

Volume 55 Number 18 | May 3, 2010

# LOOKOUT



**MARPAC NEWS** CFB Esquimalt, Victoria, B.C.

Year of the Canadian Naval Centennial



## A TIGHT SQUEEZE

Shelley Lipke, Lookout

Weapons fitter Paul Liggett crawls inside one of the six torpedo tubes located in HMCS Victoria's bow shutter module to install rubber strips, which will eliminate rubbing between the tube and torpedo. It's a cramped space, but like the other weapons fitters working on the submarine, he's used to working in these tight areas to get the job done. See the full story on page 2.

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### NEWS 10

*Students revive Road of  
Remembrance*



### NEWS 15

*Long time fire chief set to  
retire*



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# Mark 48 torpedo fitted in HMCS Victoria

**Shelley Lipke**  
Staff writer

It's a narrow crawl space, not for the claustrophobic, but weapon's fitter Paul Leggit is determined to squeeze his way into one of six torpedo tubes on the bow shutter module in *HMCS Victoria*.

Bow shutter modules form one continuous bulbous profile to the submarine's nose area, and are also the exit point for torpedoes shot from the boat.

Leggit's job is to install one of the four rubbing strips needed within each tube to avoid metal on metal contact between the torpedo and the tube.

With the tube less than two feet wide, there's barely enough room for him to pull out a ratchet and socket from his pocket and begin the installation.

"It's a challenging environment to work in," says Joe Chaney, Combat System Engineer Submarine Technologist. "There is a lot of work to do, but in very small compartments."

This work is part of the ongoing installation of equipment on the weapons firing system that began last year and is now about 85 per cent complete.

"Everything is coming together well," says Chaney. "This work has to be planned in a logical

sequence so we are not doing rework. We have to make sure that when a piece of kit goes in it doesn't interfere with kit that will be put in later, and the planners have done a good job making sure this doesn't happen."

A few weeks ago, weapons fitters trialed three of the six torpedo tubes with a long bore gauge, which is the same diameter as the Mark 48, to ensure everything lined up correctly. One scratch can ruin a torpedo by creating a noise signature, which surface ships and submarines could hear.

"The Mark 48 is new to the Canadian submarines and *HMCS Victoria* will be the first to be certified to carry and launch this torpedo," said Chaney.

The torpedo chambers were fitted for the Mark 24 Spearfish, a British Torpedo; changing to the Mark 48 makes recertification and servicing easier, as they are supplied by an American company.

"We also belong to the Mark 48 work group, which involves the U.S., Canada, The Netherlands and Australia. Being involved in this group is beneficial because we share information on the capabilities of the torpedoes and also know what is in store for future modifications and weap-

on enhancements," explains Chaney.

The submarine can hold 18 Mark 48 torpedoes at sea: 12 on the rack and six in the tubes. Each one is worth more than a million dollars.

After *Victoria* is undocked, an underwater trial on the weapons system will take place at the Canadian Forces Maritime Experimental Test Range in Nanoose Bay. This area is a joint American/Canadian test range with a three dimensional mapping system that allows weapons technicians and naval electronic technicians to see and track the weapons underwater.

"They will be launching exercise torpedoes that will be the same as the real weapon, but instead of having an explosive payload, they will have an electronic suite to collect data," explains Chaney.

Each launch records the length and depth of the target, which the submarine weapons system locks onto, and will verify the weapon's underwater capabilities.

"Once they have done a number of these firings to prove the rest of the combat suite with sonar, radar and fire controls, the ship will be granted the certification to carry the Mark 48 torpedoes, which are stored at Rocky Point."



Shelley Lipke, Lookout

Weapons fitters Paul Liggett and Dave Malone eye up a long bore gauge, similar to the Mark 48 torpedo. Weapons fitters use it to ensure the tubes on the bow shutter module are correctly fitted to house the weapon.

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RAdm Tyrone Pile, Commander Maritime Forces Pacific, and Steve Parkhill, President of Rogers' Chocolates, launched the Rogers' Chocolates commemorative tin honouring the Canadian Naval Centennial on April 20.

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## Monitor your member's fitness success

**Shelley Lipke**  
Staff writer

A new phone line at Personnel Support Programs (PSP) is helping supervisors track the remedial progress of their members to ensure they are meeting the EXPRES test requirements.

Each member who fails the EXPRES test is put into mandatory classes with PSP fitness staff three times a week to focus on EXPRES developmental sit ups, push ups, hand grips and cardio.

Supervisors are responsible for making sure their members adhere to these mandatory direct-led fitness classes, and can now call in weekly or bi-monthly to check on the progress of their members on this new phone line.

"I think this will increase commu-

nication between PSP and the units," said Richard Schertzer, remedial fitness instructor supervisor.

"There are less steps now to get the information the supervisors require, and this will also enable us to more closely enforce the mandatory three times per week training for remedial members. It should improve remedial attendance," he said.

"When supervisors call on this line we look up the member's fitness file for information on attendance and progress; we can then pass it onto the supervisor. We have two staff members dedicated to remedial now who can access the information a supervisor is looking for," he says.

Previously, supervisors would call the fitness cell and staff there would have

to track down the information or find the fitness staff who dealt with that member.

"This new system is much better. We have really revolutionized the tracking system in the last year to provide better accountability and better access to the data."

This phone line is also a resource all the units can utilize for questions about their members on the remedial program, or they can come into PSP and speak directly with one of the remedial staff members in person.

After three months of the mandatory fitness classes under direct supervision, the member can re-attempt their EXPRES test.

This new remedial fitness line is 250-363-5575.

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## Military residents get better recycling

**Penny Rogers**  
Staff writer

Personnel Support Programs (PSP) and the Capital Regional District (CRD) have joined forces in an attempt to make recycling more convenient for CF members living in Residential Housing Units (RHUs).

The initiative began when it was brought to PSP's attention that not all residents in Belmont Park, the largest of the RHUs, were using CRD issued blue boxes and blue bags.

As recycling regulations vary from city to city and new residents move into

the area, the CRD was witnessing the use of oversized blue boxes, acceptable elsewhere, but not currently in the CRD. The smaller boxes are made to fit better with the capacities of the trucks, plus larger boxes may cause spillage and cross-contamination with other materials.

Another concern is the weight of the larger boxes. CRD's collection contractors lift more than 2,000 containers a day, so the bigger those containers are, the more the weight can add up, according to Denise Dionne, Environmental Resource Management Programs Assistant, CRD Environmental

Sustainability.

"We want to be proactive with newcomers and get them on board so they are not missing out on pickups because they are using the wrong containers or items aren't sorted properly," said Dionne.

So, to help Belmont Park residents conveniently purchase the correct boxes and bags closer to home, PSP at the Colwood Pacific Activity Centre (CPAC) will sell the products there. The cost for blue boxes is \$4 and blue bags .50 cents. Also available at CPAC are extra garbage bag tags. This is an easy way to dispose of extra trash if you are mov-

ing or being posted. The cost for tags is \$4.25.

If the response is good from residents of Belmont Park, PSP to offer this initiative to other RHU areas as well. In the meantime, any military community member is welcome to participate and purchase supplies through CPAC.

Residents are asked to call 250-363-1009 to ensure supplies are available. CPAC is located at 2610 Rosebank Avenue, off Ocean Boulevard in Colwood.

More information on CRD recycling is available on their website at [www.crd.bc.ca/waste/recycle/index.htm](http://www.crd.bc.ca/waste/recycle/index.htm).

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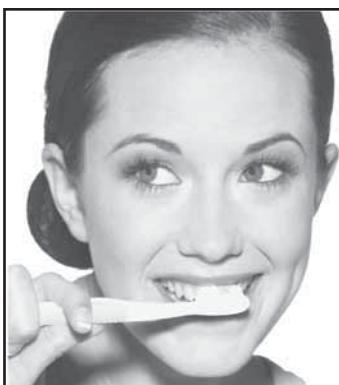
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## WHAT SAY YOU

# Maritime blindness, just what is it?

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Lookout contributors

When you hear someone talking about maritime blindness they are not talking about one of our ships sailing through thick fog on a moonless night. They are, in fact, talking about the disturbing lack of understanding many Canadians have about their navy and its importance to their country.

When many Canadians were asked, they could not explain the function of their navy.

That this is a tragedy is an understatement considering Canada's long and proud naval history.

The Royal Canadian Navy was integral to the success of many campaigns such as the Battle of the Atlantic, and finishing the Second World War with the third largest naval fleet in the world. How could our fellow Canadians

not be familiar with a navy with such a prestigious past?

This is not surprising when you consider the size of our great country; many Canadians have never even seen the ocean. The ratio of land area to coastline in Canada is approximately 40:1, twice that of Great Britain, which also has a problem with maritime blindness. Compounding the problem is the fact that the vast majority of our population is inland near our southern border. Even those who live in Esquimalt or Halifax don't truly see the navy at work as most of our training, and all of our operations, are conducted on the oceans away from the public eye.

Despite this lack of visibility, the importance of a strong navy cannot be understated in this modern age. The increase of globalization and the need for the cheap, economical transport of trade goods via international waterways requires a strong naval presence. Trade with Asia now outpaces that of European markets and spans a

Pacific Ocean that is three times the size of the Atlantic. A warship is unique in that it can be dispatched on multilateral missions far from home on short notice. It can strengthen political ties with a distant country, conduct trade missions, and stem acts of piracy, all within the same week.

As we put more emphasis on generating our naval forces to enable us to deal with future missions, we simply cannot ignore maritime blindness any longer. We will require public support if we want the navy of the future to take us where we need it to go, so we must reach out to Canadians and tell them who we are and what we do. Events like Namesake City Visits and Operation Connection are attempting to adjust that but these events, though effective, are not enough. We need to broaden our scope and increase our visibility. Media spots on Canadian programs (such as MUCH Music and The Hour) may help, but one-on-one interaction is the best way to get our message across.

Across Canada we have Naval Reserve units who are in close proximity to most of Canada's cities. These fine reservists could reach the people from the surrounding area on a regular basis at a minimal cost to the navy. Repetition is the key, seeing a sailor once a year will not make much of an impression upon your memory, but if you see a sailor at several events throughout the year you are more likely to engage them and consider the navy as a career.

Regardless of what method we use it is vital that we take up this challenge of educating our country. To quote Sir Jonathon Band, First Sea Lord, Royal Navy, "There is a world out there with a huge maritime element. I mean, we call it earth; we should call it the sea." We cannot allow maritime blindness to continue. Unsupported by our Canadian brothers and sisters we will eventually succumb to the rigors of the sea and slip quietly beneath the waves with no one to mourn our passing.

## FILM Review

# The Good Soldiers a story of bravery

**Sheryl Irwin**  
Base Librarian

This book is the American version of Christie Blatchford's wonderful book *Fifteen Days: Stories of Bravery, Friendship, Life & Death from Inside the New Canadian Army* (2007). Instead of Princess Patricia's Canadian Light Infantry in Afghanistan, we are immersed in the experiences of the newly-formed 2-16 infantry battalion (average age 19) from Fort Riley, Kansas, deployed to Baghdad for George W. Bush's "surge" in 2007.

From the very first page, when the author (Finkel is a Pulitzer-Prize winning journalist for *The Washington Post*) writes, "another [soldier] hadn't yet gotten angry enough to shoot a thirsty dog that was lapping up a puddle of human blood. Another, who at the end of all this would become the battalion's most decorated soldier, hadn't yet started dreaming about the people he had killed and wondering if God was going to ask him about the two who had been climbing a ladder", it is obvious that this book is going to be a thoughtful, gorgeously written account of the experience of a particular group of men at war, and also an intense look at the psychological and physical toll these "good soldiers"

will pay.

Through Finkel's exquisite writing, we get to know the blunt-talking CO, LCol Ralph Kauzlarich; his second in command, the more introspective Maj Brent Cummings; Staff Sgt Adam Schumann, one of the unit's best soldiers, who within a few months was "mentally broken" and headed home; and many others.

I was interested to learn that in order to meet recruiting targets; the American Army had been accepting recruits with low test scores, medical issues, and even criminal convictions, who in the past would have been ineligible. These men were simply given "waivers".

Many heart-rending moments are related, including how Specialist Joshua Reeves died hours after learning that his wife had given birth to their first child. Most disturbing for me was reading about the horrific injuries suffered by 19-year old Duncan Crookston. He lived a few months after losing both legs, his right arm, half his left arm, and suffering burns to the rest of his body.

I can't recommend this book highly enough - it is simply one of the best books I have read in a lifetime of reading. A copy will definitely have a place of honour on my bookshelves at home.

Note: Visit Google "Faces of the Surge" to see a photo gallery of some of the soldiers of the 2-16.

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# Leadership training inspires next generation of Chiefs

**Penny Rogers**  
Staff writer

Twice a year a mixture of recently promoted PO2s and CPO2s are given the opportunity to reach beyond their unit's day-to-day activities and glean knowledge from senior leadership on current navy issues.

Such was the case last week when the most recent Naval Environmental Leadership Training (NELT) program was held at the Chief and Petty Officers' Mess. Twenty-four non-commissioned members participated in lectures and debates aimed at enhancing their leadership and middle management skills.

What one participant, CPO2 Kelly Yerama, found beneficial was having the opportunity to watch the PO2s.

"I found it very interesting to see how they visualize themselves fitting into this organization. Do they believe they can make a

difference? Do they understand how important they are? What are their core beliefs on the navy and the CF? How do they compare with my own? It's fascinating," he said.

CPO2 Yerama also found the portion that dealt with ethics to be of interest, even though it is a topic provided to all personnel in the Formation.

"We were given the opportunity to take time to explore the topic more fully, to go beyond policy."

According to Formation Chief, CPO1 Bob Cookson, the program helps to build on the participants' ability to influence others within the Formation and to realize the important role that they, as middle management, all have at their rank level.

"PO2, PO1 and Lieutenant (Navy) are the three rank levels that interact with, and influence, approximately 76 per cent of all CF members. So their messaging and understanding of current issues is

critical to future successes," said CPO1 Cookson.

PO2 Jacob Underwood felt the course helped him develop a better understanding of the "big picture" including "learning about foreign issues abroad in South East Asia, talking about current developments in dress and deportment, and the future of our navy and how things are going to progress."

Base Chief CPO1 Peter Ford has been an NELT course instructor for several years.

"This is an important course and if we are to be serious about ensuring that we have capable, informed individuals in the wings ready to move up to the positions that we will vacate in the future, we need to be ready to provide them with opportunities to have access to us (senior chiefs) and the rest of the leadership (senior officers) to ensure they are aware and learning and leading the navy into the future."



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Penny Rogers, Lookout

Bryce Patey mans the phones at CFB Esquimalt Fire Department 9-1-1 call centre. The centre is open 24 hours a day, seven days a week.

## Know this before you call 911

**Penny Rogers**  
Staff writer

Both the CFB Esquimalt Fire Department and Victoria Police Department want all DND/CF members to know the following before dialing 9-1-1 from any DND location:

When possible, make emergency 9-1-1 calls from a landline. These are automatically routed through the Base Fire Department, be it for police, fire or ambulance, which could save valuable time in an emergency.

If using your cellular phone to call 9-1-1:

- Know that none of these calls are received at the Base Fire Department. The majority are routed through the Victoria Police Department's Primary Safety Answering Point (PSAP), but some calls could be answered as far

away as Port Angeles.

- The first question the 911 operator will ask you is if you need police, fire, or ambulance. If you answer simply "Fire Department", for example, you will be transferred to the Victoria Fire Department. To avoid delays, be sure you request the Base Fire Department (or Military Police) at CFB Esquimalt. All ambulance calls are automatically transferred to the Regional Provincial Ambulance Dispatch Centre.

- For emergencies on DND property, be clear where you are located and what you need. "I am at CFB Esquimalt (Dockyard, Naden, or Work Point) and I need an ambulance to building xxx, and then be prepared to give specific directions.

- Do not hang up until

the operator releases you from the call.

- When possible, once you have been released from the call, dial 911 from a landline and let the Base Fire Department know there is an emergency and that you have contacted emergency services. Also let them know the location and nature of the emergency.

- Programming 911 into your speed dial is not recommended

- If you do call 911 by mistake do not hang up. Stay on the line and explain what happened.

And finally, as many DND buildings are quite large, some having more than one entrance, there is another way you can assist emergency responders. Send someone to the main building entrance and guide responders to the emergency.

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Shelley Lipke, Lookout

MCpl Mike Decelles, J2 Chief Collator; Lt(N) Blake Poirier, J3 Senior Information Manager; and Capt Mike Owen, J5 Air Planner, the planning team for the military contribution to Operation Podium, prepare to see the Olympic decor removed from their building, now that the Olympics are over.

## Operation Podium clean up has begun

**Shelley Lipke**  
Staff writer

Even though the Olympic and Paralympic Games officially wrapped up in March, the Post Operations Phase and clean up continues for military members involved in planning and orchestrating the largest domestic security operation in Canada's history.

The planning for Operation Podium, the military's contribution to the RCMP-led security for the games, began in the summer of 2006.

Now it's an ongoing project tidying up and leaving the 58 sites that are scattered throughout the lower mainland, metro Vancouver, Squamish, and Whistler in top condition.

"The deactivation involves tearing down all the camps and cleaning up environmental assessments to meet the requirements of the Crown and First Nations lands," said LCol Graham Thornton, Deputy Chief of Staff (Support), who is responsible for theatre deactivation for Joint Task Force Games (JTFG).

"We have included the First Nations partners from the start, so when they say we have remediated the sites properly all parties are happy," he said.

A core crew of members is staying on the sites to ensure clean up goes smoothly, focusing in areas of logistics, contracting, engineering, medical and finance. They collectively are working towards an official date of Sept. 15 to declare the mission closed.

"The clean up is going well, and in many cases we are environmentally improving the areas and going further than we are required," he said. "There will be legacy benefits for many of the site owners who supplied their land for this operation."

Some quarries and other locations used by the integrated security unit were serviced with power and phone lines, and that will remain to benefit the owners.

Over the next several months, the majority of the members who worked in the planning and execution stages on Operation Podium from JTFG will be posted elsewhere.

A skeleton crew will remain in the JTFG building in Dockyard until June and then these members will move into D100 to oversee the final shutdown and complete the analysis of lessons learned from this grand scale operation.

LCol Don Senft, Deputy Chief of Staff Plans, is responsible for coordination of the data analysis working to derive lessons learned. "A big part of capitalizing on this successful operation is looking at what went well and what needs to be improved. My role for the operation was putting the plans together, determining how we would execute the mission and ensuring we had all the necessary contingency plans in place," he said.


Now that the mission is over, he is looking at the lessons learned and categorizing the data into specific themes to broaden the knowledge so it will benefit other aspects of the Canadian Forces in domestic security operations.

Regular events such as the APEC summit and the G8, which is coming in June to Ottawa, will utilize many of the lessons learned from

Operation Podium.

"We learned a lot from this operation and spent a lot of time putting together plans and working with a multitude of partners, ensuring fully integrated plans were in place to deal with anything Mother Nature might have thrown at us, while also considering terrorism and all other aspects of security. The information we leave behind will specifically benefit other CF operations in the future," said LCol Senft.

"These lessons learned are especially beneficial for Joint Task Force Central in Ontario who is supporting the G8 summit. We have already begun feeding them our primary look and we will be going out to Toronto to brief them in detail shortly. They can take all the work we've done and the lessons we've learned and apply them to the operation they are preparing to execute in June. We have learned many valuable lessons in getting support from the Province and other partners and this knowledge will certainly benefit them," he adds.



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# NAOSH a week of workplace surprises

**Shelley Lipke**  
Staff writer

North American Occupational Safety and Health Week (NAOSH) is here, and to keep workers on their toes, safety and environment inspector Claude Himbeault is planning a little surprise for Fleet Maintenance Facility (FMF) Cape Breton shops.

He's not saying when, or where it will happen, but sometime this week an emergency preparedness exercise is on the agenda to test training, resources, communication and outcome to see how workers respond to an emergency.

Several times a year this exercise is sprung on one of the shops on base. "It's important for people to recognize the first sign of an emergency and take the appropriate action to mitigate the outcome. We'll be assessing response time, cooperation, procedures and resources used."

This provides shop personnel an opportunity to practice and hone their response skills so they are prepared if they have to cope with a real emergency. "The goal is to see how they respond to any situation."

It's a multifaceted exercise involving observers from Safety and

**The MARPAC NAOSH Expo is a good opportunity to network between various safety professionals or first responders and allows the units to share safety related information. It's also a good time to plant a seed in people's mind: safety at work, home and play.**

- Claude Himbeault  
Safety and Environment Inspector

Environment assessing the shop personnel, and the Fire Department deployed to the scene of the emergency.

"The most important aspect in this exercise is communication. They must make sure the communication passed from the victim to the first responder is the same as what is passed onto the medical staff. The fire department knows that something will happen this week, but they don't know where or what it will be, and their actions will also be assessed by their fire chief."

**What else is in store?**

Other NAOSH week happenings included a kick-off breakfast in the D250 cafeteria today, which saw the first 100 employees receiving a free breakfast.

All week, beginning

Tuesday, the image wear truck from Mark's Work Warehouse will be on site selling safety boots.

"We are trying to have the truck here every year during NAOSH week because work boots are the only Personal Protective Equipment that is not offered at the tool cribs," said Himbeault. "This makes it easy for employees to purchase their mandatory gear."

On Tuesday the truck will be near Dockyard's main gate from 9 a.m. to 4 p.m. and on Wednesday at Base Construction Engineering (BCE) in the morning, and Port Operations Emergency Services Branch (POESB) in the afternoon. Then on Thursday at the MARPAC NAOSH Expo, and on Friday morning at Transportation Electrical Mechanical Engineering (TEME) and at Supply C-66 in Colwood in the afternoon.

The MARPAC NAOSH Expo on May 6 will be held from 10 a.m. to 3 p.m. in the Naden Drill Shed and will be the premier event of the week.

"The Formation has supported us and now it's a MARPAC-wide event that will bring safety to the forefront to remind everybody

that we need to do our jobs safely, and that industrial safety pertains, not only to the worker at work, but to their families at home."

There will be internal booths including Action Training Cooperation (The FMF behavioral safety program), the Fire Department, Urban Search and Rescue, the Naval Boarding Party, and Transportation Electrical Mechanical Engineering (TEME), along with outside vendors.

At 11 a.m. Base Commander Capt(N) Marcel Halle will present safety awards to deserving recipients, and at noon a barbecue will be held, and radio station 100.3 the Q will be broadcasting live.

"The MARPAC NAOSH Expo is a good opportunity to network between various safety professionals or first responders and allows the units to share safety related information. It's also a good time to plant a seed in people's mind: safety at work, home and play," says Himbeault.

NAOSH week is formed from a Canadian initiative that was created in Newfoundland and Labrador in the late 70s. This idea grew to become Canadian Occupational Health and Safety Week. Then during the North American Free Trade Agreement (NAFTA) of 1996, the United States and Mexico adopted it, and NAOSH week was officially launched as an agreement between the three countries to host a week in the workplace dedicated to expanding knowledge of safety for employees.

It brings safety to the forefront and reminds production workers that safety is a key element in the stream of production.

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## NAOSH Week activities

Monday, May 3	7 - 8 a.m.	D250 Cafeteria	FMF NAOSH Week Breakfast
Tuesday, May 4	9 a.m. - 3 p.m.	D250	Safety Footwear Van
Wednesday, May 5	9 - 11 a.m. 1 - 3 p.m.	D575 ML Floats (D257)	Safety Footwear Van (BCEO) Safety Footwear Van (POESB)
Thursday, May 6	8 a.m. - 4 p.m.	Naden Drill Shed N75	NAOSH Vendors and static displays
Friday, May 8	8 - 10 a.m. 1 - 2:30 p.m.	WP 1127 Colwood 66	Safety Footwear Van (TEME) Safety Footwear Van (Supply)

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COMMUNITY NEWS: SEAMANSHIP SKILLS TESTED

# Duncan Sea Cadets rise to the challenge

**Lt(N) Mary Kay Meeker**  
CO 100 RCSCC

When 33 teenaged members of Royal Canadian Sea Cadet Corps Admiral Mainguy took part in a seamanship and range weekend on April 23 and 24, they were eager to practice the skills once learned by the namesake of the corps, himself born in the Cowichan area in 1901.

Using a system of jackstays, blocks and tackles, and of course knots, the sea cadets built a mini confidence course.

The cadets were given an opportunity to put their leadership and seamanship skills to good use and they certainly rose to the challenge, creating a scramble net, backscratcher obstacle and a jackstay transfer.

Seamanship wasn't the only exciting activity taking place during the weekend. Cadets had the opportunity to fire 22-calibre small bore rifles, and learned how to navigate using a compass. Seamanship, range and orienteering are just a few of the many diverse activities the Duncan sea cadets have participated in throughout the year.

The Duncan Corps will commemorate the Battle of the Atlantic with a parade alongside naval veterans and members of *HMCS Malahat* in May, followed by participation at



Lt Michelle Wilson, RCSU(P)

**Cadets CPO2 Andrew Fasullo and PO2 Eric Anderson, of 100 Royal Canadian Sea Cadet Corps Admiral Mainguy, attach a block to a jackstay transfer during the corps' annual Leadership and Seamanship weekend in Duncan.**

the Duncan Choral Society's CNC tribute on May 15. They will also be recognizing the Canadian Naval Centennial during their Annual Ceremonial Review on May 30. The parade commences at 1 p.m. at the Admiral Mainguy barracks, 6722 Beaumont Avenue, and is open to all members of the community.

There are approximately 56 sea cadets from as far away as the Shawinigan Lake and Cowichan Lake communities. Sea Cadets is the largest federally sponsored youth program and is open to boys and girls aged 12 - 18. For more information on sea cadets in Duncan call (250) 748-9296.

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## Road of Remembrance given

**Penny Rogers**  
Staff writer

With grace and respect, a group of 12- and 13-year-old students from Gordon Head Middle School hosted a small ceremony on April 22, Earth Day, under the shade of some London Plane trees that line Shelbourne Street in Saanich.

These trees were initially planted in 1921 and 1922 by volunteers in the community to create a living memorial for the veterans of the First World War. It became known as Canada's first Road of Remembrance.

In November 2009, on a day close to Remembrance Day, a teacher from the school, Alex de Medeiros, took five students on a walk along Shelbourne Street and explained to them the history and significance of the trees.

"We just thought they had been planted as decoration for the street," said Ella Mosky, 12, one of the event organizers. "We had all seen the trees before but never knew why they were there. As we were walking back toward our school we noticed something we hadn't seen before. We noticed there were gaps where the trees had disappeared due to disease, weather and other conditions, so we decided we should plant five trees to replace the fallen ones."

And, with the assistance of their teacher, 'Mr. D.', the municipality of Saanich, and the Saanich parks department, they succeeded.

The students started writing letters to their local politicians inviting them to the event, created an itinerary and, with help from CFB Esquimalt Public Affairs Department, issued a media release to spread the word.

Out to witness the tree planting ceremony were dozens of community members, as well as representatives from the Canadian Forces, school officials and politicians including Lana Popham, MLA Saanich South, and Susan Brice, Acting Mayor of Saanich.

Gary Lunn, MP Saanich-Gulf Islands could not attend, but sent a letter that was read by Gordon Head Middle School principal, Brent Kelly. In it Lunn said, "I commend Natasha, Ella and all of the other students that helped bring today's events together. We can all rest assured that the legacy of Canada's soldiers will not be forgotten."

LCol Craig Cotter, Commanding Officer, 5<sup>th</sup> (B.C.) Field Regiment, also thanked the students for allowing members of the Canadian Forces to attend the inspiring ceremony. "These trees have become part of our community for at least three generations," he said. "They have added beauty to the neighborhood and helped clean the air, but in recent years they have undoubtedly gone unnoticed as anything other than just trees. We are grateful and impressed that you students understand the purpose and have decided to continue the tradition by choosing to honour two local heroes: Bombardier Myles Mansell and Lt. Andrew Nuttall. With the planting of these trees their sacrifice will not be forgotten."

Lieutenant Andrew Nuttall, 1<sup>st</sup> Battalion Princess Patricia's Light Infantry, died Dec. 23, 2009, when an improvised explosive device detonated during a foot patrol

*These trees have become part of our community for at least three generations.*

-LCol Craig Cotter  
5th (BC) Field Regiment



**Above:** Dr. Richard and Jane Nuttall, parents of Lt. Andrew Nuttall, planting a tree on Shelbourne Street in Gordon Head. **Below:** LCol Craig Cotter, 5th (BC) Field Regiment, participating in the ceremony.

near the village of Nakhonay in Panjwahi District, about 25 kilometres southwest of Kandahar City.

As the crowd moved from their seats to witness the planting of the trees the sound of bagpipes, played by Cpl Steven Drinkwalter of the Canadian Scottish Regiment (Princess Mary's), filled the air.

Invited to plant the first tree, Lt Nuttall's parents, Dr. Richard and Jane, each quietly grasped a shovel and began to secure the base of the London plane. They then made their way around the semi-circle of students and spoke to each one individually, an act that touched 13-year-old Natasha Gottfred.

"The Nuttall family shook our hands and said thank you for thinking of their son and that really touched me, how they thought of that," said Gottfred, holding back tears.

The second tree was planted further down the block by family members of Bombardier Myles Mansell, 5<sup>th</sup> (B.C.) Field Regiment, Royal Canadian Artillery. Bombardier Mansell was killed in 2006 when the armoured vehicle he was in was struck by an improvised explosive device near Gumbad, approximately 75 km north of Kandahar.

Lindsay Sullivan, spouse of Bombardier Mansell, was touched by the invitation and the gracious way the students paid their respects to the fallen soldiers.

"Today is actually the anniversary of Myles' death and I thought this would be a really nice way to kind of commemorate that and spend the day," said Sullivan. "And I think it's really important for our youth to remain in contact with our military history. So, yeah, I think it's really nice."

Brent Kelly, Gordon Head Middle School principal, was extremely proud of all the students involved in the day's activities. "I don't know if they really realize how important this is, but I think they will over time as the years go by and they grow into adulthood and look back. I think they will realize then what an important impact this is having."



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# new life thanks to students



Penny Rogers, Lookout

Students of Lt Andrew Nuttall who was killed Dec. 23, 2009, in Afghanistan, help plant a tree as students from Gordon Head Middle School look on. The 2nd Regiment, thanks the students for inviting the military to participate in the tree



## Ten minutes by Ian Thomson, Gordon Head Middle School

Ten,  
 We are here, all together  
 Nine,  
 I check my rifle, adjust my armor  
 Eight,  
 12 of us, united under the same banner, same cause  
 Seven,  
 I hope it goes as planned,  
 Six,  
 I think of my mom and dad, my daughter and son  
 Five; four,  
 My time ticks down  
 Three,  
 We all get up, clutching our guns, hoping to be alright  
 Two; one;  
 The hatch swings open,  
 And as I stand, confirm my fate,  
 I remember all the good we did,  
 Helping the needy, balancing the greedy  
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 I think of the little Afghan boy, not far from the village  
 I remember his smile, his spark, his hope,  
 I remember what he said to me, "Thank you, for making the bad men go away"  
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# ARCTIC DIVE

Corporal Shilo Adamson, CF Combat Camera

**Top:** MS Marie-Josée Martel, a member of the Port Inspection Dive Team, ascends from the icy water after a morning dive under the sea ice of Dumbbell Bay near Canadian Forces Station Alert during Operation Nunaliut 2010. This operation marks the longest sustained Canadian Forces diving operation in the high Arctic. During the three-week dive operation from April 6 to 26, the team conducted approximately 75 dives totaling more than 50 hours of diving under the ice.

**Bottom left:** MS Martel adjusts the hot water intake hose as she operates the hot water saw to cut a dive hole in the ice.

**Bottom right:** LS Timothy Zurbruggen of HMCS Chippawa rises to the ice-covered surface.



Corporal Shilo Adamson, CF Combat Camera



LS Russel Brown, Contributor

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# IN BRIEF

## Canadian Forces Sailing Association welcomes you

Sailing is a fantastic way to be active outdoors in a fun and safe environment. The Canadian Forces Sailing Association provides it all, from private lessons, group lessons to week-long camps or the entire summer for students four to 18 years of age and for adults of all ages. We offer both dinghy courses and learn to cruise courses on larger keelboats.

In Esquimalt Harbour, students enjoy the beautiful scenery and protected waters. Certified Canadian Yachting Association instructors teach all courses.

For more information on our club, course schedules and registration please go to our website at [www.cfsa.wordpress.com](http://www.cfsa.wordpress.com). For additional information you can also email us at [cfsatraining@gmail.com](mailto:cfsatraining@gmail.com)

In addition to the course schedule found on our website, there is a Basic Cruising course that involves three hours of classroom instruction on each Wednesday, May 12, 19 and 26 with eight hours of hands on training on a keelboat on either Saturday May 15 and 29 or June 5. The cost of this course is \$520 for CFSA members and their dependents, and \$650 for non-members. To register for any courses contact the Colwood Pacific Activity Centre at 250-363-1009.

### Changed ordering procedure for brassiere temperate underwear (BTU)

Since 2005 women in the Canadian Forces, excluding Cadet Instructor Cadre, have been entitled to an annual allowance of \$160 to purchase what was known as brassiere temperate underwear (BTU). Recently this name has been changed to undergarment brassiere (UB) and should be noted accordingly when women seek reimbursement for their garments.

To qualify for this benefit members must have successfully complete basic training.

The \$160 entitlement doubles each fiscal year for members posted or attach posted to overseas operational theatre.

Any garment that provides upper body support will qualify for this benefit, and for audit purposes units will be required to retain all receipts and submit them within the same fiscal year as the claim being submitted. For questions on financial requirements phone 819-997-5194.

### The Canadian Naval Centennial award

An award to recognize excellence among junior naval non-commissioned members in honour of the Canadian Navy Centennial has been established.

This award will be presented in 2010 and will continue to be awarded annually for the next 10 years, and possibly longer if mutually agreed by sponsor Lockheed Martin Canada and the Navy League of Canada.

It will recognize a junior member's enthusiasm, and spirit of cooperation at sea and ashore, and may be awarded in recognition of a specific action or initiative that shows leadership and enhancement of life.

Recipients must have at least one year of service and be in the regular or reserve force navy.

Nominations may be made by officers, non-commissioned members or civilian employees of the Department of National Defence.

The award is a free standing silver trophy adorned with engraved oak leaves mounted on a two tier solid mahogany base, which will be kept in custody of the staff of the Commander of Maritime Command. Each recipient will have their name engraved on the award and their name honored with a \$1,500 donation to their choice of the Royal Canadian Sea Cadet Corps or the Navy League Cadet Corp. Additionally \$1,500 in their name will go to either the recipients local Military Family

Resource Centre or the Military Family Fund.

The recipient will also receive a certificate and engraved navy league plaque.

Formation Chiefs are encouraged to compile a list of worthy nominations for the committee to select from for 2010 and submit them by Sept. 17 to the Maritime Command Chief Petty Officer. Any questions can be answered by phoning 613-945-0628.

### Common Military Task Fitness Evaluation May 11-14

Any member who fails their CF EXPRES evaluation twice consecutively may request the Common Military Task Fitness Evaluation (CMTFE) through their chain of command.

This is being held May 11 through 14 in Ottawa and includes a trench dig, a land evacuation, a sea evacuation and a sandbag carry and low-high crawl. The CMTFE is the gold standard for occupational fitness for the CF. More information on the fitness evaluation can be found by contacting local Personnel Support Staff (PSP) or going to [www.cfpsa.com/en/psp/fitness/general\\_e.asp](http://www.cfpsa.com/en/psp/fitness/general_e.asp).

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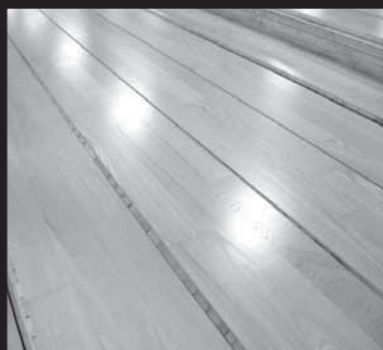
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# Military spouses host special business network



Shelley Lipke, Lookout

Nicola Greely and Marie Fournier, members of the Military Family Business Group, hold up their newly designed logo for a networking club for military spouses.

**Shelley Lipke**  
Staff writer

A black military boot next to a lady's high heeled shoe is the perfect logo for the Military Family Business Group (MFBG), which is a networking club for people related to the military in business.

Since the group began last September it's grown to include 15 members who meet several times a month to provide support to each other while talking about advertising, networking, marketing and promoting their businesses.

Travel counsellor Nicola Greeley set up the group last fall, which now includes artists, writers, photographers, and military spouses selling Tupperware, Epicure, Avon, Amway, Mary Kay

cosmetics and other products and services.

"I've been an active member from the start," said Marie Fournier who owns her own bookkeeping business. "I find it interesting to meet the different members with small businesses who are related to the military in one way or another. I think the group is beneficial for knowledge because we work together to look at different ways that we can promote and succeed in our businesses."

The group meets every first Tuesday and on the third Wednesday of each month.

"During the meetings we give small speeches about our businesses. I talk about income tax and how people can do their own taxes, but we also focus on different topics with guest speakers. Through this group I've

*We work together to look at different ways that we can promote and succeed in our businesses.*

-Marie Fournier  
Bookkeeper

gained two new clients and also a lot of friendships," says Fournier.

Because the military lifestyle is unique, the members also share stories about their spouse's deployments and help each other cope with stress, relocation and other issues that come with being a military spouse.

In March two members of the group participated in a bake sale event at the Esquimalt Legion and set up booths displaying their products and services to gain exposure within the community. "We wanted to expand this group to retired military people in business and this was a good opportunity to show people what we are all about. A lot of people commented on our new logo."

The group is moving towards getting a website and business cards made up, and would like to be involved in the West Coast Welcome Wagon program, which welcomes new members and their families posted to Vancouver Island.

Anyone interested in joining the MFBG should contact Nicola Greeley at [Nicola.greeley@travel-counsellors.ca](mailto:Nicola.greeley@travel-counsellors.ca)

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# A familiar face on base, Danny Turcotte retires

**Shelley Lipke**  
Staff writer

Those who know Chief Fire Inspector Daniel Turcotte know him for his witty sense of humour, animated laugh and hearty French accent.

He's a jokester and a prankster with a charismatic nature, and he will be greatly missed by his colleagues after his retirement in May.

After 14 years at CFB Esquimalt educating the formation in fire prevention, he's handing his chief fire inspector hat to Geordie Douglas.

More than 60 of his closest friends and colleagues will gather for his send off on May 20.

"I've had an excellent time working in Esquimalt," says Turcotte. "The people I work with have supported me 100 per cent throughout my career and it's been a rewarding experience."

At work Turcotte enjoys having fun with his colleagues. "I like to joke around because it keeps the morale high," he says.

One of his favourite stories to tell is of his early years as a firefighter in Chilliwack. He vividly recalls a practical joke: "The guys used to eat my food all the time, so I played a trick on them when I was going on my four days off. I bought 10 pepperoni sticks for dogs and put them in the fridge. When I came back I looked in the fridge and there were only two left, so I said to the guys, 'I don't hear any barking in here' and then I told them about it and they laughed," he said.

At CFB Esquimalt his colleagues bring their own lunch.

Turcotte grew up in Shawinigan, Quebec, and joined the military at age 17 as a water and fuel environmental technician. He worked in this capacity for 21 years before becoming a civilian firefighter in Chilliwack, and then at CFB Esquimalt where he worked as fire inspector, and later was promoted to chief fire inspector, his job for the past five years. One of his greatest accom-

plishments was building the staff of fire inspectors under him from one fire inspector to five. "This was a career highlight for me and a great accomplishment," he said. Throughout the years he's worked closely with the workers at Dockyard and has made a lot of friends and met talented people. Collectively the captains, commanders and base fire chiefs have been his mentors.

"As fire inspectors we help people on the base to come up with solutions for fire safety. It's a close family we have and we really enjoy each other," he says.

Keeping CFB Esquimalt fire safe is an important job, and the annual Fire Prevention Week has traditionally been Turcotte's gig. Putting his thinking cap on each year he'd brainstorm interesting, interactive ways for the Formation to learn about fire safety. He created the Amazing Race, the Firefighter's Challenge and the Hunt For Red October.

"Each year we try to build it bigger and better, and normally I do this planning, but this year I'm looking forward to being a visitor instead. I'm curious to see what they come up with. It's going to be a Naval Centennial theme."

Now at the golden retirement age, Turcotte will spend his days indulging in his hobby of refinishing furniture in his newly purchased home. He also plans to donate his time to the Mustard Seed Food Bank as a volunteer. "Now it is my time to give back," he says. "I also will exercise - and try to be nice to people," he adds with a chuckle.

Douglas admits he has big shoes to fill stepping into the senior Chief Fire Inspector position. "I'm looking forward to the challenge of this job, and everybody is really going to miss him. He's like the nosey aunt. Everybody has one," joked Douglas.

Base personnel who wish to bid Turcotte a happy retirement can drop by building D11 on May 20 to say goodbye and share a laugh with him from 11 a.m. to 3 p.m.



Shelley Lipke, Lookout

In honour of Chief Fire Inspector Daniel Turcotte's retirement, and sense of humour, fire inspectors Ed Blaney, Craig Krystia, and Mike McLean don some interesting head gear while Chief Fire Inspector Geordie Douglas presents Turcotte with a plastic toy fireman's helmet.

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-Daniel Turcotte  
Chief Fire Inspector



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PO2 Don Read receives his new rank from LCdr Erik James, Commanding Officer of HMCS Oriole, and PO1 Ken McEvoy, Coxswain of Oriole.



MS Walman receives his new rank from Cdr Allan James, Commanding Officer of Port Operations and Emergency Services Branch, and LCdr Lucie Tremblay, Navy Provost Marshal (Pacific).



PO2 James Levesque is promoted to Petty Officer First Class by Capt(N) Martin Adamson (right).



MCpl Pettinger receives his new shoulder slip ons from Cdr James and LCdr Tremblay.



MS Christopher Smith (centre) is promoted to Petty Officer Second Class by Capt(N) Adamson (right).



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# “Abandon ship” in Nanaimo harbour

**Sgt Conrad Cowan**  
JRCC

Last month in Nanaimo, volunteers, some donning grisly make-up, played victims of a fictional B.C. Ferry emergency.

The scenario: without warning, an explosion ripped through a commercial truck aboard the B.C. Ferry Quinsam while en route to Gabriola Island from Nanaimo around 9:30 a.m. on Sunday morning, April 11. Massive amounts of noxious smoke and burning liquid spilled from the truck onto the car deck, sending 82 volunteers and B.C. Ferries' employees scrambling toward the life rafts.

With the simulation underway, Marine Communications and Traffic Service Center relayed the emergency broadcast to the Joint Rescue Coordination Center Victoria, wherein the Air and Sea controllers dispatched the appropriate resources into the disaster area. As the fictional fire grew, Capt Michael Smit ordered the passengers and crew into life rafts where they were rescued by numerous agencies including the Canadian Coast Guard, Coast Guard Auxiliary, Nanaimo Port Authority and the Nanaimo Emergency Program.

“The spectacular success of the Nanaimo exercise would not have been possible without the tremendous effort of more than a dozen emergency and social services agencies, volunteers and cadets,” said SAREX Safety Officer Francois Michaud, Canadian Coast Guard.

The purpose of the exercise was to demonstrate the ability to provide a coordinated marine and shore response to a large passenger vessel evacuation through interagency cooperation and communications. Also tested was the passenger and casualty evacuation accounting process.

According to Chris Frappel, B.C. Ferries Marine Superintendent for the Southern Islands, it took only six minutes to completely evacuate the 82 aboard.



Mock victims of an explosion aboard a B.C. Ferry in Nanaimo are escorted off the dock at Maffeo Sutton Park.

The “casualties” were transported from life rafts to a safe landing area at Maffeo Sutton Park in Nanaimo where Vancouver Island Heath Authority and Emergency Social Services triaged then transported them to a comfort center area at Bowen Park. Also assisting in this phase of the exercise were personnel from Nanaimo Fire Rescue, B.C. Ferries, R.C.M.P., Salvation Army and St. John Ambulance.

Search and Rescue Technician, Sgt Conrad Cowan and Canadian Coast Guard Officer, Mike Stacey, representatives from the Joint Rescue

Coordination Centre, were on hand acting for the first time as liaison officers.

“It was great to have the Rescue Centre members at the command post to give insight on what type of SAR resources they could provide us” said Ron Lambert, Nanaimo Fire Rescue Chief.

“This was an excellent opportunity to practice an emergency response amongst provincial, federal and corporate agencies,” said Alison Keighan, Exercise Director of Canadian Coast Guard Pacific Region.

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**REMEMBRANCE GATHERING FOR DONALD BOTA.** Thurs. May 06, 2010 @ 5:30 PM at the Tudor House in Esquimalt. A gathering will take place to remember my father Don Bota and to celebrate the committal of his ashes to the sea. For more information please contact Don's daughter Cher @ duckandgypsy@shaw.ca

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# Mental Health Awareness Week offers a check up

**Jon Chabun**  
MFRC

In recognition of Mental Health Awareness Week, the Employee Assistance Program, the Learning and Career Centre and the Military Family Resource Centre (MFRC) will be providing information to members of the defence community from May 3-7.

The week's activities, including presentations and displays, are open to military members, family members, and civilian employees.

"Good health includes good mental health care habits," says Marianne Ostopovich, prevention, support and intervention coordinator at the Esquimalt MFRC. "If you think that you or someone you know about might be in need of help, here's your chance to learn more."

Mental Health Awareness Week includes a Mental Health Check Up display at the Employee Assistance Program office and at Colwood Pacific Activity Centre MFRC throughout the week. Attendees can learn more about illnesses such as depression, including how to recognize the signs of depression, how treatable

it is, and the range of supports available to them.

A depression screening is available for interested individuals on May 6. Screenings take place at the Learning and Career Centre (N136, Library) from 10 a.m. to 1 p.m., the EAP Resource Room (D29, Room 105) from 11 a.m. to 3 p.m., Signal Hill MFRC (1505 Esquimalt Road) from 11 a.m. to 3 p.m. and CPAC MFRC (2610 Rosebank Road) from 4 p.m. to 7 p.m.

Lunchtime presentations on May 3 and 5 by PSP Health Promotions (D29, Room 203) focus on stress management and suicide intervention respectively.

"There are many ways to help improve your mood," continues Ostopovich. "Peer support groups. Self-help books. CD's. Counselling therapies. Clinical support groups. Exercises. Relaxation techniques. Meditation. Each person is unique and your recovery can be tailored to who you are."

For more information on Mental Health Awareness Week, contact the Military Family Resource Centre at 250-363-2640 or the Employee Assistance Program at 250-363-7968.

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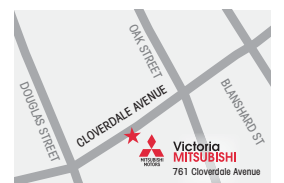


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