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Outstanding citizen

Deringer honoured with award

Penny Rogers
Staff writer

It couldn't have been scripted any better. In this naval centennial year, it just so happens that a defence team member was honored with the title of 2010 Citizen

of the Year at the C-FAX 1070 Community Awards last week.

This award is presented to an individual who has shown outstanding citizenship, usually through many years of contributions to the community. And this year the Mel Cooper Citizen of the Year Award went to Dan Deringer.

"My first impression when I heard, really, was that they had the wrong person. There are tons of people down here who give so much to the community but you wouldn't know that because they do it so silently," said Deringer, who has worked in the Fleet Maintenance Facility (FMF) for the past 35 years.

For 15 years of those years, Deringer has led the United Way campaigns for DND, and has seen the amount raised within FMF increase to a staggering \$170,000 a year.

Mel Cooper, an outstanding business and community leader, said he was proud to have his name on the award that recognizes such a special citizen.

"Dan's FMF workmates are proud of the more than \$1 million they have donated under his conscientious, committed leadership," said Cooper. "Those of us who have been part of the United Way's record-setting years know DND's contribution has been pivotal to the campaign's success."

Deringer has tried to make many of the fundraising events fun for his FMF counterparts.

See Volunteer on page 12



photo by Penny Rogers, Lookout
Dan Deringer is practically a household name here at CFB Esquimalt. Deringer is synonymous with fund raising and a charitable spirit, and for this he has been duly recognized with a Citizen of the Year award.

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Photo courtesy of Doug Kimmitt, DND

Like large ballerinas, CF Auxiliary Vessels Glendyne and Glendale “danced” for a crowd lining Seattle’s pier 66, during the city’s Maritime Festival.

Tugs venture south for races

Penny Rogers
Staff writer

Two Canadian Forces tug boats wowed a large crowd as they went bow to bow with other tugs in the Seattle Maritime Festival’s 26th annual tugboat race.

For the past six years CF Auxiliary Vessel (CAV) Glendyne has been invited to participate, but this year, because of a special request from the Port of Seattle and the race committee, her sister ship, CFAV Glendale also went. “We’ve never sent two tugs before, but this year they requested we put on a tug demonstration as well,” said Doug Kimmitt, Auxiliary Fleet Manager and Glendyne crewmember.

“So we did a 15 minute, two-vessel ballet for the

crowd that was a choreographed routine showing the maneuverability of the tugs. Because we’ve been really busy between Operation Podium and getting ready for the International Fleet Review, we only had one practice morning,” said Kimmitt. “But it went so well that at the awards ceremony the race committee said it was the best demonstration of tug handling that they’d ever witnessed.”

After the ballet was over it was time to line up for the race.

This year more than 40 vessels participated in the three-heat, mile and a half race along Seattle’s downtown piers.

Glendyne and Glendale raced with nine other Class B (middle class) vessels.

“There is occasionally the

odd bump but this year was good. No bumps. We raced safely,” said Kimmitt. “I was on Glendyne and we placed fifth with Glendale right behind us in sixth. It was Glendyne’s best time in her six-year history at the festival.”

But that wasn’t all Glendyne and her crew had to show for themselves.

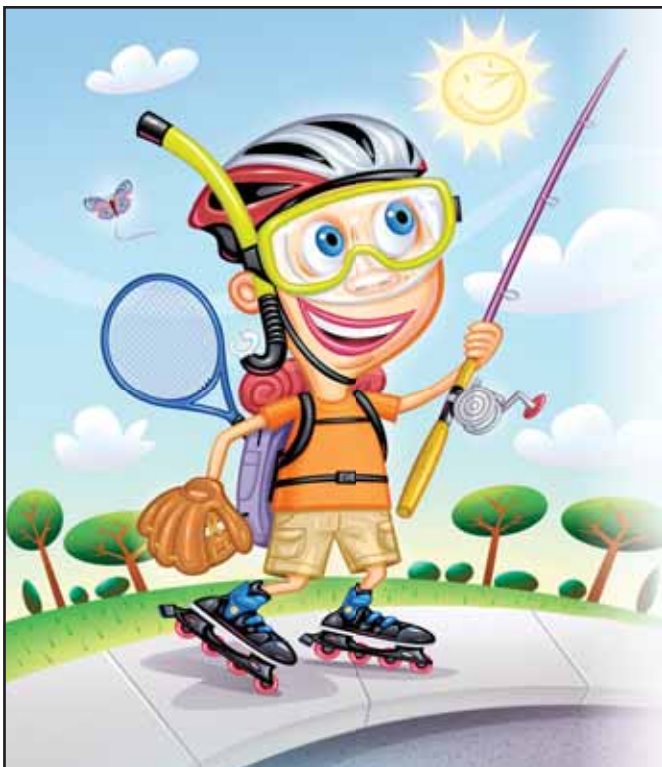
One more event pitting crew against crew was the emersion suit race. A team of four was required to suit up in survival suits, swim across the pier then climb into a life raft.

“Ten teams participated in all. We had a team of young people from Glendale and a team of older fellows from Glendyne. Experience took the day as the group of older crewmembers, led by

Captain Bob Beauregard, who just had his 60th birthday, came in second overall. They did the race in one minute, nine seconds,” said Kimmitt.

The final crowning glory for Glendyne came at the end of the festival. Everyone in attendance had an opportunity to vote for his or her favorite tug and for the fifth year, Glendyne brought home the People’s Choice Award.

The Festival is a week-long event that draws upwards of 400,000 people to the spectacular waterfront of downtown Seattle. Key events include a chowder cook-off, poetry competition, and a ‘quick and dirty’ boatbuilding competition, but the highlight of the festival is always the tugboat races.



What's up with your kids this summer?

Fun Seekers PSP Day Camps: Junior and Senior levels	Ages 5-11 years	June 28- Sept. 3
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Youth Leadership Training Program	Ages 13- 17 years	June 5

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FDU(A) diver represented the best

Virginia Beaton
Trident

Flags flew at half-mast in Formation Halifax and across Canada in a somber acknowledgement of the first Canadian Navy sailor to fall in Afghanistan.

PO2 Craig Blake, age 37, a clearance diver with the Fleet Diving Unit (Atlantic) (FDU(A)), died after an improvised explosive device (IED) detonated during a dismounted operation on May 3, about 25 kilometres southwest of Kandahar City, in the Panjwayi District. The incident occurred at approximately 4:40 pm Kandahar time as PO2 Blake and his team were walking back to camp after having dismantled an IED near the village of Pay-e-Moluk.

PO2 Blake was serving with Task Force 1-10 and had been in Afghanistan for just a few weeks. According to PO1 Paul Walsh, PO2 Blake's comrades and friends in the diving unit will remember him as a dedicated sailor and a colleague whose skills as a diver and as a leader were exemplary.

"His strong sense of duty was what took him to Afghanistan," said PO1 Walsh, who has deployed to Afghanistan to dismantle IEDs. "His country asked him to go. He was leader of a team, and he had a sense of duty to that team."

A native of Simcoe, ON, PO2 Blake joined the navy in his late teens and had been in the FDU(A) since 2000. He and his wife Priscilla have two sons, seven-year-old Ty and 14-year-old Cain.

"Craig worked in all aspects of the diving branch," said PO1 Walsh, adding that PO2 Blake

started out in underwater engineering and battle damage repair before moving into training. "Which is where I first got to know Craig well. He was a great guy. He was quiet but his actions spoke louder than his words."

The two men worked together training navy divers, combat army divers and Special Forces divers.

"Craig was directly responsible for the physical training and he took great pride in that.

"Craig was a total professional. Craig was the guy who would sit in the boat for hours and hours, dressed in all the heavy equipment as the leading seaman standby diver. For that instant reaction to an emergency when something could go terribly wrong, you could simply tap Craig on the shoulder and he would respond. His job was priority one, and it was to make sure other people were safe."

PO2 Blake was well known for his dedication to physical fitness. He was an enthusiastic cyclist who biked to work in any weather. He greatly admired Lance Armstrong, seven-time winner of the Tour de France.

His strong sense of duty was what took him to Afghanistan.

-PO1 Paul Walsh

"When the Tour de France was happening, Craig was always checking the results whenever he had a break. He loved watching that race," recalls PO1 Walsh.

In September 2008, then MS Blake, partici-



PO2 Craig Blake

pated in the Navy Fitness Challenge as the cyclist member of a triathlon team competing in the open category. His team, named Waterwings, won that category.

"He was really committed to what he thought was right and he never quit....He was tough and he was determined to see things through."

PO2 Blake was also a hockey fan. "[During the diving unit's twice weekly hockey games,] Craig never really wore out the blades of his skates, he wore out the ankles. He loved the sport."

When PO2 Blake's elder son Cain began to play hockey on a team in the Shearwater-Shannon Minor Hockey Association (SSMHA), the fleet diver became a popular and respected volunteer coach for peewee hockey. "He coached so he could be involved in the sport

with his boys," said PO1 Walsh. "He wanted to give something back."

In December 2008, SSMHA presented PO2 Blake with the peewee coach of the year award.

The repatriation ceremony for PO2 Blake took place on Thursday May 6 at 8 Wing Trenton. More than 30 members of FDU(A) were present, as well as dignitaries including Michaëlle Jean, Governor General of Canada; Peter MacKay, Minister of National Defence and VAdm Dean McFadden, Chief of the Maritime Staff. The repatriation was preceded by a ramp ceremony at Kandahar Airfield on Wednesday, attended by more than 1,500 Canadian and ISAF personnel.

PO2 Blake was the 143rd CF member to fall in Afghanistan since the mission started in 2002.

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WHAT SAY YOU

New Robin Hood grittier than predecessors

W. Andrew Powell
The GATE

New in theatres this Friday: Russell Crowe stars in Ridley Scott's action-adventure, *Robin Hood*; Jay Baruchel plays a reincarnated historical icon in *The Trotsky*; plus a look at the romantic comedy, *Just Wright*.

Robin Hood

Since 1908, *Robin Hood* has been remade for film and television dozens of times, and has been played by the likes of Errol Flynn, Kevin Costner, Sean Connery, and Carey Elwe, to name just a few. Aside from a number of television productions though, it's been 17 years since the legendary character has appeared in cinemas, and that was Mel Brooks' comedy, *Robin Hood: Men in Tights*.

Even after all those years, director Ridley Scott had his work cut out for him. There are very few characters as popular, or as well known as Robin Hood, and for the most part the stories tend toward a glistening view of the past. Few have offered much in the way of grit or realism, mainly because he's a romanticized figure, seen more often in tights than in anything practical.

That's what makes Scott's adventure look promising, as the director went for a much more grounded story with his *Robin Hood*, rather than the usual fairytale shortcut.

Russell Crowe stars as our 13th century hero who was fighting with King Richard against the French before the monarch died. Travelling to Nottingham, Robin finds the town has been taken over by a corrupt sheriff, played by Matthew Macfadyen, who is living off the backs of the townspeople thanks to a terrible tax. Falling in love with the widowed Lady Marion, played by Cate Blanchett, Robin Hood takes it upon himself to form a pack of mercenaries to steal from the rich and give to the poor villagers in an effort to even out the trouble the Sheriff has caused.

While Scott's *Robin Hood* has been criticized for not understanding what it means to be "historically accurate," the film was geared to make Robin Hood grittier than we've seen him before, and we've been told to expect at least some level of realism for that era in British history, even if gets quite a few facts wrong.

This is an action movie though, and based on the average reviews the film has earned so far, *Robin Hood* is not likely to win any Academy Awards, but it is a solid adventure.

Still, if all you want is to see some action, people running around castles, and a bit of sword play, this is the film for you this week.

The Trotsky

Also opening this weekend is writer and director Jacob Tierney's *The Trotsky*, which premiered at last year's Toronto International Film Festival.



Russel Crowe stars in the newest redtion of Robin Hood.

Starring Jay Baruchel as Leon Bronstein, the film is a unique teen comedy about a Montreal high school student who might just be the reincarnation of the Soviet and Red Army hero, Leon Trotsky.

Getting into trouble for planning a hunger strike at his family's clothing factory, the story revolves around Leon's quest to uplift the students at his school and fulfil his quest to help change the world.

Just Wright

In the romantic comedy *Just Wright*, rapper Common plays injured NBA all-star Scott McKnight, who is working with tough-love therapist Leslie Wright, played by Queen Latifah, to get back into the game. When Leslie starts falling for Scott though, the two will have to see if they can make it work, while still getting Scott back on the court.

Receiving fairly dismal reviews, *Just Wright* is not at the top of any critic's list this weekend, and might be better enjoyed a bit later on DVD.

Already out in theatres...

Iron Man 2

Summer might still be over a month away, but the summer blockbuster season has officially arrived with the release of Jon Favreau's popcorn actioner, *Iron Man 2*.

Dubbed by most entertainment writers as one of the year's most hotly anticipated films, the big budget action sequel stars Robert Downey Jr. as our mega-billionaire hero, Tony Stark. During the first film Stark built a high-tech suit of armour to do a little good in the world, and by the end of that film revealed his true identity to the world.

As the second film kicks off, Stark is now

being urged by the military to turn over the Iron Man technology for the good of the nation, but Stark is afraid that in the wrong hands the armour could be a terrible thing, and refuses to give them any information.

Meanwhile, Stark also finds out that the technology that is keeping him alive is also poisoning him, and so he appoints his former assistant Pepper Potts, played by Gwyneth Paltrow, as CEO of the company. At the same time he takes on Natalie Rushman, played by Scarlett Johansson, as his new assistant.

He also has to contend with a new villain, played by Mickey Rourke, who has created technology of his own to take Iron Man down.

All of this happens as a whole side-plot unfolds around Stark's many powerful friends, including James Rhodes, who is played by Don Cheadle in the sequel, and a new project known as the Avengers.

Looking at the list of stars, and knowing how much Paramount and Marvel Studios want this film to feed into a whole franchise of super hero films, it's easy to see how the whole project could have collapsed under its own weight. There is simply too much to fit in, and like many sequels before it, there's a motivation to pack it full of characters.

Lead-ins are also a tough thing in movies. As much as it's fun to have one film set up others, it's quite often just a frustrating tactic. In the comic books, all you had to do was wait a month for some more action, but a comic book movie requires more patience than most people are willing to trust to Hollywood, especially when it's never really certain who will direct a sequel, or how far away that next film might be.

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FINANCIALADVICE

Understanding the planning process



Nicholas Woloszczuk
Contributor

In recent months, several Canadian economists have stressed the importance of early retirement planning and the need for Canadians to save more for their golden years. For many young families faced with a variety of expenses such as mortgage payments and rising childcare costs, the thought of putting money aside may make sense but is perceived to be very difficult given all their other financial commitments.

However, many are surprised to discover that with a proper financial plan and the help of a financial planner, they are able to uncover existing and/or new funds for short, medium, and long term goals including retirement savings. Understanding the financial planning process will help you to see how a financial plan can improve your chances of achieving your life goals.

The first step is engagement with your planner. Here, your planner will explain the services he or she provides, discuss your expectations and responsibilities as well as his or hers, and disclose how he or she is compensated. It is at this stage where clients normally decide whether or not to commit to the financial planning process.

Next is to establish your

objectives and gather as much data as possible. It is important to prioritize these objectives and provide your planner with as much information as possible. Documents such as wills and/or powers of attorney and statements such as mortgages, Registered Retirement Savings Plans and pensions etc. should be provided to the financial planner for review. This activity will help your planner develop the framework of your personalized plan.

Information gathered is then applied to the third step of understanding your current financial position and identifying potential opportunities and problem areas. The theme of "more information is better" applies. Your planner will compare your objectives to your financial information and develop the strategies that become the cornerstone of your plan. Tax planning opportunities and risk management strategies will also be explained and discussed at this stage.

In some cases, your planner may need to integrate his or her advice with other professionals' such as an investment specialist, an accountant and/or a lawyer depending on the complexity of your situation. Another way to look at it is to think of your planner as your personal quarterback coordinating your other professionals toward the ultimate goal of winning the game or in your case, achieving your goals.

With an understanding of your objectives and a clear picture of your current and future finances, your planner will be able to move to the fourth step of presenting his or her

A proper financial plan and the help of a financial planner can help you uncover existing and/or new funds for short, medium, and long term goals.

recommended strategies and how they will be executed through your plan. Although you may discover that you have to start to save for retirement at a future date, it will lay out the route to get you saving earlier than would otherwise have been possible had you not developed a plan.

If you are satisfied with the recommended strategies, your planner will move to step five, plan implementation. It is important to remember that the best thought out plan is only relevant if it is executed. A common mistake is to "shelve" the plan and get around to it at a later date. This is not advisable as the data that you provided to your planner earlier may have changed, rendering your old plan inadequate or ill suited to your current circumstances. Plan implementation includes but is not limited to the purchase of insurance and investment products, the opening of special accounts such as a Registered Retirement Savings Plan or a Tax Free Savings Account and/or executing other potential strategies recommended to you such as modifying your spending habits, paying off debts, etc.

Finally, your planner will monitor and update your plan, as assumptions made during plan development may change over time. Your role is to keep your planner up-to-date on

your current and future situation. If your objectives or situation changes, your planner will need to modify your plan to reflect this.

The important thing to remember is that a financial plan is not something that you should consider many years from now. Rather, it is something that you should have at the beginning of your professional or family life. By taking the first important step of speaking to someone about your financial future, you will be able to live in the present with the peace of mind of knowing that you and your family are closer to achieving your lifelong goals.

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Centennial Bell presented to Canada

Darlene Blakeley
CMS PA

In the hallowed hall of the Senate of Canada, 100 years to the day it was created (May 4, 1910), the Navy presented a ship's bell to the people of Canada, rededicating itself to another century of service.

"[The Centennial Bell] stands as a symbol that honours the past, celebrates the Royal Canadian Navy's achievements and recognizes the navy's safeguarding of Canadian values of freedom, democracy, respect for human rights and the rule of law," said Minister of National Defence Peter MacKay.

During the ceremony, Prime Minister Stephen Harper announced that the Government of Canada is designating May 4, 2010, as Canadian Navy Centennial Day to mark the navy's 100th anniversary of service.

"In one relatively brief century, our sailors have established a mighty tradition of service and heroism, one that is second to none in the world among navies that are often far older, and in some cases, far larger," said Prime Minister Harper. "And Canadians have come to understand that our way of life, our trade, our security, our capacity to influence events elsewhere depends in significant part upon the men and women of the Canadian Navy and the ships in which they sail. It has for 100 years, and in the future that is mine to see, I expect it will continue to be so."

The Centennial Bell, presented by Chief of the Maritime Staff, Vice-Admiral Dean McFadden, was christened with the waters of Canada's three oceans – Atlantic, Pacific and Arctic – as well as the Gulf of St. Lawrence, the Great Lakes, and the Indian Ocean, representing the navy's international theatre of operations. These waters were collected throughout 2009 by naval ships and submarines. The bell, with its original rope made by CPO2 David Lowther, and a book highlighting the history of the bell and displaying the variety of artefacts from which it was made, are to be kept as a permanent reminder that Canada is a maritime nation dependent upon the oceans for its national prosperity.

"For many mariners, the ship's bell came to symbolize life at sea itself," said VAdm McFadden. "That is why even to this day, the bell is a warship's most important artefact, and why it continues to play an important role in naval routine and ceremony, even in a technically sophisticated force where operations are coordinated to the second."

In a tragic turn of events, attendees at the ceremony also mourned the loss of PO2 Craig Blake, the first Canadian sailor to die in Afghanistan. A member of Fleet Diving Unit (Atlantic), PO2 Blake was killed May 3 after an improvised explosive device detonated during a dismantled operation, about 25 kilometres south-



MCpl Serge Tremblay, DND
With a quick pull on the bell rope, CPO1 Robert Cleroux rings for the first time the Naval Centennial Bell.

west of Kandahar City in the Panjwayi District.

"The presentation of this bell to the people of Canada allows us – the men and women of today's navy who are but custodians of this great national institution – to do more than commemorate and reflect on the past," VAdm McFadden said. "It allows us to acknowledge

our covenant with the nation and dedicate ourselves anew to the watch, that ceaseless vigil that keeps Canada safe from the perils of the world. It is a vigil that still demands effort to the last measure, and sacrifice, even far from the sea – in the dusty plains of Afghanistan where we lost one of our own yesterday, PO2 Craig Blake."

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COMMUNITY NEWS: NAOSH WEEK

Dockyard employees surprised by on-the-spot emergency exercise

Shelley Lipke
Staff writer

When several weapons fitters from shop 162 returned from their lunch break Wednesday, May 5, they were faced with an unexpected surprise.

Lying on the shop floor under a pile of boxes screaming for help was colleague Pete Bliewert.

But with nearby cameras posed and ready, and safety and environment inspectors clutching clipboards with pens, something looked suspicious about the set up.

It was North America Occupational Safety and Health (NAOSH) week, and shop 162's emergency preparedness response skills were about to be put to the test.

Weapons fitters Ken Worth, Chris Young and MS Ryan Ward realized they were being assessed and sprung into action, utilizing first aid skills they have learned but don't use too often.

They lifted the boxes off Bliewert, pulled the fire alarm to alert the base fire department and took first aid measures until the emergency crew arrived.

All the while cameras snapped and

boxes were checked and comments taken down by the observers.

"Any exercise we can practice is a good exercise for the shops," said safety and environment inspector Claude Himbeault who had been planning this exercise for several months. "The observers grade the shop personnel on their knowledge of duties, and how they control the situation. They must look after any hazards, ensure first aid measures are put into place and pull the fire alarm to alert the emergency team. The best way to help ensure people are prepared for an emergency is to respond to a practicing scenario first."

The best way to help ensure people are prepared for an emergency is to respond to a practicing scenario first.

-Claude Himbeault
Exercise planner

This scenario was unique because there were two casualties under the boxes – one conscious and the other unconscious. "The weapons fitters in this shop did a good job during this exercise today," said Himbeault.

After the emergency crew from the base fire department arrived and took over first aid duties, Himbeault let the exercise carry on for several minutes before ending it by clapping.

"I never want anyone to feel like they didn't do a good job, so I clap for positive reinforcement," he says. "After the exercise I always invite everyone involved to debrief to discuss what went well and what needs improvement for the next time. This way we can learn from what we experienced," he said.

First responder Worth said it was a good exercise. "It caught me a bit off guard at first," he admitted. "The majority of us have taken training, so it's nice to be put into this situation and have to remember how to use that training. I was especially impressed with the fake wounds that looked very realistic."

Several times a year these exercises are held to keep shop personnel's emergency response skills honed.

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FIRE RESCUE

Exercise tests firefighters

Penny Rogers
Staff writer

"Dockyard companies be advised, first floor is smoke filled. Repeat, first floor smoke filled."

Possible occupants on floors one and two. Engine one; take the hydrant and lay in."

These were the directions given by CFB Esquimalt Fire Department's Assistant Fire Chief, Randy Morton as trucks made their way to Building 523, Signal Hill.

That marked the start of last week's structural evolution exercise for 10 members of Four Platoon.

"We are going to run this exercise as close to real time as possible, so our responding firefighters will not know exactly what to expect until they arrive on scene," explained Morton at the exercise start. "Incident command will be set up after completing a 360 degree walk around the structure. Once the incident commander determines immediate rescue of occupants is not required, teams are tasked to begin the initial attack and search procedures as required."

Moments after Four Platoon arrived on scene, hoses were snaking their way along the driveway and a 24-foot ground ladder had been secured underneath a second-floor window in order to secure a secondary means of egress from the second floor. The yellow-suited attack and search teams donned their masks in preparation to enter the building. Their mission for the exercise seemed simple. Find three items: a helmet, a dummy/casualty and a flashlight.

But to lend authenticity and a slight twist to the exercise, the firefighters searching for those items had to modify their facemasks in one unique way. Wax paper was crumpled and fit inside, severely limiting their visibility and closely matching the environment they would find in a real smoke-filled area, similar to that experienced when fighting a fire in a compartment on a ship. Ventilation may be non-existent and conditions become untenable very quickly when dealing with vessel fire conditions. The wax paper prop helps to sharpen the firefighter's abil-

ity to advance on a fire or search an area where they may not be able to see their hand in front of their face.

The search team, comprised of firefighters Glen Grass, Jim Hatcher and Bryce Patey, entered the building on hands and knees, feeling their way along walls, past doorways and under furniture, keeping in constant, albeit muffled, verbal contact with one another. Soon after, all rooms in the building were cleared, the three target items were recovered and the men were back outside with the rest of their platoon.

Then the radio crackled and a voice asked, "Attack One and Search One, provide PAR." PAR represents "Personnel Accountability Report." When one team reported one firefighter unaccounted for phase two of the exercise was launched.

Echoing off the walls inside the old brick building was the shrill sound being emitted from the "man down" alarm. This personal alert safety system, or pass device, is integrated into the self-contained breathing apparatus worn by firefighters. It is automatically activated when the firefighter turns on the air supply and has a motion sensor in it so if a firefighter doesn't move for 30 seconds the alarm activates. It can also be manually activated if assistance is needed.

At most fire or emergency situations, be it a ship's fire, structural fire, hazardous materials incident or confined space rescue, a Rapid Intervention Team (RIT) is set up with the sole purpose of facilitating firefighter rescue.

"They prepare by tracking the firefighters in the hazardous area, essentially functioning similar to the incident command, if you will," explained Morton. "They attempt to gather all the information on where the firefighters are moving around in the building, where they are located, as well being aware of every means of entrance and egress for the building or vessel so they can facilitate the safe rescue of a firefighter if the circumstances are required."

The RIT cannot be assigned any major tasks that will take them away from those specific duties, so, while others are laddering the building,



Firefighters Rick
"downed firefig

doing a search, or the RIT team is mo activities. They hav supply, their own tions, their own air allowing them to d tion the trapped or might run into.

For this exercise Ptolemy and Ron assigned RIT. With their masks simulati filled structure, the the front door. As did before them, entering the building their knees and fol ing high-pitched sig pass device.

The small maze difficult to pinpoint of the signal immed metre the two-man toward the sound a came across the o The RIT was now the firefighter had a extricating him from brought the day's tr ful conclusion.

This structural ev one of 12 different fire department m in, ensuring they r specific trade know



Base Fire Rescue's 4 Platoon descended on building 523 on Signal Hill for an realist



Penny Rogers, Lookout

Ptolemy and Ron LaRoy, the Rapid Intervention Team for this exercise, locate the "center" by following the shrill sound of the personal alert safety system.

attacking the fire, monitoring the crew's own water supply and tools, deal with any situation injured firefighter

firefighters Rick LaRoy were the wax paper filling a densely smoke team was led to the search team immediately upon they dropped to allowed the deafening signal emitted by the

of rooms made it at the exact location immediately, but metre by team pushed on and within minutes downed firefighter. required to ensure an air supply before in the building. This training to a success-

evolution exercise is disciplines that base members are trained meet and maintain ledge and skills.



Penny Rogers, Lookout

Jim Hatcher, Glen Grass and Bryce Patey cautiously enter the "smoke-filled" building.



Penny Rogers, Lookout

exercise that tested their ability to search and rescue a smoke-filled building.



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HEALTH: FUNDING FOR PTSD SUFFERERS



Coins developed for a cause

Jill St. Marseille
Contributor

Having fought the battle herself, Major Deanna (Dee) Brasseur knows the importance of acknowledging, recognizing and diagnosing post traumatic stress disorder (PTSD).

One of Canada's first female fighter pilots, Maj Brasseur retired in 1994 with what she thought was exhaustion from her job.

"I thought I was tired; had career burnout," she said. "I thought it would get better if I got out [of the Canadian Forces], but it didn't."

She discovered that it wasn't burn out: it was PTSD. She sought treatment in neuro-linguistic programming and today is fully recovered and on a mission to help others with the disorder.

When she is not working as a reservist with the Air Force, Maj Brasseur is an active civilian who is busy public speaking and raising awareness about the disorder through the One in a Million Project.

She wants to bring to light the fact that PTSD can affect anyone, and it is important that it be recognized and treated.

"It is not simply a military problem affecting soldiers who serve on extremely challenging missions, it's a Canadian national mental health challenge affecting police, firefighters, emergency responders, health care professionals as well as everyday citizens affected by traumatic events

It is not simply a military problem affecting soldiers who serve on extremely challenging missions, it's a Canadian national mental health challenge.

-Maj Deanna Brasseur
Former CF fighter pilot

such fires, floods, car accidents and violent crime. The Canadian Mental Health Association estimates one in 10 Canadians suffers from PTSD."

The One In A Million project will give hope and directly benefit PTSD sufferers and families. It has commissioned a limited edition collector coin to raise \$35 million, which will generate annual revenue to be granted towards researching, educating and treating PTSD through organizations such as Soldier On, Military Families Fund and the Neuro-Linguistic Programming Research and Recognition Project.

One million coins have been minted and sell for \$50 each.

The goal is to lift the veil, the stigma that has been placed on PTSD. Because as Maj Brasseur said, "No one is immune."

The coin can be purchased from the project website through PayPal at: www.oneinamillionunlimited.com/coin.

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From Rocky Point disposal to Calgary Stampede display

Penny Rogers
Staff writer

What happens when you offer up a challenge to a group of talented employees from Canadian Forces Ammunition Depot (CFAD) Rocky Point? You end up with a built-from-scratch model torpedo for display at the Calgary Stampede where an estimated one million people will attend.

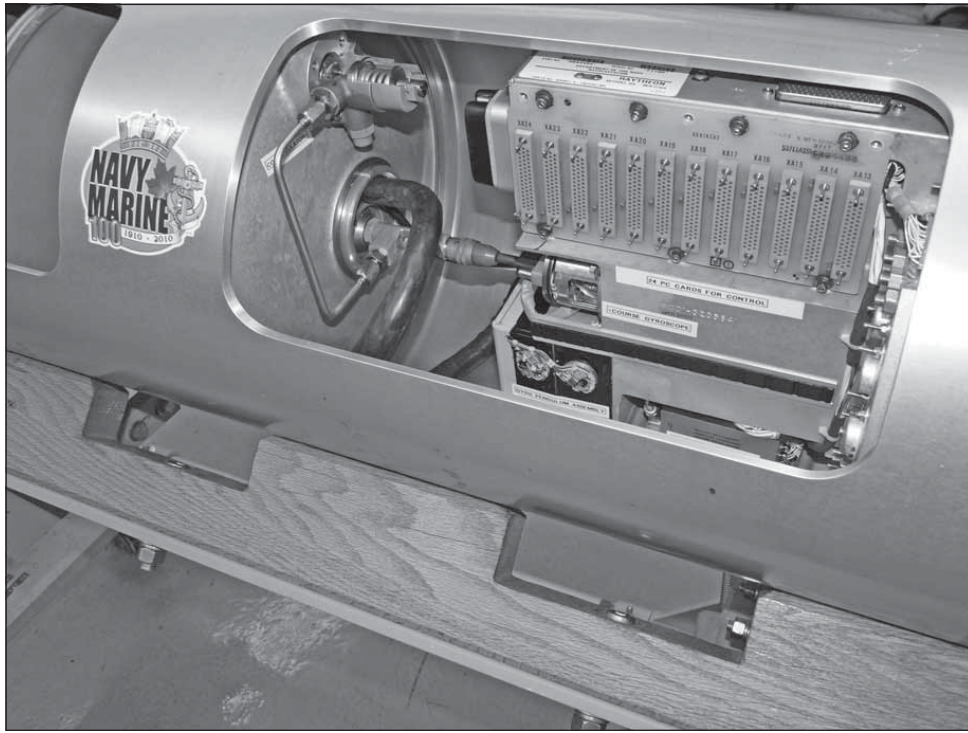
Word spread at the Ammunition Depot earlier this year that the Naval Museum of Alberta in Calgary was looking for items that would commemorate and celebrate the Naval Centennial. On the museum's list was a cut-away of the MK 46 ASW Lightweight Torpedo, the model currently carried on all major Canadian warships, and by both the Sea King helicopter and Aurora Long Range Patrol aircraft.

Museum staff had tracked down a company in Newport, RI, who could provide exactly what they were looking for, but the cost for the full cut-away would be \$75,000.

Paul Shields, Production Supervisor Torpedo/Missile Maintenance, saw a string of email traffic regarding the search for the cutaway and decided it would be an excellent opportunity for their shop to lend a hand.

"We started looking into the process and everyone in the shop took on a part or a role in the building of the torpedo, depending on what their specialty was," said Shields.

The cutaway took about two weeks to complete and, depending on each team



Mike Kubisheski, CFAD Rocky Point

The cut-away of the model MK 46 lightweight torpedo, hand-built by Rocky Point staff, will be on display at the Calgary Stampede and later in the city's Naval Museum of Alberta.

member's specialty, the time each spent working on the project varied from a few hours to the full two weeks.

First, the electronics were completely declassified and then components to simulate the real parts were fabricated and installed, all from non-repairable or unserviceable assets, so no actual torpedo was "injured or damaged" to create the display, according to Shields.

The fuel tank was cut away to expose the inner workings, then Mark Waddington and Casey Clinton took about two weeks to carefully mill out the shell, and each exposed component in the after body (engine/propulsion section), which proved to be the biggest challenge. Also a hurdle was matching the cut lines and providing

the best view possible.

Other team members included Mike Kubisheski, Jim Carlson, Pat Wade, Ray Campbell and Neil Tremblay.

"It was a bit of a head scratcher when we were assigned this task," explains Clinton. "We had to come up with a cutaway with as much detail exposed as we thought appropriate for the general public, while keeping the display in compliance with declassification. We wanted to show the complexities while keeping the display robust enough to withstand shipping and harsh handling."

The display torpedo did survive shipping and now the Naval Museum of Alberta volunteers will take over to construct a base and

Plexiglas cover for display at the Stampede grounds and subsequently in the museum, where it will remain on permanent display.

"The thought of one million people attending the Calgary Stampede where this will be displayed is fairly impressive," said Shields. "The finished product the guys made was fascinating, even to people who have worked with torpedoes for years."

Clinton is proud of the final result as well. "It gave us a sense of artistic creativity that we never get to experience in this atmosphere of formal processes and procedures," he said. "We hope this display will be an interesting piece of military history for generations of people to enjoy."

Deserving sailors get free Navy Rocks tickets

For their excellence throughout the year (as recognized and nominated by their various units), the following Canadian Forces personnel have been selected as "deserving service persons" and will receive a complimentary pair of tickets to The Navy Rocks concert.

Receiving these nominations is no small feat; congratulations to the individuals and units listed below - you help make the Navy rock.


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- BADM
- LS Nagle
- Cpl McKenzie

- LS Berube
- PO2 Linfoot
- LS Vigier
- MS Roux
- BCE
- MCpl Dussault
- Cpl Kozyn
- BEXEC
- LS Barham
- PO2 Johnston
- BIS
- MCpl Jackson
- LS Serrao
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- Capt Sheink
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- Cpl Bellamy
- Cpl Dennis
- Cpl Redman
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- Cpl Sergerie
- LS Parker
- CFFSE
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- PO2 Woodrow
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See Free on page 16



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United Way Awards



Ken Seckinger and Kelly Brooks of the Canadian Forces Ammunition Depot Rocky Point receive a platinum award.



Brigitte Lillmeier of Base Construction Property and Environment receives the Community Builders Award for 21 years of consecutive gold.



Capt Michael Patterson accepted three awards on behalf of Base Construction Engineering departments: the Facility Support/Graphic Imaging gold award, the Mechanical Water Fuel and Environment Silver award, and the Headquarters gold award.



Roberta Hesselgrave of Hydrographic Services receives a platinum award.

Volunteer work will continue

From page 1

"They spend more time down here than they do with their families. They do, I mean we all do. So it's really an opportunity for us to be a kid for a little while and escape the doldrums of day-to-day work for a bit and if charities benefit in the end, then it's a win-win for everybody," he said.

Later this month Deringer will retire from life at FMF, leaving behind some pretty big shoes to fill when it comes to fundraising for next year's GCWCC-United Way campaign.

He admits, "I haven't had a lot of success in finding that one individual person who has the burning desire to take it all on. Some individuals have come forward and said they will carve off a small piece, so instead of one person doing a large amount of it, a couple of people will do one part or another. I'm hoping it's like the salted peanut effect though, where someone does a small part this year but takes on even

more next year."

Even though Deringer is leaving FMF, he won't be leaving the volunteer life behind. He plans to keep working on the campaign cabinet for the United Way of Greater Victoria and with the 2136 Royal Canadian Army Cadet Corps Scottish Regiment, of which his son Nathan belongs. He is also meeting with the David Foster Foundation later this year and is hoping to do some work on their behalf.

"I've been so darn fortunate to have had an employer that I've enjoyed all these years with DND. They've allowed not only myself, but a lot of us that work for the Department, to take part in so many things," said Deringer. "The community at large doesn't realize the gem that they have down here as far as employees are concerned. Without the employees at DND, every community across Canada would be not as well off as they are now because so many give so much back to the community and ask nothing, expect nothing, in return."

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United Way Awards

On May 5 at Nelles Block RAdm Tyrone Pile, Commander Maritime Forces Pacific, presented deserving units with the Government of Canada Workplace Charitable Campaign-United Way gold, silver and bronze awards.



Barry Saladana and Tina Blair of Formation Safety and Environment receive the platinum award.



Karen Barth of Civilian Human Resources receives a gold award.



Don Fenton of BCE Buildings and Grounds receives a gold award.



Cpl Dawn Pap receives the 5th B.C. Field Regiment gold award.



Johanne Drapeau of Base Administration Language School receives a gold award.



MS Unkia Attridge, PO2 Alana Power and Cdr Allyn Holborn of Base Information Systems receive a bronze award.



PO2 Darren Funston receives the CFFSE Combat Systems Engineering gold award. He also accepted the bronze award for CFFSE.



AB Sandra Tucker of ADAC receives a silver award.



Cdr Rod Hughes and Capt Dustin Matheson of Pacific Region Cadets receive a silver award.



MS James Wilson CFFSE Combat Division receives a silver award.



Rhonda Riess of Base Admin PSP receives a silver award.



Grant Stevens of BCE Electrical and BCE Structural receives two silver awards.



AB Ahmad Al-Douri, A/Slt Leesa Poffenroth, LCdr Simon Brown receive the Naval Officer Training Centre silver award.



PO2 Deborah Chamberlin of Canadian Fleet Pacific receives a bronze award.



Cpl John Groot of the CF Postal Unit receives a bronze award.



Nancy Haisell and Capt Darlene Mackie of the CF health Services Unit receives a bronze award.



Cpl Anthony Barnett, of BCE Pacific Naval Construction Troop receives a bronze award.



Cdr Guy Bolduc of MARPAC/JTFP receives a bronze award.



Cdr Frederick Caron and CPO1 Marc Pelletier of HMCS Ottawa receive a bronze award.



Brenda Dixon, Gillian Colville and Lt(N) William Hawke of Base Logistics receive a bronze award.

FMF Awards

Bronze: Murray Sotheran, Shop 114; Allison Verley, Shop 122; Jen Saker, Shop 171; PO Ken Hayes, Shop 230; Cliffe Troughton, Shop 132; Steve Wilson, Shop 137; Ross Todd, Shop 153; Bob Brodie, Shop 200

Silver: Gerry Seginowich, Shop 125; PO Andre Aubrey, GM 08; Kevin Parkinson, Shop 164; Ross Todd, Shop 151; Paul Vis, Shop 220; Ryan Salter, Shop 111

1st Year Gold: Colleen Ryan/Shane Deringer, Shop 154

1st Year Gold: Brian New, Shop 121
3rd Year Gold: Royce Bailey, Shop 140
5th Year Gold: Dean Gashermann, Shop 430
8th Year Gold: 2nd Floor
9th Year Gold: Andrea Croft/Ron Durdle, Shop 420

9th Year Gold: Dale McComb, 3rd Floor
3rd Year Platinum: Damon Sanders, Shop 123
17th Year Platinum: Richard Nohr, Shop 163
19th Year Platinum: Dave Warren, Shop 161

Units who received awards but were unable to attend the awards presentation were:

- Executive Branch - Platinum
- Dockyard Lab - Platinum
- Naden Band - Platinum
- BAdm, BPSO - Gold
- POESB HQ - Gold
- POESB Auxillary Fleet - Silver
- CF Housing Agency - Gold

- National Defence Quality Assurance - Gold
- CF Crypto Support Unit - Silver
- Base Comptroller - Silver
- Sea Training Pacific - Bronze
- MFRC - Bronze
- HMCS Vancouver
- HMCS Nanaimo
- CF Recruiting Centre
- BAdm Accomodations & Messes

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O most beautiful flower of Mount Carmel, fruitful vine, splendor of heaven, blessed mother of the son of God, immaculate virgin, assist me in my necessity. O Star of the Sea, help me and show me that you are my mother, O, Holy Mary Mother of God, Queen of heaven and earth, I humbly beseech you from the bottom of my heart to help me in my necessity. (Make your request.) There are none that can withstand your power. "O Mary conceived without sin, pray for us who have recourse to you." (Three times.) "Holy Mary place this prayer in your hands." Say this prayer three consecutive days and then publish it and it will be granted you. JK

REUNION

NAVAL REUNION HMCS BRUNSWICKER In celebration of Canada's Naval Centennial 1910- 2010, HMCS BRUNSWICKER will be holding a reunion for all interested past serving and serving Naval personnel and their significant other's during the long weekend of July 30 to Aug 2, 2010 (New Brunswick Day Long Weekend) Pre registration is necessary for planning purposes For more information and to register please contact brunswick2010reunion@live.com or CPO2 RA Chesley, Coxswain HMCS BRUNSWICKER - 160 Chesley Drive, Saint John, NB, E2K 5L2 ATTN: 2010 Reunion

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From page 11

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 CPO2 Morse
 CPO2 Scott
 PO1 Morencie
 • Venture NOTC
 ASLt Calder
 Lt (N) Whiteside
 Lt(N) Lu
 AB Al-Douri
 Slt Leung
 MCpl King
 MS Barron
 MS Lagace
 LS Scott
 LS MacPhearsen
 A/SLt Therriault
 NCdt Parent
 NCdt Demong
 NCdt Alteen
 ASLt Kraszewski
 ASLt Maxim
 ASLt Dolan
 ASLt Dumas-Farkas
 Lt(N) Forsberg
 Lt(N) Mackay
 • HMCS Edmonton
 LS Andresevich
 LS Danila
 LS Hogan
 • HMCS Nanaimo
 MS Renner
 • HMCS Protecteur
 Cpl Sharpe
 MS Correa
 LS Sherman
 Cpl Perry
 AB Donaldson
 LS Moores
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 OS Rainville
 PO2 Fournier
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 LS Narynski
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 AB Charlton
 LS Espineli
 LS Green
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 Slt Noble
 • HMCS Vancouver
 LCdr Manley
 SLt Carmichael
 PO2 Gall
 PO2 Davies
 LS Siska
 OS Hay
 LS Leblanc
 LS Montgomery
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 AB Charbonneau
 • HMCS Victoria
 MCpl Webb
 PO2 Munro
 LS Garbella
 • HMCS Winnipeg
 LS Martin
 LS Galway
 AB Legare
 LS Jenkins
 MS Mack
 PO2 Kosar
 AB Rous
 OS Gillies
 OS Fisher
 LS Smalldridge
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 Slt Hardie
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 MS Baldwin
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Note: Tickets for deserving sailors listed above will be issued from the Naden Athletic Centre kiosk (N-88) between June 1-10, 2010, during regular business hours. Sailors must display current military ID to receive their tickets.

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Smart customers always read the fine print. [†]Features listed are standard on 2010 Lancer DE. Technical data, equipment and options are based on the latest information at time of printing and are subject to change without notice. Vehicle may not be exactly as shown. [‡]For all offers, customers must sign contract and take delivery from dealer by May 31, 2010. All offers available only through participating dealers to qualified retail customers in Canada and are only on approved credit. Selling prices exclude up to \$1350 in freight, \$100 in air tax, up to \$30 in environmental handling fees, taxes, PDI, up to \$75 in PPSA, registration, insurance, licensing, administration fees, documentation fees, other dealer fees, and any additional provincial government fees. All advertised offers are stackable. See participating dealer for details. [‡] \$1,000 discount (\$750 from Mitsubishi Motors \$250 from dealer) valid on the retail purchase/finance/lease of 2010 Lancer DE models only. \$1,000 will be deducted from the negotiated purchase/finance/lease price after taxes and may be used towards down payment, monthly payments, or selling price. Selling price (including \$1,000 discount) from \$15,998 on base model 2010 Lancer DE (CL41-A C05). [†] Purchase financing at 0% APR available through Bank of Nova Scotia and Bank of Montreal for up to 72 months on all new 2010 Lancer DE and SE models, and up to 60 months on 2010 Lancer GTS models (Lancer Evolution models excluded). Financing example: 2010 Lancer DE (CL41-A C05) with a selling price of \$15,998 financed at 0% over 72 months equals \$223 a month with a cost of borrowing of \$0 and a total obligation of \$15,998. 2010 Lancer GTS model shown with a selling price of \$23,598. * Whichever comes first. Regular maintenance not included. See dealer or mitsubishi-motors.ca for warranty terms, restrictions and details. Not all customers will qualify. ** Best backed claim does not cover Lancer Evolution and Ralliart models. See dealer or Mitsubishi-motors.ca for Education Edge terms, conditions, and other details. © MITSUBISHI MOTORS, BEST BACKED CARS IN THE WORLD are trade-marks of Mitsubishi Motors North America, Inc. and are used under license. Dealer #30693. Ad# 1121_10-05-17.