

LOOKOUT



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Year of the Canadian Naval Centennial



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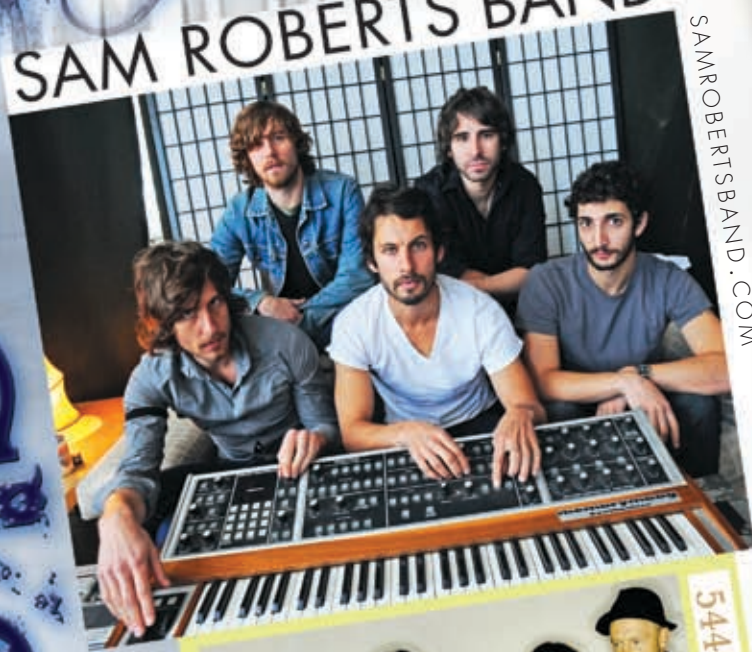
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Canadian actor to portray Aboriginal war hero

Penny Rogers
Staff writer

Two weeks ago, Cowichan Tribes held a traditional Coast Salish naming ceremony in Duncan to welcome well-known Canadian actor Adam Beach, his daughter Phoenix and Vancouver Island's Bay Film Studios co-founder Robin Webb into their community.

Standing on intricately designed blankets placed on the soft dirt floor of the Somena Long House, surrounded by a crowd of almost 2,500 people, Beach was honoured with the name Stayki-tun (Wolf always looking for a home), his daughter Phoenix with the

utes outside Duncan.

"We wanted people, especially native kids, to realize we have a lot of Indian heroes. They talk about Jim Thorpe, God bless him. Ira Hayes. A lot of other guys, but nobody knows about the Tommy Princes," said Thorne. "Adam is the right age to relate to the young and the old. He's a perfect role model. No mom, no dad and he made it and now he wants to open his heart to this community and work with Aboriginal kids on Vancouver Island."

Also excited about the upcoming film are members of Princess Patricia's Canadian Light Infantry (PPCLI) in Edmonton. Sgt Michael Rude drove over 12

it stands to be up there. For army guys, we like that kind of stuff," said Sgt Rude, with a chuckle. "It's about us and the military and the Special Service Force, and Tommy Prince. There are so many pluses, in my opinion."

Working out of the Regimental Headquarters for PPCLI in Edmonton, Sgt Rude found himself helping with the film in a unique way. Word spread and questions started coming in from veterans who wanted to help with the film, including a few who had served with Prince. Sgt Rude started filtering these invaluable contacts back to the film's producers who have since met with several of the men.

Aldeen Mason, being First Nations from Manitoba, was no stranger to the name Tommy Prince. "I know how very special Sgt Prince was. But because of his ethnicity I am ashamed to say he was not properly acknowledged as a true Canadian veteran when he returned from war. I have heard similar stories from my Aboriginal veteran friends. Once they returned to Canada, they were treated as lower-class citizens. Our Metis veterans are still fighting for recognition and compensation today," said Mason.

Beach, also from Manitoba, was excited when initially contacted by Webb about the Prince story. "I thought, damn, someone who cares about a story that's going to show First Nation kids a hero and a role model," said Beach. "It's awesome, man. It's something I've always been part of in spirit,



Penny Rogers, Lookout

Actor Adam Beach speaks with representatives from the Canadian Forces Defence Aboriginal Advisory Group. Members of the Cowichan Tribe honoured Beach at a naming ceremony in Duncan on April 15. He and his daughter, Phoenix, were given the name Wolf.

We wanted people, especially native kids, to realize we have a lot of Indian heroes.

-Joe Thorne
Cowichan band member

name Stayki-ough (daughter of Wolf) and Robin Webb with Spal'tun (Raven that gathers).

It was part of a celebration to recognize the upcoming work of Beach and Webb, who have joined forces to produce a motion picture based on the extraordinary wartime heroism of Sgt Tommy Prince.

Joe Thorne, Cowichan band member and Duncan city councillor, was instrumental in organizing the ceremony and has been working with the film's producers, whose studio is located min-

hours to attend the naming ceremony after being invited by Victoria's Aldeen Mason, the national civilian co-chair for the National Defence Aboriginal Advisory Group (DAAG). Sgt Rude is the regional military co-chair for Alberta.

"A film like this can really be something if it's on par with what's been done, like 'Windtalkers.' That was about Navaho code talkers, or 'Flags of Our Fathers.' Those are bigger budget movies. Even if it's half the budget or if it can make some of the points those other films did,

and to honour him like I've honoured Ira Hayes and the Navajo code talkers, it's an opportunity to extend it out to one of my people from Manitoba. So, I think that's very important."

Prince is buried in Winnipeg's Field of Honour section of Brookside Cemetery. The simple white stone monument blends in with the thousands of others that stand row upon row. It is adorned with a simple cross, his name, rank, battalion, the date he died and his age, 62. But what makes Prince's headstone extraordinary are the four letters also engraved on it: MM and SS.

It's a long way from Manitoba's Brokenhead Ojibway Nation to London,

England, but at the end of the Second World War that's where Prince was summoned. Standing in Buckingham Palace before King George VI, he was awarded the Military Medal (MM). Prince also received the U.S. Silver Star (SS), an honour not many Canadians have received.

During his time in the Second World War and the Korean War, Prince became one of Canada's most decorated Aboriginal war heroes. By 1942, he had earned the rank of Sergeant with the Canadian Parachute Battalion and was posted to the 1st Canadian Special Service Battalion. At this time, the Americans were forming a specialized assault

team and Prince was one of a select few Canadians sent to train with them. This elite team became the 1st Special Service Force, known to the enemy as "The Devil's Brigade."

Mason explains how "in the Aboriginal community, our warriors have always been respected for their deeds in war. We appreciate the sacrifices they endure for the benefit of the whole. That honour is carried on for generations. As someone once said, war should never be glorified, however, achievements and sacrifices of those who enlisted for service, must never be forgotten. We owe it to our Aboriginal veterans to keep the memory of their service alive."

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Contest open only to CF members, and civilian Public Service and NPF employees. Those affiliated with the concert are not permitted to enter. DND ID must be shown when picking up tickets at Lookout. Winners will be notified by email.

Answer these three questions correctly and email them to kate.king@forces.gc.ca:

Q: What was the name of the first commercially released LP by Sam Roberts?

Q: Where did the band 54.40 take its name from?

Q: Name three songs from Matt Mays fourth album.

Railway commuter service considered

Shelley Lipke
Staff writer

Plans are on track to provide a daily train service to CFB Esquimalt.

In a about a year, commuting to the base from as far away as Nanaimo will be faster and greener when E&N trains begin stopping at the Admirals and Colville Road intersection opposite Naden throughout the day.

With more than 800 people from the base living north of the Malahat, it's the answer many people have been looking for.

"We've been working with VIA Rail to move the service so it operates out of Nanaimo instead of Victoria. This way it will arrive in Victoria earlier in the morning so it can provide an intercity passenger service to the base," explains Graham Bruce, who is the executive director of the Island Corridor Foundation, the company that owns the railway.

It's a two train concept with each train accommodating 130 passengers.

Train A would depart Nanaimo, stopping in Cowichan before heading

to Victoria, Esquimalt and Langford. Train B will follow this route half an hour later and then go to Courtenay. Train A would do several trips to and from Victoria and Langford throughout the day, and make a mid-day run to Nanaimo, and then repeat this route in reverse to bring people back up Island.

"We are trying to provide better service," says Bruce. "Currently, it leaves Victoria at 8 a.m., makes its run to Courtenay and arrives mid-day and then comes back to Victoria. The whole system is underutilized. The new system will have tremendous potential for greater passenger, tourism and freight services."

Wrinkles are being ironed out of the plan, but the idea is to have this service running by spring 2011.

Bruce is still working on costs for individual passengers but says, "It would have to be competitive with other public transit systems. It has to be a reliable service with costs that are comparable to employee's current costs for travelling to work."

He thinks this service will be a com-

fortable, easy solution for commuting and will be extremely popular once launched.

"We have to market this in a manner where passengers have a reserved monthly seat."

Parking along the train line won't be a problem as the Island Corridor Foundation owns 100 feet of land along the entire rail line and will be constructing parking lots for train commuters to use.

With the news of the service Esquimalt Mayor Barb Desjardins has initiated the reconstruction of the park at the Admirals/Colville intersection to include a covered E&N rail stop.

"The reconstruction of our park has provided the opportunity to put in a covered kiosk, bike rack, and lighting for the E&N rail," said Mayor Desjardins. "Esquimalt welcomes increased train service for the base and dockyard workers."

The stop will be constructed next month and will incorporate items from the vintage railway to add a historic flavour and make it look like a real train station.

Family Crisis Team tackles tough subject

Penny Rogers
Staff writer

Are you the victim of family violence? Are you the perpetrator of it? Do you know what the many faces of family violence look like? Do you know where to turn if you are involved in an abusive relationship? Are you afraid there will be ramifications if you do reach out for help?

These are just some of the questions that will be answered in an upcoming series of articles initiated by the Family Crisis Team (Pacific).

The mandate of the Team, which is comprised of representatives from the Chaplain's office, Military Police, Canadian Forces Health Services Centre (Pacific), Military Family Resource Centre (MFRC) and Personnel Support Programs (PSP) Health Promotion, is to provide educational briefings to all members of the Canadian Forces.

"We have two separate briefings, one for Command and one for all other CF members," says team leader

and Formation Social Work Officer, Lt(N) Lyn Kingsley.

Through this series of briefings they provide information that helps members identify abusive behaviour, as well as teach them what their responsibilities are in terms of addressing it.

Key components of this educational service are ensuring that both perpetrators and victims alike get the help they need; that they understand what community resources are available to them, and what are the CF policies on this matter are.

Also vital is getting across to all CF members that seeking help for any situation of family violence will not hurt his or her career. The only thing that could be not getting the help they need.

The first in this upcoming series of articles will focus on defining abuse, which goes well beyond the physical mistreatment of a partner, spouse or child. The second will deal with abuse prevention, explaining how things escalate and how you can begin to stop the cycle. The third will focus on the stigma of abuse, which can



Penny Rogers, Lookout

Lunch and Learn attendees watch the documentary, "Courage of Women," which addresses family violence.

cause many male abuse victims not to come forward and seek the help they need.

Aside from these upcoming articles, a Lunch and Learn was held at the Lampson School on April 21 for all those in the military community looking for an opportunity to discuss and bring awareness to the issue of family violence.

Presented at the Lunch and Learn was the documentary called "Courage of Women: Walking Beyond Domestic Violence." This 34-minute film focused not on stories of abuse, but on

the internal strength five women found in order to leave their abusive situations. The diverse background of these five women – business owner, student, caterer, writer and even an Alberta MLA – shows that abuse can happen in any home.

"We are not here to punish and finger wag," said Lt(N) Kingsley, "and we're not here just for the victims by any stretch. We are here for everybody who is struggling with abuse."

To reach the Family Crisis Team (Pacific) and set up an educational seminar for your unit, call 250-363-4411.

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WHO WE ARE

MANAGING EDITOR

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

STAFF WRITER

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

Penny Rogers 250-363-3672
penny.rogers@forces.gc.ca

PRODUCTION

Carmel Ecker 250-363-8033
Shelley Fox

ADMINISTRATIVE ASSISTANT

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

ACCOUNTS

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

SALES REPRESENTATIVES

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

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

EDITORIAL ADVISOR

Lt(N) Michael McWhinnie 250-363-4006

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

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

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

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LOOKOUT
NEWSPAPER

Circulation - 4,500

One year subscription - \$35.³¹

Six month subscription - \$17.⁶⁶

Three month subscription - \$11.⁷⁷

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

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FINANCIAL ADVICE

Understanding credit: how to score high



Carl McLean, BCom

This article looks at the things you should do to correct and prevent credit issues. To begin with, what if my credit report is wrong? If you have found an error on your credit report, you will need to complete a Consumer Credit Report Update Form. Once completed, contact Equifax either by telephone at 1-800-465-7166 between 8 a.m. and 5 p.m. Eastern Time or write to: Equifax Canada Inc, Consumer Relations Department, Box 190 Jean Talon Station, Montreal, Quebec H1S 2Z2.

A word of advice. If you are planning to make a big purchase in the near future, you should know your credit score. You can request a report by visiting the Equifax site at www.econsumer.equifax.ca/index_en.html. You have an option

to get a "free" report but the \$23.95 option is the only one that will show the beacon score, which is the benchmark lenders use to approve credit applications. Once you have your credit score, it will save you a lot of anxiety on the day of your credit application.

Most frequent credit faults

The most common credit problem is "too many credit sources." This can cause the lender to think that you are credit happy and have access to too much money that may cause trouble if not managed properly. Another source is the "ratio of balance owing in relation to the maximum limit" allowed. Lenders like to see that you keep this ratio below 50 per cent. For example, you have a credit card with a \$5,000 limit, you should try not to exceed \$2,500 owing on it. Exceeding the credit limit will make your credit score take a dive every time. Simply said, never exceed your credit limit. Lastly, student loans. For one reason or another, some people think that these loans are forgivable. Unfortunately, they are not. If, however, you become unable to make payments you should apply for either a "debt reduction in repayment" or an "Interest relief" or "Tax relief." It

is not an option not to repay the loan, but you can have access to short term relief.

How to prevent unnecessary checks

To help prevent unnecessary credit checks, begin by asking the person you are dealing with if a credit check will be done. You may only still be investigating your options and have not made your mind up yet on what exactly you are going to do, so the credit check may be premature and affect your overall score. Also, when filling in an application form, be aware that there can be hidden clauses that once signed, you automatically have given consent to have a credit check done.

Remember that every time a credit check is made your score diminishes. However, if you request your own to find out where you stand, this transaction will not affect your score.

How to improve your credit score

A few simple things will help you to keep a healthy credit score. First off, always pay your bills in full and on time. If you aren't able to pay them in full, always show good intention and pay some, as you cannot afford to miss that payment. Pay your bills as quickly as you can and never

exceed your credit limit. The higher the amount you owe, the lower your score will be. As your debt accumulates, your ability to repay it in full in the near future is diminished. Reduce your applications to a maximum of three or four a year and keep no more than four or five sources. If you have too many credit sources, you can be deemed a risky candidate because you have access to too much money.

In order to build your credit score you must have a credit history. This does not mean you need an overload of credit cards and lines of credit. It can be a catch 22 as you need the accounts to get the credit, but this often gets you into financial trouble. In order to build your credit you must have credit available to you so your history can be tracked and analyzed. But, if you don't have any credit, you also face the possibility of not having a good credit score because you have not proven to anyone your ability and capacity to repay debts... something to think about.

Always put these practices to good work and you will never face the embarrassment of having a credit application refused.

Carl McLean CD, BCom AMP specializes in residential mortgage financing and credit management.

BOOK Review

The Cellist of Sarajevo a portrait of tragedy

Sheryl Irwin
Base Librarian

The *Cellist of Sarajevo* is the story of three people, strangers to each other, in Sarajevo during the siege of the early 1990s.

The inspiration for the novel comes from the true story of Vedran Smailovic, a cellist, who for 22 days played his cello at the site where 22 people were killed by mortar shells while in line to buy bread.

Galloway's novel opens with a brief chapter entitled "The Cellist," which has the fictional cellist practicing in his apartment overlooking the market where the deadly mortar strike will soon hit.

The rest of the book takes place over one day and alternates chapters told from the viewpoints of Kenan, Dragan and Arrow.

Kenan is a 40-year-old married man with children. He needs to make the weekly walk across the city to get fresh water for his family, risking snipers and mortar shells every step.

Dragan is an older man who decides to walk to his place of work, a bakery, even though he is not working that day. Unlike Kenan, Dragan doesn't have to go out, but does so out of loneliness – he sent his wife and son to Italy before the war started, and is sticking it out in Sarajevo on his own.

Arrow is a woman and a gifted sniper,

recruited by the military from the university's target-shooting team. She is given the assignment of protecting the cellist from enemy snipers when he plays.

The three main characters are very well-drawn and are realistic portrayals of people trying to make do in a terrible situation. They are normal people whose normal lives end forever when their city is attacked. Throughout the novel, all four main characters express the love they feel for their city and their overwhelming sadness at its destruction.

I found this novel to be a beautifully-written look at the horrible cost of war, and redemptive power of music.

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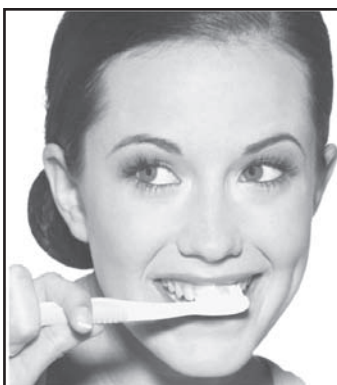


Richard Robinson



Doris Mipervini

GOOD PEOPLE TO KNOW IN TIMES OF TROUBLE



DAY OF MOURNING

April 28th 2010

Agriculture

During extreme weather, a worker was killed when a barn roof collapsed, pinning him between the rafters and a vehicle.

A young worker was on a tractor, compacting silage in an open bunker silo. The tractor rolled over sideways, fatally injuring the worker.

Fishing

A fishing vessel was found near the beach with its engine running and no one on board. A deceased worker was found about 1.5 nautical miles away.

Forestry

A faller bucking the roots off a windfall ended up underneath the roots. The worker suffered fatal injuries.

A worker went missing while travelling by boat to a remote logging camp. The drowned worker was eventually located about 32 km from the worksite.

A manual faller was preparing to fall a red cedar tree. A green tree was limb-tied to the cedar. The faller was trying to push over the green tree with another tree when a large slab fell backwards, fatally injuring him.

Metal and Non-Metallic Mineral Products

A concrete truck spun out of control while travelling



Remembering the 121 B.C. workers who lost their lives to workplace injury and disease in 2009

up a steep asphalt grade in winter. As the driver was putting on tire chains, another vehicle struck — first the guardrail, and then the truck driver, pinning him between the two vehicles.

General Construction

A worker was riding on the tailgate of a moving pickup truck when he fell off and struck his head on the pavement.

A worker died when he fell 1.8 m (5 ft.) through a plywood hatch covering lubrication pits at a commercial construction site.

A worker died when a pneumatically operated

flap valve on a dredge suction line was activated and closed, pinning the worker between a bulkhead and the external moving parts of the valve.

Road Construction or Maintenance

Two young workers were travelling to a worksite when their vehicle rear-ended a van that was making a left turn. The passenger died; the driver suffered serious injuries.

Warehousing

A worker climbed into the feed hopper of an energized waste materials baler. The machine cycled, fatally injuring the worker.

Transportation and Related Services

A worker was in front of bundles of steel pipe, when a bundle broke and pipe rolled, fatally injuring the worker.

Professional, Scientific, and Technical Services

A pickup truck was cornering on an icy highway when it lost control and slid into an oncoming tractor-trailer. The worker in the pickup was fatally injured.

Other Services

A service truck collided with a loaded logging truck. Then, another vehicle collided with the trucks. One worker died; two others were injured.

A young worker was killed when the gutter he was working on came into contact with a live power line.

A worker was underneath a pickup truck that was supported on stacked tire rims. The truck shifted and fell, fatally crushing the worker.

Health Care and Social Assistance

A home care worker was travelling in a snowstorm when the vehicle left the road, slid down a steep embankment and into a tree. The worker was fatally injured.



These are just a few of the traumatic fatalities suffered by B.C. workers in 2009

Remember those who have been seriously injured on the job by attending a ceremony in your community. To find a ceremony in your area, or make a dedication to a fallen worker, visit dayofmourning.bc.ca, or call 604 276-3149.

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Image: Department of National Defence

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Barber's business hit hard

Shelley Lipke
Staff writer

A bright yellow sign advertising \$10 men's haircuts is propped up on the Admirals Road sidewalk, just outside Floyd's Hairdressing for Men, located just after the Admiral and Colville roads intersection.

The sign is an attempt to lure in passersbys and rekindle a business that was greatly affected by the construction on the roads outside his shop.

"It used to be a thriving one-chair barber shop," says owner and barber Scott Attrill, an experienced barber and stylist of 26 years.

These days, the sound of clippers and scissors snips has been replaced with the hum of TV and mouse clicks from Internet surfing.

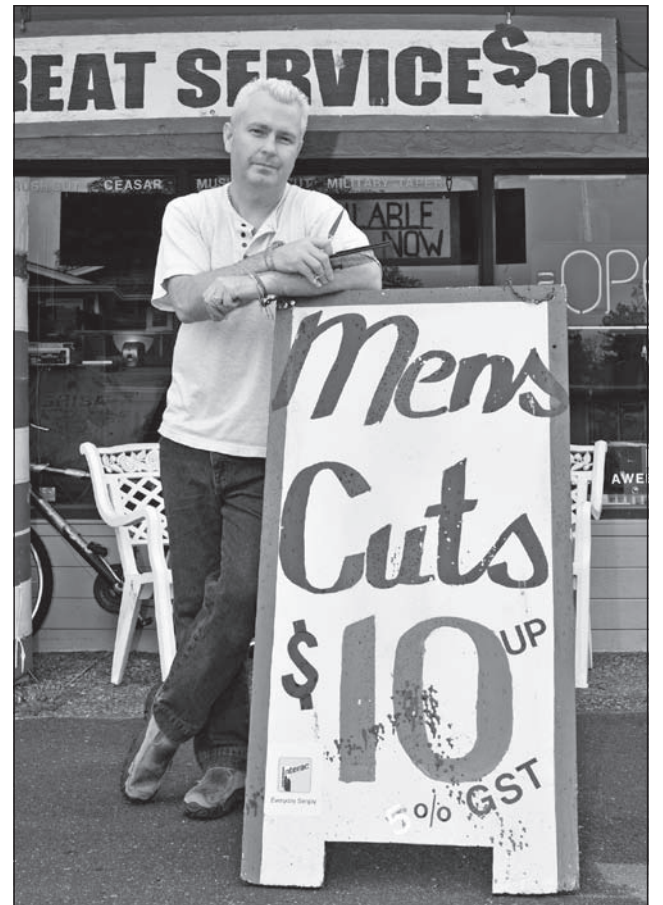
"I've had this business for 10 years and it was so busy that men would wait in line to hop into the chair," he says glancing towards the mirror and fashionable antique barber's chair.

Since last July, when the roadwork began at the intersection, his clientele eroded away.

"During construction my clients didn't have a place to park because the road crews used up all the one and two hour parking spots with their own vehicles. Then to make matters worse they ripped up and occupied the parking lot in back."

It used to be a thriving one-chair barber shop.

-Scott Attrill



Shelley Lipke, Lookout

Barber Scott Attrill stands by the sign he's using to try to rebuild his client base, which eroded during recent construction at the corner of Admirals and Colville Roads.

On many occasions BC Hydro shut the power down which further impacted his business.

Attrill hoped that once the intersection was complete his business would return, but it hasn't.

Parking is now available again on the street and in

the parking lot and he's calling for his clients to return.

With Naden's back gate open again and about 40 per cent of his business coming from the base, he hopes his business will pick up.

He's recently installed an Interac machine to make payment easier for his clients and he has plans to add a coffee shop to sell cappuccino and lattes.

"I've always kept my prices low and my standard of cut high to keep people coming back," he says.



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IN BRIEF

Citizenship laws amended

On April 17 new citizenship laws came into effect that will limit the way people can acquire Canadian citizenship.

These new laws may affect the citizenship of children born to or adopted by Canadian Forces members and DND employees while they were outside Canada.

The amended act states that a first generation child born outside Canada after Feb. 14, 1977, to a Canadian parent automatically is a Canadian citizen by descent, but a second or subsequent child born outside Canada will not be deemed a Canadian citizen unless an exception applies.

The exception covers parents who worked outside of Canada for the Federal or Provincial government, or served outside of Canada in the Canadian Forces. The children of parents who fall into this category will still earn Canadian citizen status.

The new citizenship laws could also affect the status of children born outside of Canada, who were adopted by Canadian parents born in another country.

For more information on the new citizenship laws refer to the department of citizenship and immigration website at www.cic.gc.ca.

Battle of Atlantic mess dinner

To pay tribute to the incredible effort, sacrifices and achievement of the Royal Canadian Navy, on May 14 the Wardroom will host a Battle of Atlantic mess dinner.

All officers in the Formation and Wardroom associated members are welcome to attend the 6:30 p.m. social event and 7 p.m. dinner. Cost is \$40 for all members,

but \$20 for A/SLt and Naval Cadets. Tickets can be purchased through Wardroom events coordinator Liz Hyland by emailing Elizabeth.hyland@forces.gc.ca by May 7.

All ships and units are encouraged to block buy their tickets. Dress will be mess dress or summer white mess dress, and newly commissioned officers who don't have their mess kit yet can wear mess service dress.

Rogers Chocolates launches naval centennial tin

On April 20, Rogers' Chocolates officially launched its commemorative tin to honour the Canadian Naval Centennial at its heritage store on Government Street. Commander Maritime Forces Pacific, RAdm Tyrone Pile, Centennial Celebration Coordinator Cdr Tony deRosenroll and manager of Personnel Support Programs (PSP) Dave Molinari took part in this launch along with Rogers' Chocolates president Steve Parkhill.

The Canadian Naval Centennial tin is filled with an assortment of Rogers' Chocolates and features a painting of the first Canadian Navy warship in the Pacific, HMCS Rainbow. It also includes a DVD highlighting naval service through the century. \$1 from each tin will go to PSP at CFB Esquimalt.

The Royal Canadian Sea Cadet Education Foundation appeal

In 2008 and 2009 the Royal Canadian Sea Cadet Education Foundation with the Royal Canadian Benevolent Fund granted 10 scholarships each year to sea cadets who participated in the Department of National Defence sponsored training program and were going onto post-

secondary education.

This year in honour of the Canadian Naval Centennial, they'd like to increase this number to 12 scholarships of \$1,000 each, and are looking for donations to help raise these funds. Donations can be sent to the Royal Canadian Sea Cadet Education Fund to 602-1180 Ohio Street, Ottawa, ON, K1H 8N5, or can be made on the website at www.canadianseacadetscholarship.ca

Songs of the sea – A musical tribute to the naval centennial

The Arion Male Voice Choir and the Orpheus Male Voice Choir will sing in a tribute to the Royal Canadian Navy on May 14 to an audience that will include Honourable Stephan L. Point, Lt. Governor of British Columbia, and honorary patron of The Arion Male Voice Choir.

This public event is at 7:30 p.m. at the First Metropolitan United Church at the Quadra and Balmoral Streets intersection. Tickets are \$20 and available from choir members, or by calling 250-858-3533.

Post living differential update

Post Living Differential (PLD) and Transitional Post Living Differential (TPLD) will remain at the 2009/2010 rates.

While PLD is under continuous review to ensure that it is a practical and reasonable support measure for CF personnel, members are reminded that it is intended only as a cushion against expenses incurred while living in a high cost living area and should not be considered as part of regular pay. Members should not factor in PLD when making financial commitments.

Come meet the people who are there when you need

HELP



In an effort to kick off Emergency Preparedness Week Police, Fire, Ambulance, Search and Rescue, ESS and other emergency services will be displaying emergency vehicles and equipment used in our region. Come down and meet the people who keep your community safe.

Sunday, May 2, 2010 10 a.m. to 2 p.m.
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 - 08 Honda Odyssey 7 Pass. #114
 - 08 Dodge 1500 Quad 4x4 #103
 - 08 Grand Caravan #124
 - 08 GMC 2500 Cargo Van #151
 - 07 Mazda CX7 GT #104
 - 07 Ford Escape 4x4 #066
 - 07 Mazda 5 GT #086
 - 07 Chev LTZ Ext. 4x4 #031
 - 07 Chev LT Crew 4x4 #057
 - 07 Ford F150 S/Crew 4x4 #284A
 - 07 Ford F150 S/Cab 4x4 #093
 - 07 Ford Ranger Spt/Canopy #052
 - 07 Ford Ranger FX4 #083
 - 07 Dakota Quad 4x4 #110
 - 07 E250 Ext. Cargo #125
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Shelley Lipke, Lookout
Bill Brayshaw (front), President of the Vancouver Island Branch of Queen's Own Rifles, and Hon Colonel Paul Hughes shared the honour of unveiling a cairn at Work Point to mark the 150th anniversary of the Queen's Own Rifles of Canada as Sgt Bryan Burns and MCpl Darnel Leader stand at attention. The Queen's Own Rifles was stationed at Work Point from 1963 to 1970.

NOASH trade show next week

North American Occupational Safety and Health Week (NAOSH) is a continent-wide event, spanning Canada, USA and Mexico, that focuses the attention of employers, employees, the general public and all partners in occupational health and safety on the importance of preventing injuries and illnesses in the workplace, at home and in the community.

This year, NAOSH week takes place May 3-7 and coincides with National Emergency Preparedness Week. The theme of NAOSH 2010 is Safety and Health: A Commitment for Life! How Safe Are You? Paired with National Emergency Preparedness Week, various Formation activities and events, including an awards ceremony, are being planned. So as to

avoid any distraction from Freedom of the City and Naval Centennial celebrations scheduled for May 3-4, this year's CFB Esquimalt's NAOSH events will be abbreviated to May 5-7. The main event for this year is being held in the Naden Drill Shed on Thursday May 6. A number of safety suppliers/vendors will set up booths inside the shed, the net effect being similar to a

trade show. In the parking lot around the shed will be static displays by Base Logistics TEMA, POESB Emergency Preparedness, BCEO's HERT and HUSAR teams, and the Fire Department aerial ladder. Personnel Support Programs are providing the food/drink concessions and "100.3 the Q" radio are setting up their remote broadcast centre. Base Commander's official address and awards presentations is tentatively timed for 11 a.m. to 1 p.m. In addition to the main venue, again there will be a Mark's Safety Footwear van visiting the larger units throughout the week.

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EAST VERSUS WEST: Submariners face off

Leut Brad Francis
HMCS Victoria

East and West Coast submariners faced off on the ice for a good cause a few weeks ago.

HMCS *Chicoutimi* and HMCS *Victoria* teams went head to head as part of the 2010 Lt(N) Chris Saunders Memorial Hockey Tournament held in Halifax, NS, between April 9 and 11.

This year's competition was the largest yet, with a mix of 23 military and civilian teams (divided into three men's divisions and one female division) from across the Maritime provinces including for the first time a Victoria team.

The annual tournament commenced in 2005 in memory of Lt(N) Saunders who died in 2004 as a result of a fire on board *Chicoutimi*. The proceeds from this year's tournament are going towards establishing a scholarship in his name through the Halifax Regional School Board, with the intent to gradually build a solid financial basis from which multiple scholarships may be administered to exceptional students requiring post secondary financial assistance.

Squaring off in the opening game of the tournament *Chicoutimi*, lead by the Commander Submarine Division Cdr Jamie Clarke, was the strong favourite. *Victoria*, lead

The annual tournament commenced in 2005 in memory of Lt(N) Chris Saunders who lost his life in 2004 as a result of a fire on board Chicoutimi.

by the Commanding Officer, LCdr Christopher Ellis, was comprised of a few members from the crew, local veterans and civilians, and beginner players. Despite being the underdog, *Victoria* came out of the blocks strong and enthusiastic, resulting in a hard fought 6-5 win for *Chicoutimi*. *Victoria's* Australian exchange officer, Leut Brad Francis, who just learned this year that not all ice belongs in drinks, managed to skillfully put the puck past the *Chicoutimi* goalie, Cdr Clarke. After two tough competitive periods, players shook hands and enjoyed a few beverages together whilst trading insults in true submariner fashion.

Overall, the tournament was regarded as a huge success at all levels and participants are looking forward to competing in next year's event.



PO2 Michael Fines, Contributor
Above: HMCS *Chicoutimi* and HMCS *Victoria* hockey teams chase after a puck in the annual hockey tournament in Halifax.



Right: *Victoria* and *Chicoutimi* teams pose with the sons of Lt(N) Chris Saunders, Luke and Ben, on completion of the game.

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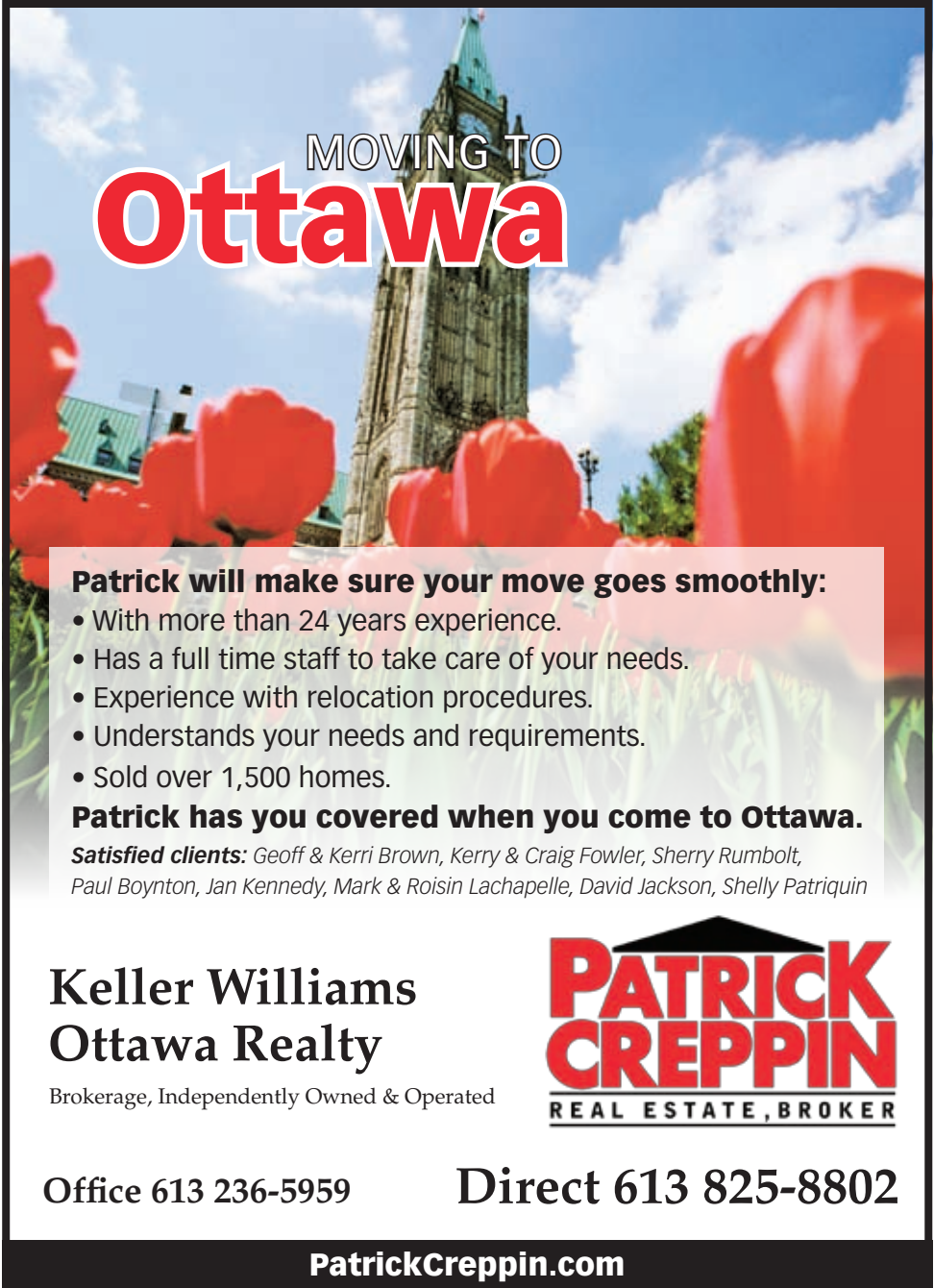
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Maritime Forces Pacific was granted Freedom of the City in 1985 during the Navy's 75th anniversary.

On May 4 you'll see sailors, soldiers and airforce members of Maritime Forces Pacific exercising the "right" of Freedom of the City. While the present day ceremony may differ from the past, the historical significance of the trust between Maritime Forces Pacific and the citizens of Victoria is still visible.

The Freedom of the City means the granting of the privilege for all time for a specific military unit to march through the city with "drums beating, colours flying, and bayonets fixed." This is a most prized honour.

The tradition of granting Freedom of the City to a military unit goes back more than three centuries. Throughout history there has been a strong aversion against the war-like appearance of large bodies of troops in city streets disturbing the peace and appearing to be a threat to the ancient civic rights of the city fathers.

While the soldiers were camped outside the city gates, they might visit the taverns by day, and return at sunset. Over the winter, the soldiers would gain the trust of their city neighbours. They might then be conferred with Freedom of the City, particularly if they had defended the city from an attacking enemy or performed some other worthy deed.

The granting of "The Freedom of the City" is therefore a private matter between civic officials and the specific unit. The decision to grant this symbolic freedom rests with the municipal authorities. While it is not unprecedented, it is rare for a city to grant the honour to a foreign military unit.



Freedom of the City Protocol

The Ceremony Begins

The ceremony starts as the unit marches towards City Hall, colour cased and rifles carried without bayonets fixed. Nearer to City Hall, the unit halts in front of a barrier. The Chief Constable then challenges the unit on its identity, and the Commander of Maritime Forces Pacific (MARPAAC) responds with the unit's title. The Chief Constable calls for the unit to "advance one and be recognized." Only the Commander MARPAAC moves closer to the barrier.

Knock Three Times

He is then accompanied by the Chief Constable as they march to the door of City Hall. The Commander MARPAAC knocks on the door three times with the pommel of his sword. The Mayor opens the door, and listens while the Commander MARPAAC declares his name and that of the unit.

The Mayor Salutes

The Mayor and Councillors line up at the entrance to City Hall and the Mayor then reads a proclamation that Freedom of the City is bestowed on the specific unit. The Commander MARPAAC returns to the unit, and the Chief Constable orders the barrier to be removed. The unit fixes bayonets, and the colour is unfurled. The unit marches past, with the Mayor taking the salute.

Freedom of the City is Granted

Once a unit has been granted Freedom of the City it may exercise its freedom on occasions arranged with the civic authority. The ceremony to exercise Freedom of the City is similar, except the unit may march directly to City Hall with drums beating, colours flying and bayonets fixed.



Starting Point

9:30 a.m. at Store Street

This is where the parade will assemble before stepping off towards City Hall.

Ceremony Site

10 a.m. in front of City Hall

The parade will halt and be challenged before exercising Freedom of the City.

Navy Appreciation Barbecue

11:30 a.m. – 2 p.m. in Centennial Square

On completion of the Freedom of the City parade, the Downtown Victoria Business Association will host an

appreciation barbecue for military members of Maritime Forces Pacific and their families. This will be an excellent opportunity for members of the public to drop by, meet members of the Canadian Navy and find out about their jobs.

Homecoming Statue Unveiling

Noon at Wharf and Government Streets

The ceremony for the official unveiling of the Homecoming Statue will be at Ship Point, adjacent to the Visitor Information Centre, commencing at noon.

HOMECOMING STATUE DEDICATION



The ceremony to dedicate the Homecoming Statue will be at Ship Point, adjacent to the Visitor Information Centre at Wharf and Government Street beginning at noon, May 4, 2010.



As a means of acknowledgement and gratitude to the Canadian Navy, business leaders within the Greater Victoria community, along with retired and currently serving naval personnel, have come together to mark the momentous occasion of the 100th Anniversary of the Navy by commissioning well known local artist Nathan Scott. The group has created a statue portraying a sailor returning home and meeting his daughter on the jetty. This joyous occasion will be recorded as a lasting tribute to the community.

The statue, called "The Homecoming", will be the visible and permanent link between the Navy and its home community - a lasting legacy for generations to come.

About Canada's 2010 Naval Centennial


The centennial is a momentous milestone for the Canadian Navy and Canada. The Naval Centennial slogan "Commemorate, Celebrate, Commit" reflects the desire to honour the past, celebrate the Canadian Navy's achievements, and recognize the Navy's service and obligation to the nation.


The theme, "Bring the Navy to Canadians" is demonstrated in a wide variety of events that honour the past, showcase today's Navy, and reinforce the requirement for the future Navy. The aim is to build and strengthen an appreciation for the Navy and increase the understanding of the role of the Navy for Canada. The Navy, along with several civilian naval support groups, is planning activities across the country throughout 2010.

For information about other navy centennial events, visit www.navy100marine.ca.



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Penny Rogers, Lookout
 HMCS Calgary crewmembers "dress overall" in tribute to Queen Elizabeth II's 84th birthday on April 21. Dressing the ship involves flying signal flags on a line over the masthead from bow to stern and the Canadian flag at the tallest mast.

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Forty three Venturer scouts from BC were transported from Vancouver to Victoria by Orca class vessels and Rigid Hull Inflatable Boats to receive the highest scouting honour, the Queen's Venturer award. Stephen L. Point, Lieutenant Governor of B.C. made the presentations on April 17.

Scouts get navy adventure and award

Shelley Lipke
Staff writer

Forty three exemplary scouts from across British Columbia got a taste of naval life last weekend while en route to receive elite scouting awards from the Lieutenant Governor of B.C.

For the past 55 years, the navy has played a key role in transporting the Venturer scouts to Victoria to receive one of the highest and most prestigious scouting awards attainable - the Queen's Venturer Award.

The April 16 weekend began when they left Vancouver by Rigid Hull Inflatable Boats (RHIB) bound for two Orca vessels in Vancouver harbour. The youths scrambled up the accommodation ladders and onto the ships to find out what the navy is all about.

As the Orcas cut through the surf, the crew per-

formed a simulated man overboard exercise with alarms, smoke markers and sharp on-board manoeuvres, which warmed the scouts to naval life.

Then they each had a chance to dress in bunker gear and shoot water from a charged fire hose off the ship, while others took turns snapping photos.

"I don't know many teenagers who could say they were on a navy ship for nine hours. All of the Venturers really enjoyed this experience. I also learned a lot about the navy and think it is a great career that I might consider," said 17-year-old Neala Hutchinson of Chilliwack.

The Venturers are youth ages 14 to 17 who have excelled in every aspect of scouting to earn the opportunity to sail with the Canadian Navy and the award.

"The Queen's Venturer Award signifies that a

Venturer has both the character and ability to be of significant help to other people and can play a constructive role in society," said Alamin Pirani, council Executive Director for Scouts Canada. "This is the highest award for youths to achieve, and it's a springboard that enables them to get great jobs and opens the doors to their futures."

Once in Victoria they were transferred to the Empress Hotel where they stayed before travelling by double decker bus to Government House the next day.

As the Venturers arrived they were met by family members and invited guests who witnessed them receiving their cloth emblem and parchment certificate from Lieutenant Governor of B.C. and Patrol of BC Scouting, Steven L. Point and signed by the Governor General of Canada from Rideau Hall.

For Hutchinson and the other Venturers, to receive the award took a three-year commitment striving to excel in high standards of leadership, teamwork, community service, and knowledge.

"To earn this award I became a certified Red Cross anti-bullying facilitator and held lessons at a local middle school teaching students about anti-bullying. I also took focus training to teach youth how they can become better leaders," she said.

Standard first aid, spiritual badges, world conservation projects and more than 50 hours of community service were also criteria the Venturers were required to meet.

Scouts Canada was established in 1907 and it relies on the older, more experienced scouts volunteering to be leaders for the younger scout groups. It's an ongoing cycle.



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

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HEALTH: COURSE REVAMPED

Improved Weight Wellness Program will reap results

Penny Rogers
Staff writer

The revised Weight Wellness Program has been around for about a year as one of the programs offered through Personnel Support Program's (PSP) 'Strengthening the Forces' Health Promotion program. Although not new, it has received a face lift and this revamped and improved program is now available to the Canadian Forces.

"We just updated the program based on feedback from instructors who have done the course over the years," explains Elese Francis, Health Promotion Manager and the course instructor. "It needed to be freshened up."

Program changes include reducing the sessions from 12 to eight, and updating the look of the material and content to reflect current issues. It now includes a more accurate assessment of individual nutritional requirements and debunks some common misconceptions where nutrition is concerned.

Weight Wellness is described as a self-management approach to behavior change with regard to nutrition and overall health. Throughout the program participants share experiences with each other, and learn about eating habits, physical activity and other lifestyle factors that can, and do, contribute to achieving a healthy weight and, more importantly, keeping that weight off.

"Participants will learn things like portion sizes,

not allowing yourself to get overly hungry, the importance of eating breakfast, different choices they can make when eating out or travelling, and how to fit physical activity into a busy lifestyle without it being overwhelming," said Francis.

Between meetings, participants are asked to keep a journal, record lifestyle activities and engage in exercises to assist in positive behavior changes that will lead them to good health and a better quality of life.

validity to the class," says course attendee Sgt Kim Clark-McKay.

With summer fast approaching and people's schedules filling up, the next Weight Wellness classes will be condensed to four sessions from the usual eight. Only the timeframe has been shortened – not course content. The dates are July 6, 13, 20 and 27 from 8:30 a.m. to noon at the Naden Athletic Centre classroom. When the fall schedule comes out classes will return to eight

Participants will learn things like portion sizes, not allowing yourself to get overly hungry, the importance of eating breakfast, different choices they can make when eating out or travelling, and how to fit physical activity into a busy lifestyle without it being overwhelming.

-Elese Francis
Course Instructor

Pedometers are even provided at the start of the program, along with encouragement to take the stairs instead of the escalator or to walk to the corner store for milk instead of driving. One of the goals is trying to get people looking at exercise not as something they hate to do, but something they look forward to.

"Elese makes the learning fun and interactive and brings it to a level where beginners can 'get it'. She shares some of her life experiences too, which brings

two-hour weekly sessions.

If you, your spouse, partner or family member are interested in Weight Wellness, contact the Health Promotion Administrative Assistant, Christine Blackburn, at 250-363-5621 or visit the Nutritional Wellness link at www.forces.gc.ca/health-sante/ps/hpppps/default-eng.asp.

"There is no magic bullet or someone would be very wealthy by now," Francis says. "Long-term behavior change is the goal. It's not a quick fix."

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MFRC Volunteer of the Year winners

The following people were recognized on Thursday, April 21, at a Wardroom function.

LORI PAYTER

Lori has participated in MFRC programs and events for over four years. She is a busy wife and mother of two teenagers and runs her own business in the highly competitive field of financial counselling. Despite this busy schedule, she somehow finds time to donate to the MFRC as well as other worthwhile causes in Victoria. Her business experience and professional training have played a major role in the success of Pacific Women's Day and previous women's conferences. No job is too big or too small for Lori. She participates in events on every level whether it is flyer distribution in Belmont Park for Formation Fun Day, working a booth at an event such as West Coast Welcome, or event planning and coordinating Pacific Women's Day.

LINDA NOWAK

Linda has been a volunteer with the Military Family Resource Centre since June 2008 in the role of Family Network Representative for HMCS Protecteur. This entails keeping loved ones of the ship's crew informed and connected no matter where they are. She also acts a mentor to new MFRC Volunteers within the Deployment Program. Linda, a new Canadian and new military spouse, confessed that she began volunteering with the MFRC to meet people and to learn something about this "navy thing" her husband was involved in.

ROBERT WINKENHOWER

A friend recommended that Robert, a retired schoolteacher, might volunteer with the Rainbows program because she knew that he had the talent to work with children. Rainbows is a peer support group for children who have suffered a significant loss in their lives by death, divorce or any other painful transition such as deployment or relocation. Robert agreed, went through the facilitator training in 2007 and has since volunteered with the 9 - 12 year olds. Robert's dedication, flexibility, patience, creativity and genuine care for others enabled him to build an excellent rapport and become a role model with this age group.

DAVID J. FREEMAN

David has served the CFB Esquimalt Naval & Military



Above: Base Commander Capt(N) Marcel Hallé and SISIP's Randeem Gorman cut the cake at the PSP Volunteer Appreciation dinner on April 21.

Below: Volunteer of the Year recipients: Fred Compton, David Freeman, Linda Nowak, Lori Payter, Robert Wikenhower, and Roger D'Amour.



Museum as an active volunteer and adviser since the 1990s. He is a wonderful supporter and resource person for the museum and his generosity in answering research enquiries and sharing information is deeply appreciated. Dave started researching the names of Canadian warships in 1983 and, as a result of knowledge gained in this process, he was appointed as the Advisor to the Ships' Names Committee from 1988 until 1999. In 2000 he published an invaluable and comprehensive reference work on the subject, Canadian Warship Names.

Dave also heads the Badge Project, an initiative to identify RCN badges and insignia for the years 1910-1948 and the museum is proud to be involved with this project through its website. Dave's book on badges is due for publication soon, and will serve as another important reference. He is also actively engaged in writing about other aspects of Canada's naval traditions and his articles feature on the museum's web pages.

FRED COMPTON

Fred's lengthy service to the CFB Esquimalt Power Boat Club makes him a worthy candidate for formal recognition. Joining the club in 1991, Fred was a major contributor to the efforts undertaken to expand the boat club in 1991 - 1992. He has been the club's membership chairman since 2004, a labour-intensive position that requires about 500 hours of volunteer work per year. The end of fiscal year billing process alone requires approximately 150 hours of virtually full time work for one month. It was an enormous relief for the current Executive when Fred agreed to continue these duties for 2010 - 2011 as they fully understand the problems that will be encountered when he decides to step down from the position.

ROGER D'AMOUR

Roger has participated in the CF Sports program as a player, coach and official for the majority of his military career. Since retiring from service in 2009 he has been employed with Personnel

Support Programs. Roger is heavily involved in all aspects of the hockey program at CFB Esquimalt and held the position of Acting Sports Officer for CAN COM TRAIN DIV 1 (CCTD1) from 1990-1993. Since realizing that he enjoyed being behind the bench more than on the ice, he has been involved with all three hockey teams on base (Men's, Women's and Old Timer's) as either coach or team manager. He is presently the head coach for the CFB Esquimalt Men's Hockey team and has also been instrumental in developing the base's new 4 on 4 Hockey league. Roger has also been actively involved in the intersection and cock of the walk hockey programs as an official and in 2009 he assisted with the organization of the Pacific Region Referees Clinic. Roger is a leader on and off the ice and has been a vital component of the CF Sports Program at CFB Esquimalt for more than 12 years where he continues to inspire other athletes, coaches and officials with his determination and commitment to the sport.

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Penny Rogers
Staff Writer

On a warm, overcast evening on April 16, underneath the vibrant mural that adorns the side of the Esquimalt Municipal Hall, stood a handful of military members and civilians, all gathered for one purpose - to pay their respects to the crew of HMCS Esquimalt.

This year's ceremony, the 25th annual, was a little more somber than those past.

This year, Joe Wilson sat alone waiting for the service to begin. He is now the last survivor.

"At one time we used to have 10 or 12 of us here, then we came down to five and six and four and two, and now I end up being one which makes me feel very, very bad," said the 88-year-old Wilson. "I don't like to think of the boys that have gone away but I know it's going to come some day and

that's all I can say. I've had a good life."

One couldn't help wonder if he wasn't saddened by the size of the crowd or that the music for the ceremony was provided by a small black boom box sitting on the ground. No band. No bugler.

But what this year's ceremony did have was an engaged group of 19 cadets from Parksville's Royal Canadian Sea Cadet Corps Esquimalt.

When the cadets sprang to attention for *O Canada*, Wilson rose, and holding a shaky salute, remained stoically standing through the playing of Reveille, a difficult task considering his current health.

"I can't promise I'll be here next year because I notice a difference from this year to last year in trying to walk. It's cutting my walking way down but hopefully I'll make it," he said.

And so do we.



Top: Former Esquimalt crewmember Joe Wilson, 88, who travels from Chase, B.C., every year to attend the HMCS Esquimalt memorial ceremony, places a wreath at the Esquimalt cairn. He was joined by cadets, veterans and serving members on April 16 to remember Esquimalt's 71 crewmembers, 44 of whom died when the ship sank off the coast of Halifax in 1945.

Above: Stephanie Biggs from Gibson B.C.'s Sunshine Coast Naval Association, lays a wreath, accompanied by a cadet from Parksville's Royal Canadian Sea Cadet Corps Esquimalt.

Left: A cadet from Parksville's Royal Canadian Sea Cadet Corps Esquimalt stands by the Esquimalt cairn.



LCol Jon Burbee, Acting Base Commander, talks with last known survivor of HMCS Esquimalt Joe Wilson.

Penny Rogers, Lookout

Last survivor pays tribute to fallen

The following article was published in the *Globe and Mail's British Columbia section* on July 23, 2009. It is being reprinted here with permission of the author.

Tom Hawthorn
The Globe and Mail

The roll call of HMCS Esquimalt is down to a final name. Joseph Wilson, aged 19 when he enlisted, aged 23 when his ship sunk, is the last surviving crew member who was aboard the minesweeper when it was struck by a torpedo.

News of his survival — and of the terrible loss of 44 of his comrades — was released by military censors on May 7, 1945, the day before the end of the war in Europe. What a terrible shock the deaths must have been to wives and mothers eager for an end to the conflict. Their boys made it so far only to be cruelly lost in a final battle.

Mr. Wilson has been asked many times to recount how an ordinary patrol along the approaches to Halifax Harbour resulted in the destruction of the last Canadian ship lost to enemy action. As if he could ever forget. More than six decades later, the shock of the attack remains.

"It was so unexpected," he said.

Every year, even as he grows less physically robust with each turn of the calendar, Mr. Wilson makes the dutiful pilgrimage from his home in Chase, a village at the southern end of Little Shuswap Lake, northeast of Kamloops, to the township that gave its name to the minesweeper. Over time, the list of 27 survivors, all plucked from icy water that claimed friends, has been reduced.

At the start of this year, only three were left. In late June, Albert Bruce Campbell died, aged 94. Known as Ab

from his initials, the able seaman joined the crew of the Esquimalt with a medal for bravery to his credit.

In October, 1943, the crew of the HMCS Kuitan was unable to manoeuvre the patrol boat to rescue two men aboard a drifting oil barge during a storm off the west coast of Vancouver Island. Mr. Campbell volunteered to join Sub-Lieutenant Leonard Idiens in the ship's smaller boat. Fighting gale winds from the southeast, the pair plucked the marooned seamen from the barge in treacherous waters.

Mr. Campbell was awarded the British Empire Medal for gallantry. He would get a mention in despatches for his actions in the hours following the sinking of the Esquimalt.

"Ab was a fine feller," Mr. Wilson said. "He was a nice guy. He was like a father figure to the rest of us."

On July 11, Thomas George Kidd died, aged 84. Mr. Kidd married after the war, raised a family, spent 30 years inspecting grain elevators. He liked to take the children camping and, once they grew up, he liked to take his wife to Hawaii. He did not talk about the war, he did not stay in touch with his shipmates, he did not attend the annual service at the cairn on the grounds of Esquimalt municipal hall. Had he done so, he would have read his name as a survivor and he would have read the names of friends to remain forever young in memory.

"I think he just wanted to forget about it," said his daughter, Loni Kidd, of Port Hardy. "He just stuck to the family, eh."

Over time, the HMCS Esquimalt Memorial Association came to believe he had passed away. To learn of his recent death was like losing him a second time.

Now, Mr. Wilson is the

lone Esquimalt witness left to tell the story.

He was on duty on the bridge as morning dawned on April 16. Unknown to the crew, the echo of their sonar was detected by a U-boat at periscope depth. With the minesweeper steaming directly at them, the submarine fired an acoustic torpedo, which struck the Canadian ship at the engine room in the stern. In a little more than 200 seconds, the Esquimalt was gone, taking with her 28 men.

It went down so fast not even a mayday had been issued. Another 43 scrambled off the ship, some clinging to Carley floats. Mr. Wilson, who had been a meat-cutter in Prince Albert, Sask., slashed both his legs in abandoning ship. The cold sea water cauterized his wounds. An hour passed. Then another. Planes flew overhead, mistaking the men for fishermen on small boats.

No one knew the Esquimalt was gone. Or that desperate men awaited rescue.

The sailors prayed and sang songs. The cook, Thomas McIntyre, of Victoria, promised to cook T-bone steaks for everyone once they were ashore.

A third hour passed. A fourth.

They could see the Nova Scotia shore in the distance. The cruelty of their situation seemed unfathomable. The men immersed in water began to slip away. They died in the arms of their comrade, their bodies lashed to the floats.

In the sixth hour, the men were spotted. HMCS Sarnia picked up 27 survivors. Sixteen who survived the torpedo died from exposure in the chill water. Among them was the cook, who was buried at the Esquimalt (Veterans') Cemetery, known as God's Acre, nestled between two holes of a golf course.

Ab Campbell was credited with saving several lives in those perilous hours, keeping up spirits through "his cheerfulness and his cool and collected attitude," as his citation noted.

Time now has claimed all but Mr. Wilson.

He stayed in the navy as a sonar instructor, putting in 25 years before retiring in 1966 as a chief petty officer, first class. He then farmed for another 30 years at Round Hill in Nova Scotia's Annapolis Valley before moving to British Columbia.

He is taking it easy in the summer heat.

"I'm staying down in the basement reading books," he said. "War histories. Cowboy stories. Sea stories. I still do a little gardening."

A handful of Sarnia crew members are still alive, as is Werner Hirschmann, who served aboard U-190 as chief engineer. The circumstance left the submarine crew with little choice but to attack, "like a snake on whose tail you are stepping," he once told me. He moved to Toronto after the war and has since been made an honorary member of the memorial association. Once a foe, he is now a friend. Like all seamen, they shared a common enemy — the sea.

In April, on the anniversary of the sinking, Mr. Wilson plans to return to Victoria to attend the annual memorial ceremony. If so, he will be 88.

"Made it this year, last year, the year before that, the year before that, and the year before that," he said. "If nothing happens, I'll be there again next year."

Why? "Memories. Respect. Thoughtfulness."

Since he can't forget, he considers it his final duty to bear witness to those relegated to memory.

Tom Hawthorn is a freelance newspaper and magazine writer who lives in Victoria, B.C.

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Motorcycle club revvs up for fall

MS R. Beaumont
Contributor

The local Victoria Chapter of the Canadian Motorcycle Cruisers (CMC) 065 is ramping up for the second annual Fall Fun Rally Sept. 10 - 12 in support of the Children's Wish Foundation. The CMC is a safety-oriented, family-based riding club composed of the military, private and public sectors. The group has grown over the last three years from a dozen members to over 65.

Last year's rally had an attendance of approximately 150 bikers from chapters and clubs from as far away as Port Alberni and Campbell River and the goal was to send three kids to summer camp with the funds collected going to Cops for Cancer. The CMC raised \$1,500, enough to accomplish their goal, which was a good return considering this was the first year for the event.

The CMC constantly endeavours to bring better awareness of motorcycling through community events. Throughout the year, members participate in many biker and civic activities. For example, the Canada

Day parade in Port Alberni, the Prostate Cancer "Ride for Dad" in May and the "Ride for Diabetes" hosted by Action Motorcycles and Steve Drane Harley Davidson slated for June 13 to raise funds for juvenile diabetes research. Last year bikers in North America raised millions of dollars for various causes. The "Ride for Dad" raised over \$7.5 million across Canada for prostate cancer.

The CMC Fall Fun Rally serves a two fold purpose. It gets bikers together for a common cause and promotes a friendly atmosphere between bikers and community. The CMC is already supported by three local motorcycle retailers, as well as other community groups, such as the Esquimalt legion, Serious Coffee and the Shriner's to create events for young and old alike. To raise awareness of this year's charity, club members have been canvassing local businesses in effort to raise sponsorships and collect donations and prizes for the event with positive results. More information can be found on their website: www.cmc-victoria.com/rally



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