

Volume 55 Number 11 | March 15, 2010

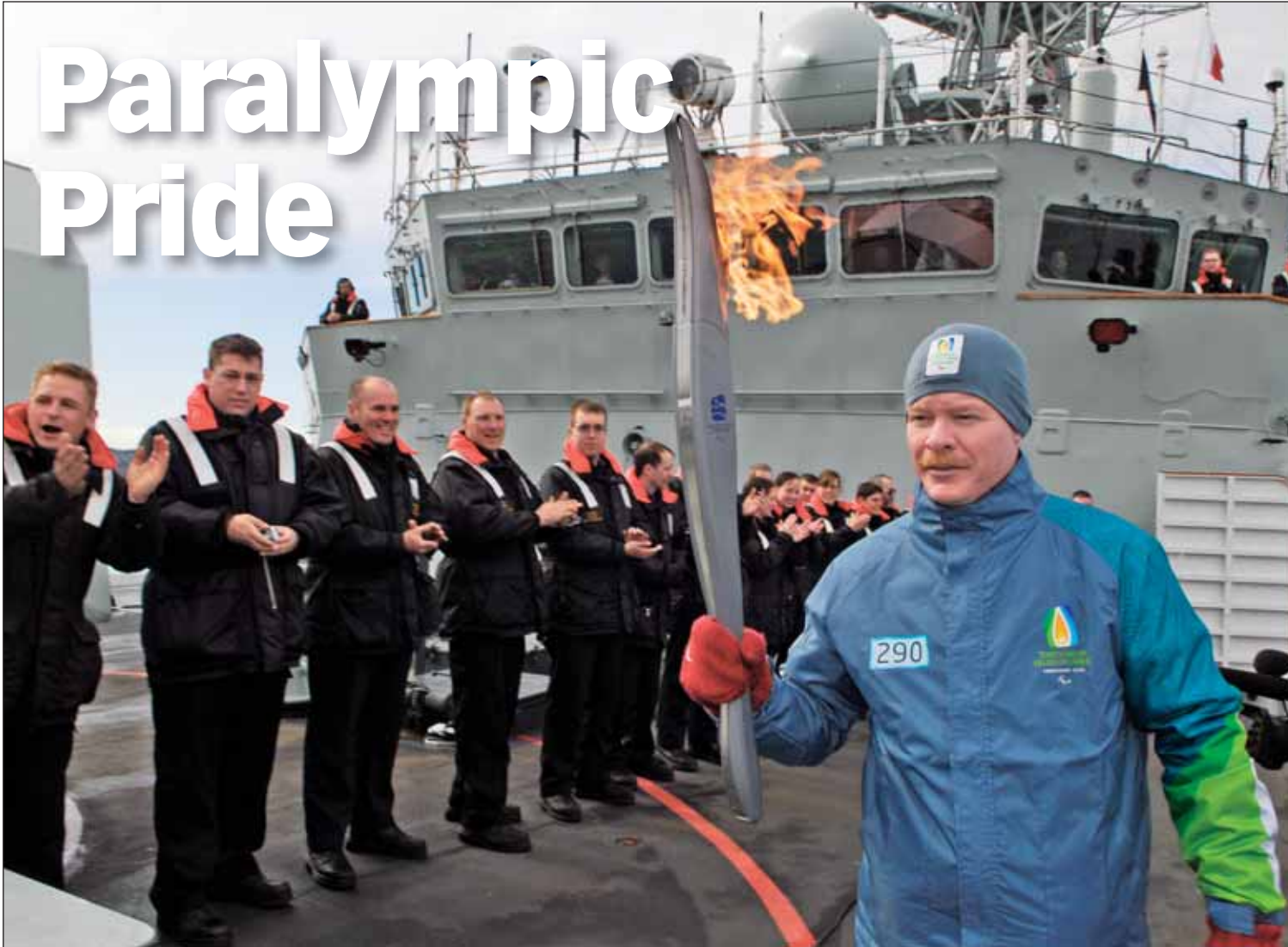
LOOKOUT



MARPAC NEWS CFB Esquimalt, Victoria, B.C.

Year of the Canadian Naval Centennial

Paralympic Pride



Shelley Lipke, Lookout

After arriving by Sea King, the Paralympic flame was carried around HMCS Vancouver by MCpl Brett Richard in the final hours of its 10-day journey to Vancouver. MCpl Richard is the longest serving amputee member of the Canadian Forces, with 25 years as a clerk in North Bay, ON. The flame then travelled by rigid hull inflatable boat to PCT Orca where the cauldron was lit and taken to the City of Vancouver. This was the final day of the Paralympic Torch relay, which ended by lighting the cauldron in Vancouver marking the start of the Games.



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Local artist promotes Naval Centennial



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Cpl Frieda Van Putten, CFB Esquimalt Imaging Services

Members from the Women's Royal Canadian Naval Service (WRCNS) stand alongside currently serving naval members to celebrate the dedication of the Navy Lady Rose at the Wardroom on March 8. The Wren Association had the rose developed as a tribute to the men and women who have served ashore and at sea in the navy.

Rose dedication unites navy women

Shelley Lipke
Staff writer

Women of the Canadian Navy, past and present, gathered last Monday on the Wardroom patio to unveil the first Canadian Naval Centennial rose bushes planted at a CF base in Canada.

The Navy Lady Rose was named to honour the thousands of Canadian women who served in the Women's Royal Canadian Naval Service (WRCNS) and in today's Canadian Navy.

With blankets draped on their laps to ward off the unusual cold weather, the service women of yesterday sat with their younger counterparts to witness the dedication, which was held on International Women's Day.

Guest speaker Cdr Barb Carter read two letters from high ranking female naval officers, written especially for the occasion.

"Congratulations on the occasion of the unveiling of the Wrens Navy Lady Rose in celebration of our Naval Centennial," wrote Commodore Jennifer Bennett, Commander of the Naval Reserve Headquarters. "As history tells you were far more than an emergency force and your service is linked to the success of our nation. Your determination and achievement opened the doors for

the future of women in the service."

And from the Commanding Officer of HMCS Halifax, Cdr Josee Kutz, who is the first female to command a major Canadian warship:

"The women who serve in the Canadian Navy today owe much to the Wrens, who, through their service during the darkest days of the Second World War, established traditions of conduct, morale and efficiency that are carried forward to today."

Eighty-four-year-old

Wren Barbara Duncan joined Cdr Tony Derosenroll of the Naval Centennial office to unveil three pots of roses for all to see. The pots will remain on the patio to flourish, and in the summer sport deep red petals.

After the ceremony the women retreated to the warmth of the Wardroom to enjoy scones, tea and a chat.

LS Kathleen Walker was one of about 30 current serving Canadian Forces naval women who enjoyed speaking to the veterans.

"It's a fantastic experience. I'm so glad I got to be involved with this. Now-a-days we are deployed for six months, and these ladies went to England for three years. Hearing their stories is inspiring," she said. "I'm really proud to be a woman serving in the Canadian Navy and it's because of these ladies paving the way for me."

All Wrens that attended the dedication ceremony will receive copies of both letters along with the photo taken of them gathered around the rose bushes.



Cpl Frieda Van Putten, CFB Esquimalt Imaging Services

Marg Kostek takes a trip down memory lane with Cdr Tony deRosenroll, Coordinator for the Canadian Naval Centennial, as the pair look at a photo of the members from the Women's Royal Canadian Naval Service with whom she served.

Navy executive curl, a uniform change

Shelley Lipke
Staff writer

It's called the navy executive curl.

But just what is it, and why has parliament voted to bring it back?

Way back when the Canadian Navy was Royal, officers sported a braided curl on the sleeve of their uniform jacket. In 1968, when the CF was amalgamated, the uniform changed to green and the curl was left off; even when the distinctive environmental uniforms were re-introduced in the 1980s, the stripes returned but not the curl.

Guy Lauzon, MP for Stormont-Dundas-South Glengarry, felt the navy uniform had lost a very unique tradition, and in light of the Naval Centennial, felt it was time to bring back the curl.

On March 5, he presented his Private Members Motion



in the House of Commons.

"I believe the timing of the motion is significant and important as well. With the 100th anniversary of the Canadian Navy, what better time to right this wrong and reincorporate the executive curl into the uniform of the navy? That is why I am here today to ask the House

to support my efforts. This motion is aimed to give the navy back part of its identity lost in 1968 and to support the men and women of the Canadian Forces."

With 100 per cent support from all parties, his motion passed.

"The tradition of the navy incorporating the executive curl is a long one. In 1856, the Royal Navy instituted an executive curl and when the Canadian Navy was created in 1910, it adopted the curl as well. In fact, of the 22 countries in the Commonwealth who maintain a navy, 18 of them incorporate the executive curl into their ranking system. This loss of the exec-

utive curl on the navy uniform meant a loss of some of the identity of the navy," said Lauzon.

The executive curl can be incorporated into the current uniform by being embroidered onto the sleeve above the uppermost gold bar. Lauzon doesn't know when the change will be implemented to the officer's uniforms.

"The Canadian Forces members are very supportive and grateful. I believe it will be very well received," he said. "To many historians, military enthusiast and our veterans, this is just a small token to show our respect and appreciation."

With the 100th anniversary of the Canadian Navy, what better time to right this wrong and reincorporate the executive curl into the uniform.

-Guy Lauzon
MP

MESSAGE FROM THE CMS

Special pin celebrates 100 years

The navy is proudly celebrating its 100th anniversary in 2010. In support of this important achievement, the navy has produced a pin to honour all those who serve in the navy and those who wear the naval uniform throughout the CF.

To mark this extremely important occasion I have approved the wearing of the pin by all CF members serving with Maritime Command and all CF members in a naval uniform starting immediately upon issue and until the end of calendar year 2010. Wearing this insignia during this special year is both a demonstration of support for a national institution and



thanks for those who are serving, those who have served and those who will come after.

The pin will be worn at least one centimetre centered above the nametag on all orders of dress less those of a material which could be damaged by the pin (eg gortex). On orders of dress where there is no nametag the pin shall be worn in a similar position and on uniforms where a badge is worn above the nametag, for example, ships crest or air force occupation badge, the pin will be worn one centimetre above the symbol. The pins will be issued via the office of the Naval Centennial.

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1910-2010

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WHAT SAY YOU



Members of the Canadian Forces Ceremonial Contingent for the Vancouver 2010 Olympic Winter Games pose for a group photo on the deck of Motor Ship Statendam, one of three temporary accommodation vessels housing security personnel for the Games.

Cpl Roderick Hopp, CFB Esquimalt Imaging Services

My time with an Olympic Gold medalist

MCpl Brian McIntosh
Operation Podium,
Ceremonial Contingent
Liaison

The Canadian Forces Ceremonial Contingent for Operation Podium is made up of 61 deserving members from across the country. In their role as athlete liaisons and drivers, they escort medaling athletes from the moment they complete their event to the moment they are returned to their residences.

Here is one driver's Olympic moment:

The atmosphere at the bottom of Cypress Mountain when Maëlle Ricker won the Women's Snowboard Cross was unbelievable. It was a cross between sheer joy and pandemonium.

I started to feel excited about an hour later when I met Guy Napert-Frenette, Communications Manager for the Canadian Snowboard

team. Even though he was busy organizing media requests for Canada's newest champion, Guy was just so excited for Maëlle and the whole team that it was infectious.

In true Canadian form, Maëlle was gracious with everyone she came into contact with. She took time to pose for photos with her team doctor and she smiled and thanked anyone who congratulated her. There was lots of talk during the drive down Cypress Mountain to the International Broadcast Centre, important calls to family, phone interviews and plans for the next day. Cpl Nic Neas and I both had the same impression

of Maëlle at the end of the day; very nice, extremely excited and a great laugh.

The next day began early with a 6 a.m. appearance on the *Today Show*. When we picked Maëlle up at Canada House we were greeted with the same smile and excitement as the day before. The fact that she was on her way to get her Olympic Gold Medal may have helped matters.

There was a little down time in B.C. Place and it was great to see the camaraderie between the athletes in the waiting area. Finally after two other medal presentations, it was time for the Women's Snowboard Cross.

As Canadians will do, the crowd politely cheered for the Bronze and Silver medalists and then erupted as Maëlle walked up to the podium. It was an awesome experience. I was located to the right of the stage, facing the audience. As the Canadian flag was raised everyone began singing the national anthem – it gave me chills.

After the medal ceremony, we set off to a restaurant where Maëlle would be joining her teammates. On the short ride to the restaurant, Maëlle apologized to Cpl Neas and me for taking awhile to decide on plans for the night. It was Maëlle's day and she was the star, but she was so humble and down to earth. It was impressive how she made sure to make everyone around her feel appreciated. It has been such an honour meeting Canadian Olympic Gold medalist, Maëlle Ricker. She is a role model and great representative of Canada.

It has been such an honour meeting Canadian Olympic Gold medalist, Maëlle Ricker. She is a role model and great representative of Canada.

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SPORTS trivia

by PO2 Bill Sheridan
Contributor

March Madness

QUESTIONS?

1. What sport calls its championship March Madness?
2. How many teams participate in the tournament?
3. How is the tournament broken down?
4. What is the 16, eight and four team tournament called?
5. What team has won the most NCAA basketball championships?
6. When was the first tournament?
7. What college won last year, and who was the coach?
8. What player has won the most titles?
9. Which coach has won the most Championships?
10. What team scored the most points in a tournament game?
11. How often was a team undefeated and not gone to the tournament?
12. How many times was the championship game decided by one point?
13. What college won the first championship?
14. What college has the most tournament appearances?
15. What building housed the most championship games?
16. What player won the Most Outstanding Player of the tournament the most times?
17. What team has the most tournament victories?
18. What was the biggest point differential in a final game?
19. What team has won the second most championships?
20. Who is the all-time leader in scoring for the tournament?



- ANSWERS
1. NCAA Basketball
 2. Normally 64, since 2001, one added to make 65.
 3. Its broken down into four regions, so four winners go to the final weekend.
 4. Sweet Sixteen, Elite Eight and Final Four.
 5. UCLA Bruins with Eleven.
 6. 1939.
 7. University of North Carolina Tar Heels coached by Roy Williams
 8. Numerous UCLA players have won 4 titles.
 9. John Wooden, UCLA Ten times champions.
 10. Loyola Marymount 149 in 1990.
 11. Twice, 73 NC State was on probation and 53 Kentucky turned down offer.
 12. 6 times, 2 of those in overtime
 13. Oregon
 14. Kentucky at 48
 15. Municipal Auditorium, Kansas City,
 16. Lew Alcindor UCLA 3 Times.
 17. UNC Tar Heels at 102.
 18. Thirty Points, UNLV 103 Duke 73, 1990.
 19. Kentucky with seven.
 20. Duke's Christian Laettner, 407 points.

HOROSCOPES

ARIES – Mar 21/Apr 20
Aries, you know what they say about making assumptions. Get the facts before you take a stand on anything this week. Otherwise you could look the fool.

TAURUS – Apr 21/May 21
Taurus, leave the hard work to someone else this week. It's not being lazy; you deserve the rest. Surprises are in store on Thursday. Will they be pleasant or not?

GEMINI – May 22/Jun 21
A battle of wills will end with nothing resolved, Gemini. It is alright to defend your position, but not if it turns out that you end up at an impasse. Think through it again.

CANCER – Jun 22/Jul 22
Cancer, procrastination is on your mind, especially regarding home matters. Putting things off will only result in tasks piling up. A chance for romance arrives on Saturday.

LEO – Jul 23/Aug 23
Leo, a few skeletons will surface from your closet. While you may think they're a big deal, they really aren't that bad. Stay close to home this week and you won't regret it.

VIRGO – Aug 24/Sept 22
Virgo, think through your options for social events and partake in the ones that will offer you the best chances for networking opportunities. You may need a new job soon.

LIBRA – Sept 23/Oct 23
Libra, develop a closer relationship with a family member. You need to foster the bonds between the both of you or you may drift even further apart.

SCORPIO – Oct 24/Nov 22
Scorpio, stop worrying about things that haven't happened yet. Go with the flow more and you'll see your mood brighten up in no time. A big change is coming.

SAGITTARIUS – Nov 23/Dec 21
Take a vacation, Sagittarius. It will help get your mind off stressful things. Keep your wallet shut on Wednesday and you will avoid spending too much.

CAPRICORN – Dec 22/Jan 20
Capricorn, space is at a premium at home and you are feeling a bit stir-crazy. Now might be the time to look for an upgrade to something a little larger.

AQUARIUS – Jan 21/Feb 18
Aquarius, the big move you've been planning just may come to fruition this week. It is a long time coming and much deserved. Family members share your enthusiasm.


PISCES – Feb 19/Mar 20
Pisces, a new business venture takes up all of your time and attention. Those close to you could feel alienated.

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Keep the memory alive, tell your tale

Shelley Lipke
Staff writer

A unique initiative is bringing the CF story to classrooms across Canada.

The Memory Project connects veterans and members of the Canadian Forces with young people.

Representatives from the Toronto-based project visited CFB Esquimalt on March 3 to generate more story tellers.

Kailee Novikoff, program coordinator for the Memory Project, said young Canadians are making the connection between what they learn in textbooks and the more human side of our military history. Speakers are not there to provide a lesson to the class, but rather help students understand the stories and people behind dates and facts.

"On the Island we have roughly 70 veterans and Canadian Forces members as speakers in the Memory Project," she said.

For the past three years MCpl Les Gardner, a reservist with 11 Service Battalion, has engaged students with tales of his Afghanistan deployment.

"My experience is a common experience. It's of the Canadian soldier involved in assisting other nations as well as Canada. I am proud to be a Canadian soldier and I think it's a great privilege to tell school children about what I've done and what my country sent me to Afghanistan for," he says.

More than 1,500 volunteers from across Canada visit classrooms and community groups to share war and deployment stories on conflicts in the Second World War, Korea, the



Shelley Lipke, Lookout

Above: Frank Graves of the Vancouver Island Military Museum and Darwyn Henry of the Nanaimo Royal Canadian Legion both signed up to be a part of the Memory Project following an information session at the Wardroom on March 3.

Below: Base Commander Capt(N) Marcel Hallé spoke about the value of passing stories on and encouraged all who attended that their stories were worth sharing.

Cold War, Afghanistan, and other peacekeeping operations, as well as on the home front; however, more are needed.

At the March 3 event in the Wardroom, Base Commander Capt(N) Marcel Hallé said, "In the navy the vast majority of us don't have Afghanistan to share, but some of our stories need to be told. One example is our contribution in the Gulf. We need our stories out there."

Once signed up, local schools contact speakers directly. The majority of requests from schools come around Remembrance Day.

To sign up, or to find out more information, go to www.thememoryproject.com.



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HMCS Calgary, HMCS Whitehorse, on Calgary's right; Orca-class patrol vessel Caribou on Calgary's left; United States Coast Guard Cutter Midgett, astern of Calgary; USCGC Cuttyhunk, astern of Midgett; as well as smaller USCG response boats and Integrated Border Enforcement Team vessels sailed together in the Strait of Georgia March 1, 2010, before returning to their respective home ports.

It's over, but the pride of a job well done echoes on

Lt(N) Peggy Kulmala
Senior PAO JTFG Maritime Component

Canadian Navy ships are back to their regular duties, Rigid Hulled Inflatable Boats (RHIBs) are out of the water on trailers being shipped back to their places of origin across Canada, and hundreds of sailors are regaling their friends and families back home with the details of their "Olympic experience" during the largest joint interagency domestic security operation in Canadian history.

"The Canadian Navy continuously has ships and sailors at sea conducting a variety of activities such as support to domestic law enforcement, sovereignty patrols, force generation exercises and overseas deployments," said Capt(N) Gilles Couturier, Commander of JTFG's Maritime Component. "Our tasks during Vancouver 2010 were all in a day's work for us. What was unique was that we worked in unprecedented scale and proximity with sailors from across Canada, Regular Force and Reserve, and our regular partners in domestic maritime security to get the job done."

The navy's support to RCMP-led Olympic marine security operations was executed in increasing concentric circles focussed on securing waterside Olympic venues and key locations.

During the Vancouver 2010 Olympics, Canadian Navy, United States Coast Guard, and United States Navy vessels patrolled their respective waters as part of their existing partnership in cross-border information sharing and law enforcement.

During Operation Podium—

the Canadian Forces contribution to the overall security of the Vancouver 2010 Olympic and Paralympic Winter Games—there was a Canadian frigate or destroyer in the Strait of Georgia, two Kingston-class coastal defence vessels in the approaches to Vancouver Harbour, and two Orca-class patrol vessels in Vancouver's Inner Harbour. These ships were part of coordinated maritime surveillance patrols, which (with CH-124 Sea King and CP-140 Aurora aircraft overhead) provided electronic inputs to build the vital picture of who was on the water.

Within the harbour itself, the Port Security Unit (PSU)—comprised of specifically trained naval reservists from across Canada—with embarked law enforcement officers, provided an on-scene law enforcement capability and patrolled RCMP-designated marine security zones.

"Working as an integrated team with the RCMP provided the PSU with a unique experience in this complex domestic security environment," said LCdr Doug Martin, PSU Commanding Officer. "The same naval reservists who led the PSU effort will now pass their experience on to others. The Naval Reserve, which has a mandate for port security, is already putting this experience to good use with a large proportion of the PSU personnel moving on to support the upcoming Naval Centennial Fleet Reviews in Victoria and Halifax."

In and around the busy Vancouver waterfront, the Combined Operational Dive Team (CODT) totalling more than 30 Clearance and Port Inspection divers from across Canada, worked in collaboration with RCMP dive

teams to complete underwater security sweeps of Olympic venues and other key locations in Vancouver Harbour and False Creek, the waters off the Olympic Athletes' Village.

"I am very proud of my team, and the legacy we each bring home with us," said LCdr Todd Dupuis, Officer Commanding the CODT. "The nature of integrated operations provided us an enhanced understanding of each team's procedures and equipment."

And at the epicentre was HMCS *Discovery*, Vancouver's Naval Reserve Division, the heart of Vancouver 2010 Olympic marine security operations. With

Discovery's secure command and control capability, the RCMP-led Olympic Marine Operations Centre (manned by the RCMP, Navy, and other partners) had the required capability to coordinate on water marine assets.

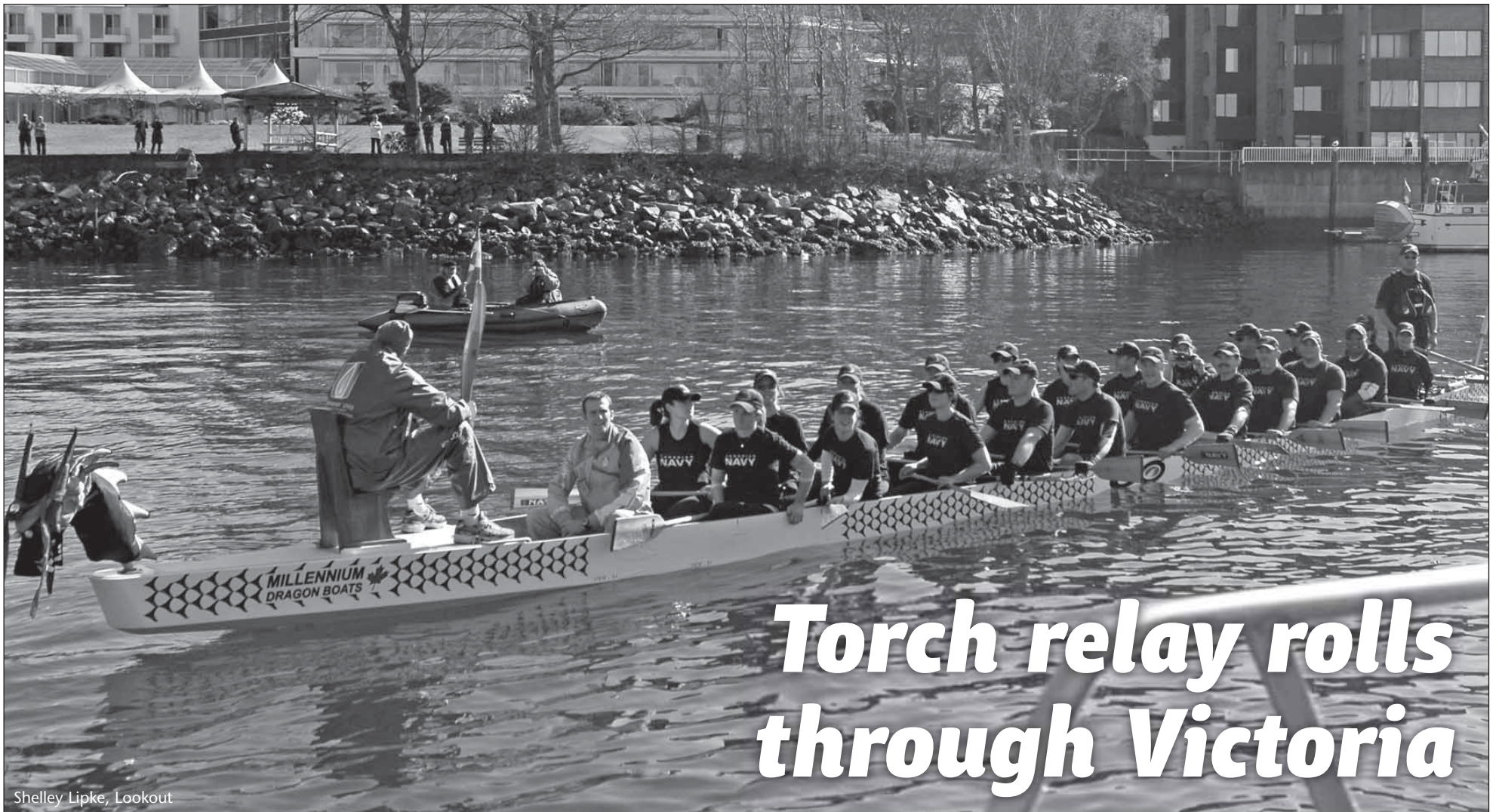
Located at Deadman Island in Vancouver's beautiful Stanley Park, *Discovery* also provided critical infrastructure to support the hundreds working out of Deadman Island. For example, its galley fed large numbers of people around the clock, and its logistics team provided administrative, transport and supply support to hundreds, adeptly managing the complexities of moving people and equip-

ment from across Canada to and from Vancouver.

"Although keeping watch over the ocean approaches to Canada and its harbours is what the navy does every day, each individual's experience during Operation Podium provides a collective breadth of experience that will support Canada's domestic security well into the future," concludes Capt(N) Couturier. "Our contribution to maritime security for the Vancouver 2010 Olympics is something all members of the Maritime Component should be proud of. We achieved our aim, allowing our athletes to do their best, bringing back an historic 14 Gold medals."



Sgt Paz Quillé, Combat Camera
LS Benjamin Neil (left), boatswain from HMCS Carleton in Ottawa, and OS Dustin Burdett, boatswain from HMCS *Discovery* in Vancouver, conduct a security patrol aboard a rigid hull inflatable boat during Operation Podium for the Vancouver 2010 Integrated Security Unit.



Shelley Lipke, Lookout

Torch relay rolls through Victoria

Shelley Lipke
Staff writer

Hundreds of people cheered Capt Trevor Greene of Nanaimo as he carried the Paralympic Torch on Saturday, March 6. With fiancée Debbie and daughter Grace by his side, he propelled his wheelchair down Lyall Street, stopping along the way to shake hands with well wishers.

The soldier, injured in 2006 while deployed in Afghanistan, was the first of many to participate in the Paralympic Torch relay.

The launch point was the Archie Browning Sports Centre, where torch bearers, politicians, the public and the military united to hear speeches and watch the action.

The Naden Band played

for the crowd in the bright, warm sunshine, and sailors from *HMCS Ottawa* manned military displays.

RAdm Tyrone Pile was called to stage to say a few words to the crowd.

His message was one of respect for the athletes of the Paralympic Games, and of the pride he felt for the Canadian Forces members who will help keep the Games safe.

The sixth person to carry the flame was LS Kirsten Arensen, and like the avid triathlete she is, sprinted her portion.

Lt(N) Hayley Mooney was last, covering more ground than the others as she ran the torch from the stage area to West Bay Marina and boarded a navy boat bound for the Victoria Ship's Point portion of the relay.

A media frenzy followed

her from a nearby police zodiac, snapping nonstop shutter clicks as she stood on the bow holding the lantern that held the flame.

The scene was too inviting for a Prince of Whales boat that did an extra circle to see a closer look.

With strong arms and precise movement, the Navy Dragon Anchors paddled in unison to meet Lt(N) Mooney, and once beside her, she lit the flame of civilian Paralympics coach Peter Lawless, who was then rowed to shore to carry on the Victoria celebration.

Only 14 Canadian cities are being visited by the relay and Esquimalt/Victoria was among them. On March 12 the Paralympic flame travelled to Vancouver to light the cauldron to start the Paralympic Winter Games.



Cpl Charles A. Stephen, CFB Esquimalt Imaging Services

Top: The Navy Dragon Anchors dragon boat team was among the CF members honoured with carrying the Paralympic Torch as the relay passed through Esquimalt and Victoria on March 6.

Above: RAdm Tyrone Pile and Cdr Barbara Carter speak with Cpl Laura David, a member of the Integrated Personnel Support Center (IPSC) at CFB Esquimalt, prior to the Paralympic Torch Relay in Esquimalt.

Left: LS Kristen Arensen, a Naval Communicator in HMCS Winnipeg, completes her leg of the Paralympic Torch Relay.

Right: Members of 11 (Victoria) Field Ambulance pause for a picture with Capt Trevor Greene who is still recovering from injuries he suffered in Afghanistan.



Cpl Charles A. Stephen, CFB Esquimalt Imaging Services



Cpl Charles A. Stephen, CFB Esquimalt Imaging Services



Photo courtesy of Lt(N) Fiona Milne

Lt(N) Fiona Milne, a reservist at HMCS Malahat, and Margaret Cobb of North Vancouver change targets for the athletes to shoot at. The two were among 400 officials for the Olympic Biathlon events.

Olympic moment scores high

Shelley Lipke
Staff writer

For Lt(N) Fiona Milne, the experience of a lifetime came to a close several weeks ago, but the excitement of the Games gave her an Olympic level high that's a little hard to shake.

After being an official in the sport of biathlon during the 2010 Winter Olympic Games, reservist Lt(N) Milne is slowly settling back to reality.

"I was incredibly proud to be a part of this," she said. "It was an amazing opportunity."

From Feb. 7 to 27, she joined nearly 400 other officials who volunteered their time and skills to officiate the Games.

Her job was range recorder as the athletes skied one lap of the course, entered the range, steadied themselves, and tried to shoot clean, alternating between standing or prone position during each lap of the course.

She recorded their misses. This job came with some strict guidelines.

"We were not allowed to approach the athletes to talk to them, but it was okay if they spoke to us first," she said.

Luckily, she was introduced to many of the biathletes, which opened the line of communication and provided an insider's view of the Olympics.

With seven rolls of Canadian mint biathlon quarters in her pockets, she also scoped out the coaches to pass on the Olympic sou-

I think I'll remember the camaraderie among everyone for a long time. You kind of got this overwhelming feeling inside every time somebody finished.

-Lt(N) Fiona Milne

venirs. One avid pin collector happily received it and then examined it looking for the clasp to pin it on his jacket.

The energy at the Games was beyond positive and exceeded Lt(N) Milne's expectations. Flags waved, fans cheered and an orchestra of languages echoed in the air.

"I think I'll remember the camaraderie among everyone for a long time," she said. "You kind of got this overwhelming feeling inside every time somebody finished."

One race in particular was especially exciting.

"The pursuit was a hunt. Their goal was to cross the line first and pass everyone in front of them after starting at staggered start times. There was electricity in the air and it was pins and needles. I was crossing my fingers for Canadian athlete Jean Philippe LeGullec and kept stealing glances at the jumbotron TV to see the intermediate results.

At one point his name was number one. I can't even imagine how his parents felt. It was very exciting. I was so thrilled to see these Olympic athletes achieve their dream."

On the course range her days were long.

"I would get on the bus at 6 a.m. and get back to the cruise ship where I stayed at 6 p.m. or even later. When we weren't involved as officials for the races, we would maintain the course range and move lane indicators, groom the course range and paint the targets. There was always something to do."

She ensured that as many international officials signed her log book after each race to show a record of her role there.

The job also came with some perks.

"We were able to get into any venue with our accreditation, so I saw Nordic as well as ski jumping. It was an added bonus and got us out of the area we were officiating in. During the Nordic event, I felt like I was right along with the skiers and it was really exciting. If the crowd wasn't so loud you could have heard them breathing, but people were cheering like lunatics to encourage the athletes."

As a reservist, she was especially proud to pass a huge road sign everyday that said: Thank you Canadian Forces for being here and abroad.

She's already considering applying to be an official for the next Olympic Winter Games that will be held in Sochi, Russia, in 2014.

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Shelley Lipke, Lookout

LS Shanna Foster works on the tracking system in HMCS Algonquin. As a track supervisor she performs daily contact reporting and develops a Recognized Maritime Picture ensuring the ship has a surveillance plot.

Sailor profile: LS Shanna Foster

SLt Alex DeLorey
HMCS Algonquin

LS Shanna Foster is a Naval Combat Systems Information Operator aboard HMCS Algonquin. Serving the Canadian Forces for the past six years, she takes her job and her fitness very seriously.

As a Naval Combat Systems Information Operator in Algonquin, LS Foster finds herself in the Operations Room for extended periods of time. This means that a lot of her time is spent sitting in front of a computer screen.

"The most important part of my job is putting together the Recognized Maritime Picture so that command can look at it and make deci-

sions," says LS Foster.

This can mean plenty of stress at some times, while other times are very quiet.

"It's feast or famine," describes LS Foster. "We can go to Hawaii and have no contacts for days or we can be involved in an exercise and have numerous contacts."

Things can often get intense, but LS Foster handles the pressure just fine. She owes this, in large part, to her commitment to fitness and community involvement. She is an avid participant in the Jazzercise classes that takes place in the local Victoria area. She even recently became a certified Jazzercise instructor.

"It's a class that suits anybody," says LS Foster. "There is no typical demographic for each class. In a single class there can be all ages and all shapes or sizes. It's really for anybody or anybody."

Fitness is just one benefit of her activities. She also participates, as a Jazzercise

member, in support of local charitable events such as the World Partnership Walk to eliminate global poverty and the Goldstream Salmon Run and Walk among many others. Her group also runs its own Jazz it up for the Cure for the Canadian Breast Cancer Foundation. The group has raised approximately \$100,000 in the 13 years that it has been running the event in Victoria.

All this extra activity doesn't take anything away from LS Foster's performance in the Operations Room. MS Brandon Robbins, her immediate supervisor, says that LS Foster is "a great asset to the team and keeps everyone on their toes with her fitness pointers and upbeat attitude."

LS Foster's commitment to professionalism, excellence and dedication can be seen in her performance on the job, in the gym or out in the community. Algonquin is proud to have her as part of the team.



Shelley Lipke, Lookout

LS Foster's secondary duty is running the canteen.

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Succeed in your next job application

CHRS

Every year hundreds of people apply for civilian jobs, but many don't even get screened into the process because they either don't fill out their application properly or they miss the opportunity to apply on the "Collective Staffing" processes.

The Civilian Human Resources Service Centre (CHRS) administers numerous civilian staffing processes per year. Running so many staffing processes can take a lot of time and money so the CHRS, whenever possible, has been focusing more attention on "Collective Staffing."

For example, instead of doing 10 individual processes for 10 different clerical ("CR") positions, the aim is to fill those vacancies using one combined process. The collective staffing approach can save time and money when filling multiple positions with similar skill sets. However, employees now have to be on the lookout for both the individual and collective postings, and be aware that a Collective Staffing process could be used to fill various positions throughout the region.

Also, potential candidates need to fill in their application properly. In a recent Collective Staffing process for clerical positions, Jane

Purdue, Collective Staffing Officer at the CHRS, noted that, "50 per cent of the applicants were screened out of the process."

The screening stage is where the Assessment Board reviews the candidates' application (cover letter, résumé, and any other documentation that was submitted) and determines whether or not they meet the language, education, and experience factors advertised as "essential" or "assets" in this process.

"Some people may have had those qualifications but if they didn't provide the right information in their application they can get screened out," explains Purdue.

In order to assist people in becoming more successful in the staffing process, the Learning and Career Centre (LCC) and the CHRS are offering two one-day sessions of "Preparing for the Selection Process," on April 13 and May 6. Participants will learn how to read the advertisements, prepare their application and tips and tools for preparing for the assessment and interview process.

Registration is via Unit Training Coordinators.

If you would like more information please visit the LCC website at: http://hr.ottawa-hull.mil.ca/hrciv/applications/lcc/en/ncc_courseListLoc_e.asp?lccid=8

Free help in tough times

EAP

It's normal to feel overwhelmed, sad, angry, distressed, or just overall down from time to time. But even though these feelings are normal, that does not mean you should have to face them alone. In times of need, the Employee Assistance Program (EAP) at CFB Esquimalt is there to help.

The EAP is a free, confidential peer referral service aimed at helping civilian employees through tough periods in their lives. Although aimed toward civilian employees, the EAP doesn't turn anyone away. The EAP can help with stress, addiction, relationships, loss, family violence, financial issues, and other issues.

At the heart of the EAP are the Referral Agents (RAs). The RAs are DND employees and CF members who volunteer and train to lend a helping hand to their fellow employees.

"Although the RA's are not counsellors and will not provide counselling services they have extensive training in connecting people to the right services on the base and in the community," said Nora

Johnson, EAP manager and RA.

Referral Agents are not the average volunteers. An RA is selected for the role because they have been identified by fellow employees as trustworthy, approachable, and empathetic. RAs undergo an intensive nine and a half day training session to ensure they are well equipped to provide the best service possible.

The EAP at CFB Esquimalt helps over 200 civilian employees each year. In addition to providing one-on-one assistance to employees across the base the EAP is active in raising mental health awareness and reducing the stigma associated with mental health.

"Being with EAP has been very rewarding," said Laura Larose, an RA since 2003, "you get to be 'the someone' to turn to in a time of need, and having been in that situation, I know what a relief it is to have somewhere to turn."

For more information on the EAP visit their website at <http://esquimalt.mil.ca/eap/index.htm>

To inquire about becoming an RA email Nora Johnson at Nora.Johnson@forces.gc.ca

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Iceberg of a different kind to celebrate Naval Centennial

CNC

On a frigid Ottawa evening in February, naval personnel, past and present, gathered with members of the public as Veterans Affairs Canada (VAC), the National Capital Commission (NCC) and Assistant Chief of the Maritime Staff (Ass't CMS) brought the navy to life in Ottawa.

As part of Winterlude celebrations, an incredibly detailed replica of HMCS Sackville was constructed for the Rogers' Crystal Garden at Confederation Park.

The partnership between VAC and the NCC has existed since 2005, the Year of the Veteran. Each February they sponsor the creation of a top-notch sculpture.

"During this edition of Winterlude, we are pleased to have the opportunity to celebrate the Canadian Navy's Centennial," said Marie Lemay, Chief Executive Officer of the NCC. "This ice sculpture, a replica of HMCS Sackville, highlights the accomplishments of those who have served, and continue to serve Canada."

The design sketch was done by a local sculptor. Sackville was shaped from 200 blocks of ice, each weighing 300 pounds. Five sculptors completed this work of art in 15 hours over a two-day period. Sackville was accompa-

nied by three interpretive panels outlining the history of the Canadian Navy. Visitors to the Crystal Garden during evening hours had the added delight of lighting that created an even more nautical feel to the carving. The result was lifelike and drew great attention from Winterlude participants over three weekends.

HMCS Sackville is the last remaining Flower-class corvette of the more than 120 built in Canada during the Second World War. One of the original members of the famous Barber Pole Group, the Sackville was commissioned in 1941. This group of ships, with its red and white barber pole stripes painted on the funnel, is still represented in our current navy.

"The victories we have achieved over the years would not have been possible without the tens of thousands of sailors who left the comforts of home and put out to sea," said the Honourable Jean-Pierre Blackburn, Minister of Veterans Affairs. "Their contributions, their courage were every bit as remarkable. Every bit as crucial to the history of our country."

"I believe that having an ice sculpture of HMCS Sackville is truly an honour because she is a proud tangible product of the Canadian spirit - built in Canada, by Canadians, for Canadians. The sculpture will not only serve to



Veterans Affairs Canada and the National Capital Commission unveiled an ice sculpture of HMCS Sackville to recognize the Canadian Navy Centennial at this year's Winterlude in Ottawa, ON.

honour the past, but as recognition of the on-going achievements of the present navy, and a commitment by the navy to the country and to the future. As we mark our centenary, the men and women of the Canadian

Navy want Canadians to know we are extremely proud to serve our country and appreciate the support we receive that allows us to do what we do" said Rear-Admiral Greenwood, Assistant Chief of the Maritime Staff.

Winterlude represents one activity undertaken in celebration of the Naval Centennial. Help us commemorate the past, celebrate the present, and make a commitment for the future by participating in activities in your area.

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Volunteer spotlight: John Webber

Local artist's talents grace many a wall at CFB Esquimalt and pay tribute to Canada's naval history.



Shelley Lipke, Lookout

Artist John Webber holds up his recreation of the naval crown he made for the Naval Centennial. It's available as a postcard and on printed canvas.

Shelley Lipke
Staff writer

For 50 years artist Lt(N) (Ret'd) John Webber has sketched, painted and photographed ships, and an impressive collection of his work decorates the walls of CFB Esquimalt's Naval and Military Museum.

His latest piece reinvents the naval crown and is being sold as 2010 Naval Centennial art.

"I decided to work on the naval crown to sharpen it up and improve it," he said.

Adding gems, 1800s style lamps, more colour and tweaking it in Photoshop spruced it up and he enhanced it further by adding the dates commemorating 100 years and dedicating it to the Canadian Navy Centennial.

He's made it into postcards and canvas prints. "I've given 50 or 60 postcards away to organizations around the base and two of the canvas prints sold within the first 24 hours at the Mayfair Mall," he said.

Lt(N) (Ret'd) Webber has volunteered at the museum for the past four years. His inspiration stems from his love for naval ships.

"Back in the 50s and 60s there was a warship in Vancouver harbour every month. I would go on board every ship I could, and go for a tour. I found them fascinating because they were warships and not freighters," says the 65-year-old Vancouver native.

Over the years this attraction hasn't left him; in fact, he admits he's only a volunteer at the museum because of the perks. "I love going on day sails and I go on the ships every chance I get," he says.

Ships are the main subject matter of his art.

Much of it is inspired by photographs, and he spends countless hours tweaking, redesigning and reworking them in graphic programs until they are perfect.

One example is his submarine print.

"I realized you rarely see a good submarine picture underwater," he said. "I wanted to change this so I took a photograph of HMCS Chicoutimi that was taken several years ago while on land in Halifax and I began brainstorming," he said.

He began retouching it, painting in parts of the sub-

marine that were missing, and modifying it by removing the land and adding the sea. "I imagined this would be what it would look like underwater," he said pointing to the print on the museum wall.

Webber turned this print into a personal name card for himself, but like the other pieces in his collection the print is for sale.

"I don't make a profit from any of my work. The money from it goes to the museum."

This June when naval ships from around the world gather in waters off Esquimalt for the International Fleet

Review in honour of the Canadian Naval Centennial, Lt(N) (Ret'd) Webber will eagerly be watching. "Hopefully I can get closer than just the shore to see them because I'm looking forward to making art from the photos I take."

To see Lt(N) (Ret'd) Webber's collection of naval art drop into the Naden museum on a Friday when he volunteers or email him at pacificsafety@shaw.ca.

"I'm open to any new ideas for artwork," he says. "It's my hobby and if anyone wants me to design something for them I won't even charge them," he says.

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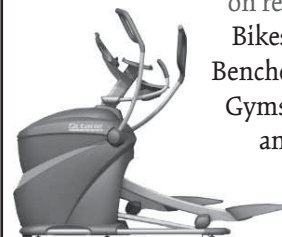
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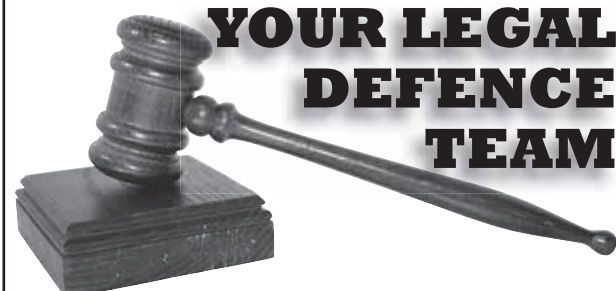
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FME AT WORK

Right: Boilermaker apprentice Shaun Gurney attaches an overhead crane to a metal plate to transport it into Shop 112. Once it is fabricated by workers, it will be turned into a bookshelf for the boilermaker office.

Below: Sheet metal worker Andrew Crowe cuts a piece of stainless steel to the proper size. This piece of metal will form part of a urinal in the men's locker room of the weapon's building.

Photos by Shelley Lipke, Lookout



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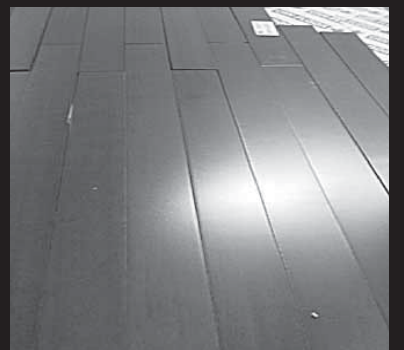
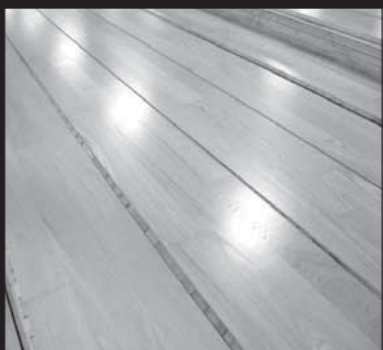
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Gunners a part of avalanche history

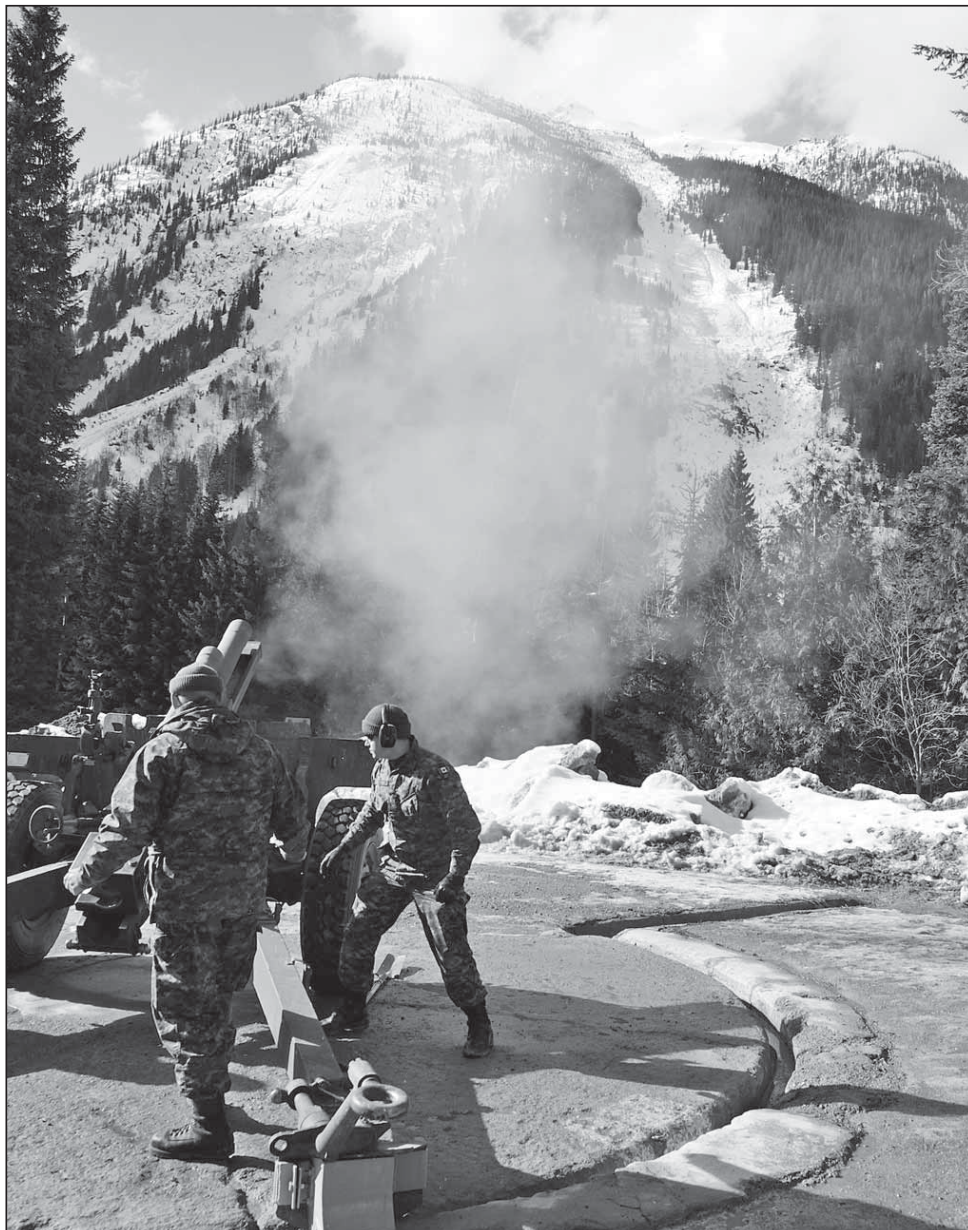
DND Public Affairs

The third and final rotation of soldiers supporting Parks Canada's avalanche control in the Selkirk Mountains began with a bang last week as members of 1 Royal Canadian Horse Artillery (1RCHA) from Canadian Forces Base Shilo Manitoba took part in a community observation of the 1910 avalanche disaster in RogersPass, in which 58 persons died.

Chief Warrant Officer Tony Gilks, Regimental Sergeant Major of 1 RCHA, described the history of the firing of a military salute and gave commands to the gun detachment that fired two blank rounds, commemorating the persons who perished.

"The 1910 avalanche remains the most deadly on record in Canada and this event underscores the importance of our role here in assisting Parks Canada to manage avalanche risks in the region," says CWO Gilks. "We work to keep the pass safe for both motorists and, increasingly, users of winter recreational areas."

The winter of 1909 - 1910 was not an exceptional winter, and yet resulted in a devastating avalanche. Today, even in winters with exceptionally high snowfall, recurrence of such an event is prevented by close observation and control of accumulations before they become too large. This season, a total of 250 rounds have been fired, bringing down 138 avalanches of significant size.



Pte Michael Bastien, Combat Camera

Artillery men working with Parks Canada prepare to fire a 105mm Howitzer gun as part of Operation Palaci on March 4.

The 13 soldiers who make up the current group arrived in the area on Feb. 25 and will live in Parks Canada facilities at Rogers Pass until the avalanche

threat passes later this spring. They remain on call at all times, and are kept busy ensuring that their howitzers and the sites from which they are fired

are kept in top condition.

The Canadian Forces have been providing annual support to Parks Canada in RogersPass avalanche Control since 1959.



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Doug Harrison receives a Base Commander's Recognition Award from Acting Base Construction Engineering Officer Maj Andre Grenier for "superb reaction and initiative in response to a building flood at Maritime Forces Pacific/Joint Task Force Pacific Headquarters in 2008.



Garth Hallam receives a certificate for 25 years of service from Acting Base Construction Engineering Officer Maj Andre Grenier.



LCdr Mike Erwin, Senior Staff Officer Personnel at Maritime Forces Pacific Headquarters, swears in his wife Karen Hough as a new recruit. OS Hough has joined the CF as a musician and is now doing Basic Training in St. Jean, Quebec.



Top left: MS Parsons (centre) receives his new shoulder slip-ons from Capt(N) Anderson.



Bottom left: Fire inspector Geordie Douglas was promoted on March 10 to Chief Fire Inspector by Steve Mullen (left) and Cdr Allan James, Commander of Port Operations and Emergency Services Branch (POESB). Douglas applied for and won this promotion through a series of tests to prove his capabilities and will begin supervising a staff of five in this position.

Past and present meet at Ottawa CNC presentation

Lt(N) Meg Lobb
HMCS Ottawa

Some might say it's a coincidence, others a sign of great things in store for the next 100 years, that *HMCS Ottawa's* Canadian Naval Centennial (CNC) presentation was held at the 10th hour of the 10th day in the 10th year of this century in our nation's capital.

The theme of the CNC is "Bring the Navy to the Canadians" and focused on honouring the past, showcasing the present and driving the future. Nothing could display this transition better than the CNC presentation in the City of Ottawa a few weeks ago. While only one veteran of *HMCS Ottawa II* could attend, Kearny Cummings, 84, represented a proud living moment of the ship's history. Also present were three generations of Commanding Officers: Capt(N) M. Teft the past, Cdr F. Caron the present, and Cdr J. Allsopp as the designated Commanding Officer for next summer.

Mayor O'Brian opened the presentations with remarks on the CNC and the importance of Canada's naval presence and community ties.

Capt(N) Martin Teft was then invited by the mayor to speak on the CNC and the navy as a whole. He discussed the importance of a Canadian naval presence on an international stage to ensure peace and security for global commerce. He also highlighted the Canadian naval presence during times of foreign crisis, pointing to the timely deployment of *HMC Ships Halifax* and *Athabaskan* to disaster struck Haiti.

Cdr Caron was then invited to the podium and described with great pride the history of *Ottawa* through its battle honours and four hulls. He then unveiled a gift to the City of Ottawa, a framed picture depicting all four *HMCS Ottawas*, its badge and a brief written history. Also displayed just outside the Council Chamber were frames from two other HMC ships *Rockcliffe*, *Eastview* and Naval Radio Station *HMCS Gloucester*, named for communities in the Ottawa area which are now part of the Capital Region District, which Cdr Caron was pleased to welcome into the Ottawa family. Councilmen from each region were present at the ceremony further symbolizing a sense of community between the ships and their namesakes.



U.S. Coast Guard photo by Petty Officer 3rd class David R. Marin

RAdm Gary Blore, Thirteenth Coast Guard District Commander, receives a plaque from Capt(N) Gilles Couturier during a visit aboard U.S. Coast Guard Cutter *Midgett* on March 1. RAdm Blore and Capt(N) Couturier presented plaques to each other as a sign of appreciation for the work done during the Vancouver 2010 Olympics. The Coast Guard worked with the U.S. Navy, Canadian Navy and the RCMP as part of a cross-border information sharing and law enforcement as part of Operation Podium.



RAdm Gary Blore presents a plaque to Cdr Ron Pumphrey, Commander of *HMCS Calgary*, during a visit to Calgary on March 1. Blore presented the plaque to thank the commanding officer and his crew for the work done during the Vancouver 2010 Olympics.

U.S. Coast Guard photo by
Petty Officer 3rd class
David R. Marin

COMMUNITY NEWS: BE FIRE SMART

Don't forget to check smoke alarms

Mike McLean
Fire Inspector

Spring is in the air and the weather is getting better every day. This is also the time of year that fire departments like to remind everyone to change the battery(s) on their smoke alarms.

Smoke alarms save lives. Sixty-five percent of home fire deaths happen in homes with no smoke alarms at all or no smoke alarms that work. When there is a fire, smoke spreads fast and you need smoke alarms to give you time to get out.

Install smoke alarms outside each separate sleeping area and on every level of the home, including the basement. All new homes and major renovations must have smoke alarms that

are interconnected, when one sounds, they all sound.

For CF/DND families who live in Residential Housing Units (RHU's), all units are equipped with a smoke alarm on each floor level and they are interconnected. RHU's even have the dual smoke/carbon monoxide alarms.

Smoke rises; install smoke alarms following manufacturer's instructions high on a wall or on a ceiling. Save manufacturer's instructions for testing and maintenance. Test alarms at least monthly by pushing the test button. Alarms for the RHU's have the voice alarms (bilingual) included.

This is also a great time to practice your family escape drill. Draw a home escape plan and discuss it with everyone in your household. Make

sure the kids are involved in the planning and even have them draw out their rooms. Practice the plan at night and daytime with everyone in your home. Know at least two ways out of every room, if possible. Make sure all doors and windows leading outside open easily.

Choose an outside meeting place (neighbour's house, a light post, mailbox, or stop sign) a safe distance in front of your home where everyone can meet after they've escaped. Make sure to mark the location of the meeting place on your escape plan. Don't forget to call 911...and stay calm.

If you have any questions or concerns, contact the Fire Prevention Office at 363-1538.

Bullying at work? EAP can help you

Nora Johnson
MARPAC EAP Manager

Generally associated with the schoolyard, it may be difficult to believe that bullying can and does happen in a professional environment.

So, what is bullying?

Bullying is a pattern of repeated and persistent negative acts towards an individual by one or more perpetrators. Bullying involves a perceived imbalance of power and creates a hostile work environment. Bullying can take many forms including: verbal abuse, yelling, offensive jokes, spreading malicious gossip or rumours, sabotage that prevents work from getting done, berating or belittling behaviour, and excluding or isolating someone socially.

If you are unsure if you are being bullied, ask yourself: "Would most people consider the action to be unacceptable?"

Who Bullies?

Supervisors may be bullies, but it may come as a surprise that bullying happens between co-workers of equal status and can even be perpetrated by employees towards their supervisors.

What are the impacts?

Individuals who are being bullied may experience anxiety, fear and diminished concentration. They may experience loss of confidence and reduced job and life satisfaction. Victims may also experience physical symptoms including, but not limited to: inability to sleep, loss of appetite, headaches, and nausea. They may experience family stress or substance abuse. In extreme cases, bullying can lead to depression and sometimes suicide.

Bullying not only impacts the victim, but also the victim's family, friends, and co-workers. Over time, bullying behaviour is toxic and damaging to the individual and ultimately the organization.

What to do if you feel you are being bullied?

If you feel you are being bullied, there are several things you can do. Tell the person that his or her behaviour is not acceptable and ask them to stop. You can ask a supervisor or union member to be with you when you approach the person. Keep a record of incidents and talk with an Employee Assistance Referral Agent. It is important that you

do not retaliate.

What can supervisors do?

Supervisors can model and encourage respectful and professional behaviour. It's important that supervisors take harassment and bullying seriously and attempt to resolve issues before they get serious or "out of control."

Supervisors can encourage and support employees wishing to attend the MARPAC Visible Minorities Advisory Group commemorative event "grrr...Bullies."

All defence team members are welcome to attend with supervisory approval. This interactive training with the PUENTE theatre will teach you techniques to respond effectively to workplace racism and bullying. The event will take place at the Chief and Petty Officer's Mess on Tuesday, March 23 from 11 a.m. to 12:15 p.m.

For information or help contact:

- Civilian Employee Assistance Program 250-363-7968
- http://hr.ottawa-hull.mil.ca/hrciv/dgcesp/ddwb/eap/en/home_e.asp?reference=110750001
- The Canadian Forces

Member Assistance Program @ 1-800-268-7708

Differences of opinion and occasional conflict will be present in the workplace, but unreasonable behaviour that offends or harms any person should never be tolerated. We must work together to dismantle toxic bullying behaviour.

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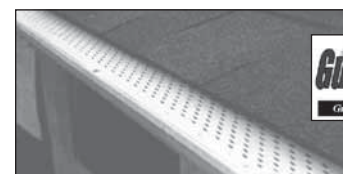
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VOLUNTEERS ARE NEEDED to assist individuals with disabilities to get out and be active! By devoting as little as one hour a week, you have the opportunity to participate in an activity you enjoy while giving back to the community. Males needed especially! For more information or to volunteer please call the Leisure Assistant Coordinator at 250-477-6314 ext. 15 or volunteers@risonline.org.

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COLIN NICOL

General Manager, Wealth Management
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In addition to creating a manageable saving strategy, you should also focus on paying down your debts. Once you are free of debt, you can begin to save more money each month through your Pay Yourself approach. Although you can change your financial diet at any time, it's especially important for Gen Y to start saving now.

Planning ahead and saving in small increments can also help you achieve short-term goals. For example, you could set-up a special account for holiday spending – that once-a-year trip you want to take, the wedding you're planning on attending, or the Christmas gifts you often scramble to pay for. It will be a relief when December rolls around and you've got the money to pay for gifts! Before setting-up multiple savings accounts, however, you should look at the transaction fees to manage your costs.

Have questions of your own? Come speak to any advisor on my team at an Island Savings branch near you today, or email me at cnicol@iscu.com.

Like any diet, financial management is about discipline. By being proactive and thinking about the long-term, you will have a more comfortable future.

Set yourself up for success by following a Pay Yourself strategy. With every pay cheque, have money transferred directly into a Tax-Free or regular savings account. The amount doesn't have to be a lot; even \$25 each pay period will begin to add up. Investing smaller amounts is more manageable and easier to swallow when you look at your overall budget.

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