

Volume 55 Number 14 | April 6, 2010

LOOKOUT



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Easier health tracking... pg 3

Businesses show support... pg 6

Meritorious Service Medals... pg 9

Sailor-bration Ale

Shelley Lipke, Lookout

The navy on the Pacific Coast now has its own ale to quench the thirst of sailors. Cmdre Ron Lloyd, Commander Canadian Fleet Pacific, and Jim Dodds, General Manager of Vancouver Island Brewery, prepare to crack open a bottle of Sea Dog Amber Ale, which was created to celebrate the Canadian Naval Centennial. See the story on page 2.

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New local beer marks the Canadian Naval Centennial

Shelley Lipke
 Staff writer

When the Canadian Naval Centennial Committee put a call out for a signature beer to honour the navy's 100th anniversary, without hesitation, Vancouver Island Brewery, jumped on board.

Four months later, Sea Dog Amber Ale was developed, bottled, packaged and distributed.

Last week it officially launched at the Pacific Fleet Club and is now available in government and private liquor stores, bars and pubs throughout Vancouver Island and the lower mainland.

"We are very proud of the navy when it comes to their 100-year commitment of protecting our waters and our sovereignty," said Jim Dodds, general manager of Vancouver Island Brewery. "I think it's a good fit between the Pacific naval base and Vancouver Island Brewery right here on the Island. We are certainly proud to be a part of this with Sea Dog beer."

The creation of the brew began with a trip to CFB Esquimalt to learn naval lingo and to generate a brand.

"Sea Dog came up as a name, meaning an experienced sailor, and everybody loved it," said Dodds. "For the individual sailor this beer gives them something to hang their hat on."

The label incorporates navy blue, a burly sailor overlooking a Canadian frigate sailing the Strait of Juan de Fuca with the Olympic mountains on the horizon.

Each six pack of Sea Dog Amber Ale comes with a Canadian Naval



Shelley Lipke, Lookout

Jim Dodds, General Manager of Vancouver Island Brewery, is delighted to be involved in the Naval Centennial with a beer that was created for the sailors of the Canadian Navy.

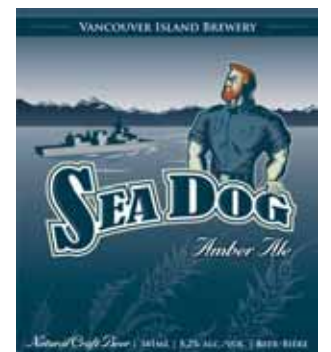
Centennial sticker. Sea Dog is a deep amber ale with a floral hop aroma and full malt flavour. Handcrafted using chocolate and crystal malts and a signature blend of hops, these natural ingredients are fermented and celled at low temperatures to produce a unique smooth finish.

While Dodds was in the community promoting the beer to pubs and stores, he was amazed at the many links to the navy.

"I never realized how many people were associated with the navy until I got involved with this beer. I started talking to the reps and individuals

who would carry it and it seemed everyone had a brother, uncle, grandfather or family member who was in the navy," said Dodds.

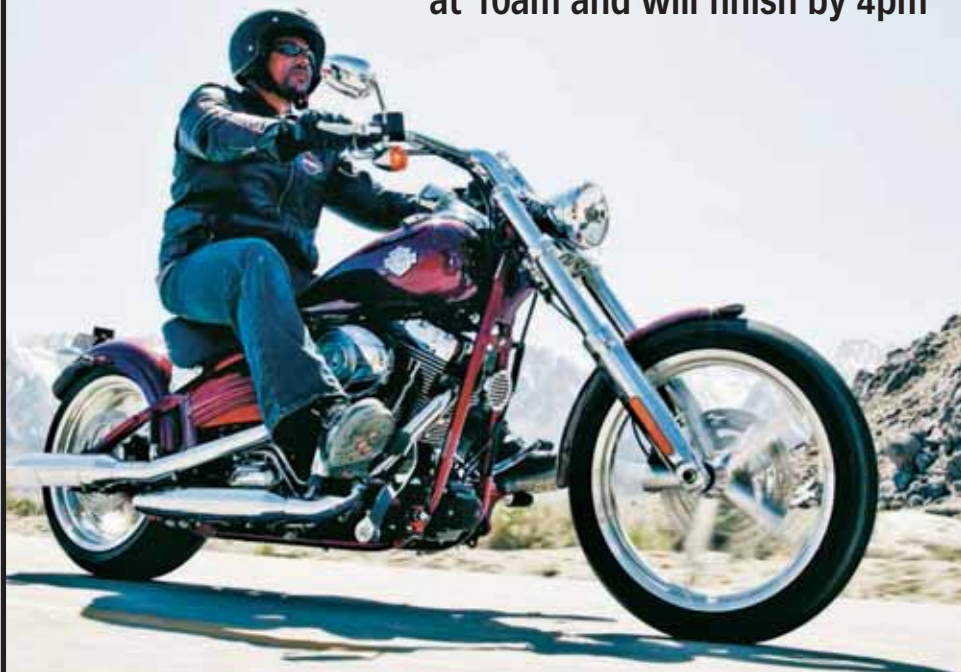
"To become an official title beer of this event and its related celebrations is an honour," he adds.



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HMCS Calgary pilots electronic health records tracking system

Shelley Lipke
Staff writer

An electronic health records system originally created for Canadian Forces Health Services land-based use is now being extended to the navy.

During Operation Podium in February and March, HMCS Calgary was the first warship to trial the Canadian Forces Health Information System (CFHIS).

"It's faster to use and is more organized than the paper chart system," says Calgary's medical officer, Lt(N) Helen Kwan.

Located in the ship's sick bay, this secure system provides users instant electronic access to information on patient's past care.

"It allows records to be shared by multiple care providers. It can tell what medication and previous treatments were issued for the patients at other care locations and this system makes follow-up care much easier," explains Lt(N) Kwan.

In the past, paper charts were the only patient record tracking system used throughout the Canadian Forces, but it posed many problems for health care professionals. Information was missing from patient's records and when members were posted their charts were shipped separately, and often delayed. Members on temporary duty or on attach postings would sometimes be deployed without their records. If they required care the clinician treating them had no knowledge of their past medical history.

The CFHIS was initially launched in 2002 and the base clinic at CFB Esquimalt was one of the early pilot sites that began using it.

Dr Gary Saunders, Deputy Base Surgeon at the CF Health Services Centre (Pacific), has worked with it for four years.

"Before it was hard to provide good care and continuity with the paper chart system,"



Shelley Lipke, Lookout

Medical technician Cpl Marie-Pierre Gariepy looks through paper medical charts that will soon be obsolete with the new electronic Canadian Forces Health Information System (CFHIS). HMCS Calgary was the first ship to trial this system, which has been used in land-based clinics since 2002.

he says. "The physicians at the clinic are quite happy now with the improved access to clinical charts, and we no longer use the member's paper charts except in exceptional circumstances."

The Health Information System provides a desktop picture of a member's medical chart with demographics, personal information, past history and x-ray/laboratory results just like the paper chart, and new records are scanned into the system to keep it current.

"The CFHIS allows access to member's medical files around the world and is already being used in three locations in Europe and Asia and at 38 of the 39 land-based Canadian Forces Health Service Clinics in Canada,"

said Dr Saunders. Petawawa's installation of this system has been delayed.

The system allows more than 2,500 Canadian Forces medical and dental professionals to securely share information and coordinate care for 117,000 entitled Regular and Reserve Force personnel.

"Once we used it at the clinic it became imperative to get it on the ships," says Dr Saunders.

On Calgary it worked well, but required lots of patience when the ship was away from shore.

"We first tried the system alongside before Op Podium with the fibre optic system for ship-to-shore LAN access," said Lt(N) Kwan. "During this testing it was as fast as it would be at the base hospital,

but at sea we had a problem with slow connections and the scanner not working properly. It's slower to bring up the records at sea because of the satellite connection and the ship's bandwidth," she adds.

Since Calgary returned from Op Podium they have been working with communication technicians to make the system faster and are conducting further tests to make it more efficient.

The plan for the navy is to install the system in all ships.

The next step for CFHIS will be direct data entry to replace the need for scanning. A trial conducted in Kingston last fall was considered successful, so other bases across Canada are awaiting this next step.

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WHAT SAY YOU

Charting a career? Consider fleet navigator

Lt(N) Corey Gleason
HMCS Protecteur

A trained Fleet Navigating Officer (FNO) is adept at working in rapidly changing environments, providing the navy with tremendous capability and leadership, and is directly accountable to the Commanding Officer for navigation.

In a warship the navigator is a warfare enabler, providing navigation support to all elements of warfare with the ability to speed through unfamiliar waters, rush to the rescue of a stricken vessel, conduct shore bombardment, verify fixing aids to which all weapons systems are linked, conduct formation navigation and/or navigate through a mine field. This level of navigation is a core capability that navies require very detailed and comprehensive expertise in. This requirement is not a whole lot different from the importance of Anti-Ship Missile Defence (ASMD) in defending against modern sophisticated anti-ship missiles, except that more people will want to read that story.

I have had the pleasure to serve the Fleet as an FNO in HMCS Vancouver and specialized in deep draught navigation in HMCS Protecteur. I am leaving the Fleet to further my career but before I do, I want to share my experience about what I believe it means to be a navigator in Canada's Navy.

The FNO is a tactical navigator who is the single person on board specifically trained to get a ship close to land, covertly (with limited fixing aids such as radar), and safely in order to allow the remainder of the Combat Team to do its job. In doing so, he/she must take into account all the environmental conditions including total darkness and cloud cover in order to be as covert as possible. During the day this presents obvious problems but at night or in restricted visibility in unfamiliar waters the constraints can be extremely difficult. Every hour of passage execution requires many hours of planning in order to be prepared for expected or unexpected restrictions that will or may be imposed.

Force employment, generation and development are elements to Canada's First Defence Strategy and I quickly learned that the navigator plays a small role in each of these elements.

Force Employment:

Maritime Security Patrols (MARSECPATs) are a fundamental mission in maintaining Canada's sovereignty. A three or four week patrol takes weeks of planning resulting in hours of execution. Once underway it could be 36 hours before the navigator is able to get a few hours of rest and he/she therefore must be a conditioned, balanced and well organized leader to effectively conduct research, create a notebook and brief the bridge team



Lt(N) Corey Gleason says his navigating officer position in HMCS Protecteur was challenging and rewarding.

in-between passages. The level of navigational skill required for this type of mission is quite advanced and the navigator is the key player in all of it.

The navigator must carefully navigate a frigate in narrow inlets and tributaries leading to the vicinity of small towns and isolated landings that would surprise most people.

Force Generation:

Navies recognize that training is one of the most important jobs that our personnel are faced with and it is not taken lightly. Training requires a great deal of effort, time and money in order to achieve the level of excellence that the Canadian Navy expects. In an age of modern high tech automatic navigational systems and aids, there is a human element to navigation. The Captain must trust you to execute your navigational duties if the aids do not work (are jammed by the enemy) in any condition of weather and anywhere in the world. Practical experience with seasoned mentors coaching them along the way is the most effective means of accomplishing this.

Force Development:

The requirement exists to have experienced navigators to safely and effectively implement information technology and/or assist in policies that address future capabilities required to support the fundamental strategic interests of Canada. A good example of this is Canada's interest in its territorial waters in the Arctic and the development of Arctic Offshore Patrol Vessels. The vessels will provide sea-borne surveillance operations. Military and civilian navigators, (myself included) have travelled to the Arctic to study the environment, learn how the Canadian Coast Guard operates in the North and research available infrastructure, and have

already begun to play a role in the training and development of this new program.

The Navigating Officer is charged with the responsibility to train and mentor junior officers so they may in turn become specialists themselves. This highly skilled individual brings these perishable skills to the forefront; providing opportunities for junior officers to test their abilities. It is the Navigator's job to coach junior officers to the stage where they can successfully challenge the Naval Officer's Professional Qualification board and carry on to their next level of development.

My time in the Fleet as a navigator has been busy, challenging, and rewarding. My accomplishments were not achieved alone; I had great mentors, leaders, co-workers and subordinates' support. I would like to thank each one for their patience, determination and support.

From HMCS Protecteur:

Lt(N) Corey Gleason has been awarded a Maritime Command Commendation with the following citation:

"Lieutenant(Navy) Corey Gleason is commended for making a considerable and lasting contribution to the Navy's knowledge of Arctic operations and providing a solid foundation to develop future policies and procedures that will govern AOPS. He is also commended for his promotion of a professional dialogue on navigation issues with Allied navies and his leadership and mentorship of a successful training regime to inspire MARS officers under training and FNO candidates. His efforts are typical of the initiative, enthusiasm and professional curiosity that we seek to instil in our leadership core."

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WHAT SAY YOU

Before flying, consider your safety

Recently, a Cessna 140 with two people on board was transiting northern B.C. The weather was beautiful and the aircraft was in great shape, so what could go wrong?

In a particularly remote, heavily forested area, a flock of birds rose up in front of the aircraft. Despite manoeuvring, one bird struck the intake and shut down the engine. The pilot did an excellent job of controlling the forced landing, and settled into the trees with only minor injuries to both occupants.

At this point, the full scope of their troubles became evident. They had not filed a flight plan. They

did not have an ELT. They had very limited survival gear. Very fortunately, a concerned aviator at one of their last stops had noticed their lack of emergency beacon and had loaned them her SPOT beacon in the hopes that, if anything really bad happened, they would have some method of alerting the search and rescue (SAR) system.

After the crash, they made calls on 121.5 on their still functioning radio, and used the distress feature on the SPOT beacon. Unfortunately, there was no one to hear their calls on 121.5, and the SPOT beacon requires about 70 per cent of the sky for the

signal to be picked up by satellite. It took 21 hours before they thought to move to a clearing where the SPOT distress message was heard and relayed to JRCC Victoria, which finally alerted the SAR system.

Had they been injured more extensively and unable to move, these two aviators would not have been able to get the beacon to the open area, and they would have died out there because no one knew to look for them.

You are probably saying to yourself that this could never happen to you because "I always fly with a flight plan", and "I have my trusty 121.5

ELT." And yes, those tools would have activated the SAR system, but be aware that the 121.5 ELT requires high flyers to hear the signal so it can take a long time in a remote area such as this. In this case, the hourly calls on 121.5 did not produce any help.

Our plea to those of you who fly is to make sure you fly with a properly registered 406 ELT at all times so when everything works against you, you have a tool that does not need manual intervention to send the cry for help.

*Maj James Pierotti
Officer in Charge
Joint Rescue Coordination
Centre Victoria*



BATTLE OF ATLANTIC COMMEMORATION

The Victoria Model Shipbuilding Society's annual commemoration of the Battle of the Atlantic happens on Sunday, May 2 at 11 a.m. in Harrison Pond on Dallas Road near Government Street. A speech followed by a sail past will honour those who fought and died in the longest battle of the Second World War, and waged to keep the sea lanes open to Britain. The Canadian Navy came of age in the harsh conflict growing to be the fourth largest in the world by 1945.

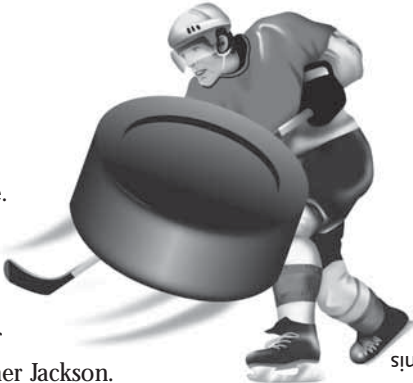
For further information call 250 387-1535 or 250 385-9552.

SPORTS trivia by PO2 Bill Sheridan Contributor

Name that line

Listed are teams and players from lines in the NHL. Name the line.

1. New York Rangers, Jean Ratelle, Vic Hadfield, and Rod Gilbert.
2. Montreal Canadiens, Elmer Lach, Maurice Richard, Toe Blake
3. Detroit Red Wings, Sid Abel, Gordie Howe and Ted Lindsay
4. Boston Bruins, Milt Schmidt, Woody Dumart, and Bobby Bauer
5. Toronto Maple Leafs, Charlie Conacher, Joe Primeau, and Busher Jackson.
6. LA Kings, Marcel Dionne, Charlie Simmer, and Dave Taylor
7. Buffalo Sabres, Gilbert Perreault, Rene Robert and Rick Martin.
8. Philadelphia Flyers, Eric Lindros, John Leclair and Mikael Renberg
9. NY Islanders, Mike Bossy, Clark Gillies and Bryan Trottier
10. Boston Bruins, Dutch Gainor, Cooney Weiland and Dit Clapper
11. Chicago Blackhawks. Doug and Max Bentley and Bill Mosienko
12. Chicago Blackhawks, Doug Mohns, Stan Mikita and Ken Wharram
13. NY Rangers, Bill Cook, Bun Cook, and Frank Boucher, then later Mac Colville, Neil Colville & Alex Shibicky
14. Montreal Canadiens, Guy Lafleur, Jacques Lemaire, Steve Shutt
15. Boston Bruins. Phil Esposito, Wayne Cashman and Ken Hodge
16. New York Islanders, Wayne Merrick, John Tonelli and Bob Nystrom
17. Chicago Black Hawks, Murray Balfour, Bobby Hull & Billy Hay
18. Pittsburgh Penguins, Syl Apps jr, Lowell MacDonald and Jean Pronovost
19. Montreal Junior Canadiens, Denis Savard, Denis Cyr and Denis Tremblay
20. Soviet National Team, Vladimir Krutov, Sergei Makarov and Igor Larionov



- ANSWERS
1. Goal a Game Line, or GAG Line
 2. Punch Line
 3. Production Line
 4. Krut Line
 5. Kid Line
 6. Triple Crown Line
 7. French Connection.
 8. Legion of Doom.
 9. Trio Grande, and LILCO, (Long Island Light Company)
 10. Dynamic Line
 11. Pony Line
 12. Scooter Line
 13. Bread Line.
 14. Dynasty Line
 15. Nitro Line
 16. Banana Line
 17. Million Dollar Line
 18. Century Line
 19. Les Trois Denis
 20. KLM Line

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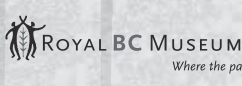


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While up north on Canadian Naval Centennial outreach business, Capt(N) Gilles Couturier, Maritime Component Commander of Canadian Fleet Pacific, LCdr Angus Fedoruk, Commanding Officer of HMCS Yellowknife, and LCdr Henderson, Commanding Officer of HMCS Whitehorse, had the chance to see dogsledder Carol Beck in action. The officers were in Yellowknife to present a framed pictorial history of HMCS Yellowknife to the Dene First Nation and to the City of Yellowknife on March 22. The officers then travelled to Dawson City and Whitehorse for similar presentations on behalf of those city's name-sake ships.

Fort Street businesses unite to support the CF

Shelley Lipke
Staff writer

Recent vandalism of the Canadian Forces Recruiting Centre on Fort Street has prompted one neighbouring business owner to convince other Fort Street merchants to show their support for the troops.

Canadian Flags are now appearing in store windows and soon yellow Support The Troops ribbons will be displayed.

"The Canadian Forces Recruiting Centre gets vandalized about once a month," says Dave Shrive, chairman of the Victoria Disability Resource Centre, located two doors away from the recruiting centre. "It's either spray painted with graffiti or has bricks and rocks thrown through the windows, and I've had enough."

He decided Fort Street should transform into a more patriotic place to generate sup-

port for the men and women of the Canadian Forces.

"These are the people who give us freedom. I wanted to show my support and thought that other businesses could do the same."

Shrive has Multiple Sclerosis and is a quadriplegic, but this didn't hinder his networking efforts on Fort Street.

He drafted a letter to businesses explaining his initiative and invited them to join his campaign.

"I wanted to let the Canadian Forces know what I was doing, and wanted to get their permission, so I spoke to them about this first and they were thrilled with this idea and very supportive," he said.

With help from his wife, he spent three days canvassing two Fort Street blocks between Douglas and Quadra Streets to see who would join him.

"A lot of the businesses were interested, but not everybody

has shown active participation yet. I believe it's a matter of time, and when they see all the flags on every shop they will follow," he said.

Merchants will purchase their own flags and ribbons to display, and The Flag Shop on Fort Street is offering them a discount on flags.

"Whether it is a counselling office, business or a non-profit organization, this gives Fort Street a sense of community and unity while supporting the Canadian Forces," says Shrive.

PO2 Randy Young, a senior recruiter at the Canadian Forces Recruiting Centre, is touched by the support.

"You see a lot of patriotism in the United States, and it's starting to happen more in Canada. I've had a few people stop in to say thank-you for your service. I don't think anyone expects a handshake, but it's nice to know we are being supported by the local businesses," he says.

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CNC from afar

Naval personnel currently stationed in Kabul, Afghanistan, are set to celebrate the navy's 100 anniversary. Posing here with the Navy Centennial banner and a Naval Jack in the background are most of the sailors, which represents almost a third of the Kabul contingent. **Top Row left to right:** PO1 Roger Payne (ISAF CJ6), MS Kevin Leenders (NSE Det Kabul Force Protection), MS Spencer Dill (NSE Det Kabul Force Protection), Cdr Rob Watt (ISAF Counter-IED), Cdr Mark White (ISAF HQ Base Support Group), Cdr Luc Morin (ISAF CJ3 TJIOC), and LCdr Pete Van Ek (IJC NMCC). **Bottom Row left to right:** PO2 Claude Normandeau (NSE Det Kabul), LCdr Mike Mangin (IJC RC(South) Liaison Officer), LS Helen Goldie (NSE Det Kabul), Lt(N) Laurel O'Neil (IJC IDC), and LCdr Gary Guymr (IJC IDC Governance). Not pictured: LCdr Shaina Leonard (CSTC-A / NTMA), CPO2 Mike Fairfax (IJC DCOS Plans) and LS Rod Carper (Close Protection Det Kabul).

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Meritorious Service Decoration: local members honoured

Shelley Lipke
Staff writer

Two CFB Esquimalt members - one sailor and one soldier - are being awarded a Meritorious Service Decoration by the Governor General and Commander-in-Chief of Canada, Her Excellency the Right Honourable Michaëlle Jean.

These awards go to CWO Christopher Avarad Kaye and Cdr Craig Alan Baines for specific achievements that brought honour to the Canadian Forces and Canada.

CWO Kaye, Formation Health Services Unit Chief Warrant Officer, is receiving a Meritorious Service Medal for his admirable contribution to the Health Service Support Unit during his 2008 tour in Afghanistan.

As a leader and mentor, he helped prepare his team of 76 medical technicians to become combat soldiers in support of the soldiers in the battle group.

"The men and women I deployed with are truly my heroes for the sacrifices they make on behalf of our country," he said. "To me this is a medal for all of us, as we accomplished this together."

For eight months during Roto 5 Task Force Afghanistan, as the Regimental Sergeant Major for the Health Service Support Unit, he ensured the medical techni-

cians were ready to integrate with the combat arms and were appropriately trained.

"They had to be soldiers first and med techs second," he said. "This training gave them interoperability and made them capable of being soldiers in a platoon and company.

As their RSM and mentor, I won't let a young med tech step outside the wire without knowing they are fully trained medically and have the soldier skills they required."

During the deployment his team lost two med techs in the line of duty, and while this loss affected him, he helped the other med techs deal with their loss and ensured they carried on with their duties.

"It was about balancing the emotional needs of the med techs and dealing with that emotional impact that comes with the loss of their friends," he said.

Also on this deployment, along with senior physicians, he created a pamphlet with protocol driven procedures on life saving techniques that med techs could refer to while on the battlefield.

A course called Advanced Emergent Care has stemmed from the creation and use of this pamphlet and is being taught to all med techs as part of their advanced skill set in Moncton, NB.



Cdr Craig Baines (left) and CWO Christopher Kaye (right) will soon stand in front of Governor General Michaëlle Jean at Rideau Hall to receive the Meritorious Service Decoration.

The trip to Ottawa to collect the medal will be CWO Kaye's second, as he was awarded the Military Merit in Ottawa four years ago.

"I'm looking forward to going back to Ottawa with my wife Linda to collect this award on behalf of all the med techs. There is a distinct and unique feeling to be part of the ceremonies in Ottawa and it's a real privilege and honour to go," he said.

Cdr Baines is also looking forward to receiving his decoration, the Meritorious Service Cross.

He earned this medal for his outstanding leadership as Commanding Officer of *HMCS*

Winnipeg during the counter-piracy mission in 2009 in the Gulf of Aden.

As part of Standing NATO Marine Group One, he led the ship and crew in conducting Canada's first counter-piracy mission, which saw *Winnipeg* and its Sea King helicopter thwart off numerous attacks on merchant vessels.

As part of the mission, Cdr Baines and the crew of *Winnipeg* conducted numerous media engagements in response to the heavy international interest in the piracy situation in the Gulf of Aden.

"It was extremely rewarding to

work with such a fantastic crew on what turned out to be the most challenging and worthwhile professional experience of my career," said Cdr Baines. "NATO took on this mission, given the ever-increasing menace of pirates in the region and the number of successful attacks that led to large ransoms for the crews, ships and cargoes. Both the ship and helicopter were required to fire warning shots at fleeing pirates, and after successfully stopping them, we confiscated their weapons including rocket-propelled grenade launchers, AK-47s, and semi-automatic pistols and other materials used to support piracy.

"To receive recognition for this effort is an incredible and unexpected honour," he says.

"It will be nice to take my wife Lisa to Ottawa to share this experience. She has supported me for the last 15 years and put up with my prolonged absences," he said.


The Meritorious Service Decorations follow a nomination process. This year

Twenty six Meritorious Service Decorations (Military Division) will be awarded at Rideau Hall in Ottawa including six crosses and 20 medals to deserving individuals involved in Canada's military. The presentation date has not yet been announced.

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New leadership for HMCS Nanaimo



Above: Incoming Commanding Officer, LCdr Francois Laplante (left); Reviewing Officer, Cdr Paul MacNeill (centre); and outgoing Commanding Officer, LCdr Shawn Connelly (right), sign the change of command certificates.

Left: PO2 Dupuy and other HMCS Nanaimo crew members man the ship's side as LCdr Connelly is rowed ashore as part of the change of command tradition in the navy.

Below: Executive Officer LCdr Jeff Hopkins presents a print to LCdr Connelly.

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Although responding to natural disasters is important, consider local and national charities too. Big Brothers Big Sisters, the Victoria Foundation, and the BC Cancer Foundation are a handful of organizations offering a range of services within our communities; support is always welcome. The Canada Revenue Agency also provides an online listing of registered charities. Visit www.cra-arc.gc.ca.

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A SEA OF THANKS: A Grade three class from Keating Elementary recently had a tour of HMC Dockyard. Included in the visit was an upclose look at HMCS Victoria and a one-on-one chat with submariners LS Geoffrey Neale, PO2 Jacob Underwood, LS David Niezen and Lt(N) Bradley Francis.

East Coast ferry offers reduced fares

Maple leaf

CF personnel and veterans planning to visit family in Newfoundland this summer or vacation on the island affectionately known as "the Rock" are eligible for reduced ticket prices on Marine Atlantic ferry crossings from Nova Scotia.

Available for the second straight year, the ferry service is offering eligible travellers the CF appreciation fare: free passage between North Sydney and Port aux Basques and half-price passenger fare on the longer route to Argentia between May 1 and Oct. 31.

Three friends or family members on the same reservation and in the same vehicle can also take advantage of the discounted fares.

Four travellers aged 13 and up can save \$230 on round-trip travel on the Port aux Basques route. The same group sailing to and from Argentia will save \$322.

"Marine Atlantic's offer is another way to repay the great debt owed to the brave men and women who are willing to defend our nation," said Minister of Veterans Affairs Jean-Pierre Blackburn.

Wayne Follett, President and CEO of Marine Atlantic, says last year's CF appreciation fare was a huge success.

"By announcing the fare much earlier this year we hope to provide those interested with additional time to make their travel plans," he says.

Every crossing during the six-month promotion period will offer spaces for reservations under the CF appreciation fare. "It is important that individuals book early to get the discount on their preferred crossing," Follett says.

Although reservations are required for travel on all Marine Atlantic vessels, the CF appreciation fare cannot be applied to reservations made online. The discount can be applied to new and existing reservations by calling Marine Atlantic's reservation line at 1-800-341-7981 and requesting the CF appreciation fare.

You will have to provide the serial number from your CF or other valid identification card to complete the

reservation, and present the same ID before boarding the ferry.

The appreciation fare applies only to passenger fares, not the fares for vehicle transportation and shipboard accommodations. Personnel travelling without a vehicle are entitled to the discounted fares provided they book in advance.

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For more information on the CF appreciation fare, visit the Marine Atlantic website at www.marineatlantic.ca.

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Soldiers train for Arctic survival

Sgt Todd Berry
Army News

The silence of the sub-Arctic was broken by the rhythmic sound of snowshoes on frostbitten snowpack as over 120 soldiers from Land Force Atlantic Area, 37 Canadian Brigade Group, Arctic Response Company Group manoeuvred into positions during Exercise Stalwart Goose 10 Feb. 25 to March 7.

Traditionally, families head south during March break, but not the dedicated and adventurous Reservists serving with the Arctic Response Company Group; they headed north and faced temperatures that dipped to -33°C. Canadian Rangers joked about how unusually warm their winter was; not so for soldiers accustomed to living in a warmer climate.

Mother Nature provided a frigid classroom setting in which soldiers had no choice but to adapt to her unforgiving, sometimes hostile environment. As tem-



WO Jerry Keane, JTFA Public Affairs
A member of 1st Battalion, Royal New Brunswick Regiment, Fredericton, lights a candle that will illuminate a box made of snow blocks. The soldiers built about 40 snow blocks on both sides of an abandoned runway near Churchill Falls and lit them at night to simulate a night landing for aircraft.

peratures plummeted each day, moistened breath tended to freeze to the rims of toques, eyebrows, eyelashes and, for some, moustaches, as soldiers worked on an improvised airfield, snow defences and shelters.

Pushing the envelope

"This is a tremendous opportunity to push the envelope in terms of our Arctic capabilities," said LFAA commander, Brigadier-General Anthony Stack, as he visited the troops in the field. "I'm very proud of what the 1st Battalion, The Royal New Brunswick Regiment (1 RNBR), has done here with the company group."

Lieutenant Oswald Dyson led the Canadian Rangers from Churchill Falls patrol, and provided invaluable Arctic survival training. The training covered constructing cooking fires on snow—without the flames melting through to the ground—hunting small game, tracking and snaring techniques, and recognizing foliage for burning and constructing shelters.

"The main enemy here is the cold," Ranger Dyson said. "If you've got dry wood, a tent and a stove, you'll be able to live in some harsh weather."

Multi-situational response

"The idea of this type of portable organization [ARCG] is that it can respond to virtually any situation that may develop in the North. It could be a downed aircraft, a humanitarian assistance mission; it could even be a security task," said Colonel

Greg MacCallum, 37 CBG commander.

Soldiers quickly learned that tasks normally completed in a timely fashion back home took a great deal more time and effort to complete the same task in the North.

"Mobility is a huge issue in the North," said exercise commander, Capt Brent Whelan. "The use of LOSVs (light oversnow vehicles), BV-206s and caribou sleds is paramount to any mission up here in the North. We just can't move any great distances without those assets."

A highlight of the week was firing platoon weapons at improvised snow defences. This demonstrated the survivability that soldiers would have if their defences were constructed properly

Teamwork mixed with experience and guidance was the key to this exercise, as the importance of the Eastern Arctic region of Canada continues to be the focus of strategic significance to the Government of Canada and the Canadian Forces.

Despite the challenges, most soldiers found the week passed quickly. In a fitting ending, soldiers participated in a "Connect with Canadians" day with the local community of Churchill Falls.



WO Jerry Keane, JTFA Public Affairs

Canadian Ranger Oswald Dyson, Patrol Commander for Churchill Falls Canadian Ranger Patrol, shows Pte Ryan Scott the proper technique for starting a fire on top of snow.

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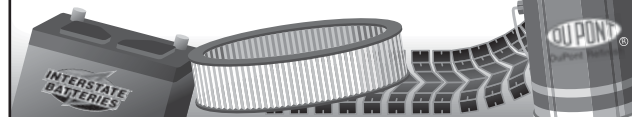
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MFRC NEWS: JOIN US FOR DINNER



Tania Jesney and Cheryl Howlett took advantage of the MFRC's March dinner for families of deployed members.

Jon Chabun, MFRC

Breaking bread, making friends

Jon Chabun
MFRC

A few years ago, Ruth D'Hollander looked out from her Esquimalt home and saw a couple ships leave for a long deployment.

"It clicked for me," says Ruth, whose husband René had served in the Belgian Navy. "Those are emotional times and here I was 50 years later feeling those emotions again."

She knew that she had to do something for "those families left behind" and decided to volunteer with the Military Family Resource Centre. Two years later, D'Hollander and her ad hoc group of volunteers from St. Paul's Anglican Church have created a successful event for the MFRC: monthly dinners for those families experiencing a deployment.

Many members of the church are former military members and military spouses looking for a way to give back.

"We were looking for them to host coffee," says MFRC deployment coordinator Sandra Pinard of the church. "It was their idea to do the dinner. It's really starting to create a sense of community among Victoria and Esquimalt military families."

"It's real good food," she adds. "You get a home-cooked meal and you don't have to worry about cleaning up."

Attendees include parents, girlfriends, spouses, children and military members. The event targets those experiencing a deployment, newcomers to the community, and people about to experience a work-related separation looking to make connections.

"I think it's awesome," says Pamela Clark, one of 41 people that attended the March dinner. "People getting together, getting out of the house and talking to people."

"I didn't know anyone, says Cheryl Howlett on the reason she came out. "I wanted to meet other people, get involved and have some support."

"None of my friends are involved in the military," says Tania Jesney. "It's nice to come here and relax and talk to someone that knows what I'm going through."

Upcoming dinners take place on April 7, May 5 and June 2 at 6 p.m. at St. Paul's Anglican Church (1379 Esquimalt Road). To RSVP, phone the Esquimalt MFRC seven days in advance at 250-363-2640 (toll free 1-800-353-3329). Free childminding is available, if requested.

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CF highlighted at citizenship event

Gerry Pash
Navy PA

Hundreds of citizenship ceremonies take place each year across Canada where new Canadians affirm their allegiance to Her Majesty and "faithfully observe the laws of Canada and fulfil their duties as a Canadian citizen."

Serving members of the Canadian Forces and veterans have been special guests at these ceremonies since January.

Under the initiative of the Honourable Jason Kenney, Minister of Citizenship, Immigration and Multiculturalism, the attendance of CF members and veterans is coordinated between the Citizenship Office, Veterans Affairs Canada, and the Canadian Forces.

CPO2 Dennis "Gus" Greer has been featured twice as a Canadian Forces representative at ceremonies in Victoria; the most recent was March 17.

"It was a great honour for me to witness so many people from so many different countries take their oath of allegiance and become fellow citizens before my very eyes," said CPO2 Greer. "Participating in the ceremony was far more meaningful to me than when I took a similar oath as a CF recruit three decades ago. It was amazing that so many of the new Canadians approached me to shake my hand and thank me for my service to Canada, a country that they had just become citizens of."

LCdr Nathalie Garcia, Senior Public Affairs Officer at Maritime Forces Pacific, was a guest at a ceremony a week earlier on March 10.

"It was truly eye opening to see how proud the new Canadians all were. It reminded me how lucky I was to live in this country," she said. "I was a little taken aback at being in demand to be part of family photos. It was like being a rock star but speaks volumes about the importance they place on their new citizenship."

There is no speaking part at the ceremony for a Canadian Forces member or veteran. At the beginning of the program they are introduced with a short biography describing their service. Both CPO2 Greer and LCdr Garcia recommend that serving members embrace the opportunity to participate in a citizenship ceremony.

Inviting CF members and veterans to citizenship

It was a great honour for me to witness so many people from so many different countries take their oath of allegiance and become fellow citizens.

-CPO2 Dennis Greer

ceremonies reinforces the expanded content of the new study guide for citizenship applicants. The booklet brings attention to the Canadian Forces on page nine in a section headed "Defending Canada" that informs the candidate that, "There is no compulsory military service in Canada. However, serving in the regular Canadian Forces (navy, army and air force) is a noble way to contribute to Canada and an excellent career choice (www.forces.ca). You can serve in your local part-time navy, militia or air reserves and gain valuable experience, skills and contacts. Young people can learn discipline, responsibility and skills by getting involved in the cadets (www.cadets.ca)."

The new guide has sections on Canada's wartime history and postwar operations and references the Canadian Rangers roll in the north.



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Bravo ZULU

RAdm Tyrone Pile, Commander Maritime Forces Pacific (MARPAF)/Joint Task Force Pacific, presented awards to deserving members at the Chief and Petty Officers Mess on March 25, 2010.

photos by Cpl Frieda Van Putten, CFB Esquimalt Imaging Services



HMCS Winnipeg's Commanding Officer, Cdr Robert Ferguson, and Coxswain, CPO1 Dave Bliss, accept the Chief of Defence Commendation for the ship's counter-piracy efforts in the Gulf of Oman from March to June of 2009. Cdr Ferguson also received the Maritime Command Commendation for his role as Executive officer in HMCS Iroquois while the vessel served as the Flagship for Commander Task Force Arabian Sea.



Cdr Derek Davis receives the Marine Command Commendation for his skill and leadership in managing human resources for MARPAF during a three year period of intense operational engagement.



PO1 Jacques Poirier receives the Maritime Command Commendation for his collection, fusion and dissemination of mission-critical information while HMCS Regina assisted in the interdiction of the MV Ocean Lady from Oct. 15 to 17.



AB Chris Hennebury receives the Canadian Expeditionary Force Command Commendation for his actions in rectifying mechanical stoppages in his machine gun while HMCS Calgary pursued armed pirates in the Gulf of Aden on April 18, 2009.



Maj Stephan Sawyer receives the MARPAF Bravo Zulu Award for excellent planning and execution of the Olympic Torch Relay event for MARPAF.



LCdr Sylvain Belair receives the MARPAF Bravo Zulu Award for dedication and leadership displayed while handling personnel within the fleet, contributing to the effective manning of ships in CANFLTAC.



Capt (Ret'd) Darin Guenette receives the MARPAF Bravo Zulu Award for his support for the family of a CF member killed in Afghanistan.



Lt(N) Neil Mayers receives the MARPAF Bravo Zulu Award for his work in coordinating the repatriation of an officer killed in action in Afghanistan.



CPO2 Randy Scott receives the MARPAF Bravo Zulu Award for his dedication in spearheading the Reduced Foreign Port Duty Watch system.



CPO2 Sidney Smith receives the MARPAF Bravo Zulu Award for his dedication while preparing HMCS Protecteur for TGEX 09.



PO1 Brent Bethell receives the MARPAF Bravo Zulu Award for his dedication to the recruiting, retention and mentoring of Sonar Operators.



PO2 Karyn Blanchette receives the MARPAF Bravo Zulu Award for leadership, dedication and professionalism displayed during Exercise Spartan Rings.



PO2 John Drew with the MARPAF Bravo Zulu Award for his actions in the Marine Systems Engineering Department of HMCS Protecteur while preparing the ship for TGEX 09.



MS Lorianne Coursol receives the MARPAF Bravo Zulu Award for her dedication as the key organizer for the 2009 HMCS Protecteur Children's Christmas Party.



MS Kelly Moore receives the MARPAF Bravo Zulu Award for his leadership and dedication instrumental to HMCS Vancouver's reactivation and throughout the ship's extended work period.



LS Laura Lahnsteiner receives the MARPAC Bravo Zulu Award for providing excellent administrative support and travel expertise to CANFLTPAC.



Cpl Yance Sheehan receives the MARPAC Bravo Zulu Award for selfless service to a military family in an emergency, administering First Aid and CPR.



Marianne Ostopovich receives the MARPAC Bravo Zulu Award for her exemplary, caring services she has provided to the families of MARPAC and the Canadian Forces for over 14 years.



Capt Michael Wiseman receives the Air Force Officer Development Program Block 3 Certificate.



Members from Fleet Maintenance Facility Cape Breton received a MARPAC Bravo Zulu Award for their roles in rectifying a critical and seemingly insurmountable technical deficiency that jeopardized HMCS Protecteur's employment in TGEX 2009. The team designed, procured and installed a completely new system of Variable Frequency Drive units on the ship in just 12 days.

From left to right: Dena Ponech, Robert Wood, Rear Admiral Tyron Pile (presenter), Lorne King, David Boag, Glenn Walker and Tim Jordens.



As part of Canadian Navy Centennial celebrations, the navy is presenting each name-sake community with a framed display featuring photographs of the navy ship or ships associated with the community.

Top: Commanding Officer of HMCS Malahat, Cdr Steven Pokotylo, presents a print and history of HMCS Beacon Hill to Dean Fortin, the Mayor of Victoria, on March 25.

Middle: Commanding Officer of HMCS Victoria, LCdr Christopher Ellis, presents a print with history of HMCS Victoria to Dean Fortin.

Bottom: Mayor of Victoria Dean Fortin (right) presents Commander Maritime Forces Pacific/Joint Task Force Pacific, RAdm Tyron Pile with a signed Proclamation officially making May 4, 2010, Navy Day. The day will be marked by the Freedom of the City parade as part of the Canadian Navy Centennial celebration in Victoria.



BRAVO ZULU HMCS MALAHAT



MCpl Chris Ward, CFB Esquimalt Imaging VAdm Bruce Donaldson, Commander of Canada Command, presents his Commander's Coin to A/SLt Francesca Hearns (HMCS Cabot, St. John's) on March 2 in Vancouver. The coin recognizes her dedication, professionalism, planning, and coordination skills during Operation Podium.



Cpl Roderick Hopp, CFB Esquimalt Imaging RAdm Tyrone Pile, presents his Commander's Coin to MS Lance Ingeberg. The coin recognized his instrumental role in moving hundreds of people and tonnes of equipment to and from Vancouver for each of its pre-Olympic security exercises as well as the large integrated domestic operation itself.



Cpl Roderick Hopp, CFB Esquimalt Imaging Capt(N) Gilles Couturier, Commander of Joint Task Force Games' Maritime Component (MCC), and Lt(N) Jennifer Savidge, MCC Senior Intelligence Officer, promote Sarah McNeill, MCC Deputy Intelligence Officer (HMCS Carleton, Ottawa) to the rank of Lieutenant(Navy).



Cpl Roderick Hopp, CFB Esquimalt Imaging Capt(N) Gilles Couturier, right, presents his Commander's Coin to LS Robert "Blue" MacDonald. The coin recognized the Port Inspection Diver's commendable professional demeanour and performance during Operation Podium.

Also receiving the Commander's Coin from RAdm Pile were: CPO2 Paul Edwards of HMCS Scotian and CPO2 Robert Deploy of Fleet Diving Unit Pacific. **Receiving the Commander's Coin from Capt(N) Couturier** were LS Allan Lamb of HMCS Protecteur, PO2 Quinton Englot of Fleet Diving Unit Pacific, LS Catherine Woodall of HMCS Carleton, LS Aaron Vasily of HMCS Catarqui, PO1 Lisa Nimchuk of HMCS Stara, Patrice Masse of HMCS Victoria. CWO Michel Ouellet, Canada Command's Command Chief Warrant Officer, presents a Canada Command coin to LS Dermot Janes of HMCS Cabot.

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Esquimalt cadets qualify for Nationals

Capt Amelie Leduc
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Cadets from all over British Columbia converged on Vernon Army Cadet Camp on Saturday, March 27 to compete in the annual Provincial Cadet Marksmanship Competition.

The Victoria team of Jordan Powell, Ryan Deveau, Patrick Hines, Cody Wilcox and Curtis Whittla, all of 2483 Princess Patricia's Canadian Light Infantry Royal Canadian Army Cadet Corps, joined over 75 Sea, Army and Air Cadets from Fort St John to Nanaimo to compete for medals and a chance to compete at May's National Cadet Marksmanship Championship.

Cadets Ryan Deveau and Jordan Powell both scored an impressive 389 out of a possible 400 points, finishing second and third, respectively. The initial tie between

the cadets was broken after determining the highest score of each of their last 20 shots. Jordan was also crowned the top individual junior shooter during the competition and both cadets qualified for the composite team that will compete at the National Cadet Marksmanship Championship. The PPCLI Army Cadet Team scored a total of 1518 out of 1600 points to finish second overall in the team competition.

The event was conducted in an Olympic-style format with competitors using the Daisy Air Rifle. Each competitor fires at a sheet of 10 targets four times during the course of the event. The top four team members' scores are combined to produce the final point value. Both Ryan and Jordan will join cadets from White Rock, Penticton and Terrace to form the composite B.C. team and compete against cadets from across Canada for national honours in Edmonton May 8 - 18.

HMCS Ottawa proudly supported Paralympics

Lt(N) Meg Lobb
HMCS Ottawa

Last month *HMCS Ottawa* had the privilege of helping bring the 2010 Paralympic Torch Relay through the community of Esquimalt. The Torch Relay was an opportunity for Canadians in numerous communities to discover the unique and inspiring stories of those selected to be torchbearers. There was no exception for the community of Esquimalt on March 6.

Cdr Frédéric Caron, the Commanding Officer of *Ottawa*, was appointed as the MARPAC Planning Manager for the Esquimalt leg of the Paralympic Torch's journey and approached his charge with enthusiasm.

"I had been working with VANOC staff, the Township of Esquimalt and the City of Victoria since October 2009," Cdr Caron said. "Playing a part in this historic event was a once-in-a-life-time opportunity, which I will not soon forget. I was delighted to see the excitement on the faces in the crowd during the community celebration and relay. The community response to the event made the months of dedicated planning and preparation worthwhile and the event itself a memorable success."

Many members of *Ottawa's* ship's company volunteered. The ship's team started their Saturday morning helping VANOC staff set up the stage and tents used by various exhibitors, and all the requirements for the relay. Once the spectators arrived, CPO1 Marc Pelletier, *Ottawa's* Coxswain, noted with pride that members of the ship's company sought out CF recruiting representatives and offered to distribute navy swag such as tattoos and stickers to the excited children, and even sparked an impromptu commemorative pin exchange.

MS James Neill assisted the torchbearers as they passed the flame at one of three exchange points. He then briefed them on how to properly clean and care for their priceless Olympic souvenir.

PO1 Steve Stacyszyn was on hand that morning and said "watching a member from our own military start the relay was very emotional for our ship's company. It was an honour to be apart of the success of the best-ever host for the Games. Canada should be proud."

CPO1 Pelletier seconded this feeling by saying, "The day turned out to show we can work together within the community and discover that we are indeed well received and supported here in Esquimalt."

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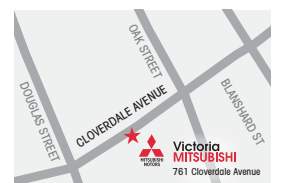
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MON - THURS: 8:30 AM - 7:00 PM
FRI - SAT: 8:30 AM - 6:00 PM



Smart customers always read the fine print. † Features listed are standard on 2010 Lancer DE and 2010 Outlander XLS 4WD. Technical data, equipment and options are based on the latest information at time of printing and are subject to change without notice. Vehicles may not be exactly as shown. ‡/§ For all offers, customers must sign contract and take delivery from dealer by April 30, 2010. All offers available only through participating dealers to qualified retail customers in Canada and are only on approved credit. Selling price excludes up to \$1350 in freight for cars and up to \$1450 in freight for SUVs, \$100 in air tax, up to \$30 in environmental handling fees, taxes, PDI, up to \$75 in PPSA, registration, insurance, licensing, administration fees, documentation fees, other dealer fees, and any additional provincial government fees. All advertised offers are stackable. See participating dealer for details. ¶ Purchase financing at 0% APR available through Bank of Nova Scotia and Bank of Montreal for up to 60 months on all new 2010 Lancer DE and SE models and up to 48 months on all new 2010 Lancer GTS models (Lancer Evolution models excluded). Purchase financing at 0.8% APR available through Bank of Nova Scotia and Bank of Montreal for up to 60 months on all new 2010 Outlander models. Regular maintenance not included. See dealer or mitsubishi-motors.ca for warranty terms, restrictions and details. Not all customers will qualify. ** Best backed claim does not cover Lancer Evolution and Ralliart models. See dealer or mitsubishi-motors.ca for Education Edge terms, conditions, and other details. © MITSUBISHI MOTORS, BEST BACKED CARS IN THE WORLD are trade-marks of Mitsubishi Motors North America, Inc. and are used under license. Dealer #30693. Ad# 1121_10-04-05.