

Volume 55 Number 46 | November 15, 2010

LOOKOUT



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Shelley Lipke, Lookout

Christine Postnikoff, Wylie O'Neil and Shaun O'Neil place poppies at the cenotaph on the B.C. Legislature grounds. After veterans, military members and marching bands paraded down Government Street to the B.C. Legislature, hundreds of people formed a circle around the cenotaph to take part in the Remembrance Day Ceremony. See more photos on page 8.

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Edmonton takes a break

LS Brandon Bourne
Contributor

After a busy six years at sea, *HMCS Edmonton* is reverting to an extended readiness posture.

The Kingston Class Maritime Coastal Defence Vessel (MCDV) performs a variety of tasks to provide the Formation Commander with a range of options for the conduct of operations and training. The ship's primary roles include patrol and surveillance, mine warfare, search and rescue, and support to other government departments.

During the most recent standard readiness period, *Edmonton* was outfitted with the mission specific payload known as the Bottom Object Inspection Vehicle (BOIV): a remotely operated submersible vehicle allowing detailed inspection of suspicious underwater objects, giving the ship the capability of being deployed on both BOIV missions and non-payload specific taskings.

These deployments include search and rescue (SAR) taskings, Maritime Security Patrols (MARSECPAT), Exercise Trident Fury, Exercise Pacific Guardian, International Fleet Review, Vancouver 2010 Olympic Maritime Security (Operation Podium) and a multifaceted operation that involved efforts to advance force generation and maritime diplomacy, as well as to support Joint Interagency Task Force South (JIATF(S)), known as Operation Pacific

Amistad.

As a Kingston Class vessel, *Edmonton* has taken pride in being one of the main training platforms for both regular force and primary reserve Maritime Surface and Subsurface (MARS) Officers. Performing the role as a training platform has taken *Edmonton* as far North as Juneau, Alaska, and as far South as Puerto Vallarta, Mexico.

Kingston Class vessels are regularly cycled through an extended readiness cycle for a period of up to two years in order to allow for dry dock requirements, routine maintenance and upgrades that are difficult to complete with a full crew complement and busy sailing schedule.

Edmonton's standard readiness sailing and operational period ended with a visit from Their Honours Steven Point and Donald Ethell,

Lieutenant Governors of B.C. and Alberta respectively. Both men enjoyed meeting members of the ship's company during a tour of the ship.

LGov Ethell is one of Canada's most decorated peacekeepers and recipient of numerous honours for his humanitarian service, which included participation in more than 14 peace support operations. He became the 17th Lieutenant-Governor of Alberta on May 11.

Although it is with sadness that *Edmonton* reverts to extended readiness, it is expected that within the next few years, after a much needed break, the ship will return to a standard readiness posture. The silver lining in this story is that *Edmonton* ship's company is hard at work bringing *HMCS Saskatoon* back to life to rejoin the fleet.



Lieutenant Governor of B.C. Steven Point and Lieutenant Governor of Alberta Donald Ethell get a tour of HMCS Edmonton.

Help create an extreme Christmas

Ben Green
Staff writer

How do you spend the holidays? A big turkey feast with family and friends? A stroll hand-in-hand through Butchart Garden's Twelve Days of Christmas? Or perhaps it's curling up on the couch in the dark, watching the lights on the tree flicker and dance as you're serenaded by Bing Crosby's "I'm Dreaming of a White Christmas"?

Whatever it may be, the large majority of us are warm, full, and accompanied during the holidays – we are blessed.

Throughout Victoria there are hundreds of people less fortunate than ourselves who will spend the holiday season cold, hungry, and alone. But you can help change that for some.

Extreme Outreach Society (EOS) and their Warm-a-Soul campaign are asking the community to rally together and help give the less fortunate something special – a

stocking stuffed full of good tidings.

EOS is asking people to donate either large wool socks for men, or red stockings for women and children, and fill them with goodies. Items such as brushes, hygiene products, clothing, toys, books, games, and hard candy are a few of the possibilities on the wish list. EOS is asking people not to include food, used items, or things that may melt, break, or harm someone.

To prepare the men's socks for drop-off, place one sock in the toe of the other, fill with items, and secure the top with a safety pin. Women's and children's stocking just need to be secured at the top. Along with your donation, EOS will include a card of encouragement; they ask that you don't include your personal note or information.

Stocking items can be purchased at locations such as CANEX, the Great Canadian Dollar Store or Carlie's Dollar Store. Empty socks,

filled socks, or filled stockings can be delivered to EOS at 999 McKenzie Avenue, or the Serious Coffee locations in Esquimalt or off Island Highway by Dec. 11.

On Dec. 18, EOS will host their "Extreme Christmas" dinner at North Doug Pentecostal Church where the stockings will be handed out to those attending. Following the completion of the dinner, up until Dec. 24, members of EOS will blanket various shelters around Victoria with the remaining stockings.

For more information, call 250-384-2064 or visit www.extremeoutreach.com.

Extreme Outreach Society is a non-profit organization founded in 1998 by Cliff Power. Originally formed as an outreach program dealing with addiction, they have now expanded to a variety of other programs. They are committed to improving the lives of children and families in Victoria and help in the prevention of homelessness.

Silent auction to raise money for local victim of Multiple Sclerosis

Ben Green
Staff writer

For over 25 years, Lesley Clarke has been helping families with special needs in the Victoria community as a social worker. Through this work, and being the sister of an active Canadian Forces member, Clarke understands sacrifice and what it means to put others before yourself.

But the tables have turned and now she needs the help of a giving community.

Clarke suffers from Rapid Progressive Multiple Sclerosis, the most complex and dreaded form of

Hope rests in a special medical procedure not covered by B.C. Medical.

the disease; mortality rates are very high. She also suffers from Chronic Cerebrospinal Venous Insufficiency. CCSVI is a condition where the body can't efficiently remove blood from the central nervous system, and causes weakened blood vessels to leak blood into the surrounding tissues. This causes iron deposits in the brain that triggers an immune response and degeneration

of nerves.

Hope rests in a special medical procedure not covered by B.C. Medical. But the cost is high, and \$16,000 must be raised.

A silent auction has been created that will hopefully put a dent in the remaining costs. It takes place Wednesday, Nov. 24, from 6:30 – 9:30 p.m. at the Legion Branch #91 at 761 Station Ave. in Langford. Donors and anyone interested in attending the event can call 250-418-1143 for more details.

Donations can also be given to any Coast Capital Savings branch on behalf of the Lesley Clarke Fund.

Digital project honours fallen soldiers

Ben Green
Staff writer

The price of war is higher for some than for others. Some come back with the physical wounds of war, some with the emotional. Others don't come back at all.

It's for these fallen soldiers that the Canadian Forces has teamed up with HevyD's Kettle Korn, HevyD Music, Country Music Television (CMT), and a host of other organizations to begin the "Highway of Heroes" project.

Launched on Nov. 1, the project has been created to form a digital memorial that will honour every Canadian soldier that has died in Afghanistan. With help from various sources including the Department of National Defence (DND), the website www.wesaluteourheroes.ca includes a photo of each soldier, a biography, and a condolence board for visitors to post messages. The site also features video and photo material provided by DND's Combat Camera and will be updated as needed by the circumstances of continuing operations.

Linked to the memorial site is a list of songs written and recorded by a number of Canadian artists. The songs are dedicated to and honour the Canadian soldiers and their service.

Along with the list of music, a signature song for the project called "Standing Strong and True" has been recorded by 27 of Canada's top country artists (along the lines of "We Are the World"). Written by Ron Irving, Lynda McKillip, and Tom McKillip, the song was

wesaluteourheroes.ca honours all soldiers who have lost their lives in Afghanistan.

first performed at the 2010 Canadian Country Music Association Awards in September. The music video for the song airs all November on CMT with the possibility of airing during Hockey Night in Canada on CBC.

Fabian Dawson, Deputy Editor of The Province, is the project coordinator and has linked the newspaper's website to the digital memorial. They will run coverage of

the project through John McLaughlin, the music writer for the paper.

Along with the memorial, there is a fundraising objective. All proceeds from the iTunes download of "Standing Strong and True" will go towards the Military Families Fund and Boomer's Legacy. The Military Families Fund assists military families with unforeseen and often immediate needs due to the conditions of service,

while Boomer's Legacy provides aid to Afghan women and children in the form of medical supplies, education materials, books, and warm clothing. The fund is set up in honour of Cpl Andrew "Boomer" Eykelenboom, a medic who was killed by a suicide bomber in 2006.

HevyD's Old Fashioned Kettle Korn is also donating 50 cents per bag sold across Canada between Nov. 1 and Dec. 15. Loblaws, Mac's/Couche-Tard, and Core-Mark are all signed on for the sale and distribution of the product.

To donate, purchase the song, or to visit the memorial go to www.wesaluteourheroes.ca.

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People Talk

On Nov. 6 Gen (Ret'd) Rick Hillier visited CFB Esquimalt for a book signing to launch his new book "Leadership - 50 points of wisdom for today's leaders." Lookout asked some of those attending the question:

What does meeting General Hillier mean to you and why are you looking forward to reading his new book?



My brother is a Master Warrant Officer who is serving an 11-month tour in Afghanistan and I'm waiting in line to get these books signed for him. I know he's interested in the different aspects of leadership and I felt he'd especially enjoy this book as he's working in headquarters over there with engineering staff.

MS Mark Tipper



I read his first book and it was nice to read the history that I've been a part of. He was a really good leader when we were in Petawawa. I was there from 1996 to 2007 and I remember his people skills and his personality. Consistently the message he sends is the troops are the most important thing. That is the message I took from him. I've met him a few times during his career when he was the Brigade Commander and part of our work environment. I also met him when he was an Army Commander, and Chief of the Defence Staff.

Sgt Patrick German



I'm here because my son got a medal from the General in Kandahar. He was awarded the Special Service Medal on Christmas day in 2006 when he was working for the Disaster Assistance Response Team (DART) in Pakistan doing humanitarian work. I wanted to get him the General's book because I had a book signed by General Romeo Dallaire for him so I thought maybe he can start a collection of signed books.

John Donohue



I'm at Naval Officer Training Centre (NOTC) Venture taking leadership and ethics, and my Officer Professional Development course and this new book totally falls into what I'm studying. I look up to him very much as he's a great leader. Several of the students came today to meet the General. I admire his ability to connect with the troops most.

SLt Lee Pothier



I think seeing Hillier here today is a first class example of what the military can do today in producing leadership for Canada. In the Air Force and in World War Two we had the pathfinders - they were the leaders of the way. Officers such as General Hillier illustrate this same leadership today.

Gord McIlroy



Gen (Ret'd) Rick Hillier signs his new book "Leadership - 50 Points of Wisdom for Today's Leaders" for Second World War veteran Gord McIlroy as Hollywood actor Adam Beach looks on. Gen Hillier visited CFB Esquimalt on Nov. 6 to launch his book. About 200 people lined up out the door and around the building at the Naden CANEX to have their copies signed by the former Chief of the Defence Staff.

Shelley Lipke, Lookout

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SPORTS NEWS: CF APPRECIATION NIGHT

Sailor to sing at Canucks game

Ben Green
Staff writer

The spotlight may be blinding, and 19,000 pairs of eyes may be unnerving, but LS Josee Fortin is ready to tackle the opening act for the biggest ticket in town, Canucks hockey and national anthem.

When she sings "Oh Canada," she'll be inspiring a team, a city, and a legion of fans to victory.

On Nov. 21, the Vancouver Canucks are hosting a Canadian Forces Appreciation Night at Rogers Arena. Part of the festivities involves the Naden Band of Maritime Forces Pacific, and specifically LS Fortin, performing the American and Canadian anthems prior to the puck dropping.

LS Fortin, a native francophone from Quebec, arrived on the west coast in June. Previously stationed at CFB Halifax, it was there that people took notice of her vocal abilities.

"When I was in Halifax, a Petty Officer knew people, who knew people, and they got me an audition with the Stradacona Band [of Maritime Forces Atlantic]. That's how everything got started."

After her transfer to CFB Esquimalt this summer, LCdr Ray Murray, Commanding Officer of the Stradacona Band, got in touch with Lt(N) Robert Byrne, Commanding Officer of the Naden Band,



No stranger to the stage, LS Josée Fortin will sing the national anthem at an upcoming Canucks hockey game.

and recommended he take a look at her.

"LCdr Murray had occasion to use LS Fortin as a vocalist with the Stradacona Band several times. He gave her a glowing recommendation," says Lt(N) Byrne. "So,

I just carried on, and asked her to come over and sing a few things for us. She's a wonderful singer. She's had some very good classical training and it shows."

While her musical success in the Forces might be

fairly recent, LS Fortin is anything but unprepared. She's been performing since she was 16, and went on to major in Musical Interpretation at Laval University. From there she finished her opera training at La Schola Cantorum in Paris before she enlisted in the Forces.

Earlier this month, LS Fortin was able to warm up on a slightly smaller stage when the Victoria Salmon Kings hosted their military-themed night on Nov. 6. Singing the anthems with the Naden Band at the Save-On-Foods Memorial Centre arena, she's able to put things into perspective.

"Compared to an opera, it's easy," she says with a smile.

This will be the fifth year the Canucks have hosted such a night; however, it will only be the second time the Naden Band has participated. There is only one other CF band capable of supporting the anthems in this region, the Band of the 15th Field Regiment (RCA) from Vancouver, and this year the Naden Band was chosen for the event.

As for LS Fortin, the years of musical training have left her with a steely reserve when it comes to performing. That doesn't mean she doesn't appreciate the opportunity before her.

"I'm not nervous about the performance, I'm just honoured," she said. "I'm really honoured to do this and represent the Canadian Forces."

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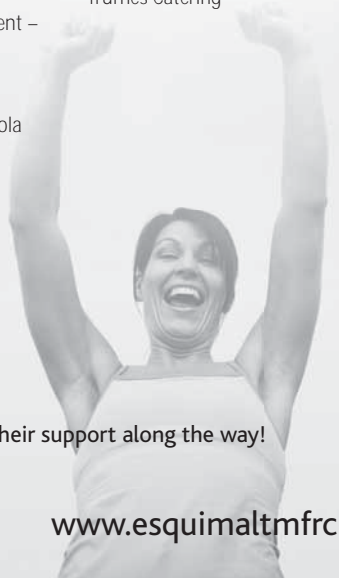
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Shelley Lipke, Lookout

Cdr Allan James (left) and Deputy Fire Chief Steve Mullen (right) present Sgt Dave Thompson with the Fire Warden of the Year award during the Fire Prevention Week barbecue.



Sgt Craig Fiander, MARPAC Imaging Services

CFB Esquimalt Chief Fire Inspector Geordie Douglas presented Isabelle Seguin, Maritime Forces Pacific Imaging Services Coordinator/Customer Service Clerk, with a Fire Warden Award for her dedicated efforts to fulfill all aspects of this secondary duty.



Capt Wright Eruebi, Contributor

Ranger Josh Mercanti of the MacKenzie Patrol discusses wilderness shelter construction with (left to right) Cpl James Alexander of the British Columbia Regiment, Vancouver; Cpl Dustin Bergt of the Royal West Minster Regiment, West Minster; MCpl Alan Morrison of 39 Service Battalion, Victoria; and 2LT Kieran Van Wagoner of the Rocky Mountain Ranger Light Infantry, Kamloops.

Soldiers learn survival techniques in northern B.C. wilderness

Capt Wright Eruebi
LFWA PAO

Twenty-three Land Forces Western Area soldiers endured three nights of chilling weather Oct. 27 to 30 as part of survival training in the northern B.C. wilderness near MacKenzie, 250 kilometres north-east of Prince George.

Isolated in two-person teams, each pair was located kilometres away from the others in a test of resourcefulness, perseverance and endurance. Each two-person team had a shot gun, two axes, two bottles of water, one ration and basic first aid accessories to protect and sustain them. The exercise was run by 4 Canadian Ranger Patrol Group (4 CRPG) with headquarters in Victoria.

"We wanted the soldiers to experience the challenges they could face if, say, the aircraft they were travelling in crashed and suddenly they had to survive without help for three nights in a harsh environment under austere conditions" said Capt Russ Meades, the Deputy Commanding Officer of 4 CRPG.

Before they were plunged into the ordeal, the troops spent two days at Windy Point, B.C. outside MacKenzie learning practical survival tech-

niques taught by select veteran Canadian Rangers, including veteran Ranger paramedic Greg Laureta who doubled as the medic in place.

Ranger Bill Bradley, an expert in survival food and water-collection techniques from Massett, B.C. and Second-in-Command of the Queen Charlotte Island Patrol said, "The soldiers were eager to learn and determined to make it through, which was good to see," he added.

Eleven Rangers, experts in different areas of wilderness survival taught the troops to build a survival shelter, efficient burn fire for heat while stranded and to fabricate a flare using specific foliage and structural design to signal and aid a Search and Rescue helicopter. The soldiers also learned important points for trapping and skinning games, how to gather water without roaming, food preservation techniques and what berries make good tea and what mushrooms to avoid altogether.

The northern B.C. forest near Windy Point, is renowned for its wildlife. Deer, caribou, foxes and bears roam freely and the trainees were expected to live off the land.

Pte Nicole MacLeod of 1 Service Battalion, Edmonton said, "I was 'voluntold' in Edmonton



Capt Wright Eruebi, Contributor

MCpl Andy Belicka (left) of the Rocky Mountain Ranger Light Infantry, Kamloops, B.C. and Cpl Bruno Cristiano of the British Columbia Regiment, Vancouver, B.C. cast wary eyes at the sky for weather conditions as they begin their three-night stay in the northern B.C. wilderness.

to attend. At first, I thought, 'ehn.' But once here, I really wanted to do it. It's scary and exciting at the same time."

During a visit following their first night in the wild, MCpl Andy Belicka of the Rocky Mountain Rangers, Kamloops, B.C. and Cpl Bruno Cristiano of the British Columbia Regiment, Vancouver, B.C., said, "We learned we could have made our hoochie (improvised shelter) a little better, but we did okay."

B.C. Ranger Detachment Sergeant-Major, MWO Tony Fozzard said, "We wanted this exercise to be challenging but realistic for both our instructing Rangers and the soldiers

who came to learn and I believe we achieved both."

As a control measure, the trainees were also equipped with a Satellite Phone to be used in the event of a real emergency.

Canadian Rangers are made up of citizens who come from a variety of professional backgrounds and who volunteer for basic military training in order to serve as the eyes and ears of the Canadian Forces in Canada's vast wilderness and long coastlines. Cross-training like the one in northern B.C. helps to make joint operations between the regular military and Rangers run smoothly in times of crisis.

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Shelley Lipke, Lookout



Shelley Lipke, Lookout

We live, and remember

Clockwise from top left:

- Silver cross mother Sheilla Fynes and husband Shaun have an emotional moment during the service at the B.C. Legislature.
- Ninety-one year old veteran Robert Smith shares a moment with veteran Anton Emerick. Emerick was among the Canadians who liberated Holland while Smith fought with the light infantry in the British Army. The men, who are only two days apart in age, met for the first time during this year's Remembrance Day ceremony.
- Esquimalt's Memorial Park was packed with military members, veterans and civilians.
- The Naden Band of Maritime Forces Pacific marched down Government Street as part of the parade to the B.C. Legislature cenotaph.
- Royal Air Force veteran Edward Vaughan salutes in front of the Victoria cenotaph while Bdr Stefan Conquist from the 5th Field Regiment stands as a vigil.



Shelley Lipke, Lookout



Shelley Lipke, Lookout



Ben Green, Lookout



Shelley Lipke, Lookout

A veteran's reflection of service

Shelley Lipke
Staff writer

CPO1 (Ret'd) Edward Chadwick has created a book of memories for his family by documenting and publishing a book of his life in the Canadian Navy.

"A lot of stuff never gets written down," said the 81-year-old veteran. He's recounted tale upon tale to his children, but decided it's best to capture those stories in print for generations to come to read, enjoy and learn.

Three years ago he sat down with pen and paper and began to reflect on his many years of naval life. He sifted through 30 years of memorabilia to kick start his motivation. Once he delved into the project the memories flooded back effortlessly.

"To this day, I can still name all the people in my mess on Athabaskan and that was 60 years ago," he says.

His story begins as a 17 year old with a huge desire to join the navy.

"I was a teenager during World War Two and I always wanted to join the navy. I kept asking my parents, and when I was 17-and-a-half they finally said 'go'."

He became an electrician and witnessed a lot of action from his station on the bridge



Shelley Lipke, Lookout

CPO1 (Ret'd) Ed Chadwick documented his memories of naval service to leave for his descendants to read.

of HMCS Athabaskan. He travelled the world sailing to foreign ports on ships Ontario, Athabaskan, Sioux, Magnificent, Skeena, Ottawa, Mackenzie and Chaudière.

With 30 years to document and 1,869 days at sea, there was a lot to write about.

"Writing the book was easy to do. I wrote it in sequential order starting from day one. I think the hardest part was correcting the

spelling mistakes," he says wryly.

He wrote about his service in Korea during the war, and of the grand fleet review he attended in England for the coronation of Queen Elizabeth the Second.

He wrote it all, and then published just 25 copies to give to his friends and family members, to be passed down to the next generation so they may learn of his naval contribution to Canada.

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Finding a place to fit in – the Cool Aid Society

Shelley Lipke
Staff writer

When you break down the barriers of drug and alcohol addiction, you are left facing two worlds.

One is the world you frequented, were accepted at, and were looked upon fondly for using drugs; the other is a world that stereotypes you and passes judgment - at least that is how it feels for some.

Don Cain is a survivor of addiction who has lived in one world, became clean, and is trying to reintegrate into the other. He knows how hard it is.

The 55-year-old has lived with no family since age 14, turning to the streets and subsequently getting involved in drugs and alcohol.

In 1993 he hit rock bottom, but with help from friends he used an intensive rehabilitation program and was able to turn his life around. After coming out sober and drug free he had one question - where do I fit into society?

"I had gotten away from cocaine and alcohol, and I moved to Victoria to start over because I wanted to get away from the drug crowd in Calgary, but my big crisis was knowing how to fit in," he says.

Cain's biggest problem became interacting with people. "I felt isolated and that is when it all really

If it wasn't for this clinic I don't think I'd be where I am today. This place has really helped me.

-Don Cain

collapsed."

He became withdrawn and stopped going outside. If he did venture outside, he'd have a panic attack. Crowds on the street would send him into the opposite direction, hiding in the bushes or behind a dumpster until they passed.

"After these panic attacks I would go home and get into my bed, build a tunnel over my head and sleep for hours. Then once I woke up I wouldn't go out for days," he says.

Today, Cain tells a different story thanks to a United Way-funded counseling program.

Now he can laugh about these experiences with Eric Chandler, his clinical counselor at the Cool Aid Society.

For the past several years they've worked hand-in-hand to bring his confidence back and help him understand and face the issues.

"If it wasn't for this clinic I don't

think I'd be where I am today. This place has really helped me and I owe Eric a lot," says Cain.

Chandler has been a support system for the reformed addict, and it took about two years before Cain began functioning well.

In 2007, Cain learned of a free course at the University of Victoria that focused on humanity, poetry and social sciences. He attended and later went on to credit courses.

He loved learning and found the university library had an amazing assortment of books.

"At first it was frightening and I would sit at the back of a huge classroom with rows and rows of empty chairs between me and the rest of the class. I told the woman who was running this course I may just have to get up and walk away and go home. Don't take it personally."

But he stuck it out and began to feel more comfortable.

Now as an honour student he recently won the Eugene Forsey Award. This award is for undergrads who write papers on Canadian labour history.

Cain still sees Chandler weekly and says he's making good progress. "My life now is about trying to build confidence in myself. I've come a long way and am very thankful for the support I've received from Eric," he says.



Shelley Lipke, Lookout
Don Cain and counsellor Eric Chandler stand outside Access Health Centre.

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DND photo contest winners

With 1,472 entries in the 2010 DND Photography Contest, the panel of three judges faced quite a challenge in selecting each category's winners.

The three judges for this year were:

- Sgt Yvan Delisle - 38 years as a military photographer, currently working as a reservist with the CF Support Unit (Ottawa) Imaging Section

- Serge Gilbert - 12 years as a military photographer, 17 years at Algonquin College and 14 years at La Cité Collégiale teaching photography

- Stéphane Bédard - professional photographer and technical specialist for Nikon Canada

The two-day judging session took place on Oct. 20 and 21 and as per previous years was open to the public.

Major Awards

- Professional Photographer of the Year: Cpl Roxanne Shewchuk, CFB Valcartier, QC

- Amateur Photographer of the Year: LCol (ret'd) Jean Lapointe, Gatineau, QC

- Best of Show Professional: Sgt Michel Lemaire, 3 Wing Bagotville, QC

- Best of Show Amateur: LCol (Ret'd) Jean Lapointe, Gatineau, QC

- Environment Award: Steven Roberts, Kemptville, ON

The name of the Deputy Minister's award recipient will be announced soon.

Of note are some local winners:

- MCpl Chris Ward of MARPAC Imaging Services received an Honourable Mention Professional - Special Effects for "Orange Coffee Break," an Honourable Mention Professional - Portrait for "Stone Cold," and Second Place Professional - Open for "Catch the Sun."

- MS Mary Harrison, President of the Mess Committee for the Pacific Fleet Club won First Place Amateur - Naval Celebrations for "The Wave."

- Penny Rogers of Lookout Newspaper was awarded First Place Professional - Naval Celebrations for "Flying High" and Third Place Professional - Naval Celebrations for "Navy takes the City."

Winning photos will be displayed soon on www.DNDPhotoContest.ca and also in the National Defence Headquarters (NDHQ) concourse, 101 Col By Drive the week of Nov. 22-28.

PSP program updates

Ben Green
Staff writer

Tired of burning those calories on the treadmill? Looking for variety in your workout routine? Personnel Support Programs (PSP) is offering some new classes this fall that will definitely spice things up.

Let's Dance

Most of us can use some help on the dance floor which why PSP is offering Social Ballroom Dance classes. Beginning Friday, Nov. 12, the classes will run every Friday until Dec. 3. The classes are designed for beginners. Couples and singles are encouraged. It's \$45 for the four sessions out at CPAC.

High Ya

For those who are interested in martial arts, PSP is offering a course on Bruce Lee's Jeet Kune Do and

the weapons-based art of Kali. Students should prepare to learn grappling and kickboxing techniques, as well as realistic martial arts and weapons training. The course begins Nov. 8 and will run every Monday and Wednesday from 4:30-5:30 p.m. Cost is \$70 and will be held in the Naden Upper Gym.

Not just for adults, PSP is also offering a variety of activities that will keep children active, entertained, and healthy through the holiday season:

Home alone

On Sunday, Nov. 21, a Home Alone course will be provided for children ages 10 and up. The course is designed for children to learn about fire safety, emergency routines, first aid, and dealing with strangers. It will take place at

CPAC from 1-4 p.m. and costs \$30.

Iron Chef Petite

On Nov. 17, the Iron Chef Jr. course will start cooking. Every Wednesday from 5-6:30 p.m. until Dec. 8, children ages 9-12 can learn how to bake a variety of scrumptious holiday treats. The course will be at CPAC and cost \$40.

Pizza and fun

Finally, some fun for the whole family. On Nov. 19 from 5:30-7:30 p.m., CPAC will be hosting a pizza and movie night. Bring your blankets and pillows and enjoy Toy Story 3 on the big screen. With no cost for the movie, \$2 pizza slices, and \$1 refreshments, it's a night everyone will enjoy.

Any questions or concerns, don't hesitate to contact PSP at 250-363-1009 or visit the kiosks at Naden or CPAC.

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Bravo ZULU



Caroline Mavridis accepts the Military Family Resource Centre's 2010 Phenomenal Woman Award at Pacific Women's Day on Nov. 6. The honour goes to a woman in the military community who contributes to the quality of life of others, is a role model, demonstrates initiative and a pioneering spirit, and has commitment to her community.



At the annual Office of the Judge Advocate General legal conference, the Assistance Judge Advocate General (AJAG) Office for Pacific Region won the award for the Top AJAG office. The award recognizes their efforts throughout the past year. Left to right: Lt(N) Heather Fogo, CPO1 Brian Forsyth, LCol Randy Callan, LCdr Thomas Flavin, Alix McKenzie and Kevin Stewart.



Cpl Kyle Creelman receives a United Way Leader Donor Pin from Cdr Allan James, Commanding Officer of Queen's Harbour Master, and Maj Jason Quilliam, Naval Provost Marshal (Pacific). Leader donors make contributions of \$500 or more to the annual Government of Canada Workplace Charitable Campaign.



MWO Ewen Gillespie of N4 receives the second clasp for his Canadian Forces Decoration from Cdr Guy Bolduc, Commanding Officer of Maritime Forces Pacific/Joint Task Force Pacific headquarters.



Cdr Peats receives his new rank from Cmdre Peter Ellis and Capt(N) Paul Dempsey.



LCdr Michele Tessier (left) assumes command of HMCS Nanaimo from LCdr Shawn Connelly (right) witnessed by Cdr James Sprang (centre).

RAdm Nigel Greenwood Commander Maritime Forces Pacific/Joint Task Force Pacific, made several award presentations at the Chiefs and Petty Officers' Mess on Oct. 26.

Photos by Ed Dixon, MARPAC Imaging Services



Alexandre Gosselin receives the Chief of Defence Staff Innovation Award for his work in leading efforts to expand alternative training delivery reforms in the CF.



Maj Gordon Sharpe receives the Vice Chief of Defence Staff Commendation for his work managing the politically subtle and complicated CF footprint in NATO.



LCdr Jeffery Kibble receives the Canada Command Commendation for demonstrating outstanding performance, mental agility and initiative during MARPAC's support to the RCMP for Operation Parallelism.



CPO2 David Grant receives the Maritime Command Commendation for his instrumental role in the successful introduction of the ORCA Class vessels into the Canadian Fleet.



MGen (Ret'd) Ed Fitch receives the Canada Command Certificate of Achievement for the professionalism and unwavering support he provided to Joint Task Force Games during the preparation and execution phase of Operation Podium.



LCdr Kevin Stewart receives the Canada Command Certificate of Achievement. His experience, initiative and expert understanding of support provision to the RCMP counter-drug operations contributed to the success of Operation Parallelism.

OS Sonja Allison-Ryan, a Naval Electronic Sensor Operator onboard HMCS Ottawa, was awarded the Canadian Fleet Pacific Sailor of the Quarter for the third quarter of 2010.

Ed Dixon,
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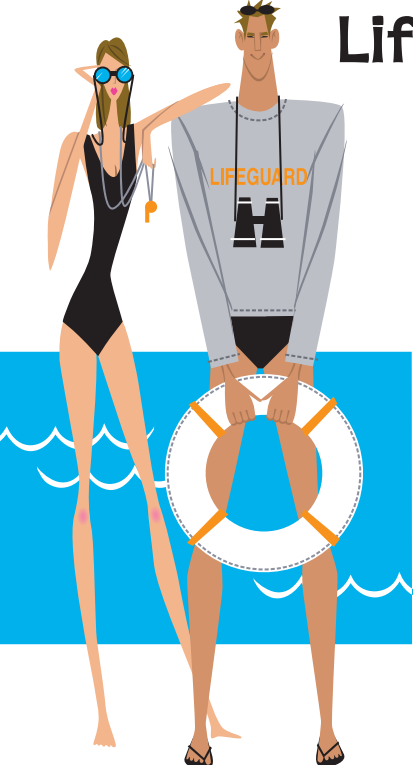
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SALMON KINGS HONOUR MILITARY



On Nov. 6 the Save-on-Foods Memorial Arena hosted a military appreciation night. The arena was filled with military displays and Victoria's Salmon Kings played in jerseys designed to commemorate Canada's Naval Centennial.

Left: Marty the Marmot receives the game puck from MCpl Anthony Vail, MCpl Jeremy Kerr and MCpl Pat Guitard, Search and Rescue Technicians from 442 Squadron in Comox.

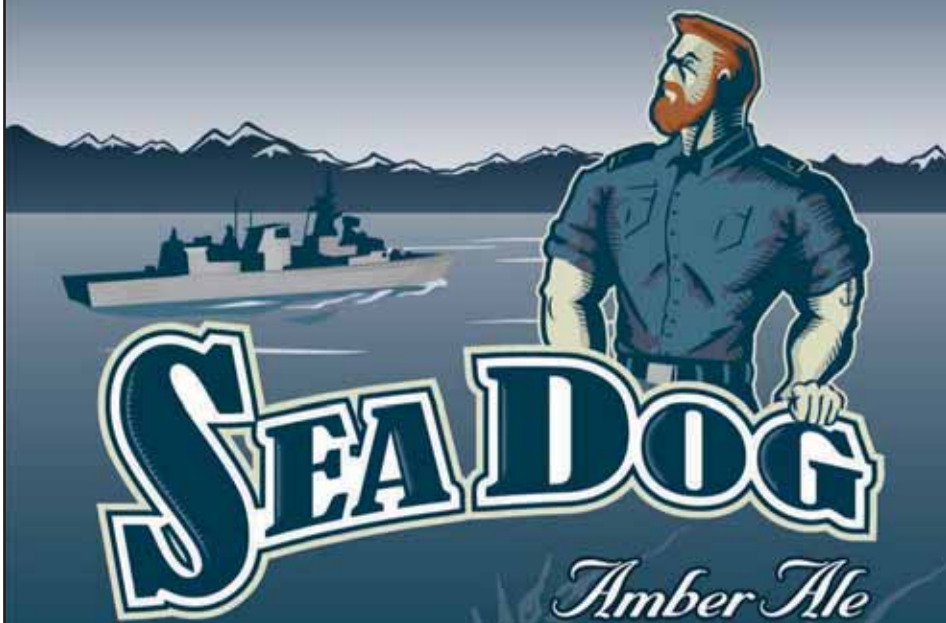
Top: Idaho Steelheads Captain, Marty Fichel (left), and Victoria Salmon Kings Captain, Peter Vandermeer, (right) pose at centre ice as Commander Canadian Fleet Pacific, Cmdre Peter Ellis, drops the puck.

Right: MS Eric Kenney, PO1 Judith Hales, and LS Phill Arsenau form the Colour Party during the opening ceremonies.



Cpl Alexander Croskery, MARPAC Imaging Services

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