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MCpl Chris Ward, Imaging Services CFB Esquimalt
HMCS Edmonton's Executive Officer, LCdr James Hopkins observes the deck crew as they prepare the ship for a towing exercise with HMCS Brandon. The two ships and HMCS Whitehorse are taking part in Exercise Pacific Guardian, a three week Canadian Naval Reserve training exercise. Read the full story on page 3.



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Celebration banners



Photo courtesy of Douglas Gallacher

Images of Canada's naval history will soon saturate Victoria as lamp posts begin to bear colourful banners advertising the navy's 100th year. Cmdre Tony deRose, the Pacific Coast Coordinator for the Canadian Navy Centennial celebration, and Ellen Gallacher, President of Hansbraun Investments Ltd., installed the first of these banners at Royal Oak Shopping Centre on April 12.

Bike to Work Week

May 31 - June 6, 2010



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EXPRES test preparation now has online component

Shelley Lipke
 Staff writer

A new online exercise prescription tool was launched throughout Canadian Forces bases and units on April 1.

This tool provides a personalized training schedule and fitness routine that will help members prepare for and pass their EXPRES tests.

Linked with the Canadian Forces Health and Physical Fitness Strategy, it is especially helpful for members who live or work far from Personnel Support Programs (PSP) units and can't receive regular tailored fitness and personal training programs to help them meet their fitness goals and pass their tests.

"It is easy to use and provides immediate feedback to members once they enter their previous EXPRES test results into the system," said Megan Larsen, PSP fitness coordinator.

Users simply log onto www.CFEXPRES.com, enter their run, handgrip, push ups and sit ups results from their last EXPRES

test and a training program designed exclusively for that member will pop up. "It's geared strictly to meeting CF EXPRES standards," said Larsen.

Previously, members who lived too far to receive PSP fitness instructors' advice were left to seek out their own training regime at recreation centres.

With this new versatile tool members can choose to maintain or exceed their annual physical CF EXPRES requirements depending on the fitness level they wish to achieve.

It's like a virtual personal trainer.

"It offers an exercise library. A member is shown exercises they can do and it shows them which muscle groups are targeted and proper execution of that exercise," says Larsen.

Modifications for exercises are also shown. "If they want to do a push up but have a sore back, this program will show them other ways to modify the exercise without hurting themselves."

This covers the safety and knowledge aspect of a personal training program, she says. "Anybody

can be given a program with many exercises on it, but if they don't know the exercises and how to do them correctly it is of little use. The exercise library is a bonus and a great tool on this website."

Members can update the website with their current EXPRES test results to keep their results current.

"There has never been an online prescription tool like this before, and it holds great value for members who don't have regular access to PSP," said Larsen.

Members can access this tool on their work or home computer anytime.

Bases and units that have access to PSP staff and have more specific goals that differ from the online prescription can still receive personal training and one-on-one fitness classes from PSP staff.

Larsen says other changes for EXPRES tests are on the horizon. "We will be moving towards an online booking system for EXPRES tests. This will be a web-based application that will make it easier for units to book their members in for tests."

Minor warships take centre stage during Exercise Pacific Guardian

Penny Rogers
Staff writer

Waters off the west coast of Vancouver Island, in the Strait of Juan de Fuca, and the approaches to Victoria and the Gulf Islands will see more than the usual amount of air and marine activity between April 6 and April 22.

Canadian Fleet Pacific's Exercise Pacific Guardian began two weeks ago and is a first-of-its-kind integrated coastal defence exercise specifically designed for three Kingston-class Maritime Coastal Defence Vessels (MCDV): HMC Ships Whitehorse, Brandon and Edmonton.

Also participating in the exercise are CP-140 aircrew in Aurora maritime patrol aircraft and CH-124 Sea King surveillance helicopters, navy divers from Fleet Diving Unit Pacific, and soldiers from Princess Mary's Canadian Scottish Regiment, as well as Royal Canadian Mounted Police officers and Department of Fisheries and Oceans officials.

The main objective is to further enhance the capability of Kingston-class MCDVs in the conduct of coastal surveillance patrols in a Joint Task Group environment.

The Kingston-class are multi-role ships that can be fitted with inter-changeable modules allowing a wide variety of missions including coastal operations and exercises, seabed mapping and mine countermeasures.

"We have always multi-tasked the MCDVs, even when they sailed to conduct Junior Officer Maritime Surface Phase IV (MARS IV) training, as they will later this summer," said Cdr MacNeill, Commander of Coastal Division (CCD). "During this MARS IV



MCpl Chris Ward, CFB Esquimalt Imaging Services

LS Daniel Hogan uses HMCS Edmonton's crane to bring the Zodiac back on board after a man overboard exercise.

training, the MCDVs will concurrently conduct activities such as coastal surveillance, maritime security and sovereignty patrols; and perform search and rescue duties and community relations activities."

According to Cdr MacNeill, in the almost two weeks that Exercise Pacific Guardian has been underway, the ships have achieved significant progress in their operational readiness requirements and training.

"Areas that we have focused on so far include individual training to progress the professional development of our sailors and officers, with a focus on Marine Engineering Systems Operators (MESOs) and in ship's team training with a view to preparing the ships

for their tasking next week in support of the RCMP," he said.

The theme of the exercise for week three for the MCDV Task Group will be CF support to the RCMP in a counter-drug operation. "For security reasons we do not divulge the specific fictional scenarios in order to ensure participants are exposed to a realistic environment, and are assessed in their decision making and response," said Cdr MacNeill.

With a complement of approximately 31 officers and crew, the MCDVs are manned primarily by the Naval Reserve, with the exception of two Regular Force positions. The vessels are 55 metres long, 11 metres wide and are equipped with two 50-cal-

ibre heavy machine guns and a 40mm medium weight gun. The ship's extreme maneuverability comes from its two Z-drives, or azimuth thrusters, that can rotate 360 degrees allowing for rapid course and speed changes.

"Keeping watch over the ocean approaches to Canada and its harbours is what the navy does for Canada every day, and this exercise will further enhance our surveillance of Canada's military approaches," said Commodore Ron Lloyd, Commander of Canadian Fleet Pacific. "The highly maneuverable Kingston-class is well suited for maritime security patrols in coastal areas."

As for the end result of the exercise, Cdr MacNeill hopes all participants achieve the maximum possible degree of professional development and confidence in their ability to perform their duties safely, individually and as ship's companies – while having some fun in executing the challenging scenarios and tasks.

The highly maneuverable Kingston-class is well suited for maritime security patrols in coastal areas.

-Cmdre Ron Lloyd
Commander of Canadian Fleet Pacific

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WHAT SAY YOU

Two wheels are better than four all year

Cpl Frieda Van Putten
Base Imaging Services

CFB Esquimalt Imaging Services has taken fitness and leaving a smaller environmental footprint to a higher level.

More than 80 per cent of the section's personnel bike to work on a daily basis. During 2009, the section recorded over 25,000 kilometres in its Bike to Work Program. For 2010 it is hoped the section can eclipse that milestone, and it is well on the way to doing just that.

Sgt Craig Fiander, the section supervisor says, "It's a win-win situation for everyone. We've removed 11 vehicles from the daily commute thereby reducing emissions, and we're contributing to military readiness with a great personal fitness routine."

Parking in the dockyard is a constant problem so looking for a solution is simple, bike in. The section has invested in a tented enclosure to keep bikes dry in the wet weather and a small maintenance stand to deal with minor repairs.

Ed Dixon, the backbone of the biking program, recruits new section members by encouraging them to trade their four wheels for two.

"I've seen many Imagery Technicians come and go over the years and everyone is very enthusiastic about being part of our biking program. As a section, we have had section bike rides up to Sidney, around Beaver Lake, around



MCpl Dan Mallette, CFB Esquimalt Imaging Services

Base Imaging staff has formed their own "biker gang." The group have committed to two wheel travel for health and environmental reasons. Left to right: Cpl Rod Hopp, Cpl Charles Stephen, MCpl Chris Ward, Ed Dixon, Cpl Alex Crockery, Cpl Frieda Van Putten, Pte Malcolm Byers and Sgt Craig Fiander.

the Victoria area and out to Mattick's Farm to name a few."

"Mr. Dixon is so good at recruiting new bikers that he

It's a great way to enhance my fitness program and keep in shape.

-Cpl Pier-Adam Turcotte

convinced me to pick up this all-year round mode of transportation again when I got posted to CFB Esquimalt, after 20 years away from cycling," says MWO Guy Tardif, Imaging Services Officer. "I even enjoy those 50-km rides with the group of Imagery Technicians."

Members cycle in from the Western Communities, Colwood, Belmont Park, James Bay and locations all over Victoria. "It's a great way to enhance my fitness program and keep in shape," says Cpl

Pier-Adam Turcotte.

Biking is a simple way to incorporate fitness, soften your carbon footprint, save money in gas and avoid the headache of rush hour traffic and trying to find a parking spot.

The 16th annual Bike to Work week begins May 31 and encourages and promotes the use of the bike as transportation to work. Consider a section ride for your next physical training session and soon everyone will want to trade four wheels for two.

Marine Garage Sale – a treasure trove

Running now for its 7th consecutive year, the Maritime Museum's Massive Marine Garage Sale has something for everyone. Presented in partnership with the Greater Victoria Harbour Authority, the sale takes place 9 a.m. – 1 p.m. on Saturday, April 24 at the Pier A warehouse building at Ogden Point. Excellent deals will be featured from a selec-

tion of vendors on items ranging from full sized boats to rarer marine objects and everything in between.

"Every year I find at least one treasure," says James Webb, Senior Protocol Officer with the Maritime Forces Pacific and a boating enthusiast. "The Massive Marine Garage Sale is one of the most anticipated boating events of the year."

For a small \$5 entrance fee, the Massive Marine Garage Sale brings together cost conscious boaters looking for bargains. Early arrival is highly recommended as hot ticket items are often the first to go.

The Maritime Museum of B.C. will be hosting the event, selling various marine paraphernalia donated by supporters, and providing a refreshment stand.

Located in the heart of Bastion Square, the Maritime Museum of BC has a wealth of artifacts and history and is a fantastic place to get a glimpse back into the nautical customs of the North Pacific. With exhibits ranging from pirates to heritage vessels and Victoria's original 1889 courtroom, the MMBC is always a fascinating visit.

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BOOK *Review*

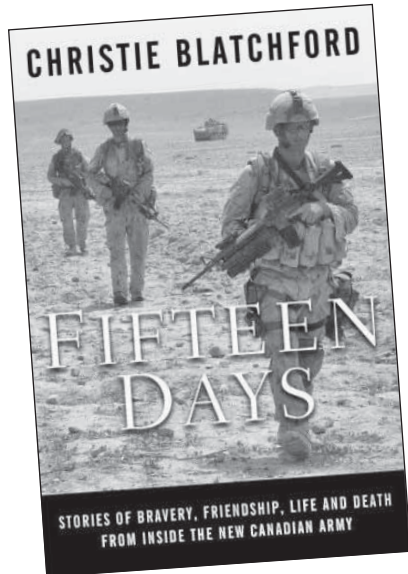
Fifteen Days: stories of bravery, friendship, life and death from inside the new Canadian Army

Sheryl Irwin
Base Librarian

Fifteen Days is veteran Canadian journalist Christie Blatchford's intimate and engrossing account of 15 separate days during the war in Afghanistan. She chose 15 days in 2006 that had deadly consequences for Canada's troops, and wrote a chapter on each. The chapters are inter-connected, and the structure is not traditionally chronological, but the overall result works very well.

The days chosen fall between March 2006 and November 2006, when the 1st Battalion of the Princess Patricia's Canadian Light Infantry was deployed in Afghanistan, and the conflict was heating up figuratively and literally (Blatchford mentions that in July 2006 the temperature in Kandahar reached an unimaginable 60 degrees Celsius).

One of Canada's worst days was Aug. 3, 2006, when four Canadian soldiers died (and seven others were injured) during a firefight with Taliban fighters. One of the most heartbreaking stories occurs in this section, when it is related



how Sgt Vaughan Ingram, although mortally wounded by an RPG, tried to apply field dressing to one of his comrades, who was also fatally wounded.

The chapter focussing on March 4, 2006, includes Capt Kevin Schamuhn's account of the axe attack on reserve officer Trevor Greene, which made

headlines across the country.

Blatchford made three trips to Afghanistan that year. She ate, lived, and even went on patrol with the troops. It is obvious from the honest and heartfelt stories the soldiers shared with her, that she earned their trust. She interviewed soldiers of all ranks, at home and in Afghanistan, and also their families in Canada.

When the author writes about the parents of Pte Will Cushley getting the news of their 21-year-old son's death on Sept. 3, 2006, their grief is palpable. It is also a reminder to all Canadians of the huge sacrifices that military families sometimes make.

Blatchford doesn't even try to retain journalistic impartiality towards Canada's soldiers, and makes no excuses for the high regard she has for their courage and character.

I highly recommend this book. I don't normally read military history, but I am a fan of Christie Blatchford's writing, so thought I would give this book a try. I am very glad I did. The book contains a glossary of military terms, an index and many photos.

FILM *friday*

Kick-Ass dark, funny and action-packed

W. Andrew Powell
The GATE

Stand aside Wolverine, Spider-Man, and all those other super-powered heroes, there's a new set of crime fighters in town, and they're doing things a little differently.

Kick-Ass is the latest comic-book adaptation to try to take the usual hero story and make it into something new, and although it was influenced by most of the superhero movies that have come before it, most notably *Spider-Man*, this is a uniquely fun hero story for a change.

Based on Mark Millar's Marvel series of the same name, *Kick-Ass* is about an average dorky, comic-book-loving teenager named Dave Lizewski, played by Aaron Johnson, who decides that he can't just sit around any more and ignore the daily injustice around him.

While the girls ignore him at school, Dave decides to secretly give himself an alter-ego that no one can ignore. Buying a green and yellow diving suit off the Internet, Dave tries to train himself to be a hero for those people out there who need a little saving, and it takes just one incident to turn him into a

national sensation.

This not only sparks interest in his alter-ego, *Kick-Ass*, but also inspires others to come out of hiding and do some good as well.

Dave's plan to be a hero starts out okay, and his MySpace page is the stuff of legend after he saves the day once, but it only takes one bad move to turn everything sour. Inadvertently stumbling into the den of some heavily armed thugs, Dave is easily outmatched by the crew of criminals. He is only saved thanks to one little girl named Chloe and her dad, played by Mindy Macready and Nicolas Cage, respectively.

While Dave has been trying to prove himself as a hero, Chloe already is a hero, trained by her father to be the ultimate weapon against thugs and criminals. Calling herself Hit-Girl, Chloe saves the day by wiping out the entire room full of bad guys using a few very sharp knives as her father, AKA Big Daddy, keeps a watchful eye on her progress.

For Dave, trouble begins because no one else actually knows that Hit-Girl and Big Daddy exist, so when mob boss Frank D'Amico, played by Mark Strong, discovers some of his men have been

killed, Frank takes it personally and starts plotting to take *Kick-Ass* out.

Film in Toronto, which sits in for New York City, *Kick-Ass* has a dark and serious back-story, hilarious script, and bloody good action throughout. It was everything and more than I could have expected in an action movie, particularly because it's also funny, and a little heart-warming.

Director Matthew Vaughn knows how to lighten even the bloodiest and most action-packed scenes with clever, comic asides, and some light romance between Dave and his dream crush at school.

Vaughn also seems influenced by films like *The Watchmen* adaptation, or even *The Dark Knight*, giving characters like Big Daddy grit, and heart that helps ground the film in a slightly darker reality.

In terms of casting, the whole troupe is appealing, especially Cage, Macready, and Johnson. Cage gets the darkest scenes, and Macready is just amazing as this tough-as-nails kid, but Johnson is also a great lead, making you believe he is a geek looking to make more of himself. He shows both heart and ingenuity in this role, which

certainly demanded a lot.

At the same time, Vaughn knows how to lighten the film's dark mood, as he does in many of the scenes where Chloe is taking out bad guys. He also makes great use of the lighter character like Chris D'Amico, played by Christopher Mintz-Plasse, and Dave's best friends, Marty and Todd, played by Clark Duke and Evan Peters.

What's notable is that *Kick-Ass* is a lot more bloody and violent than most people will expect from the trailers. That violence works in different ways throughout the film, but in particular I think it grounds the film, which otherwise would have been far too fluffy. It may be a turn off for some who might merely expect a Spider-Man level of violence, but if anything, *Kick-Ass* is like a funny version of what the recent Wolverine film should have been; a fact Vaughn even lightly touches on.

Although I know it's going to be a big year for action movies, I think it's going to be tough to top *Kick-Ass*, at least in my books. The good news is also that, if you enjoyed *Kick-Ass* as much as I did, there will likely be more films to come down the road.



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Conference hosts delegates from around the world

Dex Zucchi

Office of the Asia Pacific Advisor

On April 26, flag officers, government officials, academics, and business representatives from across the world will convene in Victoria, B.C., for three days of intense deliberation during this year's Maritime Security Challenges (MSC) conference. Hosted by Maritime Forces Pacific (MARPAAC), MSC is a biennial symposium where delegates discuss the pressing maritime security issues of our time.

According to the conference organizer, Dr. James Boutilier, Asia Advisor to the Commander of MARPAAC, the conference "brings together people from a variety of communities to get a mix of opinions and views from across the maritime seascape. Specialists on navies, coast guards, port security, commercial shipping, maritime regulatory regimes, maritime security and piracy will discuss recent developments and common problems." Capt(N) Richard Harrison, another lead-organizer, contends that these conferences provide the Canadian Navy with "a terrific opportunity to reach out to fellow naval colleagues and navies in the Indo-Pacific region to share ideas, foster transparency, and cooperate with each other."

This year's MSC includes five panel discussions on issues from across the maritime security spectrum, all of which are important to Canada and her NATO allies. The first panel deals with the age-old threat of maritime piracy, a phenomenon that has become particularly pronounced off the coast of Somalia recently. Moderated by Commander Craig Baines, former commanding officer of *HMCS Winnipeg*, the panel comprises four speakers including Steve Carmel, Senior Vice President of Maersk USA, the company whose ship, *Maersk Alabama*, was hijacked by Somalia pirates and ultimately freed in a daring operation by the United States Navy (USN).

The second panel discusses littoral and riverine operations. Hunting drugs, weapons, or human traffickers in the rivers and estuaries of South America, South East Asia, or the Mediterranean Sea offers an important but challenging task for modern navies and coast guards. Moreover, with the rise of the developing world, coastlines of the Indo-Pacific region and elsewhere are visited more and more frequently by submarines, raising the possibility of accidental maritime engagements. Moderated by retired Vice Admiral Kevin Cosgriff, former commander of the USN's 5th Fleet, this panel will be comprised of experts from nations such as the Philippines, Iraq, and possibly Sri Lanka.

The third panel covers emerging naval technologies. Even in peace time, maritime technology continues to increase by leaps and bounds: the USN recently launched two trimaran-hulled littoral ships; last October China unveiled its new anti-ship ballistic missile; the UK is now testing HMS *Astute*, its new 7,000-ton attack submarine and the development of railguns, lasers, and unmanned naval aircraft is well underway. This panel is moderated by retired USN Admiral Walter F. Doran, President of Raytheon International's Asia division.

The fourth panel addresses Port Security, a crucial issue for Canada, the United States, Singapore, Japan, and other countries whose prosperity depends on functioning and safe seaport facilities. As the world's centre of gravity shifts towards the Asia Pacific, ports such as those in Vancouver, Hong Kong, Los Angeles, or Busan will need to be prepared for the security threats, such as drug-smuggling and maritime terrorism, that accompany high maritime traffic. Included on this panel of

esteemed speakers is MARPAAC's Capt(N) Gilles Couturier, Maritime Component Commander, who will discuss the Canadian Navy's role in the Vancouver Olympics 2010.

The last panel pertains to Humanitarian Assistance and Disaster Relief (HA / DR), an increasingly important role for navies. Maritime forces, for example, played a critical role in the international response to the 2004 Indonesian ocean-quake and to Haiti's earthquake earlier this year. Canada's Capt(N) Art McDonald, Commander of Operation Hestia (the Canadian Forces' Haiti earthquake response) will participate with other panelists, including a UN official and a Chilean naval commander, to present varying perspectives on this issue.

In addition to these fascinating panels, the conference includes a number of presentations on notable topics of interest: among other speakers, Dr. Rich Gimblett, Canada's Naval Historian, will pay homage to Canada's proud naval past in celebration of the Naval Centennial and the renowned journalist Gwynne Dyer will describe how climate change may fuel conflict.

Dyer, the Newfoundland-born renowned writer, broadcaster and lecturer on international affairs, has received degrees from Canadian, American and British universities, finishing with a Ph.D. in Military and Middle Eastern History from the University of London. He served in three navies and held academic appointments at the Royal Military Academy Sandhurst and Oxford University before launching his twice-weekly column on international affairs, which is published by over 175 papers in some 45 countries.

Dyer's first television series, the 7-part documentary 'War', was aired in 45 countries in the mid-80s. One episode, 'The Profession of Arms', was nominated for an Academy Award. His most recent projects are a book and a radio series called 'Climate Wars', dealing with the geopolitics of climate change.

On a more local note, CPO2 E. Gordon Howe, ASO Ships Systems Readiness (CS), MARPAAC/JTFP, will be receiving a special presentation at the conference for 'Thinking Outside the Box Or All I Ever Knew About Naval Ranks, I Learned from *Star Trek*'. This is a paper CPO2 Howe submitted to Australia's Peter Mitchell Essay Competition which is conducted annually and is open to sailors and officers of the British Commonwealth navies up to and including the rank of Commander.

"Last year one of the topics for the essay competition was 'Naval Rank Structure' and I've always had a few thoughts on that subject so I decided to enter," said CPO2 Howe, who won the 2009 Sailor's Section of the competition. A portion of his paper reads: "In today's modern Navy, there is a real need to adopt a new paradigm in Naval Rank Structure that can easily adapt to the changes that are coming and at the same time reduce the costs inherent in the current structure. By decoupling the Rank Structure from its current situation of attempting to mirror civilian society's changes, we gain the freedom to explore other paradigms which may be more suited to naval needs."

Australian Naval Attache to Washington D.C., Commodore Vincenzo Di Pietro R.A.N., will be attending the Security Conference and he will make the presentation to CPO2 Howe. "I'm pleased, flattered and somewhat mystified over all the attention shown to my essay, although I can't say I'm not liking the 'basking in the glory' part of it," said Howe.

For more information on MSC and details on registration, please see the conference website at www.navy.forces.gc.ca/marpac/12/12-w_eng.asp

VAC benefits: not a one time deal

Maple Leaf

The needs of Canada's modern-day veterans are very different from those of traditional Veterans. Veterans Affairs Canada (VAC) researched and developed various programs, services and benefits and, in 2006, launched The New Veterans Charter, a comprehensive "wellness package" that includes rehabilitation, health benefits, job placement assistance, financial benefits and disability awards.

Each case and each client is unique, but the goal for VAC remains the same: to ensure your wellness, independence and a successful transition to civilian life. It's not a one-time deal. We provide a life-long safety net, services and benefits that you and your family may be eligible to access as your needs change.

VAC Assistance Service

This 24-hour service gives Veterans and their families quick access to short-term professional counselling services. This program is similar to the CF Members Assistance Program (CFMAP) offered to serving members.

Disability Award

The tax-free lump sum disability award compensates veterans for the non-economic affects of a servicerelevant disability, such as pain and suffering. The amount is assessed based on the severity of disability and the degree to which it is related to your military service.

Financial Benefits

Veterans who have a service-related condition may also qualify over the course of their life for a broad range of complementary financial benefits that compensate for the economic effects of disability, such as lost income. Some are delivered monthly and others in lump-sum payments. These include earnings loss benefits, the permanent impairment allowance, CF income support, and the supplementary retirement benefit.

Rehabilitation

The Rehabilitation Program helps disabled Veterans who have left the CF restore health to the fullest extent possible and transition to civilian life. The program aims to restore your ability to function at home, in the community and at work. Family members can be

involved in your rehabilitation and in most cases, services are provided in your community.

Mental Health

Many soldiers suffer from invisible wounds such as post-traumatic stress disorder, anxiety, depression and addictions. VAC's Operational Stress Injury (OSI) clinics, are outpatient facilities where Veterans with mental health conditions, and their families, receive comprehensive clinical assessment and treatment for the psychological, emotional, spiritual and social problems that arise from military operations. VAC's OSI clinics complement the CF's five Operational and Trauma Stress Support Centres.

The needs of Canada's modern-day veterans are very different from those of traditional Veterans.

Additionally, we co-manage with the CF a popular and growing peer support program called Operational Stress Injury Social Support (OSISS). We know that soldiers helping soldiers, Veterans helping Veterans, and families helping families works!

Families

The transition to civilian life affects everyone, so VAC offers programs to help your family members too. They may qualify for:

- individual or family counselling
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- help finding a job
- peer support
- group health insurance
- educational grants

To learn more about these programs and services, call us toll-free at 1-866-522-2122 or visit us online at www.vac-acc.gc.ca.

You can also find out more information about Veteran's Affairs and the wide range of benefits available to serving and retiring CF members through the staff at the Integrated Personnel Support Centre Esquimalt by calling 363-4477 or dropping by Building N40.

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Queen's Own Rifles 150th celebration brings royalty

Shelley Lipke
Staff writer

On New Year's Day the Queen's Own Rifles of Canada marched into its 150th year of continuous service.

To celebrate the infantry reserve unit's milestone, the regiment's Colonel-in-Chief, Her Royal Highness Princess Alexandra will attend a number of celebrations across Canada, beginning April 20, when she arrives in Victoria.

Former Commanding Officer of the Work Point Barracks, Major General (Ret'd) Herb Pitts is anxiously awaiting this celebration.

"This 150th celebration is a good opportunity to get together with those who served in the regiment, renew friendships, exchange stories and encourage the growth of our association," he says. "The Vancouver Island branch has over 300 members who are also looking forward to celebrating this event."

Back in 1967 Maj Gen (Ret'd) Pitts was a young lieutenant colonel, and remembers the regiments 100th birthday.

"My most vivid recollection was having the Princess seated next to me at the dinner table. I'll never forget it because when dancing started I was the first up with our guest and we danced to Winchester Cathedral, the hit song of the day."

Forty-seven years later, he's looking forward to rekindling that friendship with the Princess and says he'll be sure to remind her of the dance.

A formal welcome ceremony will be held at Government House on April 20 at 11:30 a.m. Then at 2 p.m. Princess Alexandra will unveil a cairn at Work Point near the old main gate. Honourary Colonel Paul Hughes will unveil a plaque at the University of Victoria at 4 p.m. near the bus loop.

"These cairns represent the regiments two periods of service in Victoria. One was immediately after the Korean War when the second battalion moved from Korea to the Gordon Head barracks, which is now UVic. The second was when the first battalion came home from Germany in 1963 to Work Point Barracks, where they remained until 1970."

A sold out anniversary dinner for 380 people will conclude the day.

"We have people flying from as far east as Newfoundland who served here and are coming back for this reunion. I'm looking forward to seeing them," he said.

Eighty year-old Maj Gen (Ret'd) Pitts commanded Work Point from 1967 to 1969 and spent 30 years in the military, 16 with the Queen's Own Rifles.

He received his decoration for his leadership in the Korean War

as a 23-year-old platoon commander. Under direction of the battalion commander, he led his men to lay barbed wire in front of the unit.

Later he commanded the mortar platoon under enemy fire.

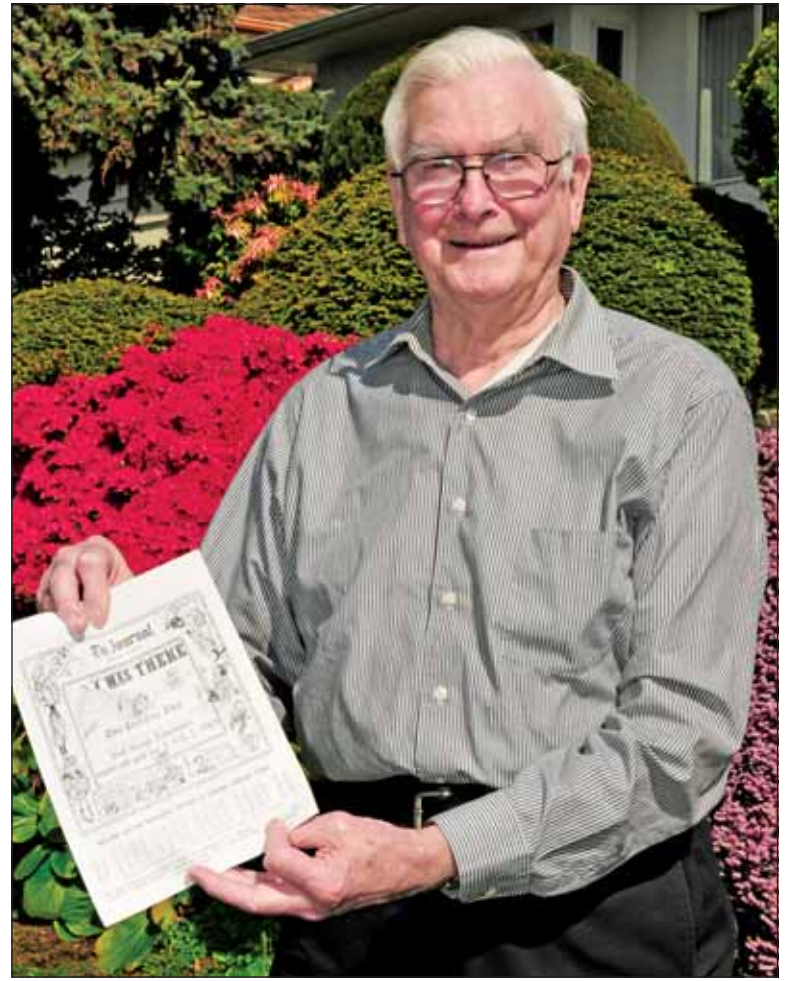
"One of our members stepped on a mine and it killed him and injured the man behind him, who later died in my arms. We hadn't even begun to lay the wire yet and we decided that we would continue the job, not wanting these two deaths to be in vain," he said.

He sees some of those men he served with at monthly luncheons. "Some of us are at the point that it's getting difficult to travel, but everyone is really looking forward to this event and are making every effort to attend."

Created in 1860, the Queen's Own Rifles is the oldest continuously serving infantry regiment in Canada and the only militia unit in Canada with its own parachute tasking.

The regiment fought in the Battle of Ridgeway in 1866 against the Fenians, the North West Rebellion, Boer War, First and Second World Wars, Korea and now in Afghanistan.

After Her Royal Highness Princess Alexandra departs Victoria, she will attend similar ceremonies in Calgary and Toronto.



Shelley Lipke, Lookout

Major General (Ret'd) Herb Pitts holds up a certificate from the Edmonton Journal congratulating the men of his battalion on surviving temperatures of -130 degrees in training for a deployment.

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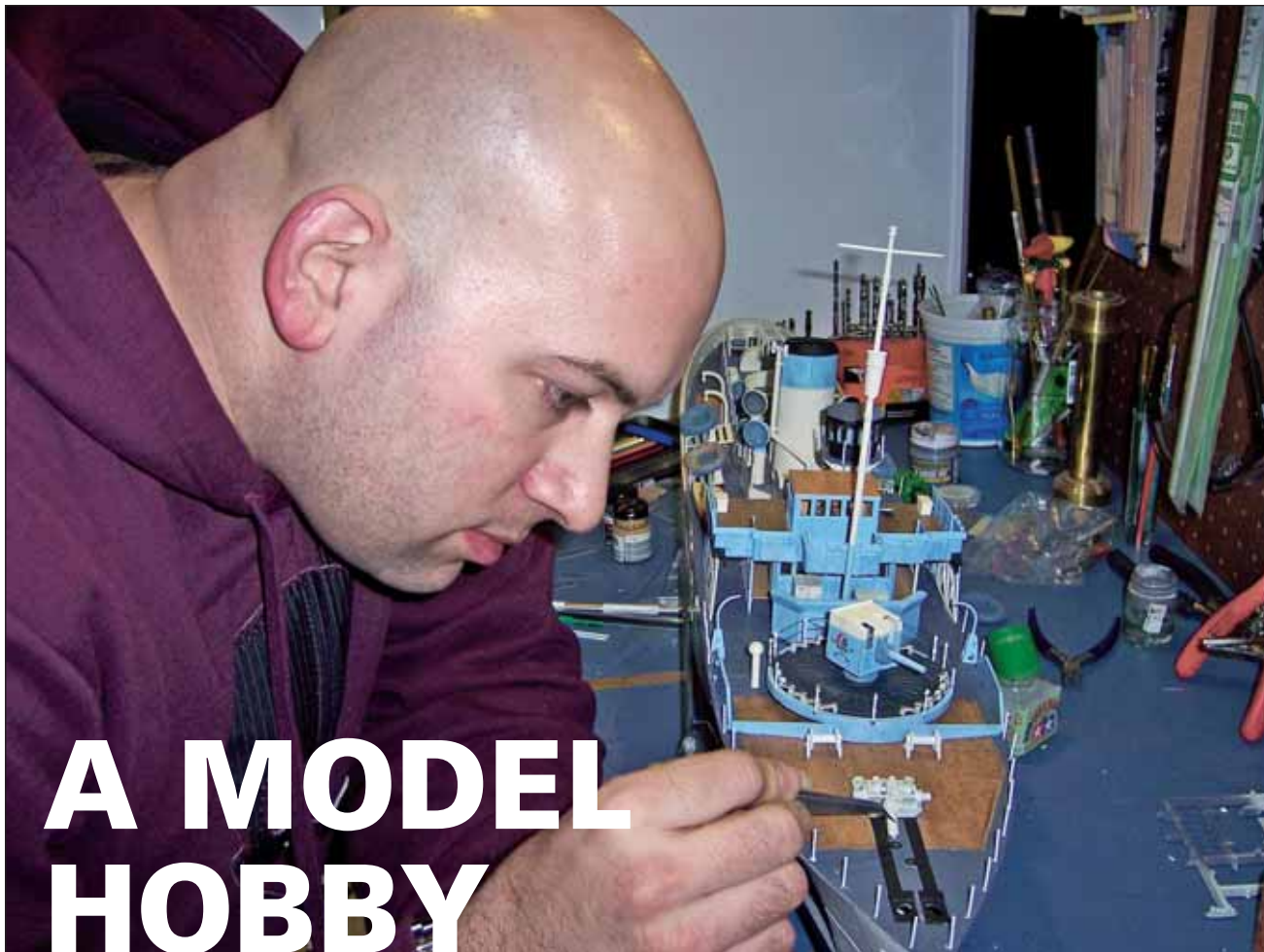
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A MODEL HOBBY



Photos by Misty Ripley, Contributor

Left: PO2 John Beaulieu uses tweezers to intricately assemble the tiny pieces of HMCS Arrowhead's fo'c'sle deck.

Above: Battle Star Galactica, an M7 Priest tank, HMCS Arrowhead and a Mazda RX7 are among the hundreds of models PO2 Beaulieu has tackled over the years.

A sailor's meticulous work creates naval history in 3D

**Shelley Lipke and
SLt Alex DeLorey**
Lookout

A master craftsman in the art of model building, PO2 John Beaulieu has unsealed hundreds of model kits over the years.

There's anticipation and excitement digging into a new kit and delving into the miniature world of replicas, he says.

"While building, I'm constantly reminding myself not to rush," says the electrical technician in HMCS Algonquin.

Since the 1980s, he's spent countless hours intricately constructing and detailing model spaceships, cars, airplanes and ships. His first replica was a Spitfire model. "I remember seeing it in the CANEX store when my father was stationed in Germany and I had to have it," he recalls. "After that first one I

would save up all my allowances to buy more."

The onset of the Internet has made researching a model easier.

"I usually go online and read reviews on the model I'm considering purchasing to find out if it is worth the money."

After he pulls off the cardboard lid of his newly purchased kit, an experienced eye roams over the contents.

"When I first open up a kit I look at the quality of the castings, and then read the instructions to see what the build sequence is like."

Squinting with tiny tweezers in hand, he applies paint and a drop of liquid glue to secure each part to the model.

Using his experience as a naval electrical technician, he often tinkers a little further with his build by modifying the kit or

adding lighting, especially to the engines and cockpits because it gives them an extra sense of realism, he says.

With his most recent naval project, a replica of HMCS Arrowhead, he adapted the kit by creating a cutaway to reveal the mess decks inside the ship.

Usually he dedicates about an hour every few nights to working on the models, building several at the same time.

"My favorite one is the Flower Class Corvette HMCS Sackville. It's in Seamanship Division because the Regulating Chief there asked me if I could build it for him," says PO2 Beaulieu.

His attention for detail did not go unnoticed.

"A few sailors saw it at Seamanship Division and they were happy to say I paid attention to the fouling line as I made it curved instead of straight,

which was true to the actual ship," he said.

A few kits are still waiting to be unsealed on his workshop desk: a Star Wars model and the War of the Worlds 1953 War Machine. Also in his build queue is the Imperial Japanese Navy battleship Mikasa. "This is a pre World War One dreadnaught design. I saw this ship in Japan and was amazed it still exists today. The Japanese company Hawsegawa made a model of it in commemoration of the battle of the Japan Sea against Russia."

As a member of the Victoria Scale Modelers, he's able to trade ideas with others who share his passion. "For the most part model building tends to be on the solitary side, but once a month we get together at the Chief and Petty Officer's Mess and bring our models to show

what we are working on. You can learn a lot from the other builders," he says.

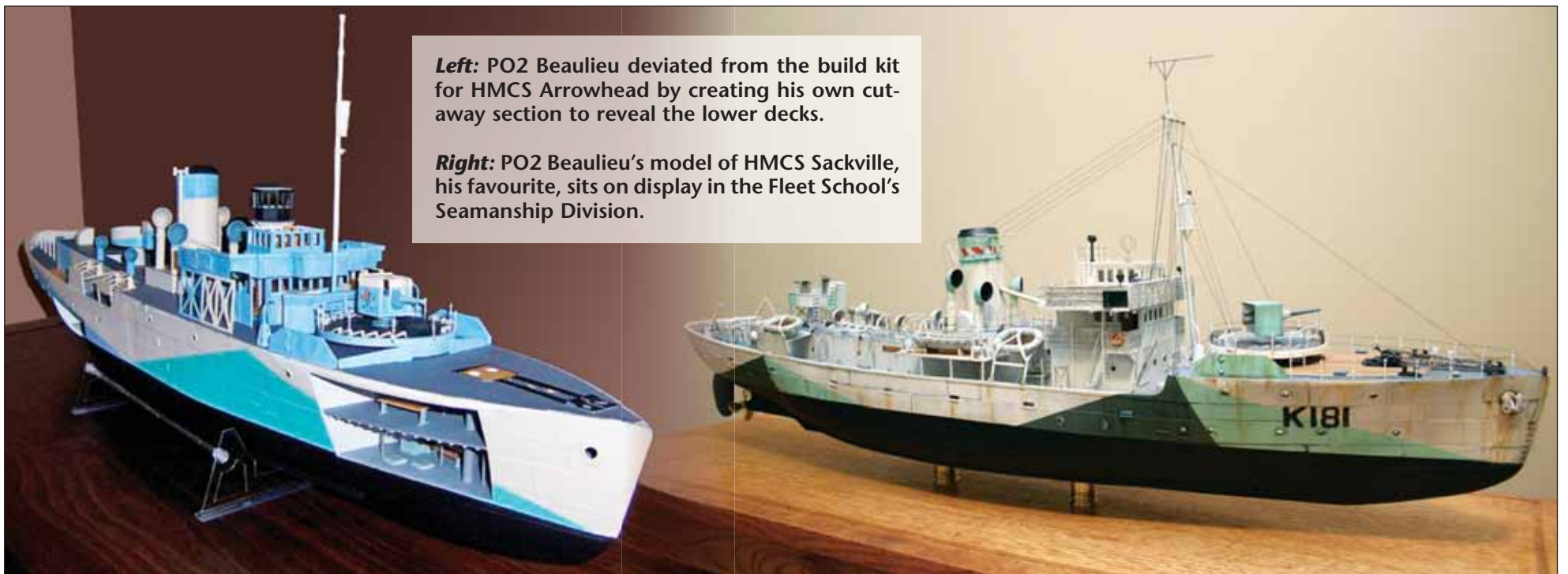
While now-a-days he proudly displays his hobby in a glass showcase, 20 years ago his completed reproduction would often meet a grisly demise.

"When I was younger I used to blow them up with firecrackers or take them out with pellet rifles. It was cool back then."

The youth of today, he says, seem only interested in video games and texting.

"I find it's a shame that modelers are getting older and it seems kids have less patience to sit down and build models, even easy ones."

They'll never know the thrill of holding a historical fighter plane or a mighty battleship in their paint-stained hands; a thrill that started with pulling off a cardboard lid, he says.



Left: PO2 Beaulieu deviated from the build kit for HMCS Arrowhead by creating his own cutaway section to reveal the lower decks.

Right: PO2 Beaulieu's model of HMCS Sackville, his favourite, sits on display in the Fleet School's Seamanship Division.

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COMMUNITY NEWS: RID YOUR HOME OF FIRE HAZARDS

Spring into fire safety

Mike McLean
Fire Inspector

This is the time of year for spring cleaning. Include some fire safety in that cleaning.

You may not realize it, but you're disposing of more than built-up storage and garbage, you're getting rid of many potential fire hazards.

Here are a few tips from the CFB Esquimalt Fire Prevention Division on what to look for when spring cleaning your basement, garage, yards and sheds.

Most of the debris that accumulates over the winter months -- boxes, stacks of paper, old clothes and other clutter -- offer an excellent place for a fire to start.

Reduce or eliminate hazardous chemicals in your home. Cleaners, old paints, paint thinners can fuel a fire. Keep on hand only the amounts you need and be sure to use, store and dispose of materials in a

safe manner. Never mix chemicals when disposing of them.

Never store gas-powered equipment such as lawn mowers, outboard motors or propane cylinders used on barbecues inside the home.

Maintain a metre distance of combustibles and storage around the furnace, water heater or any heat source. Be careful what you store underneath any stairs, especially combustible products.

Check your dryer for lint, not just the one in the dryer, but the one that vents outside. Your dryer can build up with lint over time and cause a potential fire hazard.

Look around your yard for any dead shrubs, trees or deadfall.

Keep your lawn mowed and water regularly. Don't let it dry out and become an issue. Always adhere to your local watering restrictions.

Your local municipalities have some terrific programs to help you with any disposal needs. CRD also has an easy-to-use website that you could check out with all kinds of useful information for hazardous

materials, specific disposal or recycling needs.

You can also use these tips for your workplace. Fire safety is something that we always need to be concerned with.

Smoke alarm rules expanded to protect older homes and buildings.

Changes to the BC Fire Code require that every private home and hotel or motel room built before 1979 must have smoke alarms installed by May 1, 2010. Previously only homes or buildings built after 1979 were required to have smoke alarms.

Owners of these older homes and buildings can install battery-operated smoke alarms, rather than connecting smoke alarms to the electrical system.

Homeowners affected should contact their municipality or fire department if there are any questions.

At a minimum...every floor in your house shall have a smoke alarm.

For more information: housing.gov.bc.ca/building/consultation/smoke_alarms/index.html

Any questions or concerns please do not hesitate to call the Fire Prevention Division at 363-1538.

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Lunch and Learn

Marianne Ostopovich
MFRC

The Family Crisis Team (Pacific) is presenting a lunch-and-learn session as a part of *Prevention of Violence Week* to bring awareness to the issue of family violence. This session will include a viewing and discussion of the "Courage of Women" documentary. Anyone interested in attending is encouraged to bring a lunch to the conference room at the Lampson MFRC (670 Lampson Street) on Wednesday April 21 from 11:45 a.m. to 1 p.m. No prior registration is required.

The video takes five women from their city lives and drops them into the wilderness of British Columbia's Kootenay mountains. The documentary does not focus on stories of abuse but rather on the strength that each participant shows in overcoming adversity.

For more information on the "Courage of Women" video, visit www.courage-of-women.com.



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LCdr Angus Fedoruk
HMCS Yellowknife

As part of the Canadian Naval Centennial's program to "bring the Navy to Canadians" Capt(N) Gilles Couturier accompanied by the Commanding Officers of *HMC Ships Whitehorse* and *Yellowknife* made presentations to communities in the Yukon Territory and Northwest Territories.

On March 22, the presentation team first visited Yellowknife's Dene First Nations and were welcomed by Chief Ed Sangris at the Dettah Council, and later that day a similar presentation was conducted at a council meeting for the City of Yellowknife. The team was invited to speak about the navy's past, present, future, and how a strong navy affects all Canadians, overseas providing support, for example to Haiti, the UN World Food Programme, and close to home in Canada's three oceans. Following the discussion, the framed print of the ship and her history was formally handed to the respective councils. While in Yellowknife, the team had the opportunity to meet with the Commissioner of the NWT, and senior staff at Joint Task Force North.

During the visit to Yellowknife, Capt(N) Couturier, LCdr Fedoruk, and Lieutenant-Commander Henderson had the opportunity to go dogsledding.

Capt(N) Couturier and the Commanding Officer of *HMCS Whitehorse*, LCdr Brad Henderson, then proceeded to the Yukon Territory. Between March 24 and 25 they visited the cities of Dawson and Whitehorse to commemorate the former ships *HMCS Dawson* (corvette) and *HMCS Yukon* (destroyer), and the current ship in commission, *HMCS Whitehorse*. In Dawson City they discussed the navy with members of city council and Junior Canadian Rangers, and in Whitehorse had the opportunity to make the presentation to over 100 people at the chambers of commerce "Partnering for Success" conference held at Yukon College.

This was the first trip to Yellowknife, Dawson City, and Whitehorse for Capt(N) Couturier, who remarked that when the list of proposed cities was initially circulated he immediately seized the opportunity to go North of 60 to discuss the important role of Canada's Navy with a northern perspective.



Left to right: Dettah Council Members Cecilie Beaulieu, Council Member Bobby Drygeese and Chief Edward Sangris accept a framed print and history of HMCS Yellowknife from Capt(N) Gilles Couturier, and LCdr Angus Fedoruk.



LCdr Fedoruk (left) and Capt(N) Couturier (centre) make a presentation to City of Yellowknife Mayor Gordon Van Tighem



Dawson City Mayor Peter Jenkins (left) and Capt(N) Couturier (right) hold a framed print and history of HMCS Dawson, alongside city council members and members of the Junior Canadian Rangers.

Danielle Smith



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LS Roland Barrett, Contributor
Patricia Callan poses with the Olympic Torch to show off her Canadian pride during the Base Information Services Olympic Appreciation event.

BIS wins with Wii Olympics

Randy Alvarez
 BIS Project Manager

The months of preparation following support for the 2010 Olympic Winter Games by Base Information Services staff was rewarded a few weeks ago with an Olympic-themed event.

After some stretching, eight athletes stepped up to contend with Wii boxing. Left hooks, upper cuts, laughter, and screams of delight filled the air. The crowd applauded a variety of first round knockouts and Rocky-esque comebacks during the competition, but with arms raised in triumph, LS Woytowich knocked down all comers and took the podium with a Gold medal.

Five fierce competitors provided their best home-made casseroles for judging to determine the winner. Dishes ranged from a Cajun Stew to Scalloped Potatoes, but when the final judging was finished MWO Dubois came out on top with a gourmet Beef Bourguignon dish that was the crowd pleaser.

BIS staff proudly posed for photos with an official 2010 Olympic Torch, courtesy of torch bearer LCdr Tremblay.

The biggest challenge was pulling BIS staff away from their work long enough to enjoy the festivities.

The event ended with a speech from Maj Tremblay who extend thanks to the BIS staff for their work.



LS Roland Barrett, Contributor
 After several knock out rounds, the Wii boxing results were in. Brenda Lamont (Silver), LS Duane Woytowich (Gold) and Scott Dearman (Bronze) display their medals on the makeshift podium.



Cmdre Ron Lloyd presents a Certificate of Appreciation to WO Colin Winkler and LCdr Wes Golden
 Sgt Lamothe, Contributor

CANFLTPAC recognizes Algonquin galley

Lt(N) Laurène M. Drapeau
 HMCS Algonquin

The efforts of *HMCS Algonquin's* Galley staff have been truly remarkable and as a testament to their efforts, Commodore Ron Lloyd, Commander Canadian Fleet Pacific (CANFLTPAC) presented LCdr Wes Golden, the ship's Logistics Officer, and WO Colin Winkler, the Chief Cook, with a Commander of CANFLTPAC Bravo Zulu Award.

The certificate reads, "For your

unsurpassed and sustained support to all *Algonquins*, fleet staff and Sea Trainers alike. Napoleon would have been equally correct to note that a Navy also fights on its stomach."

The famous reference to Napoleon's early successes were based on his brilliance in logistics and the perfection of the corps d'armee system of semi-autonomous combined arms formation. In logistical terms, they spread the burden of supply on local resources. It prevented over-exploitation of areas since the troops moved

rapidly. Napoleon's troops lived off the land, but were supplemented by local contractors and goods captured from enemy arsenals.

While *Algonquin* enjoys modern conveniences not available to Napoleon, the operational objectives over the course of the past year were achieved by a ship's company supported and sustained by a first-rate food service operation embedded within the ship's Logistics Department.

Good work and congratulations to *Algonquin's* Galley staff.



OS Jeffrey Dubinsky receives a Maritime Forces Pacific (MARPAF) Bravo Zulu from RAdm Tyrone Pile, Commander MARPAF. The award recognized OS Dubinsky's planning and execution of repairs to a major steam leak in HMCS Protecteur's cargo fuel pumps leading to the restoration of fuelling capability during a major task group exercise. The skill required for the task is beyond what is expected for his rank level and experience.

Cpl Frieda van Putten, CFB Esquimalt Imaging Services



Family and friends of MS Peter Oke gathered to celebrate his 49 years in the Canadian Navy. Cdr Rod Hughes, Commanding Officer of MS Oke's final unit, Regional Cadet Support Unit (Pacific), presented the supply technician with a certificate of achievement on behalf of Prime Minister Stephen Harper.



MS Matthew Rexin, from HMCS Yellowknife, receives his new shoulder slip-ons from Commanding Officer LCdr Angus Fedoruk and Chief Engineer CPO2 Frank Vengels.

Canada's first halfway house keeps veterans off the street

Shelley Lipke
Staff writer

It's alarming to know there are at least 31 veterans on Vancouver Island living on the street.

When Dave Munro, deputy zone commander and chair of the South/Mid Vancouver Island Veterans Housing Society, heard this he said, "Enough."

"Some were couch surfing, and others lived in the bush or in shelters," said Munro.

While Veterans Affairs Canada works with counselling and ensuring veterans get benefits, they don't have money for housing. "So we had to help. We wanted to look after our own," said Munro.

With help from Legions, the Poppy Association of Victoria, the Korean Veteran's Association, the Peacekeeping Veteran's Association and various individuals, there's now a place for homeless veterans.

On April 14, after a ribbon cutting ceremony, Cockrell House in Colwood was officially declared open. Two cheques for \$25,000 were also presented from the Legion Foundation and the Greater Victoria Poppy Fund to further this project. The money donated will help pay for groceries and other necessities for the 11 veterans that will call the shelter home.

Cockrell House is the first property in Canada established to help homeless veterans. Developer Russ Ridley owns the house. Not only has he provided the house at below market rent, he also pays the utilities and takes care of the yard.

Rent from two units in Belmont Park owned by Ridley will go to the non-profit society. "These units will be rented to regular retired veterans or their spouses at a reduced rent and the income from those properties will help support the Cockrell House project," he said.

Ridley's brother liked the idea of helping the veterans and he'll be providing another property in Langford, which the veterans will use for job training.

Also in support of this program is Colwood Mayor Dave Saunders. "When I heard that veterans were living in the bushes and on the street, I couldn't believe it. This was completely unacceptable. This is the first facility for veterans in Canada and it is a beacon of hope," he said.

Each veteran will live at Cockrell house for a two-year period.

Forty-seven-year-old veteran Brian Baker moved into the house in September. For three months he was on the street staying in Streetlink, Our Place and utilizing the Out of the Cold program that provides beds if the temperature is minus two degrees or colder.

"Being ex-military sleeping on the street is child's play," he says. "But it is hard on the body. Since I moved in here I've been getting my life straightened out and I'm looking for a job as a class one driver, but it seems nobody is hiring. But I think the location here is good because it's close to the industrial area. I like living here and the people are really nice."



Shelley Lipke, Lookout

Cockrell House, a halfway house and safe haven for veterans who were living on the street, is located at the corner of Metchosin and Sooke Roads.

Sixty-nine-year-old Luke Carmichael spent 19 years in the military and was deployed all over the world with the airborne regiment. He lives with two other veterans in an upstairs suite.

"I've been here for four and a half months, but I'm leaving in two weeks because they found me a place in a senior's housing residence. Living here has been fantastic. Dave Monroe comes by to make sure we are okay every week, and makes sure we have bus passes and groceries. We really respect him and what he's doing for us."

Since 1993 Carmichael hasn't had a home, and instead lived in a tent in Jordan River. He worked off and on, and hitchhiked into town. The veterans who are on the street are not lazy, he says.

"For most of them, it's post traumatic stress. Cockrell House is a quantum leap ahead. We need to spread the word about this place and I'm hoping these types of houses will spread across Canada to help other veterans," he said.

Members of the Legion named Cockrell House after Lionel (Jack) Cockrell who died in 2008. He spent 48 years as Legion Branch president. He was a service officer, zone commander and chair of the Memorial Arena for the wall of remembrance. He also struggled to survive because he lost his mother at an early age and was placed in foster homes and lived on the street. His son Bob said because of these experiences he would have understood what these residents here feel and would be proud this safe haven for veterans has been given his name.

If you are, or know of a veteran who needs assistance, the Integrated Personnel Support Centre Esquimalt can assist in accessing a variety of resources. Call 363-4477 or visit Building N40 or contact Phil Quesnelle, Peer Support Coordinator for the Operational Stress Injury Social Support Program Vancouver Island, at peersupportesq@aol.com or 250-363-3057. Find more information at www.osiss.ca.

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Cpl Charles A. Stephen, CFB Esquimalt Imaging Services

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