freely manoeuvre.

"When the storm outfall narrowed, I would have to use my hands to clear myself," he said. "Diving in a water-filled outfall is certainly rare."

LS Henry was equipped with surface-supplied air and lighting, remaining in constant radio contact with his safety team on the surface.

"It is a challenge to dive in a confined space and overhead, where you are not able to directly surface," said LS Henry. "I jumped at the opportunity."

"Operation Podium is certainly providing me some adrenaline pumping experiences," added LS Henry when asked about his experiences with the Canadian Forces contribution to the overall security of the Vancouver 2010 Olympic and Paralympic Winter Games. "I now have some great experiences to put under my belt."

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# Emergency exercise tests transport and treatment skills

**Lt Susan Magill**  
Contributor

Two weeks ago, the Brigade Medical Station (BMS) staff at Cal-Cheak participated in a morning Casualty Evacuation (CASEVAC) exercise to hone and test their skills at transporting, assessing and treating casualties at available medical facilities.

With the influx of numerous Canadian Forces units into the area for Operation Podium in support of the Vancouver 2010 Winter Olympics, it was imperative that BMS staff are prepared to deal with emergency situations.

These types of exercises simulate real situations and allow medical staff to practice their skills in a learning environment.

"It's a good example of what can happen," said Sergeant Robin Kerr, exercise trauma team leader. The BMS is fully staffed on a 24-hour basis and exercises can occur day or night.

In the exercise scenario, a soldier fell off a ledge on a snowmobile, and broke his leg. The casualty was treated for shock on site and a hasty splint was applied. A CASEVAC call was put in to request hoist and extraction equipment to transport the casualty to the BMS for assessment.

Seven medical staff worked together to meet the incoming Sea King, move the casualty into an ambulance for transport to the BMS, and then assess and stabilize the casualty. Three additional medical staff guided the team throughout the exercise.

Medical staff get very little notice of upcoming exercises, often they get just enough to adapt their equipment to an exercise level and work out a transportation plan. Private

Elise Laviolette said exercises can be stressful. This was her first operation as a medical technician.

"It's a chance for everybody to improve themselves and learn new things," said Pte Laviolette. For this young medical technician the most challenging aspect was learning how to deal with an incoming helicopter, a stretcher, and a casualty at the same time.

In the scenario, the casualty's right leg was stabilized and an intravenous line was set up to introduce necessary fluids to help combat shock. He was covered with a Bair Hugger, a plastic inflatable blanket heated by warm air to keep warm. This technology is especially important when casualties have been exposed to extreme weather conditions.

Once the team assessed and stabilized the casualty he was moved by ambulance to Whistler Polytechnic for further treatment. The exercise has ended while there was still work to do. The team had to clean up the trauma bay and set it up for real emergencies.

After each scenario there was an After Action Report that helps the medical team track the process of each exercise. Not only are the exercises realistic and challenging, but the team imposed their own deadline for movement, assessment and care. The team worked together as a group to review the entire exercise, and note what went well and what areas, if any need improving.

Cpl Wain Wohlgenuth said, "We need to keep our memories jogged on all procedures." Pte Laviolette added, "For me the exercise is an opportunity to troubleshoot. It's a chance for everybody to learn something and practice too."

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