

Volume 55 Number 10 | March 8, 2010

LOOKOUT



MARPAC NEWS CFB Esquimalt, Victoria, B.C.

Year of the Canadian Naval Centennial



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Cyclone watch

Cpl Jonathan Barrette, 12 Wing Imaging Services

A test version of the CH148 Cyclone maritime helicopter, owned and operated by Sikorsky Aircraft Corporation, arrives for its first visit to 12 Wing Shearwater. The helicopter will remain in Shearwater for several weeks to conduct Ship Helicopter Operational Limits (SHOL) trials in cooperation with HMCS Montreal. This aircraft is a prototype of the 28 specially-designed maritime helicopters built and to be delivered by Sikorsky to replace the CH124 Sea King. The CH-148 Cyclone extends the offensive reach and defensive perimeter of a warship to about 175 km. They also add an enhanced ability to detect and destroy submarines and to observe and identify marine traffic; a faster, longer-range, and more versatile search-and rescue/surveillance capability; and the ability to transport a broad range of cargo, from people to parts, quickly and safely.

NEWS

5



*Oak trees
mark Navy
Centennial*

NEWS

7



*Bringing
drinking
water to
Haiti*

FEATURE

13



*Prairie
town
reaches
out to the
troops*

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OPERATION PODIUM: JOB WELL DONE

Operation Podium message from the Commander

On Feb. 12 Canadians came together as a nation to celebrate the opening of the Vancouver 2010 Olympic and Paralympic games.

For the Canadian Forces (CF) this day held extra significance as it was the culmination of years of planning and preparation for Operation Podium, the largest domestic operation undertaken by the Canadian Forces under a single command.

I would like to acknowledge the hard work, dedication and planning efforts of the thousands of soldiers, sailors and air force personnel who have contributed to the success of Op Podium.

Because of your exceptional support for the RCMP-led security force, Canadians and visitors alike were able to safely and securely gather in Vancouver and Whistler in celebration and sport. For the 4,500 CF personnel who were deployed as part of Joint Task Force Games I would also like to acknowledge and thank your families for their tremendous support during your deployment.

While some of you will soon be redeploying to your home units, others will remain to

support the Paralympics being held March 12-21, 2010. But as you remain vigilant and focused on the mission that lies ahead I also urge you to take a moment to cheer on the brave men and women who make up our Paralympics teams. These athletes, like many of our members who have been injured in the line of duty, showcase the limitless possibilities of the human spirit in spite of adversity.

When Canada Command was established on Feb. 1, 2006, one of its first tasks was planning for Op Podium. In fact supporting an international event in Canada such as the Vancouver Olympics is one of the six core missions of the Canada First Defence Strategy. Each of you has played an important role in successfully fulfilling this mandate. Working together with the RCMP and other mission partners, we have shared a piece of Canadian history and contributed to building a new security architecture for the 21st century.

RAdm Tyrone Pile,
Commander Joint Task Force Games

You made us hockey proud

To Our Olympic Hockey Teams!

You would be impressed at how quickly your thoughtful letter to the Troops [published in the Feb. 15, 2010 issue of *Lookout*] spread throughout the Canadian Forces, both in Canada and in far-away places around the world. We were touched by your kind words and we wanted to thank you, in turn, for being such great ambassadors for Canada.

As a simple gesture of our appreciation, we are sending you a photograph taken of commanders and members of the operational-level headquarters of

the Canadian Forces, who gathered to salute the tremendous contribution you have made to raise the profile of Canada on the world stage. Your efforts, along with those of other Canadian Olympians, have brought tremendous pride to Canadians across this great land and wherever they may be around the world!

We would like to congratulate the women's and men's hockey team for their tremendous success in winning Gold Medals and assure the Sledge hockey team that we will be behind them as they face off against

their opponents.

Supporting a safe and secure Vancouver 2010 Olympic and Paralympic Games.

Vice-Admiral Bruce Donaldson,
Commander Canada Command

Lieutenant-General J.G.M. Lessard,
Commander Expeditionary Force Command

Brigadier-General D. Michael Day,
Commander Special Operations Force Command

Major-General Mark E. McQuillan,
Commander Operational Support Command



MCpl Chris Ward, CFB Esquimalt Imaging Services



Top: Lt(N) Peggy Kulmala pauses in her duties as a public affairs officer for Joint Task Force Games to hang out with Olympic mascot Quatchi.

Middle: Fans in Haiti cheer for Canadian athletes.

Below: Fans in Victoria exploded onto the streets after the Canadian men's hockey team won the gold medal game.



Shelley Lipke, Lookout



Shelley Lipke, Lookout



Cpl Roderick Hopp, Esquimalt Imaging Services

Lt Kelly Thompson of Joint Task Force Games (JTFG) Support Component applies camouflage paint on 13-year-old Matthew. Through the Make a Wish Foundation, JTFG Maritime Component, in collaboration with JTFG's other three components - Land, Air, and Support, organized an event for children with terminal illnesses and their caretakers to his visit HMCS Discovery, Vancouver's Naval Reserve Division, and the heart of Vancouver 2010 Olympic marine security operations.

Meeting Michael's wish, a pleasure

Lt Gabriel Rousseau
JTFG MC Public Affairs Officer

The Make a Wish Foundation Canada, a charitable organization dedicated to fulfilling the wishes of children with life threatening medical conditions, arranged for a few children to experience the Olympics in Vancouver.

Joint Task Force Games Maritime Component extended an invite to the Foundation, on behalf of JTFG's four components, to come to HMCS Discovery, Vancouver's Naval Reserve Division and heart of Vancouver 2010 Olympic marine security operations, during a brief lull in operations.

Thirteen-year old Matthew jumped at the opportunity, as he not only had the wish to come to the Olympic Games, but a second wish: to live a military experience. This was a opportunity to showcase what the military does best to a young boy eager to see for himself what the CF is all about.

The Maritime Component, as well as JTFG's Air, Land and Support Components, held a variety of events to give Matthew both his wishes. The family went for a boat tour with the Maritime Component's Combined Operation Dive Team to see the Olympic Flame from

the water and a fantastic view of Vancouver Harbour.

Military Police with the Support Component showed Matthew their vehicles and their equipment, including their radar gun. The MP was a bit surprised by Matthew's request to measure the speed of his electric wheelchair, but more than happy to help - capturing his wheelchair at speeds in excess of 12 kilometres per hour.

With the Land Component, soldiers showed Matthew their equipment, as well as how to put camouflage paint on his face.

"Couple years ago I was costumed as a tank for Halloween," joked Matthew when he saw the big Heavy Logistic Vehicle. Matthew was also very impressed to see the food the soldiers eat in the field.

The Air Component gave Matthew

Everybody could see Matthew's smile during his entire visit and he was very curious to know how everything worked.

and his family a short flight on a CF-146 Griffon helicopter. He could directly communicate to the pilot through his headphone unit. After the flight, the Combined Operation Dive Team showed Matthew the remote controlled robot used for explosive ordinance disposal, as well as the dive equipment used for underwater security sweeps of venues and key locations. Matthew visited the Navy's Bomb Disposal truck to see how the robot was controlled by the divers.

"After a quick race between them, Matthew was pleased to find out he was faster than the robot," said Joey, Matthew's brother.

Everybody could see Matthew's smile during his entire visit and he was very curious to know how everything worked.

"Thank you so much for this day," said Matthew at the end of his tour. Mike, Matthew's father, added that it was a day all the family will remember for the rest of their lives. And in an e-mail from The Make a Wish Foundation Canada, Matthew apparently was telling anyone and everyone about how he got both his wishes in one day, how he was going up to strangers in downtown Vancouver and starting his conversations with: "So, I bet you wonder why I have cammo paint on?"

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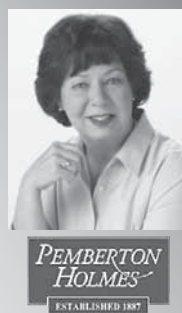
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WHO WE ARE

MANAGING EDITOR

Melissa Atkinson 250-363-3372
melissa.atkinson@forces.gc.ca

STAFF WRITER

Shelley Lipke 250-363-3130
shelley.lipke@forces.gc.ca

PRODUCTION

Carmel Ecker 250-363-8033
Shelley Fox

ADMINISTRATIVE ASSISTANT

Kate King 250-363-3014
kate.king@forces.gc.ca

ACCOUNTS

Kerri Wayne 250-363-3127
kerri.wayne@forces.gc.ca

SALES REPRESENTATIVES

Ivan Groth 250-363-3133
ivan.groth@forces.gc.ca

Joshua Buck 250-363-8602
joshua.buck@forces.gc.ca

EDITORIAL ADVISOR

Lt(N) Michael McWhinnie 250-363-4006

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 - \$35.³¹

Six month subscription - \$17.⁶⁶

Three month subscription - \$11.⁷⁷

A Division of Personnel Support Programs
CFB Esquimalt, PO Box 17000 Stn. Forces,
Victoria, BC V9A 7N2

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FINANCIAL MATTERS



Carl McLean

The credit score you receive reflects your overall ability to manage your finances. Every time you obtain credit, it is subsequently reported to either Equifax Canada or Trans-Union. They will in turn analyze your credit applications and allocate points based on the different factors, the total of which will form your credit or beacon or FICO score.

Here is how points are allocated: Paying bills on time, up to 35 per cent; total balance on credit cards and loans compared to total credit limit, up to 30 per cent; length of credit history, up to 15 per cent; new account or credit inquiries or applications for

Credit scores: How they get your number

credit, up to 10 per cent; mix of and types of cards and loans (lines and loans), up to 10 per cent.

As you can see, in order to keep your score high you need to make sure you pay your bills on time, that you never use more than about 40 per cent of your available credit, that you keep credit accounts open, and limit new inquiries. I recommend that you have for example two credit cards, one personal loan and one line of credit. A car payment could be added.

If you think about it, that is all you really need. As mentioned above, up to 30 per cent of the points are allocated to the balance owing on a credit card, for example, compared to its total credit limit. So if you have a credit card with a \$1,000 limit and you owe \$750 on it, your score will be much lower than if you owed \$750 on

a card with a \$5,000 credit limit. Therefore, based on your spending pattern, you should periodically request to have your credit limit increased. I want to be very cautious here and say that this does not mean you can spend more; it only means your credit score will be higher if the ratio between your outstanding balance and credit limit is low.

Remember that lenders assess "risk." So, my job as a mortgage broker is to look at your credit bureau score and offer products based on pre-established guidelines lenders have put in place. So I basically pre-underwrite the deal before it is sent out to the lender in order to obtain a positive reply. This is why mortgage brokers have to be well versed in credit management so they can coach potential buyers in what they should be doing if they do not quite have the required bureau scores

to enter the real property market.

The past economic crisis has created a lot of turmoil in the lenders world. In fact, they have learned a lot from it and also learned new tricks to make sure clients remain solvent. As you know, when purchasing a home, you secure financing in the form of a mortgage. What actually happens is the lender agrees to lend you money based on your current financial situation. However, if your financial situation changes in the period of time elapsing between your mortgage approval date and the date when funds are advanced and transferred from the lender to the seller, the lender may refuse to advance the funds on closing day.

Let me explain. There have been instances where buyers, excited about their new home, purchase a new dining room suite

and put it on credit. Now this new purchase creates a new monthly liability. What practice lenders have begun to do is to pull yet another credit bureau just before they advance the money to the solicitor. That way, they can see if clients have incurred new debts, thereby increasing their total debt servicing ratio and in some cases, pushing that ratio beyond its maximum thus disqualifying the client. All that to say that if you are planning on purchasing new furniture for your new home, do it on a cash basis or wait until all the paper and money transactions have been cleared by the solicitor; even better, until your moving day.

Carl McLean CD, BCom AMP specializes in residential mortgage financing and credit management in Victoria, B.C. He is an Accredited Mortgage Professional.

FILM Friday

Burton's Alice has fine acting, but poor effects

W. Andrew Powell
The GATE

Opening in a theatre near you this weekend, Tim Burton directs the trippy remake of Disney's *Alice In Wonderland*.

Even all these years later, Walt Disney's original 1951 animated classic *Alice In Wonderland* is a hard act to follow. That must have made director Tim Burton's job just a little bit harder, although if anyone could reinvent Wonderland, there is no question in my mind that Burton is a great choice.

Set in the Victorian era, Burton's Alice is a 19-year-old girl, played by Mia Wasikowska, who doesn't want to be the average woman in a corset, waiting for others to tell her what her life should be like. This Alice wants to do things her way. So, when a wealthy Lord proposes

marriage, in front of everyone she knows, Alice runs off to clear her head and ends up on an adventure to a place that seems oddly familiar.

Following the White Rabbit, voiced by Michael Sheen, Alice finds herself among the talking plants and animals of Underland, a world where she is apparently very well known. For Alice though, it all feels like a dream, and even as she confronts the evil Red Queen, played by Helena Bonham Carter, and her minions, Alice has a hard time believing that any of it is real.

As the world unfolds though, and we get to know a little bit more of the story, Alice starts to take Underland more seriously, and moves to help recrown the White Queen, played by Anne Hathaway.

Featuring a cast that could almost

not be better suited to the story, the performances are very good. Depp once again steals another of Burton's films as a decidedly Mad but tender-hearted Hatter, Crispin Glover plays the Knave of Hearts, and Stephen Fry voicing the Cheshire Cat.

Carter is also the perfect Red Queen. Otherwise, Wasikowska is an intrepid Alice, all the way from playing the quiet, but resilient Alice, to the much more fiery Alice we meet in the end.

Burton's *Alice In Wonderland* is flawed though.

Not content to merely remake the cartoon or book, the filmmakers and screenwriter Linda Woolverton, who wrote *The Lion King*, have blended the first book, *Alice's Adventures in Wonderland*, with a elements of the second book, *Through the Looking-Glass*,

and *What Alice Found There*. The concept is sound but the plot makes the film feel like a mish-mashed mess of themes ranging from the *Lord of the Rings* to the *Chronicles of Narnia* films.

Lastly, while I found the story a little weak overall, I was also let down by Disney's 3D effects. At times the film's visuals can be impressive, but the quality just does not live up to what we have seen in the reigning champ of 3D, James Cameron's *Avatar*. The opening scenes in the real world come off looking dark, like something was wrong with the projector, and much of the film is either rendered a little simplistically, or fuzzily.

Alice In Wonderland is still a treat, it's compelling, and Burton deserves credit for the style, but it's far short of Disney's original Alice.

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Ten Oak trees were planted near the Naval Officer Training Centre at Work Point last Wednesday to commemorate each decade of the Canadian Navy.

Left: Base Construction Engineering workers Mike MacIntosh and Mike Holt are joined by CPO2 (Ret'd) David Logie of the Chiefs and Petty Officers Association as they begin planting the trees.

Right: Base Commander Capt(N) Marcel Hallé and CPO2 (Ret'd) Logie scoop ceremonial shovels full of soil for the first tree planting.

Trees symbolize service

Shelley Lipke
Staff writer

Last Wednesday 10 Oak trees were planted near the Naval Officer Training Centre at Work Point to commemorate the Canadian Naval Centennial.

Base Commander Capt(N) Marcel Hallé and President of the Chief and Petty Officer's Association CPO2 (Ret'd) David Logie stood in front of members of the Canadian Naval Centennial Committee and others from the Chief and Petty Officer's Association and spoke about the commemorative occasion.

Then after picking up shovels and posing for a photo at the site where one Oak would be planted, two Base Construction Engineering (BCE) employees began planting.

"Originally we were going to plant 100 trees, but we wondered where to put them all," explained CPO2 (ret'd)

Logie. "Instead we chose one to represent each decade of the Canadian Navy."

Last November when His Royal Highness Prince Charles and the Duchess of Cornwall visited HMC Dockyard they were shown the trees when the project was first unveiled.

"They both thought it was a good idea," said CPO2 (Ret'd) Logie.

Each of the seven Red Oak and three English Oak trees at maturity will span a 30 to 50 foot wide distance.

Oak is particularly symbolic for naval forces. As far back as 1,550 B.C. it was the preferred material for ships and boats. The English Oak was fashioned into massive curved timbers used to support the frame of a ship.

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Shelley Lipke, Lookout



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A sapper's tale of Haiti

Shelley Lipke
Staff writer

Sapper (Private) Robert Brandt never imagined his first deployment would be to earthquake ravished Haiti.

Just two years into the military, the 34-year-old Victoria native would normally be training and working in his field as a combat engineer at 4 Engineer Support Regiment in Gagetown, New Brunswick; but these days his life and duties are far from normal.

Arriving just six days after the earthquake hit, the past seven weeks in Haiti have been an exhilarating, humbling and rewarding mix of emotions and hard work.

"I volunteered to go to Haiti with the Disaster Assistance Response Team (DART) as soon as I watched the disaster in Haiti on the news," recalls Sapper Brandt in a phone interview with *Lookout*. "I wanted to go, and it was exciting to think I might get out the door on my first mission as a combat engineer."

The next day his life took a dramatic spin when he learned that he would be deployed with the DART and he was flown to CFB Trenton to await a flight.

Sappers normally provide mobility and counter mobility support to friendly forces while denying the same to the enemy, but in this humanitarian mission he was needed to join the Reverse Osmosis Water Purification Unit (ROWPU) in Jacmel - a totally different role.

"I needed to be trained first to learn the ROWPU system," he said. "This training didn't qualify me on the system, but it gave me the basics needed to operate it," he said.

After five vigorous days of training at CFB Trenton learning the ins and outs of this complex purification system, he was selected to join four others on the ROWPU team providing much needed purified water to Haitians and Allied troops.

The team of five arrived Jan. 18 to the DART camp in Jacmel

to join more than 200 Canadian Forces Personnel.

For Sapper Brandt touching down in this country overcome with poverty and unimaginable disaster was an experience itself.

"This place is devastated on every level. The people are poor and the work is non existent. This place is hurt badly and needs a lot of help. The sheer amount of poverty is the one thing that I will remember."

Once landed, the ROWPU began utilizing their newly honed skills. "We get the water from a subsidiary stream and feed our pump into the water to suck it in to the machine. It runs through a series of membranes and filters before we add Chlorine to kill bacteria. Then the medics run Chlorine and PH tests to make sure the water is clean. In two hours we fill 11,300 litres."

Each day water trucks arrive empty and leave full bound for different areas of Jacmel.

"We work with the Sri Lankan Army United Nations Force," says Sapper Brandt. "They bring down water trucks and we supply the DART camp, the airport in Jacmel and UNICEF with water. Then UNICEF and the United Nations supply it to the local population."

Although he doesn't come into constant contact with the Haitian locals, he's had interaction with some of them.

"We try to keep the PR between us very good. I don't get out of my camp very much, but the people that I have talked to are very happy we are here helping them clear the roads, and are providing them with water and medical facilities. Especially the children," he says.

Aside from water production, Sapper Brandt helps with security detail and unloads trucks that bring supplies into camp.

"Physically there is a lot of heavy lifting and constant moving of supplies, and mentally we just have to overcome the conditions and environment we are in. The teamwork and camara-

derie can't be compared to anything. We live in tight quarters and we have to get along and work together and over look the shortfalls. With the people I'm working with right now it is very easy to do," he says.

Since the Haitian earthquake the ROWPU has purified more than 438,300 litres of water for Haitians. DART has also played a major role in rebuilding damaged buildings and bridges, and the medical team has attended to nearly 1,000 patients.

"The situation has definitely improved since I arrived," he says. "The roads are being cleared. The crews are out daily cleaning falling buildings, and medics have treated every ailment from broken bones to sick people. The people in Haiti need a lot of help after the quake - everything from building materials to advice on making structures more quake-resistant. And the people are sick regardless of the earthquake, which again reflects back to an unbelievable level of poverty. I think the lack of infrastructure and the amount of sick people will stick out most in my mind."

Sapper Brandt will be on this deployment until mid March.



Cpl Julie Turcotte

Sapper Robert Brandt, with the Disaster Assistance Response Team (DART), performs maintenance on the Reverse Osmosis Water Purification Unit near Jacmel, Haiti on Feb 9.



Cpl Julie Turcotte

Crewmembers from HMCS Athabaskan fill jugs of water for the orphanages in Léogane.

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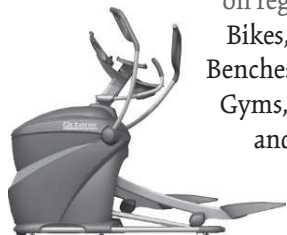
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Top left: LS Benson won Canadian Forces Health Services Centre (Pacific)'s Olympic Spirit contest, not only covering herself head to toe with red and white, but also donning Canadian Flag tattoos and a light-up Canada flag sign.

Top right: Sgt Levesque, lab technician, showed a bit of CF pride in addition to her support for Canadian Olympic athletes.

Middle left: Mental health nurse Roberta Pyle not only decorated herself, but added a little Canadian flare to her office walls.

Bottom left: Dana Bridges, medical receptionist in CDU 2, used the day to show off her hockey pride.



Olympic spirit strong at base clinic

**A/SLt Shawn Kalbhenn
Contributor**

On Friday, Feb. 26, the CF Health Services Centre (Pacific) came to work sporting their best Team Canada gear to celebrate the success of our Canadian athletes in the Vancouver Winter Olympics.

Commanding Officer, LCol Phyllis O'Grady authorized the dress-down

Friday to allow staff to show their feelings of patriotism and pride in our athletes. Sporting mittens, jerseys, face paint, and other items of Canadiana, the clinic staff dressed to impress.

There was even a contest where the person who displayed the most Olympic spirit would win a Tim Horton's gift card. The winner, LS Benson, out-spirited the rest by show-

ing her "illuminating" patriotism.

Not only was this display of national pride for our athletes, it was a show of support for 11 clinic staff members participating in security operations in and around the Olympic venues. After being away from home for five months, the medical contingents are scheduled to return between the end of the Olympic Games and shortly after the Paralympic Games.

New web-based tracking application

Shelley Lipke
Staff writer

An in-house Department of National Defence (DND) Activity Tracking system is taking hold across Canada, replacing older tracking methods such as Excel spreadsheets.

Created in 2007 by CFB Esquimalt Base Information Services (BIS) employees, this system is easy to learn, available to all DND personnel, and users are finding many benefits from using it.

"We have received positive feedback from this system," says Francois Villeneuve, BIS supervisor responsible for activity tracking. "It is a web-based activity tracking system that was developed to track projects, tasks and initiatives, and it is available to anyone in DND for immediate use."

Villeneuve has been giving interested users across Canada tutorials to get them acquainted with the system and its scope.

"At its core, activity tracking has a simple to use list organizer, a tool to evaluate workloads, keep notes, record names and store related files. It is also a tool to quickly identify activities starting to go off the rails, so people can take corrective action, and it sends automatic emails to keep people informed once they subscribe to a project."

Over 1,700 emails were sent by the application in 2009 and over 700 projects are currently documented in the system, says Villeneuve.

"It's used by project managers to track large IT projects, by the Air Force to organize immediate procurement of rain pants and equipment for a shoulder season in Afghanistan, and thousands of other things. In Winnipeg, the Air Force has embraced this system and is hooked," says Villeneuve.

LCol Lee Smith, aviation life support equipment special project offi-

cer in Winnipeg, has been using the system since last June and finds a lot of value in it.

"We were looking for a tool that would do a better job of keeping track of equipment problems that needed to be fixed. Prior to this we had an Excel spreadsheet with a number of tabs for the different aircraft types we deal with. I sat in on a briefing with some other folks that were interested in the system and I was impressed. Once I started experimenting with it I thought it might be a better solution, and before too long I had migrated all of our staff to this system," he said.

"It's easy for people to access, relatively easy for people to update information and fairly powerful because you can link it to other documents or upload files," he added.

Anyone interested in a certain category or project can add themselves as a subscriber and receive automatic updates on any developments or changes with the project.

The system is almost like Wikipedia as it's open to anyone in DND to post information and any user can collaboratively change it.

"It's public DND knowledge, but it's highly accountable, as any changes made will be attributed to the person who makes the change," said Villeneuve.

The system is open to all DND employees to start using it.

"We are offering demos via remote screen control and speaker phone to DND employees across Canada and at CFB Esquimalt we will be giving 30 minute tutorials to groups of 10 or more," said Villeneuve.

To find out more about this system type activity tracking in the DIN search engine or to request a demonstration for a small group, email francois.villeneuve@forces.gc.ca.

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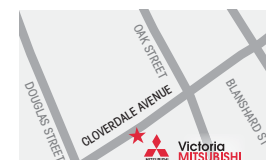
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New military magazine needs writers, illustrators and photographers

Shelley Lipke
Staff writer

It's what Canadian military families have been waiting for. Every other genre or group seems to have a magazine of their own and this spring military folks will too.

Ubiquitous Magazine Inc is a national magazine created and designed by Canadian military families for military families across Canada.

"Ubiquitous means everywhere; all at once," explains Lisa Twomey, assistant editor/art director. "Our team believes it is the perfect word to describe military families."

With the launch of the magazine this spring, Ubiquitous is doing a nationwide call for writers, illustrators, translators, columnists, advertising sales reps and photographers in paid freelance positions.

The idea is a grassroots approach. Ubiquitous Magazine's staff is comprised of military spouses, retired

members, military members and military brats from across the country and from all elements – air force, army and navy. One of the magazine's objectives is to provide employment opportunities for military family members across the country.

A military spouse for over 16 years, Twomey knows the difficulties of maintaining employment when military families move around. "It can be hard to find a job when you are following your spouse across the country. The idea with this magazine is to allow military spouses to work from their homes regardless of where they live in Canada."

The other objective of the magazine is to pass on relevant information to military families that will educate, enhance and empower their lives. The magazine is not a political magazine and will not feature articles that are controversial to the military or people that represent

the organization.

"Our goal is to keep military families informed with what is going in the Canadian Forces and feature articles on everyday topics with a military lifestyle focus," said Twomey. "I hope people who read the magazine will find the information useful."

The magazine is the idea of Cyndi Mills, whose family originates from the Comox Valley. When Mills moved to Petawawa, ON, with her husband in 2007 she developed the idea of a national military family lifestyle magazine.

The magazine will publish 10 issues a year and they are currently working with Military Family Resource Centres and CANEX stores across Canada to distribute the magazine.

For more information about subscriptions, joining the team and the types of stories the magazine will publish go to their website www.ubiquitousmagazine.ca.



Ubiquitous Magazine focuses on the needs of military families no matter where they live and provides employment to military spouses.

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Housecleaning for veterans

Shelley Lipke
Staff writer

Over the past five years many Victoria area veterans have taken advantage of house cleaning services through Veterans Affairs Canada's Veterans Independence Program.

"More than 100 qualified veterans have been utilizing this program with our housecleaning and housekeeping services," said Andrea Rogers, director of operations for Merry Maids.

"We clean for them and even do their dishes, laundry and change their light bulbs."

Merry Maids makes a point of sending the same staff back on a regular basis so they can develop a relationship, and the maids enjoy the interaction with the veterans.

"A lot of the veterans really

look forward to us coming and some even socialize with the maids and ask them to stay for tea," said Rogers.

In order to utilize the program veterans must meet the criteria.

"Generally speaking, those who may qualify include low-income veterans who served in wartime, veterans with a service-related disability, and war veterans with overseas service who are waiting for a Veterans Affairs Canada priority access bed in a long-term care facility," says Janice Summerby, spokesperson for Veterans Affairs Canada. "They must have a need for the services based on their circumstance and health."

Veterans who qualify choose their service provider and Veteran's Affairs Canada covers or contributes to the cost.

In many cases veterans are not out of pocket for the expenses as provisions allow service providers to be paid by Veterans Affairs Canada through Blue Cross.

Additionally, if a veteran and spouse are currently receiving this program and the veteran dies or is admitted to a long-term care facility the spouse can continue receiving this service.

Merry Maids services the Greater Victoria and Saanich Peninsula, and all maids are bonded and have security check clearance.

To find out more about this program including other benefits like personal care, grounds keeping and nutrition services, and complete eligibility details, go to the Veterans Affairs Canada website at www.vac-acc.gc.ca.



Shelley Lipke, Lookout

Andrea Rogers, Paige Allen and Jesaka Brown of Merry Maids have been providing housecleaning and housekeeping services to veterans for more than five years under the Veterans Independence Program.

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CFB Esquimalt member charged with trafficking of controlled substances

The Canadian Forces National Investigation Service (CFNIS), the investigative arm of the Canadian Forces Military Police, charged a Canadian Forces member with drug trafficking last Monday.

Cpl Simon Cheston, who is posted to CFB Esquimalt, was charged with four counts of drug trafficking contrary to section 130 of the National Defence Act, pursuant to section 5(1) of the Controlled Drugs and

Substances Act. The charges resulted from a four-month investigation at CFB Esquimalt, related to the alleged trafficking of marijuana and cocaine.

"The Military Police take allegations involving the use and trafficking of drugs very seriously. The CFNIS will continue to take a proactive approach to drug investigations in an effort to combat drug use within the CF," said Lieutenant-Colonel Gilles Sansterre, Commanding

Officer of the CFNIS. "In conjunction with the local Military Police, the CFNIS works closely with the chain of command to ensure a drug-free environment within the CF."

The CFNIS is an independent Military Police unit with a mandate to investigate serious and sensitive matters in relation to National Defence property, DND employees, and CF personnel serving in Canada and abroad.

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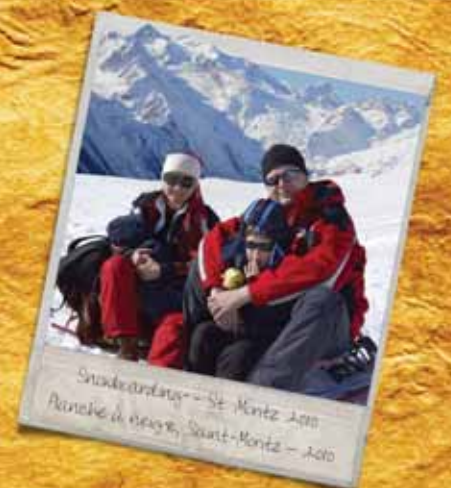


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A message to the troops

Words of support from a small Prairie town

Shelley Lipke
Staff writer

Nestled in the small prairie community of Dalmeny, SK, 58-year-old Keith Picard spends a lot of time well-wishing and touching the hearts of our Canadian deployed troops overseas.

It really doesn't matter where they are from, or where they are deployed.

Army, navy and air force as far as the West Bank in Jerusalem, Afghanistan, Haiti, Bosnia and Herzegovina, to deployed naval ships *HMCS Calgary* and *Protecteur* have all received his cards and felt the vibes of support from his small farming community.

For Picard, it's his hobby.

"People go out on the ships and on deployments for a long time and I think receiving a card is a nice reminder of home," he says. "I started sending them cards because it brings up their morale and I want them to know that Canadians support them."

Each card starts with a photo. Picard takes a picture of something truly Canadian - a grain elevator, beaver dam, prairie sunset, or another reminder of home, and then turns it into a postcard by getting people in his community to sign the back of it.

In a town so small that the annual parade circles twice, everyone knows him.

He's the guy with the cards for the troops.

"It's not hard to fill a card," says Picard. "I go into restau-

rants and get piles of them signed.

"What makes the cards worth a million dollars are the names of the people that sign them.

"The first time I asked people to sign I was asked what kind of scam is this. I told them that it was the best scam they will ever get in on and it was free,"

laughs Picard. "Now people ask me if I have any cards for them to sign. The Canadian Forces are very well respected throughout Canada."

An avid writer, he often sends a story he wrote about Canadian life, a personal anecdote, or something he remembers from his childhood along with the card.

"Once in a while I'll send choke cherry jam and Saskatoon berry jam to give them a taste of

home," he says. At Christmas time he likes to send Tim Horton's coffee and hot chocolate.

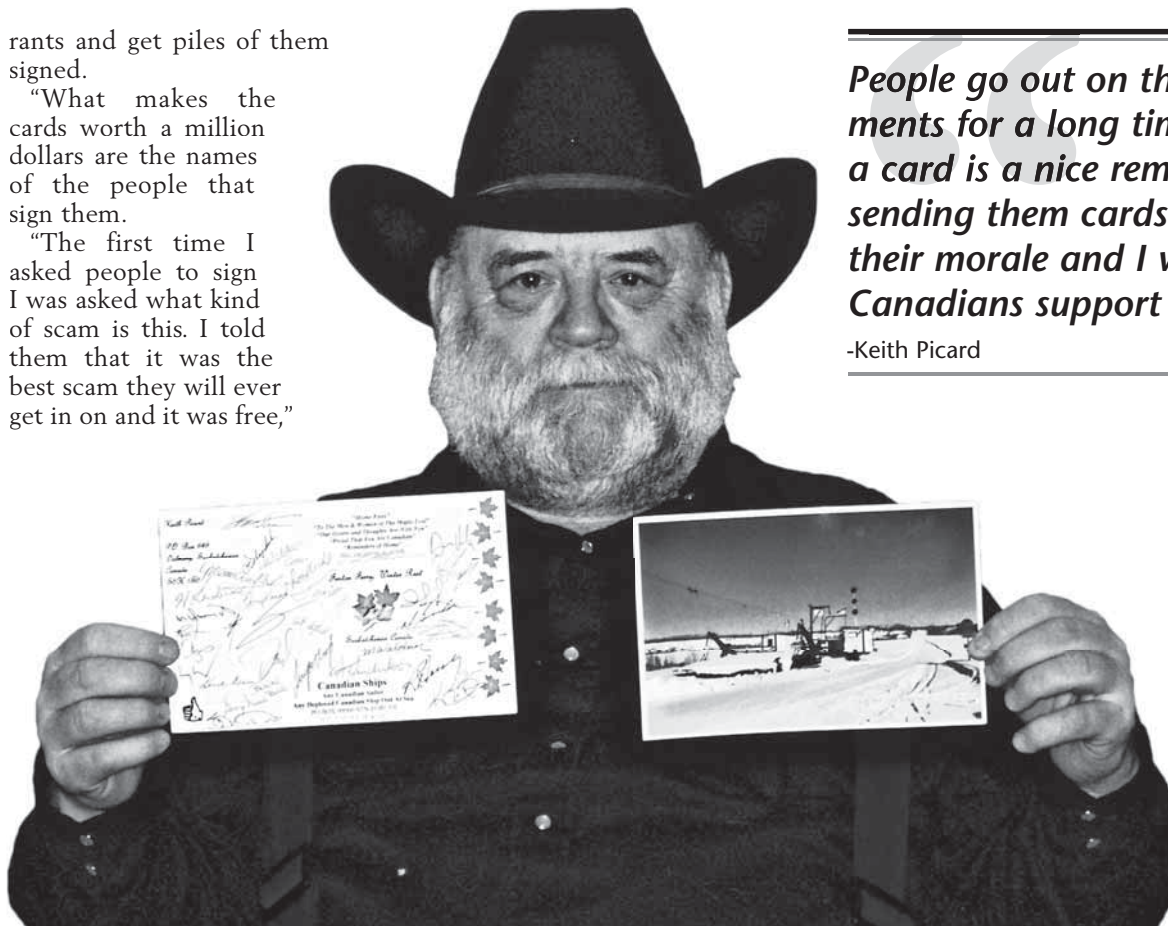
Cards to the ships are addressed: To any Canadian ship on station, or out on the ocean.

When he receives a reply from someone, he proudly posts the response in the local Country Press newspaper out of nearby Warman, Saskatchewan.

"I'm excited when I receive a reply from the military people that receive them."

People go out on the ships and on deployments for a long time and I think receiving a card is a nice reminder of home. I started sending them cards because it brings up their morale and I want them to know that Canadians support them.

-Keith Picard



28 years of dedicated service, I feel it's our responsibility to ensure the youth and seniors understand that we are still carrying the torch," said CPO2 Kuyper in response to the support he has seen over the years.

Picard first began sending the cards nearly three years ago.

"My nephew Russell Picard is in the navy, and I used to write him. He would go to a port in Holland and send me all the letters he wrote me back. This really started my writing to the ships and I said to myself maybe I could write more people, so I went to the website and found all these addresses."

Picard sends about 14 cards a month to all the places where Canadians are serving, and figures he has sent over 420 to date.

Picard always encourages the people in his community to go on the website: www.forces.gc.ca/site/commun/message/index-eng.asp, and write to the troops themselves. "Writing is the one thing that will cheer them up and let them know that we support what they are doing for our country," he says.

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COMMUNITY NEWS: **TRAFFIC CHALLENGES LOOM**

Western Communities face construction woes

Shelley Lipke
Staff writer

CFB Esquimalt commuters, especially those in the Western Communities, will be heavily affected by a number of traffic and road upgrades that will start in June.

For 10 months, travelling to and from the base will be a challenge at best.

Old Island Highway

The Town of View Royal, along with other municipalities, is working towards a greener, cleaner and more user-friendly transportation system on the Old Island Highway between Helmcken Road and Admirals Road, but until it's in place major delays can be expected.

"This project came from a federal field tax grant with an objective for cleaner air, reduced greenhouse gasses and cleaner water," said Emmet McCusker director of engineering for Town of View Royal. "We proved we could deliver these three aspects in order to get the funding for this."

Cycling lanes, sidewalks for pedestrians and left turn lanes at each block along the 1.2 kilometre section are all part of the plan.

"Currently, if somebody has to turn left in front of you it backs up all the traffic, which causes significant delays," says McCusker.

A study is currently being conducted to assess the number of vehicles travelling in peak periods with the amount of passengers in them at Four Mile trestle on the Old Island Highway and at Admirals at Hallowell Roads.

At 15 minute intervals during peak morning traffic, cars are being counted and assessed. "It's astonishing to see how many people have just one person in them. I think if it's possible to carpool or use public transit those are good choices," said McCusker, who reported that between six and seven a.m., more than 96 per cent of cars had single occupants.

"Anything people can do to carpool would be helpful, and if there is a way we can help better accommodate public transit and those carpooling we will find it," he said.

The month of July will be the most disruptive as underground utilities will be worked on to widen the road. "After that is completed this wider roadbase can be used to help divert traffic," said McCusker.



The upside is storm water flowing into Esquimalt Harbour will have 95 per cent of the heavy metals, 85 per cent of organic pollutants and 95 per cent of the silt removed, making the water a lot cleaner. "The Gorge waterway could end up being cleaner than it's been in the last 150 years, as will Esquimalt Harbour," he said.

Cyclist trail

Another upgrade will help cyclists travelling along the E&N Rail Trail. This sister trail to the Galloping Goose follows the rail

line from Esquimalt to Langford. Construction has begun on the trestles at Helmcken and at Four Mile, and once completed this trail will allow people from Belmont Park to cycle to work on the Galloping Goose and then change to the E&N Rail Trail to arrive right at the base. As it stands now they have to come down the Old Island Highway without bike lanes.

McCusker says that during construction this summer cycling on this route could be hazardous

as there are currently no cycling lanes, and should be avoided. "We are working towards a diversion plan for cyclists and will keep the *Lookout* updated"

Eventually the E&N Rail Trail will link up with the Trans Canada Trail.

Although planners looked at the possibility of a commuter train linking Langford and Victoria, lack of funding and logistics involving upgrades to the tracks put this to a standstill.

During the summer construction, the only alternate route will be the Trans Canada Highway, which will feel a backlog from this project and is already backed up at peak times.

The project comes with deadlines on the grant, so the road construction will need to be on target and the most disruptive work is being done in the summer months when traffic is at its least. Daily road crews will work from 6 a.m. to 3 p.m.

The 1.2 kilometre upgrade along Island Highway between Helmcken Road and Admirals will move traffic along more quickly and be safer for those who use it once completed, says McCusker.

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Cadet Honour Band to perform in Nanaimo, Victoria, Mission

The B.C. Regional Cadet Honour Band will perform in Nanaimo, Victoria and Mission during the school spring break March 12 to 21.

The honour band will be under the direction of Lt(N) Camil Bouchard, former music director of the Naden Band. It is comprised of 55 of the top teenage musicians of the Royal Canadian Sea, Army and Air Cadets selected from across B.C.

Being selected for the "spring break" Honour Band is a coveted prize amongst

the 1,600 cadet musicians that populate cadet bands in 71 B.C. communities. The young musicians range in age from 14 to 18 years of age and the majority play at a level equivalent to grade five/six of the Royal Conservatory of Music. Many of them play in their community or school band as well as their cadet band.

Arriving in Victoria on March 12, the cadets undergo three days of rehearsal at the Naden Band Room at Canadian Forces Base Esquimalt in preparation for

the first concert on Tuesday. The full concert band is complemented by pipes and drums and will perform popular music highlighted by military pomp and ceremony. There is no charge to attend any of the performances.

• Tuesday, March 16 at the Port Theatre, Nanaimo B.C., 7:30 p.m.

• Wednesday, March 17 at McPherson Playhouse, Victoria B.C., 7:30 p.m.

• Thursday, March 18 at the Clarke Theatre, Mission B.C., 7:30 p.m.

Olympic moment in Haiti

Lt(N) Kelly Rozenberg-Payne
Joint Task Force Haiti / JTFH HQ

Members of Joint Task Force Haiti Headquarters in Port-au-Prince took time out of their day to express their support and cheer on Canadian athletes at the Vancouver Winter Olympics.

Under the tropical sun, soldiers, sailors, airmen and airwomen looked forward to the men's hockey gold medal match and followed the triumphs of Canadian athletes.

"Despite our schedule and being miles away from snow and ice, we have to show

our support for the hard work and dedication of our athletes," said Sgt Benoit Russell of the Sherbrooke Hussars.

"The Games are a great opportunity for us to feel connected with friends and family at home," said Griffon pilot Captain Jon De Swert. "The games have been a great morale boost for everyone here, it's just part of being Canadian."

Approximately 1,700 CF members are currently deployed in Port-au-Prince, Jacmel and Léogâne on Op Hestia as part of the Government of Canada's contribution to the international humanitarian aid and assistance mission in Haiti.

Looking for Highlands grads

If you graduated from Highland Senior Secondary School in Comox, B.C., then this message is for you.

In years past, many Highland Grad classes have participated in a legacy program where they try to leave behind something special from their class – often a bench, a tree or some such thing. The Grad Class of 2010 has decided to be much more adventurous and is going to try

for something much bigger. Because they are graduating in the year 2010 they want to send 10 kids in Uganda to high school. The project is called '10 for 10' and of course you can find it on Facebook.

Raising \$12,000 is not going to be easy and that is why part of the fundraising effort is to ask for support from previous Highland Grads.

In keeping with the theme

of '10 for 10' a request is going out to all past Highland Grads to send \$10 to the school.

Thank you from the Grad class of 2010 and the students in Uganda who will benefit from this fundraiser. Cheques should be made out to ACTS (with 10 for 10 on the memo line) and sent to Highland Secondary School 750 Pritchard Road Comox BC, Canada V9M 3S8.

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HMCS Halifax returns from Haiti

Virginia Beaton
Trident staff

A banner reading "Welcome home, Nova Scotia heroes" was part of the rousing reception that greeted *HMCS Halifax* as the ship returned to Halifax from Haiti on March 2.

Despite bitterly cold weather and wind, a large and noisy crowd of friends and family was on the jetty waving Canadian flags, cheering and applauding as the ship came alongside.

Halifax departed Halifax on Jan. 14, two days after a severe earthquake devastated Haiti, resulting in the deaths of an estimated 200,000 people. Together with *HMCS Athabaskan*, *Halifax* formed a task group to undertake a humanitarian mission on behalf of the government of Canada.

"We arrived on station off the coast of Jacmel on the south part of the country, five days later," stated Cdr Josée Kurtz, *Halifax's* Commanding Officer.

Jacmel suffered significant damage from the earthquake, according to Cdr Kurtz. "The local population was in dire need of water, food, shelter, medical care and compassion."

Working with the Disaster Assistance Response team (DART) and local representatives of the Department of Foreign Affairs and International Trade, CIDA, non-government organiza-

tions and the UN, *Halifax* made a solid contribution to the relief effort, delivering basic comfort amid fear, destruction and distress.

During 32 days in theatre, work parties going ashore engaged in tasks such as cleaning rubble, building water distribution points and sanitation systems, and enabling the distribution of food and non-food items.

Cdr Kurtz described *Halifax's* arrival in Haiti as "very emotional."

"We didn't know what to expect when we first arrived in Jacmel, so we went ashore prepared for the worst possible sight. Fortunately for Jacmel, it was not hit as hard as Port-au-Prince had been. However, the area of Jacmel is very isolated from the rest of the country through a mountain

ridge on the south coast. So our assistance was very much needed."

The city was at a standstill and rubble from damaged buildings filled the streets and impeded traffic. "So the first thing we did was clear the streets so we could facilitate the movement of transportation and eventually aid in the city," said Cdr Kurtz.

During the first few days in theatre, Cdr Kurtz says the focus was to acclimatize to the heat and the humidity and the dust and the environment.

She stated that by the time *Halifax* departed, "The city was in much better shape than when we first arrived. The Haitians were smiling, we had people going to the water distribution points that we had helped put together, and they could fill their jugs and take them home.

They had sanitation systems we had helped to build."

Lt(N) Andrew Tunstall, underwater warfare officer in *Halifax*, was one of the company commanders of the ship's humanitarian assistance teams. He said the construction projects ranged from building showers and latrines to working at a camp established on the site of a school damaged in the earthquake.

"When we got there conditions were quite horrible. I talked to a gentleman there and he gave us a list of things they would like to see [done]. By the end of two weeks, we had built everything they wanted. There were smiles on their faces and Canadian flags they had raised in the camp. I went away knowing we had accomplished something."



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During a North Atlantic crossing on board HMCS Athabaskan, Stephen Low films a Replenishment at Sea with HMCS Preserver, using an IMAX 3D camera.

Photo courtesy of
The Stephen Low Company

IMAX "Action!" on the high seas

Lt(N) Marco Chouinard
Defence Public Affairs Learning
Centre

As they watched box after box pile up on the dimly lit jetty, they wondered: "How much film equipment did the crew actually bring?"

The answer to that question would turn out to be 87 boxes weighing a total of 2,007 kilograms.

An IMAX film crew from Montreal joined HMCS Athabaskan in Edinburgh, Scotland, on Oct. 20, 2009. Athabaskan, in company with HMC Ships Preserver, Halifax, and Montreal, had just completed Exercise Joint Warrior 09-2, a UK-led international exercise, and were carrying on with the Canadian Task Group Exercise (TGEX) 6-09, which would bring them back to Halifax, N.S. This was a tremendous opportunity to capture footage of shipboard activities, as well as of multi-ship operations.

Mother Nature, for one, played her role well. She provided some sea-states typical of a North Atlantic autumn, making a great backdrop.

"It was a great experience to work with Stephen Low and the IMAX crew on board Athabaskan," said Commander Peter Crain, Commanding Officer of Athabaskan. "We had the opportunity to show them some of the unique things that the Canadian Navy is doing for Canada and around the world."

The aim of the 10-man IMAX crew from The Stephen Low Company was to capture true 3D footage for two non-fiction IMAX 3D projects in production. The first one titled "Rescue", is a 45-minute film for international release. The second, referred to as "Canadian Navy Task Force", is a reel (5-7 minutes) composed of material shot for "Rescue."

It is being produced for the navy as part of the 2010 Canadian Naval Centennial. It is due for release in Canada at the end of May, 2010.

"Rescue" will feature, among other things, the humanitarian aspects of military operations – including disaster relief – as conducted by Canadian Navy teams, the U.S. Air Force and the Air National Guard. The film is due for release in IMAX theatres in the fall of 2010.

The film crew used two different stereo (3D) cameras, recording 300 minutes of imagery on a German experimental digital camera and more than 14,000 feet (about 70 minutes) on the "Gemini" film camera. The "Gemini", which only holds about five minutes of unexposed film, is a compact camera system weighing about half the weight of a regular IMAX 3D camera (over 113 kg).

What are some of the challenges of filming on board a ship? Alexander Low, a producer with the company, said at least two come to mind.

"We had to be even more self sufficient than usual as we were limited to the equipment we brought with us for any repairs or replacement."

He also observed, "Setting up for a shot was more time consuming than usual due to the heavy camera and equipment being carried up and down the ladders, with the ship under constant movement."

Filmmaker Stephen Low also had some memorable moments. He recalled when "my breakfast and I went flying across the dining room," (or "Wardroom," as we say). More seriously, Stephen mentioned, "My uncle served on board a corvette during the Second World War, protecting convoys. He told me a touching story about a ship being torpedoed and the atrocities he had seen. The North Atlantic crossing made me think about him and how life would have been back then."

The transit, made under a grey sky and rough seas, must have been similar, in some respects at least, to those innumerable convoy crossings of the war. It certainly gave the filmmaker a better understanding of his uncle's experiences.

As this article was being written, the production team for The Stephen Low Company was preparing to deploy to Haiti. They were on location, in early February, shooting for the film "Rescue". It's time to pack-up those boxes again! Cut! Print! It's a wrap!

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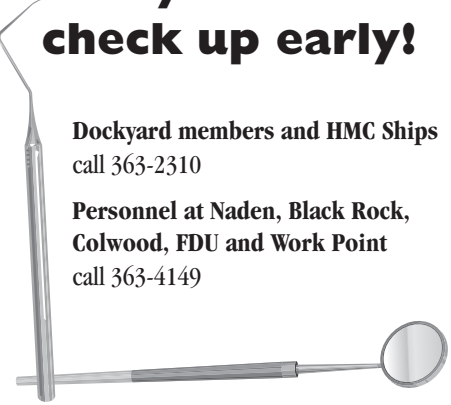
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