

LOOKOUT



MARPAC NEWS CFB Esquimalt, Victoria, B.C.

Year of the Canadian Naval Centennial



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Hot off the press

Shelley Lipke, Lookout

Lookout graphic designer Shelley Fox was delighted to don a fire hat and have her picture taken with cover model Mandeep Galhon during the official launch of the 2011 CFB Esquimalt Fire Rescue Calendar at My Bar and Grill on Nov. 13.

Base firefighter calendar on sale

Shelley Lipke
Staff writer

The 2011 CFB Esquimalt Fire Rescue Calendar is hot off the press, and for \$10 it's a great way to support charity.

Firefighters, their families and friends celebrated the calendar launch Nov. 13 at My Bar and Grill, and now this exclusive calendar is on sale. All funds raised will be split between The Firefighters Burn Fund of Victoria, The Ride to Conquer Cancer, The Canadian Fallen Firefighters Foundation and the United Way of Greater Victoria through the Government of Canada Charitable Workplace Campaign.

"My hope is to sell out and raise \$10,000 for these charities and show the community that our firefighters are truly committed to helping others," said assistant fire chief Mike Gains.

During the launch party, 11 of the 13 firefighters pictured in the calendar attended, and were interviewed by emcee Cliff LeQuesne from 100.3 the Q.

One by one they took their place in the spotlight, and while smiling and blushing, they explained why they choose to model in the calendar.

"For all of us it's the same reason," said Mandeep Galhon, whose sultry, strong, Schwarzenegger-like image took the prestigious cover shot.

"We wanted to help the charities; it's for a good cause."

Firefighter Wayne Jasper sits on the executive board of the Canadian Fallen Firefighter's Foundation, and he spoke about the importance of supporting families of the fallen and erecting a national monument in Ottawa to recognize them.

Representatives Mark Edgington and John Westhaver from the Firefighters Burn Fund of Victoria also spoke. Westhaver suffered burns to his body from a car accident when he was 18. Now 35, he chairs the peer support group that helps burn survivors cope with traumatic injuries.

Finally, CFB Esquimalt firefighter Ron Laroy told the crowd about the Guns n Hoses - a team of eight DND firefighters who will cycle the 265 kilometre Ride to Conquer Cancer and raise \$20,000.

After the speeches firefighters sat at a long table, and armed with silver markers and smiles they signed calendars.

Calendars can be purchased at the Dockyard and Rocky Point Fire Halls, CANEX, Naden Athletic Centre Kiosk, the Colwood Pacific Activity Centre, Lookout, Country Grocer in Esquimalt, Thrifty's at Admirals Walk, and My Bar and Grill at the Howard Johnson Hotel at 310 Gorge Road East.

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The 2010 MARPAC Media Hockey Challenge was a fun, friendly game of hockey between the Navy and the media. A News, Shaw, CFX and the Zone Radio station sent out their fastest skaters and after borrowing a handful of DND players they had a team to be reckoned with. At the end of the second period it was the Media team who rejoiced with a 5-4 win. At the end of the second period it was the Media team who rejoiced with a 5-4 win. **Left:** Honourary Capt(N) Cedric Steele presents the game trophy, which he donated in 2009, to Andrea Boyes of CFX.

Shelley Lipke, Lookout

Mission in Afghanistan continues past 2011

Earlier this week, the Government of Canada directed that the CF will remain engaged in Afghanistan beyond 2011 in a non-combat mission that will focus on training and building the capacity of the Afghan National Security Forces.

We are ready for this important mission. With years of hard-earned combat experience, forged in difficult conditions alongside our allies, our whole of government partners and our Afghan comrades, we should be confident that we are ideally suited to train our Afghan partners. Indeed, we already have a lot of experience in mentoring and training the Afghan National Army.

It is a critical mission. This increased investment in the training of Afghanistan National Security Forces will enable Afghans to take full responsibility for their

nation's own security.

With the government's intent to commit up to 950 CF personnel in a training mission until March 2014, we can move ahead on planning with our NATO allies in the coming weeks. I know from our many town halls across the country that the men and women of the CF want to make a contribution to the security of our nation.

The Afghan training mission will form part of an enduring legacy of service and sacrifice and tradition of partnership through which Canada and the CF will continue to contribute to the goal of building a stable, peaceful and prosperous Afghanistan.

Thank you for your service.

General W.J. Natynczyk, CDS

Plus tôt cette semaine, le gouvernement du Canada a demandé aux Forces cana-

diennes de demeurer présentes en Afghanistan après 2011 pour mener une mission sans combats qui consistera à entraîner les membres des Forces de sécurité nationale afghanes.

Nous sommes prêts à entreprendre cette mission forte importante. Étant donné l'expérience que nous avons acquise pendant des années de combats durement gagnés dans des conditions difficiles aux côtés de nos alliés, de nos partenaires à l'échelle pangouvernementale et de nos homologues afghans, nous sommes convaincus d'être parfaitement en mesure de mener cette mission d'entraînement. En effet, nous avons déjà acquis une vaste expérience quant au mentorat et à l'entraînement de l'Armée nationale afghane.

Il s'agit d'une mission essentielle, et l'investissement supplémentaire qu'elle exigera permettra aux Afghans

d'assurer pleinement la sécurité de leur nation.

Le gouvernement compte affecter jusqu'à 950 membres des Forces canadiennes à cette mission jusqu'en mars 2014, et nous pourrions donc entamer notre planification avec nos alliés de l'OTAN au cours des prochaines semaines. Nos nombreuses consultations tenues à l'échelle du pays m'ont appris que les membres des Forces canadiennes tiennent à contribuer à améliorer la sécurité de notre pays.

La mission d'entraînement en Afghanistan s'inscrit dans le cadre des traditions de longue date de service, de sacrifices et de partenariat selon lesquelles le Canada et les Forces canadiennes continuent de contribuer à faire de l'Afghanistan un pays stable, prospère et en paix.

Merci de l'excellent travail que vous accomplissez.

Le Général W.J. Natynczyk, CEMD

Naval reservists honour B.C. hero

Lt(N) Peggy Kulmala
HMCS Malahat Public Affairs

HMCS Malahat honoured B.C. hero Cdr Rowland Bourke at his grave in Victoria's Royal Oak Burial Park during a graveside ceremony on Remembrance Day.

A small contingent of naval reservists placed a wreath representing Canada's Naval Reserve and poppies on behalf of Malahat's Officers, Chief and Petty Officers, and Junior Ranks, on the grave.

"Cdr Bourke's contributions, both military and civilian, should not be forgotten," said Cdr Steven Pokotylo, Malahat's commanding officer. "Described as a self-deprecating and shy man, not physically strong and with grave limitations – his heart and spirit is what made him a hero, a lesson to us all."

Bourke was born in England in 1885. He moved to Nelson to take up fruit farming with his family in 1905. In the First World War, Bourke was quick to volunteer, but he was rejected by the Canadian military because of poor eyesight. Undeterred, Bourke returned to England in 1916 and joined the Royal Navy volunteer reserve.

The quiet apple farmer was made a lieutenant and given command of a motor launch after just a month of training. The 25-metre motor launches – fast twin-engine boats based on an American yacht design – were primarily tasked with coastal patrol.

In April 1918, the Royal Navy called for volunteer crews to take part in a daring raid on the Belgian ports of Zeebrugge and Ostend, heavily-defended U-boat pens. The plan included blocking sea access to the German-held ports with obsolete British cruisers. The role of the motor launches was to evacuate the block ships' crews once they had been disabled.

On the first engagement of April 23, Bourke volunteered his launch, but was turned down again because of his poor eyesight. He persisted in offering his boat for service and sailed as a stand-by on the raid. When another launch was disabled by German fire, Bourke's boat steamed into the harbour, pulled 38 survivors from the sinking HMS Brilliant and then towed the disabled launch to safety. For this action, Bourke was awarded the Distinguished Service Order (DSO), a military decoration for meritorious or distinguished service by officers during wartime.

It was during the second engagement on Ostend three weeks later that Bourke not only earned his Victoria Cross – the highest award in Commonwealth countries for military valour in face of the enemy – but in the words of raid commander, British Admiral Roger Keyes, distinguished himself as "the bravest of

all holders of the Victoria Cross."

After the block ship HMS Vindictive was evacuated, Bourke went back into the harbour on a final check for survivors. After a thorough search, he began to withdraw, but hearing cries from the water turned back, found an officer and two seamen clinging to an up-turned boat. During the rescue, his launch was under heavy fire at close range and was hit 55 times, killing two of Bourke's crew and injuring others. Bourke managed to take his badly damaged launch to open sea and safety.

For his leadership under fire in the second raid, King George V pinned the Victoria Cross on Bourke. In addition to the Victoria Cross and DSO, Bourke was awarded the Chevalier of Legion of Honour by the French Government, and was promoted to Lieutenant-Commander.

After the war, Bourke returned to Nelson, B.C. and married. In 1932 he and his wife moved to Victoria, where Bourke started work at HMC Dockyard in Esquimalt as a civilian clerk.

During the Second World War, he joined the Royal Canadian Navy Volunteer Reserve, likely with the first Malahat. At a rank of Acting Commander, Bourke was instrumental in forming the "gumboot navy" of fishermen used to patrol the coast of B.C.

He retired in 1950, died in 1958 and was buried with full military honours.

Vancouver Island has two geographical locations named after this B.C. hero: Mount Bourke, located north of Tofino, and Bourke Rock southwest of Bella Bella. But four years ago, a Victoria historian and retired army reservist found his grave barren on our national day of remembrance.

During MWO (ret'd) Bart Armstrong's continuing research on Canadians who earned the U.S. Medal of Honor, he stumbled onto the fact that Bourke was interred in Victoria. That same year, he went to Bourke's grave on Remembrance Day to pay his respects. He noted then there were hundreds of small white crosses on other veterans' graves, but Bourke's – the only Victoria Cross recipient interred in Victoria – lay barren.

"I was saddened to see a grave for a recognized B.C. hero receive what appeared to be no attention whatsoever year after year," said Armstrong. "So I called HMCS Malahat to recommend they take on this honourable duty."

"I was happy to incorporate MWO Armstrong's recommendation into our Remembrance Day tradition," said Pokotylo. "We are proud to do our part to remember all veterans' service and sacrifice."

HMCS Fredericton has incident with U.S. Navy ship

During a routine Replenishment at Sea (RAS) manoeuvre, Canadian Patrol Frigate HMCS Fredericton, briefly came into contact with the United States Navy's replenishment oiler vessel, USNS Kanawha, early yesterday evening off the East Coast of Florida.

No injuries were reported from either ship. Damage due to the contact has been assessed as superficial, with scrapes and dents on both hulls where the contact was made.

The cause of the incident is being investigated. Fredericton is expected to go into port today, which was part of its original program schedule.

Both ships were involved with a Canadian Navy-led Task Group Exercise that is taking place off the East Coast of Canada and the United States for most of November.

A RAS involves one ship taking on fuel and other supplies from another while both ships are in motion.

Incident survenu en mer entre le NCSM Fredericton et un navire de la marine américaine

Dans le cadre d'un ravitaille-

ment en mer de routine, la frégate canadienne de patrouille NCSM Fredericton a heurté un pétrolier-ravitailleur de la Marine américaine, le USNS Kanawha, tôt en soirée hier au large de la côte Est de la Floride.

Personne n'a été blessé. Les dommages causés par le contact des deux navires ont été jugés superficiels. On parle d'égratignures et d'entailles sur la coque des deux navires à l'endroit précis où ils se sont touchés.

La cause de l'incident fera l'objet d'une enquête. Le Fredericton devrait arriver à quai aujourd'hui, tel que prévu à son programme d'activités.

Les deux navires impliqués participent à un exercice de groupe opérationnel dirigé par la Marine canadienne qui a lieu au large de la côte Est canadienne et américaine pendant la majeure partie du mois de novembre.

Les ravitaillements en mer impliquent un navire qui s'approvisionne en mazout et un autre qui fournit le carburant pendant que les deux navires demeurent en mouvement.

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FINANCIAL TALK

Tips and strategies for estate planning

Nick Woloszczuk
Contributor

Although there are many advantages to holding funds in registered accounts such as an RRSP, it is important to understand how non-registered assets are taxed and what implications they have on an estate.

Assets held in non-registered (non-RRSP) accounts are after-tax funds that typically accumulate as a result of saving excess employment earnings, from the sale of an asset, or perhaps inherited funds from a family member. Investments held in these types of accounts take the form of many different vehicles including savings accounts, GICs, mutual funds, segregated funds, stocks and bonds.

The Rules

There are two forms of taxable events: growth on investments trigger taxes as earned and take the form of interest, dividends or capital gains, depending on the type of investment. Additionally, when the investment is sold, any unrealized capital gains or losses will be triggered. The capital gains can be offset against capital losses you incur or have carried forward from a previous year, with the balance being taxable. If the losses exceed the current year gains they can be carried forward and used against gains in a future year, or carried back and be used to offset gains in the previous three tax

Life insurance proceeds can provide a source of liquid cash to fund taxes assessed on your final return.

filing years.

The Strategies

We are often asked, "What happens to these investments when they pass on to beneficiaries upon death, and are there strategies to mitigate tax?" Upon death, the assets held in non-registered accounts are deemed to be disposed, meaning that any taxes owing are payable on your final tax return (yes, even after you die the government still wants you to pay your taxes). That means that any deferred capital gains, interest or dividend income earned will be taxable in the year of death. Strategies to minimize or offset taxes could include:

- Gifting assets to an adult child during your lifetime. In Canada, there is no gift tax

on assets gifted to your adult children during your lifetime. Parents and grandparents often gift assets to their adult children or grandchildren to help with their marriage, the purchase of their first home etc.

- Consider a deposit to a registered education savings plan (RESP) for a child or grandchild. Not only do the funds accumulate on a tax deferred basis, the government will provide a minimum 20 per cent grant per beneficiary for the first \$2,500 deposited to an RESP, provided the children are under the age of 17. So not only do you get the benefit of supporting future family education costs, the government will help with a lifetime maximum contribution of \$7,200 for each beneficiary on the account.

- Segregated funds are investments offered through insurance companies. They can provide some estate benefits not available through traditional investments like mutual funds. Because they are insurance contracts you can name a beneficiary and bypass your estate and therefore avoid the 1.4 per cent probate fee (B.C.).

- Life insurance proceeds can provide a source of liquid cash to fund taxes assessed on your final return.

Whether you are thinking about your own estate or receiving assets from a family estate, working with a financial planner ensures that you mitigate the tax paid on non-registered assets and your estate.

People Talk

Lookout asked this question:

If you could have one artist sing a song about your life, who would it be and what would be the name of the song?



I would get Celine Dion because she likes making a difference in people's lives. She always does what she feels is right. The name of the song would be "It's Rock'n'Roll."

PO1 Line Laurendeau



Tragically Hip and the song would be called "Tritons." They talk about hockey, I feel like it's a Canadian mentality. I've listened to them my whole life growing up.

A/SLt Malorie Aubrey



Bruce Springsteen and the song would be called "Living the Dream." He's my favourite artist; I grew up listening to him. "Born in the USA" is my all-time favourite album. He makes catchy songs a lot of people can relate to.

A/SLt Andrew Robinson



Fred Penner and the song would be called "Second Place Isn't that Bad." He's probably my favourite childhood artist. He sings the song "Sandwiches", which is definitely one of my best childhood memories.

Graham Frost



I would get Jeremy Fisher and the song would be called "My Sheer Awesomeness." I like his genre of music; it's very acoustic and easy-listening. It would fit into my life really well because I'm pretty awesome.

Sheena Kean

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Boeing 787 Dreamliner story told in latest IMAX film

Shelley Lipke
Staff writer

Legends of Flight - A New Generation is the latest IMAX release in Victoria featuring the first flight of Boeing's brand new supercraft - the 787 Dreamliner.

Known to Boeing engineers and employees as one of the largest industrial gambles in history, this is an aviation success story made for the big screen.

"This is my favorite IMAX movie at this point," said Boeing project pilot Capt Heather Ross. "As a test pilot, it's exciting and it's also near and dear to my heart. Five years ago we were sitting in meetings and now we have six airplanes in our test program."

It worked out just as the engineers had planned.

Filmed in the largest building in the world by volume, this movie takes the viewer through the state-of-the-art evolution of airplane design and demonstrates what it takes to build today's latest airplane.

It also looks historically at how an aviation idea transfers to mechanics of flight through its design.

"I have four kids at home who are old enough to watch this film and I think that kids are the perfect audience. It deals with the concept of science and the world of technology we create," she said. "The airplane business is an interesting one. The movie is about why we build them, what motivates us, and what stresses we encounter in the process. It features amazing cinematography mixed with animation and graphics. Needless to say, aviation enthusiasts will be interested in it as well."

The story begins

at Boeing's Everett, Washington, plant in the midst of 30,000 employees who pump out 10 aircraft a month on the multiple production lines.

"When the Airbus A380 was built as the largest airliner carrying a maximum of 853 passengers and was the world's most energy efficient airliner, we knew we would have to improve on its efficiency in a smaller plane," said Capt Ross. To do this, Boeing engineers looked at producing a glider design with carbon fibre material.

Years later after much planning, the result was a lightweight airplane with a very long wingspan. It was also 20 per cent more fuel efficient than its competition, and although many fighter aircraft have been made from carbon fibre, this was the first for a commercial aircraft.

For Boeing, this was a milestone; but the journey was not without its challenges.

"Static tests we conducted revealed wing deformities, which created a six month delay. Everybody's head dropped when we realized this, but we had to work together to rectify the problems," said Ross.

Six months dragged into two years, but when it was time to roll the first test plane onto the tarmac, an emotionally charged line up of employees looked to the sky as the first 787 took flight.

787 Chief Test Pilot Mike Carriker took the historical honour of flying the new craft for the first time last December.

"I was in the test room watching the screen and everyone was excited. It was

monumental," said Ross.

Outside on the tarmac people laughed, threw their arms into the air, cried and hugged each other as the plane took to the sky. "It was history in the making and a monumental occasion when the first test flight went off without a hitch," said Ross.

Ross has been with Boeing for 20 years, first as an engineer and then she returned after receiving her wings flying with the U.S. military. In February, as a Boeing pilot, she took the honour of flying the fourth test plane.

"Our employees really love what they do, and even though we had already flown two of the planes everybody lined up and watched the takeoff and cheered. They hold a very high level of dedication. For me it was a career highlight to be involved in this test flight. There are no words to say what it feels like taxiing down the runway for the first time after seeing it all come together."

Ross encourages aviation enthusiasts to see the new movie, but also to visit the Everett, Washington, Boeing plant.

"Until you are in the building you can't grasp the size of it. It has underground tunnels and walkways that were built during the cold war for refuge. With three coffee shops and a restaurant, it's like a mini city. Anyone can sign up for a tour," she adds.

Ross says the last aircraft Boeing built was the 777 in the early 1990s and building the 787 was long overdue.

"From a speed perspective, it is on par with a 747, but it's the technology that makes it unique from other planes," she says.

The 787 Dreamliner



Shelley Lipke, Lookout

Capt Heather Ross was a guest speaker at the recent media launch of the latest IMAX movie now playing in Victoria. As a Boeing test pilot she had the rare opportunity to test the fourth 787 Dreamliner made.

provides an improved cabin environment and a smoother ride. The lower cabin altitude levels equate to passengers feeling less fatigued after flying. It also has better air filtration technology and larger windows that are self dimming instead of requiring passengers to pull down window shades.

All Nippon Airlines (ANA) from Japan will take this new plane on its first commercial flight in early 2011.

Surprisingly, HMCS Calgary is featured in the movie sailing in the Strait of Juan de Fuca with two Harriers performing high

speed dive bomb manoeuvres while the IMAX camera, strapped to a gyro stabilized helicopter, records all.

Canadian filmmaker Steven Low was delighted the Canadian Forces and Calgary's Commanding Officer agreed to be a part of the filming.

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IN BRIEF

Do you know when to step in to save a life?

In an article printed in the March 2010 edition of the American Journal of Preventive Medicine entitled "Preventing Deaths in the Canadian Military", Dr. Homer Tien and his colleagues reviewed the cases of Canadian military members who died during the a 25-year period (Jan. 1, 1983, to Dec. 31, 2007). The purpose of the study was to determine the leading causes of death of Canadian Forces personnel.

The results indicated that of the 1,710 deaths reviewed, approximately 35 per cent were likely caused by changeable behaviours – the top three being smoking, alcohol consumption, and suicide.

The study amplified how a person's decisions and behaviours can play a role in his or her long-term health.

If you are looking for more information on preventing harmful alcohol consumption or risky behaviours, contact the Health Promotion Office or visit www.forces.gc.ca/know-sais.

Incentive draw winner

LCdr Thomas Flavin, Deputy Judge Advocate AJAG, is our winner of the first draw for Arbutus Ridge Golf. Any who submitted their GCWCC-United Way gift form (any amount) to their unit campaign representative by Nov. 10 was automatically entered into a draw for a round of golf for two at the Arbutus Ridge Golf Club.

World Choral Day on Dec. 12

In honour of World Choral Day, Ensemble Laude is celebrating with the concert "Shining" at 3 p.m., Sunday, Dec. 12 at St. Andrew's Presbyterian Church, 680 Courtney St. (at Douglas) Admission by donation.

Directed by Elizabeth MacIsaac, Ensemble Laude is an award-winning women's community choir dedicated to singing intercultural choral repertoire and early music (pre-1600). Shining will feature the vocal harmonies of medieval chant, world folk songs,

and contemporary works by Canadian composers integrating chants from the First Nations.

For more information about Ensemble Laude visit www.ensemblelaude.org.

For more information about World Choral Day go to www.ifcm.net.

Results of standing court martial

From Nov. 2 to 4, Ex-LS Moreau was tried by standing court martial on the following charges under the National Defence Act (NDA):

Charge 1: s. 85 NDA used insulting language to a superior officer.

Charge 2: s. 84 NDA offered a weapon against a superior officer.

Charge 3: s. 116(a) NDA willfully damaged public property.

The accused pleaded guilty to charges 2 and 3. Charge 1 was withdrawn. The court sentenced the accused to 10 days imprisonment (suspended) and a \$1,000 fine.

Leadership forum offers cutting edge learning

Mark Jeckway
LCC

The annual DND Leadership Forum is once again on the horizon.

Being held Nov. 25 from 8:30 a.m. to 4 p.m. at the Nixon Drill Hall in Work Point, the event still has seats available, but is expected to sell out.

The forum is a time for civilian and military managers and supervisors to learn from cutting edge speakers on innovative ways of managing teams. It is also a great opportunity to network and interact with peers from DND and other federal departments.

The event will feature a day of dynamic and interesting topics under the theme

"Connecting to the Future."

With emerging technology and increasing data presented every day, managers must effectively interpret and utilize the information provided to them. The goal of this year's forum is to share technology, learn how to navigate this information, and discover how to use it effectively to lead and manage teams.

The day will start with Karl Ghiara, Director of the Chief Information Officer Branch of the Treasury Board Secretariat. Ghiara will discuss Web 2.0 and Social Media, how federal leaders can use this tool to improve how we connect and serve our clients, what are the opportunities and risks associated with this technology,

and practical examples of how it's being effectively used within the federal government.

Participants will also hear from senior leaders on emerging topics, challenges and opportunities for creating the workplace of the future. Bring your ideas as there will be an opportunity to share information.

Also presenting is Dr. Nick Bontis, the Director of the Institute for Intellectual Capital Research and an award winning professor of strategic management from McMaster University.

He will share his research on "The Ultimate Performance Accelerating Activity for Teams" and "Think Ahead! Take A Knowledge Journey."

During his first topic participants will learn to enhance collaboration, promote knowledge sharing, accelerate productivity and unleash creativity in a team. Then he will discuss how to effectively deal with our knowledge economy and cope with information bombardment, managing change, improved competitiveness and improved innovation.

Register through your Unit Training Coordinator with reference course code #300180, Session 0006.

The forum is presented by the Learning and Career Centre Pacific with support from nationals Manager Community, National Defence Managers Network and Maritime Forces Pacific.

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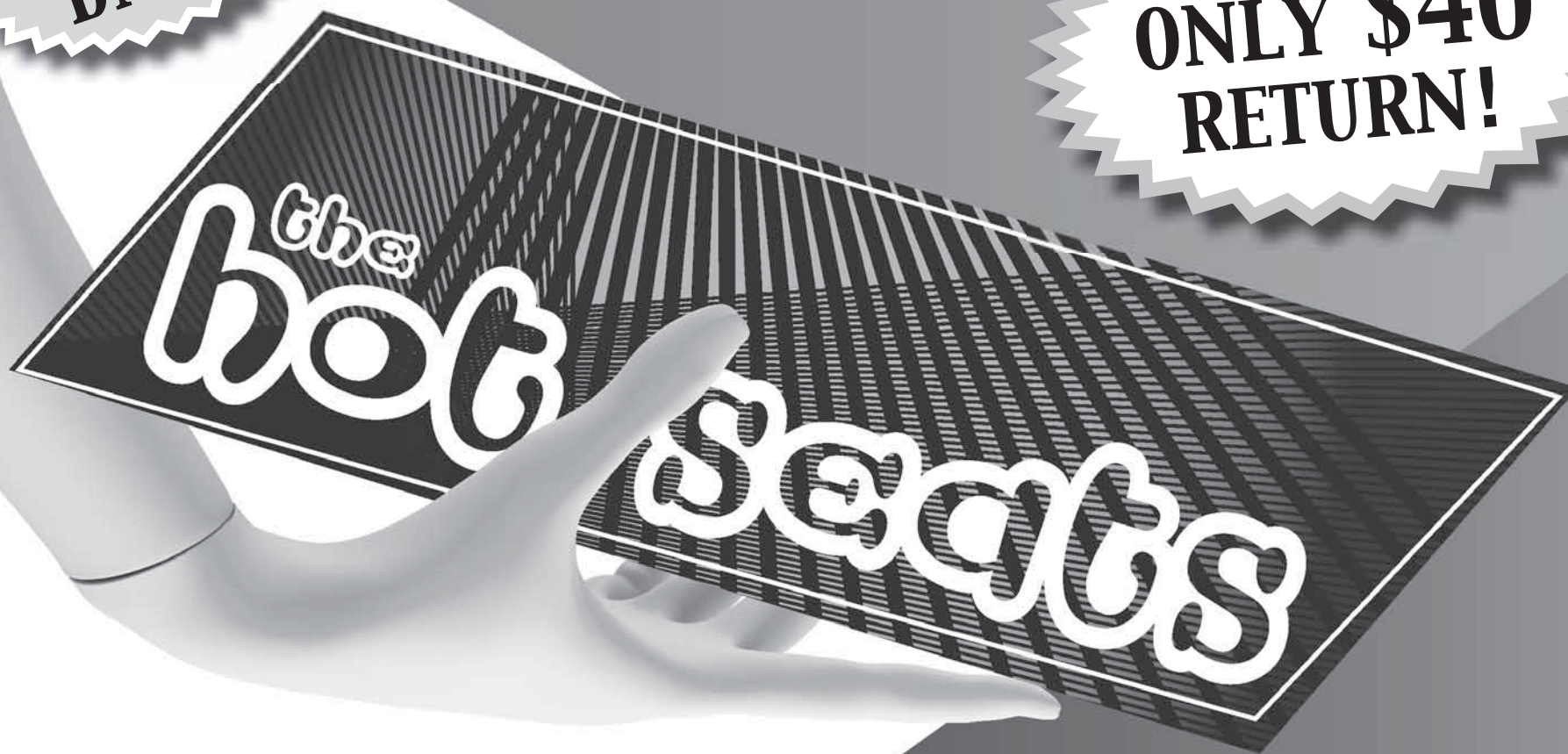
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Shelley Lipke, Lookout

Night fires in Colwood

Night fires lit up the Colwood sky as 12 QL5 hull tech students performed their final practical assessment at the Damage Control School in Colwood.

Shelley Lipke
Staff Writer

Friends and family members of hull technicians on their QL5 course had the rare opportunity to witness their loved ones in action.

A dozen students tested their firefighting skills by tackling a helicopter blaze at the Damage Control School (DCS) in Colwood last Tuesday night.

As future "helo crash rescue hull techs" serving in warships, these sailors must be able to fight any fire including a helicopter crash on the deck.

The threat of leaking fuel and saving passengers and crew from the helicopter, while fighting the motion of the ship, make this skill a highly valued one in the Canadian Navy. The helo simulator at DCS is an asset to this training.

The crowd stood a comfortable distance away sipping hot chocolate, while their loved ones tackled the flames. With hose in hand, they attacked the blaze from the front and side of the helicopter.

"This simulates a crash of

a Sea King helicopter on the flight deck of a ship at sea," explained senior damage control console instructor PO1 Mike Valentine. "The 12 students need to make a rescue path for the crew from the helicopter. They have done this in the daytime, but at night it's very different, and it's much harder visually. They must look for casualties and make sure their team members are safe."

Slowly the flames extinguished enough to allow one firefighter to open the helicopter's front door and drag a casualty into the hangar.

The casualty was actually a metal skeleton.

"We're looking for leadership, teamwork and command and control abilities," said Sgt Ryan Lynch, senior firefighter damage control division who assessed the students from a nearby control tower. "It's difficult because they need to retain a lot of information. In a real setting if this happened at sea it would be chaotic with the motion of the sea, possibly blocked hatches, fuel splashing on the flight deck and real casualties."

Sgt Lynch said crash landings are rare thanks to the skilled pilots who land Sea Kings on moving platforms.

The use of this trainer helps to minimize the risks that sailors and pilots face at sea.

The specialized trainers at DCS are also used by the Canadian Coast Guard, Camosun College students studying marine industry, and those who operate tugs

and BC Ferries.

The flames from the propane-powered fire burn at 35 million British Thermal Unites (BTU), compared to an average barbecue at 40,000 BTU.

The visually stunning night display raised \$427 from donations and food sales going towards the DCS Government of Canada Workplace Charitable Campaign.

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Nation's capital welcomes HMCS Ottawa crew during visit

SLt Jeffrey Leung
HMCS Ottawa

It was a privilege to organize HMCS Ottawa's namesake city visit from Oct. 11 to 17.

The City of Ottawa visit was led by Commander Jon Allsopp, who brought a contingent of nine crew members to revitalize ties between the ship and her namesake city.

None of our events were more touching than the visit to the Children's Hospital of Eastern Ontario (CHEO). The Captain greeted Carmen, the hospital's representative, and presented her with a cheque on behalf of the crew.

We also handed out teddy bears to children and interacted with parents. One of the children – no older than four, whose thinning hair made his chemotherapy treatment apparent, approached the ship's Executive Officer, LCdr Jason Boyd and asked for a hug. The moment was as sad as it was joyful as the child has lived most of his life within the confines of the hospital. Though Carmen has worked at the hospital for over 25 years, she still shed a tear when she saw this.

The Chief of Maritime Staff (CMS), Vice Admiral Dean McFadden, made public appearances to three events of which we were invited guests. Most of us had never met the CMS before, so it was our first time meeting him at the Mayor, His Worship Larry O'Brien's reception in celebration for the Naval Centennial.

The CMS gave a speech on the Navy's contributions over the last 100 years and mingled with fellow guests. Aside from his personable demeanour and gracious personal-

One of the children – no older than four, whose thinning hair made his chemotherapy treatment apparent, approached the ship's Executive Officer, LCdr Jason Boyd and asked for a hug.

ity, he appeared delighted to speak with myself and AB Zadow, where he welcomed the break from the daily grind at the National Defence Headquarters.

Reconnecting with those of us at the pointy-end not only made his evening, but gave us great pleasure to meet someone of his position. He was even kind enough to allow AB Zadow and I to take a photo with him. We would later meet him at the Perley Rideau Home of the Veterans where he addressed Naval veterans and then at city hall for HMCS Carleton's Freedom of the City parade.

One highlight of the visit was the Ottawa Senators hosting us in box seats when they played the Carolina Hurricanes. The XO

made a bet the Captain would not get the Ottawa Senators to host us. He lost the bet and had to wear an Ottawa Senators jersey during the game (he is a Calgary Flames fan.)

The Chief of Defence Staff, General Walter Natynczyk, and Commander of the United States Northern Command, Admiral James Winnefeld Jr., also attended the game and visited our box. The elation of such a rare meeting and photo opportunity was soon matched by the announcement of HMCS Ottawa's contingent on the stadium's JumboTron. It was overwhelming to be greeted by the cheering crowd and enthusiastic hockey fans who were happy to receive the navy's recruiting CDs that we handed out.



Top: SLt Jeffrey Leung and AB Zadow pose with Chief of the Defence Staff Gen Walter Natynczyk.

Above: LCdr Jason Boyd wins a bet with Cdr Jon Allsopp.

Left: SLt Jeffrey Leung and AB Zadow pose with Chief of the Maritime Staff VAdm Dean McFadden.

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Buy a cookbook – help the injured

Shelley Lipke
Staff Writer

It's much more than your average cookbook.

Operation Cooking for Soldier On features a tasty collection of 250 recipes submitted from military homes across Canada. It's also a fundraiser for Soldier On - an organization set up to help the recovery of injured Canadian soldiers.

Sales are sweeping across the country and over \$15,000 has been raised.

Orders in B.C. and Vancouver Island are being taken.

The recipes range from appetizers, to main courses and desserts, and even include a care package section that features goodies with a shelf life long enough to send to the troops overseas.

This fundraising venture is the brainchild of military spouse Jenn Corbett from Cold Lake, Alberta.

In 2009, while supporting her husband in the Army Run she met MCpl Jody Mitic.

"He had lost both legs below the knee in 2007 while he served in Afghanistan, but was fitted with prosthetic legs thanks to Soldier On and was running the half marathon," she said. "I was very inspired by his story. The Army Run raises money for Soldier On and I wanted to do much more than just donate \$20. I really wanted to help."

Several months later she got an idea. Why not start a cookbook?

"Cooking has always been a passion of mine, and I know

enough people across Canada in the Canadian Forces and thought we could compile our recipes."

Friend April Roberts created the cover. Her husband is currently in Afghanistan.

Each book sells for \$12 plus \$4 shipping fee, if applicable.

In Victoria, the cookbook can be ordered through Esquimalt representative Melissa Whitney for the mid January delivery.

To order, email her at vanil-

laradiance@hotmail.com and state the number of copies, your name, address and phone number and whether you would like the book in English or in French. Payment can be made by cheque or cash or credit card payment can be done through PayPal on the website www.operationcookingforsoldieron.com.

The cookbook has been so successful the wheels are in motion for a second edition.

"I'm hoping to get more recipes for the care packages

section for the next one," said Corbett. "Watch the website and I will put a call out once recipe submission is open again."

Soldier On is a military fund that began in 2006 and is a partnership with the military and the Canadian Paralympic Committee. This program encourages injured and ill soldiers to lead active and healthy lifestyles by continued physical activity, sport, peers support and mentorship.



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Shelley Lipke, Lookout

CFB Esquimalt's Naval and Military Museum curator Debbie Towell (left) received a navy memorial window replica – to be displayed in the museum – from Tom Mercer (centre) of Mercer and Schaefer Glass Studio. It represents four stained glass windows honouring the Canadian Naval Centennial displayed at St. Paul's Church in Esquimalt. RAdm Bill Hughes (Ret'd) (right) headed the stained glass window project.

Tentative agreement reached with employees

Ben Green
Staff writer

With the current bargaining agreement for Treasury Board employees set to expire sometime next year, the Public Service Alliance of Canada (PSAC), the union representing the employees, is in the midst of ratifying new contracts that try and satisfy the majority.

Over 100,000 Treasury Board employees fall into five bargaining units - Program and Administrative Services (PA), Operational Services (SV), Education and Library Services (EB), Border Services (FB), and Technical Services (TC).

PSAC and the Treasury Board have come to tentative agreements for three of the five units: PA, SV, and EB. Talks with the remaining two, FB and TC, broke down and no agreement could be reached. They will resume in the New Year.

The tentative agreements are just that, tentative. These drafts will only be upheld if ratified through votes by unit members in the coming days.

While there are agreements and clauses unique to each unit, PSAC wants to make sure that all employees have equal financial security. Mark Miller, Vice President of B.C. for the Union of National Defence Employees (UNDE), says the tentative agreements put forward two specific points - wages and a change in severance pay.

With the new contract cov-

ering the next three years, PA, SV, and EB employees would see a wage increase of 5.3 per cent by the third year (1.75 per cent in 2011, 1.5 per cent in 2012, and 2 per cent in 2013).

Also, the new contract would cease all voluntary severance payouts. However, those who have at least one year of service prior to the new contract would receive one week's pay per year of service. Employees could choose an immediate payout, keep the accumulated sum until they decide to resign, or be paid a portion of the sum and leave the rest until resignation. Severance pay for termination and other non-voluntary scenarios would remain under the new deal.

Miller says this type of negotiation with the Treasury Board has never been done before. Previous negotiations usually didn't start until eight

or nine months after the contract's expiry date. With recent difficult economic times, Miller says Treasury Board urged for early talks so everyone could have some sense of financial stability for the near future. The new contract would eliminate the need for retroactive payments since there are still a few months on the current deal.

The results of the votes for the PA, SV, and EB units will be released in early December. For more information on PSAC, which unit you may fall under, or the unique terms of the Tentative Agreements, visit www.psa-fpc.org.

PSAC was founded in 1966 and is one of Canada's largest unions. It represents over 172,000 people, the majority of whom work for the federal government and its agencies.

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RAdm Nigel Greenwood, Commander Maritime Forces Pacific/Joint Task Force Pacific (MARPAAC/JTFP), presented awards to several members of the defence team during a ceremony at the Chiefs and Petty Officers' Mess on Oct. 26.

Photos by Ed Dixon, MARPAAC Imaging Services



Ron Funk receives the Canada Command Certificate of Achievement. Funk is commended for his professionalism and support of Joint Task Force Games in their preparations for Operation Podium.



LCdr Charles Cross receives the MARPAAC Bravo Zulu Certificate of Achievement for his professional contributions in the containment of H1N1 at the Vernon Army Cadet Summer Training Centre in July 2009.



Maj Travis Field receives the MARPAAC Bravo Zulu Certificate of Achievement for exceptional dedication, leadership, professionalism and efficiency as the Maritime Forces Pacific International Fleet review Air Show Director.



CPO2 David Ostroposki receives the MARPAAC Bravo Zulu Certificate of Achievement for his exceptional ability, commitment and determination in supporting the Canadian Naval Centennial.



PO1 Eric Poisson receives the MARPAAC Bravo Zulu Certificate of Achievement for the initiative and dedication he demonstrated while assisting with recruiting efforts, specifically for the Electrical Technician trade.



Lt(N) Glenn Garry receives the MARPAAC Bravo Zulu Certificate of Achievement for leadership and foresight coordinating Maritime Chemical Biological Radiological Nuclear support to Operation Podium and HMCS Winnipeg's Operation Sextant in 2009.



Doug Kimmitt receives the MARPAAC Bravo Zulu Certificate of Achievement for his dedication, initiative and professional judgement as Auxiliary Fleet Manager for the Port Operations and Emergency Services Branch during the International Fleet Review, June 9-14.



OS Matthew Childs receives the MARPAAC Bravo Zulu Certificate of Achievement for his quick thinking and professional rapid response in administering first aid to a veteran until medical help arrived at the royal Canadian Legion on March 26.



MS Aiden Jordan receives the MARPAAC Bravo Zulu Certificate of Achievement for the outstanding support he provided to the Marine System Engineering Department during emergency repairs to HMCS Protecteur's emergency generator while at sea.



LS Sysa Aryavong receives the MARPAAC Bravo Zulu Certificate of Achievement for demonstrating his vast technical skills and engineering knowledge when he proposed, fabricated, implemented and ultimately corrected a critical engineering deficiency with the electro-pneumatically operated fuel valves.



LS Dale Serrao receives the MARPAAC Bravo Zulu Certificate of Achievement for consistently performing at an exceptionally high level of technical assistance to MARPAAC units and JTFG, ensuring critical communication systems were maintained.



PO2 Bill Dymond receives the MARPAAC Bravo Zulu Certificate of Achievement for his ambassadorship and outstanding ship's knowledge as a guide for HMCS Regina's visiting guest. His passion, pride and outstanding knowledge of the navy are a reflection of the military ethos and set an example for others.



CPO2 Ian Knight receives the Joint Task Force Pacific Bravo Zulu Certificate of Achievement for his support to Operation Podium. His efforts in developing the Joint Interface Control Cell capability ensured a joint Common Operating Picture that intergraded all data link capable platforms.



PO1 Maureen Finlay receives the Joint Task Force Pacific Bravo Zulu Certificate of Achievement for her exceptional professionalism, commitment and drive in supporting JTFP and JTFG with her tireless oversight and tasking of personnel for Operation Podium.



LCdr Melody Szabo receives the Joint Task Force Games Bravo Zulu Certificate of Achievement for her leadership and professionalism while successfully leading HMCS Calgary's Marine Systems Engineering Department through significant engineering challenges during Operation Podium.



Lt(N) Donald Thompson-Grieff receives the Joint Task Force Games Bravo Zulu Certificate of Achievement for his leadership and professionalism while leading HMCS Edmonton's Operations Department in the installation and successful employment of new communications and computer equipment required for Operation Podium.



CPO2 Alex Kirk receives the Joint Task Force Games Bravo Zulu Certificate of Achievement for his leadership, technical skills and outstanding performance during Operation Podium. He provided critical trouble shooting assistance in order to establish and maintain the Maritime Component Commander communications suite in an operational state throughout the mission.



Photo Credit

AB Mark Watkins receives his new shoulder slip-ons from Cdr Arthur Wamback.



Photo Credit

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



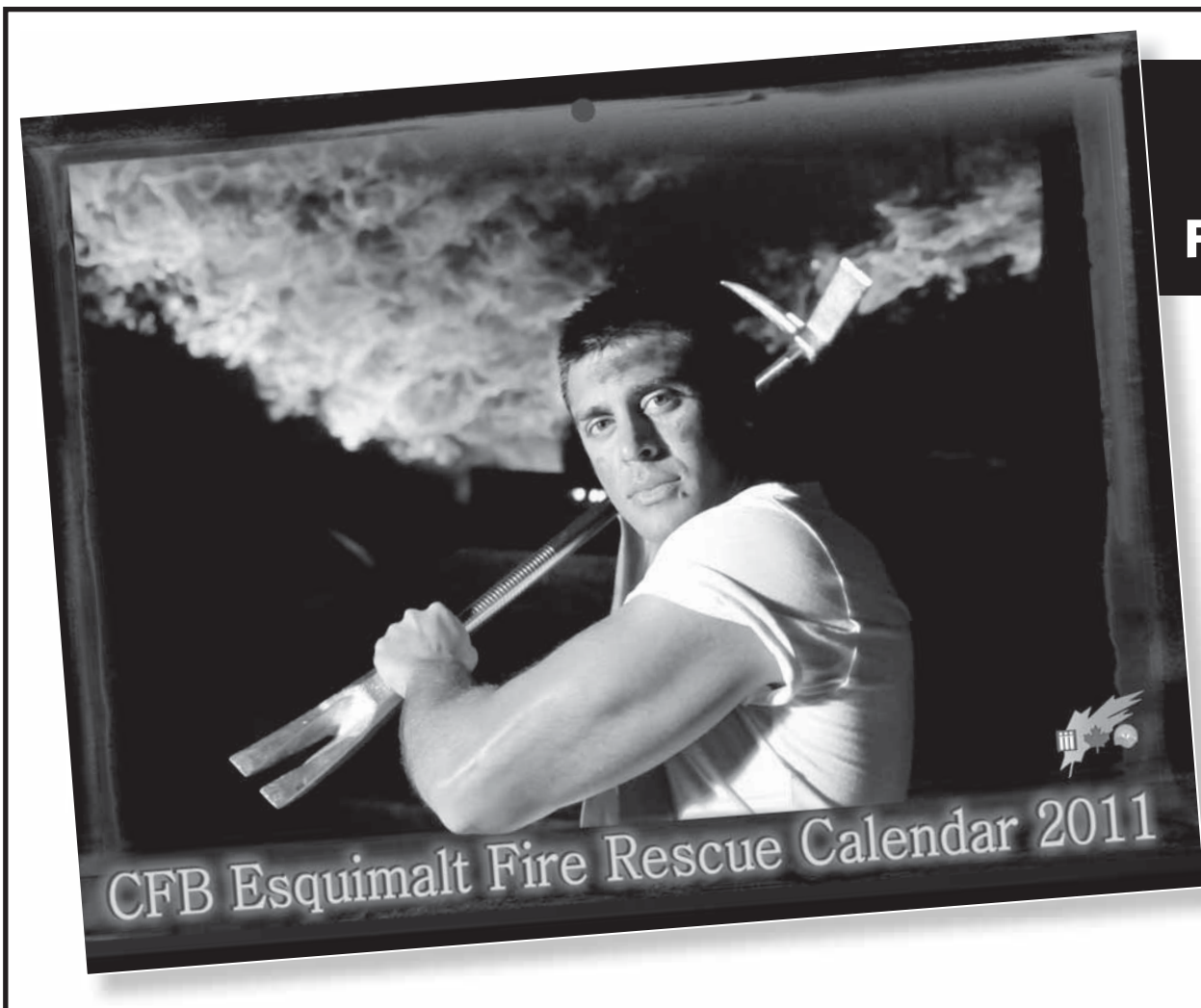
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LS Nicholas Charlton (centre) receives his new shoulder slip-ons from Cdr Arthur Wamback (right) and Lt(N) Christopher Schneider (left).



Ed Dixon, MARPAC Imaging Services

RAdm Nigel Greenwood, Commander Maritime Forces Pacific/Joint Task Force Pacific presents the Maritime Forces Pacific Bravo Zulu, Certificate of Achievement members of the Port Operations Emergency Services Branch (POESB) Auxiliary Fleet. (Left to right) Front row: Stuart Olsen, Dan Walushka, RAdm Greenwood, Brian Whittaker, David Taggart. Back row: Greg Volkman, Kristine Tuohy.



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OBITUARIES

LCdr Christian Hatch
Christian Douglas Hatch,
December 7, 1970 – November 17, 2010.
It is with tremendous sorrow that we announce the passing of Christian Douglas Hatch, Lt Cdr (N). He was taken from us at just 39 year of age after a three year struggle with ALS. He is survived by his wife Karin, sons Harrison and Gareth, parents Dorothy and Douglas Hatch, parents – in – law Teri and Richard Sobo, Eric VanWolde and Ross Murray. Christian attended Markham District High School (89), then Royal Roads Military College in Victoria, BC, where he was a '93 alumnus, graduating as Cadet Wing Commander and as top cadet for his year. He served on the HMCS Annapolis, HMCS Regina, and HMCS Ottawa before being posted to the Canadian Forces College in Toronto. He was fully committed to his career that took him around the globe and relished the challenges it offered. Christian was a devoted husband and father, openly demonstrating his love for

us and treating us to many adventures. His passing has broken our hearts but we take strength from the character, integrity and courage he showed us throughout his life but especially as his illness progressed. We were able to care for Christian at home with the assistance of the Canadian Military and Veterans' Affairs, the generous love and support of family, the compassion and understanding of friends, neighbours and even strangers. We wish to thank Jessica and Dr. Patterson, and especially Paul and Ruby for their kindness and personal care. All of these incredible efforts, humanity and generosity helped us to feel peace and fill our home with love and laughter right to the end.

On Tuesday, 23 Nov 10, at 11 a.m. (for 11:15 service), Maj Doug Friesen, Base Chaplain, will conduct a celebration of life service for LCdr Christian Hatch at the Naden Chapel. In lieu of flowers, donations can be made to a college fund for Harrison and Gareth at any branch of TD Canada Trust, account 631 0148.

Canada Command supports "last spike" anniversary

Capt Quentin Wyne
Contributor

The gunners of Operation Palaci found themselves in the B.C. interior a little early this year as one of their howitzers was tasked to fire a salute at a

significant historical event on Nov. 7.

It marked the 125th anniversary of the driving of the Last Spike at Craigellachie, B.C. The tiny community marks the location where Canada's national railway was completed in 1885,

a turning point in the creation of Canada as a nation.

Craigellachie lies about 90 kilometres west of where the howitzer will soon be deployed as part of the military's annual contribution to Parks Canada's effort to control avalanches in

Glacier National Park. Both the Trans Canada Highway and the Canadian Pacific Railway (CPR) run through the park and are subject to severe winter conditions and frequent avalanches especially in Rogers Pass, where the Operation is based.

The gun detachment included members of the 5th (British Columbia) Field Artillery Regiment, RCA, a Reserve artillery regiment based in Victoria B.C. As the ceremonial spikes were driven during the event, the detachment fired two rounds, signifying the spikes driven in the original event (the first was bent, and had to be replaced).

The howitzer salute was mirrored by the support of the Lord Strathcona's Horse (Royal Canadians) (LdSH), which provided a Colour Party and Vedette consisting of two troopers from the Regiment's Mounted Troop.

The LdSH has a unique connection with the original event, given that the Last Spike was driven by Sir Donald Smith, otherwise known as Lord Strathcona. Smith would later establish the LdSH as a cavalry regiment to fight in the Boer War.

Today the Regiment celebrates this important historical connection with images featuring the last spike crossed with a

gandy hammer and four canoes appearing as motifs in its unit crest. The features represent the important role Sir Smith's regiment played in the completion of the railway and the opening of the West.

During the event, the CPR acknowledged both the affiliation with the LdSH and the ongoing contribution that Operation Palaci makes to ensuring rail operations can continue through the winter months. CPR Chief Executive Officer Fred Green announced a donation of \$100,000 to the Military Families Fund in grateful recognition of its relationship with the Canadian Forces. The donation was accepted by Lieutenant Colonel Trevor Cadieu, Commanding Officer of the LdSH.

This year, Operation Palaci will consist of two rotations of gunners providing avalanche control between early December and late March. The season will mark the end of the use of the C1 howitzer which will be retired and replaced by the C3. A recent study showed that the Operation is of growing importance to the Canadian economy with up to 4,000 vehicles, and 30 railcars now passing through the corridor each day during the avalanche season.



Aaron Orlando, Revelstoke Times Review

Military members and the RCMP were on hand to help celebrate the 125th anniversary of the driving of the last spike.

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