

LOOKOUT



MARPAC NEWS CFB Esquimalt, Victoria, B.C.
Year of the Canadian Naval Centennial



Cpl Alex. W. Croskery, MARPAC Imaging Services

Victoria-area children join RAdm Nigel Greenwood, Commander Maritime Forces Pacific/Joint Task Force Pacific, in an animated countdown to illumination for this year's Navy Lighting Contest. At the moment their hands pushed on the giant plunger, all the participating ships in the harbour lit up in a brilliant display.

Many hands help kick off the Navy Lighting Contest

Lt(N) Michael McWhinnie
Base Public Affairs Officer

Nigel Greenwood, welcomed guests from The Mustard Seed Street Church, representatives from sponsoring businesses and neighbouring youth from Songhees Nation. They joined a broad representation from the Formation.

The crowd was addressed by Reverend Tom Oshiro, Senior

Pastor with The Mustard Seed, who emphasized the increasing reliance on food banks within the Greater Victoria community and the crucial contribution the Navy Lighting Contest makes in meeting that need.

The highlight of the evening occurred when RAdm Greenwood assembled the children around the

"master lighting switch" and led them in a countdown. At the precise moment the giant plunger was activated by many small hands, the ships of the fleet burst instantaneously into colourful illumination.

Most onlookers were delighted while others were relieved. Organizers were grateful for a sea-

son when miracles are possible.

The Navy Lighting Contest runs Dec. 14 - 24 from 6 - 9 p.m. with admission by donation of cash or non-perishable food item to The Mustard Seed.

Last year's contest welcomed 6,000 visitors and raised more than \$30,000 for the food bank.

The 23rd Annual Navy Lighting Contest kicked-off 11 days of welcome to the public during a ceremony aboard HMCS Ottawa on Dec. 14.

The event, presided by RAdm

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FROM THE ADMIRAL

As this year draws to a close, we will all soon have the opportunity to enjoy the fruits of our labours, with the thankful remembrance of a year full of proud accomplishments and very warm recognition.

If ever there was a "Glorious year", as our naval anthem says, this was it: the Canadian Naval Centennial has been replete with Royal Visits, Fleet Reviews, commemorative and celebratory parades, and a host of other historic initiatives. We have been privileged and honoured to be recognized both locally and nationally. Here in Victoria, nothing in memory has matched the incredible warmth of the public turnout for the Freedom of the City Parade on 4 May, or the Parade of Nations during the International Fleet Review.

It has been a year of significant operational accomplishments. The extensive joint, interagency and international cooperation, which characterizes the daily work of Joint Task Force Pacific, was deployed to great effect for the Vancouver 2010 Olympics. Operation Podium was successful not only for helping to secure these famously successful Games, but for doing so in an utterly non-intrusive fashion.

MARPAC proudly hosted some of the world's premier navies to our Centennial Fleet Review, then deployed in company to the biannual RIMPAC Exercise. Later, further elements of the Pacific Fleet conducted significant diplomatic and training outreach with South American Navies through

Operation Pacific Amistad, sailing as far as Valparaiso, Chile.

Altogether, it was a year that fully exemplified the CNC motto: to Commemorate the past, to Celebrate our current accomplishments, and to Commit to the future. Not only have our sailors, soldiers and airmen and women "done us proud", but our civilian colleagues have also shared in the success of this collective enterprise – we could not have done it without a full team effort.

For myself, on returning to MARPAC, having seen only from a distance many of the fabulous accomplishments I have mentioned, I was struck again by the vigour and purpose of the Formation and its people. I have seen dedication, innovation and excellence in every quarter, in every facet of the business of MARPAC/JTFP, from submarine repair to maritime security operations to the superb community relations epitomized by the Naden Band in their Christmas concert this week.

While we ready ourselves for the flurry of celebrations with family and friends, we should all be conscious of the fact that many of our members will not be home for the holidays. But those who remain on duty throughout those key dates, maintaining the 24/7 functions of this formation, and those who continue their critical contributions in a number of deployed operations, will all be in our thoughts and prayers this season.

Let me finish with a heartfelt thanks for all that you have done this year, and warmest wishes for a Joyous Holiday and a very Happy

New Year from both Deborah and myself.

**Adm Nigel S. Greenwood
Commander MARPAC**

La fin de l'année approche. Nous allons bientôt pouvoir jouir des fruits de notre travail, en nous remémorant avec gratitude une année pleine de réalisations dont nous pouvons être fiers et remplie de témoignages de reconnaissance très chaleureux.

Si jamais il y a eu une « année glorieuse », comme l'indique notre hymne naval, ce fut cette année : le centenaire de la Marine canadienne a abondé de visites royales, de revues de la Flotte, et de défilés de commémoration et de célébration, et a été l'occasion d'organiser bien d'autres activités historiques. Nous avons eu le privilège et l'honneur de recevoir des marques de reconnaissance au niveau local et national. Ici, à Victoria, personne ne se souvient avoir jamais été témoin d'une allégresse publique comparable à l'enthousiasme incroyable des gens qui sont venus voir le défilé du droit de cité du 4 mai ou le défilé des nations pendant la revue internationale de la Flotte.

Par ailleurs, il y a eu au cours de l'année des accomplissements significatifs au niveau des opérations. La vaste coopération interarmées, interorganisations et internationale qui caractérise le travail quotidien de la Force opérationnelle interarmées du Pacifique a été utilisée avec grande efficacité à l'occasion des Jeux olympiques de Vancouver de 2010. L'op PODIUM a été une réussite, d'une part, parce qu'elle a

permis d'assurer la sécurité de ces Jeux mémorables et, d'autre part, parce qu'elle s'est déroulée d'une manière très discrète.

Après cela, les FMAR(P) ont accueilli avec fierté quelques-unes des grandes marines du monde pour la revue internationale de la Flotte organisée à l'occasion du centenaire. Elles ont ensuite déployé des moyens pour l'exercice RIMPAC qui a lieu tous les deux ans. Plus tard, d'autres éléments de la Flotte du Pacifique ont mené d'importantes activités dans le domaine de la diplomatie et de l'instruction avec des marines d'Amérique du Sud dans le cadre de l'op PACIFIC AMISTAD, activités qui les ont amenés jusqu'à Valparaiso, au Chili.

Dans l'ensemble, c'est une année qui illustre parfaitement le slogan du CMC : commémorer le passé, célébrer les accomplissements présents et s'engager pour l'avenir. Les marins, les soldats, les aviateurs et le personnel féminin « nous ont donné des raisons d'être fiers » et les employés civils ont contribué à la réussite de cette réalisation collective – nous n'aurions pas pu faire ce que nous avons fait sans l'appui de l'équipe au complet.

Quant à moi, à mon retour dans les FMAR(P), après avoir observé de loin un grand nombre des réalisations magnifiques que j'ai mentionnées, j'ai été agréablement surpris par la vigueur et la motivation de la formation et de ses effectifs. J'ai vu le dévouement, l'innovation et l'excellence dans tous les quartiers, dans toutes les facettes du fonctionnement des FMAR(P) et de la FOIP, de la réparation



de sous-marins aux opérations de sécurité maritimes en passant par les splendides relations avec la collectivité personnifiées par le concert de Noël donné cette semaine par la Musique Naden.

Alors que nous nous préparons pour la vague de célébrations en famille et entre amis, nous ne devons pas oublier qu'un grand nombre de nos collègues ne seront pas chez eux pour les fêtes. Toutefois, ceux et celles qui seront de service, veillant, 24 h sur 24, sept jours sur sept, au bon fonctionnement de notre formation, ainsi que ceux et celles qui continuent de contribuer de manière essentielle aux opérations en déploiement, seront dans nos pensées et nos prières pendant les fêtes.

Pour terminer, je vous adresse mes plus sincères remerciements pour tout ce que vous avez fait cette année. Mon épouse Deborah et moi-même vous souhaitons du fond du cœur de joyeuses fêtes et une bonne et heureuse année.

**Adm Nigel S. Greenwood
Commander MARPAC**



With the arrival of the holiday season, we are presented an opportunity to reflect on the year past and, most importantly, take the time to connect with others.

I am extremely proud of the efforts and accomplishments of the entire CFB Esquimalt team, civilian and military, over the past year. From Olympic security to the MV Sun Sea operation to Navy Centennial celebrations, your professional abilities, energy and enthusiasm have been crucial to the

many successes of the greater Defence Team.

In addition to your dedication to supporting our operational capabilities, I have also been honoured to witness your tremendous sense of community and civic responsibility. This is reflected by your abundant individual volunteerism as well as your collective generosity to the people of Greater Victoria through the Government of Canada Workplace Charitable Campaign and welcome extended during our Navy Lighting Contest.

In keeping with the spirit of the season, I encourage everyone to celebrate their workplace colleagues during any of the many functions that underscore our mutual reliance and commitment to operations and people. If you are able to be with family and loved ones, may that precious time renew you with strength of purpose.

If you find yourself alone during the holidays, know that it can be a difficult time for many and that you are not alone. If you are feeling isolated please reach out to any of the community resources available to you including the MFRC information and referral service at 250-363-2640. There is a person at the other end of the line any time of the day, every day of the year.

On behalf of my family, I extend best wishes to the entire CFB Esquimalt community and your families. Thank you for your invaluable contributions that supported the many formation operations during the past year. I look forward to collectively meeting the challenges of 2011 with a spirit

of inovation and hope that is built on your tremendous effort and commitment to being a world class institution. All the best in the New Year.

**Capt(N) Craig Baines,
Base Commander**

En cette période des fêtes qui approche, profitons de l'occasion pour réfléchir à l'année qui se termine et surtout, prenons le temps d'échanger avec les autres.

Je suis extrêmement fier des efforts et des réalisations de l'équipe entière de la BFC Esquimalt, des militaires et des civils, au cours de la dernière année. Vos compétences, votre énergie et votre enthousiasme ont été essentiels au succès de toute l'équipe de la Défense notamment lors de la sécurité des Jeux Olympiques, de l'opération MV Sun Sea et des célébrations entourant le Centenaire de la Marine.

En plus de votre conscience professionnelle à l'appui de nos capacités opérationnelles qui ne s'est pas démentie tout au long de

l'année, j'ai été également très honoré du grand sens de la communauté et de la responsabilité civile que vous manifestez. Je l'ai constaté par le grand nombre de personnes engagées individuellement dans des activités de bénévolat, ainsi que par la générosité collective dont vous faites preuve avec les communautés du Grand Victoria dans le cadre de la Campagne de charité en milieu de travail du gouvernement du Canada, et par votre accueil chaleureux lors de notre concours annuel d'illuminations de la Marine.

En demeurant dans l'esprit des fêtes, je vous encourage tous à saluer le travail de vos collègues lors des nombreuses réceptions qui témoignent de notre confiance mutuelle et de notre dévouement aux gens et dans le cadre d'opérations. Si vous avez la chance d'être avec votre famille et vos proches, j'espère que ces précieux moments vous redonneront de la vigueur et du dynamisme.

Si vous êtes seul pour le temps des fêtes, sachez que cette période peut être dif-

ficile à vivre pour plusieurs et que vous n'êtes pas seul. Si vous vous sentez à l'écart ou déprimé, veuillez communiquer avec les nombreuses ressources communautaires disponibles, notamment le service d'information et d'orientation du CRFM au 250-363-2640. Il y a quelqu'un à l'autre bout du fil 24 heures sur 24, sept jours par semaine.

Au nom de ma famille, je souhaite mes meilleurs vœux à la communauté entière de la BFC Esquimalt et à leur famille. Je vous remercie de votre contribution exceptionnelle qui a permis de mener à bien plusieurs opérations au sein de la formation au cours de l'année. Je me réjouis déjà à l'idée de relever les défis de 2011 en y consacrant avec vous les mêmes efforts et le même engagement, et dans le même esprit d'ouverture et d'espoir que celui sur lequel nous avons bâti cette institution de calibre mondial qu'est la Marine. Bonne et heureuse année.

**Capt Craig Baines,
commandant de la base**

Winnipeg crew awarded medals

Shelley Lipke
Staff Writer

One hundred seventy five sailors, soldiers and air crew who served in HMCS Winnipeg's six month anti-piracy mission during the spring of 2009 stood on parade in the Naden Drill Hall Dec. 13 to receive an elite medal from the Chief of the Maritime Staff, VAdm Dean McFadden.

The North Atlantic Treaty Organization (NATO) Non-Article 5 medal with Africa Bar is the first of its kind to be presented to Canadian sailors.

One by one each sailor was recognized and thanked personally by VAdm McFadden, who reviewed the parade and awarded medals simultaneously.

"I am extremely proud to thank each one of you personally and recognize you individually with this medal," he said. "It's been more than 20 months since your mission in the Gulf and there is not a Canadian who is unaware of Winnipeg's role in this mission. This medal presentation is long overdue."

This medal recognizes actions of the ship's company who provided security under the Standing NATO Response Force Maritime Group 1, disarmed five pirate ships and disrupted the actions of 25 pirates in three separate incidents during Operation Allied Protector.

In addition to escorting merchant shipping off the Horn of Africa, Winnipeg was tasked to support the United Nation's World Food Programme and ensure the safe delivery of over 5,000 tonnes of



Cpl Alex Croskery, MARPAC Imaging Services

Chief of Maritime Staff, VAdm Dean McFadden, presents the North Atlantic Treaty Organization (NATO) Non-Article 5 service medal with Africa Bar to LS David Carle, who served in HMCS Winnipeg carrying out anti-piracy duty in the spring of 2009. Presentations were made during a parade in the Naden Drill Hall Dec. 13.

humanitarian assistance to Somalia. For their role at sea, the ship was awarded the Canadian Forces Unit Commendation by the Chief of the Defence Staff and a Commendation for exceptional services rendered to shipping and mankind from the International Maritime Organization.

Base Commander, Capt (N) Craig Baines was at the heart of the action on board Winnipeg as Commanding Officer at the time.

"I am very proud of what the crew accomplished," he says. "Their teamwork and resilience was everything I could have hoped for. As a result, it is tremendous to see them recognized for their efforts."

Previously, nine crew members were recognized for their individual per-



formance during the operation, including Capt(N) Baines; however, he says this acknowledgment is different.

"It recognizes the work of the team as a whole and it is something we get to share. It does not matter where the individual members will work in the

future, this will be something that they will always have in common, and the medal will be a tangible reminder of that shared experience."

About 70 of the original crew were unavailable to receive their medals in person, but will receive them at a later date.

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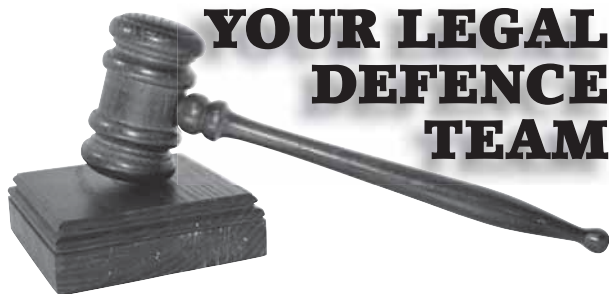
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WHAT SAY WE

Message from the campaign chair

We did it! Friday, Dec. 10 marked the official end of this year's Government of Canada Workplace Charitable Campaign (GCWCC) - United Way Campaign.

Including the generous contributions of our federal retirees we have met and exceeded our 2010 MARPAC GCWCC-UW Charitable Campaign goal of \$700,100. Your unit representatives are busy submitting pledge forms and special event proceeds to the Campaign Office as fast as they can, and the final tally will be announced in the New Year.

Since 2004, we have been a leading contributor to the United Way of Greater Victoria, raising more than half a million dollars each year for registered charities near and dear to our hearts. Thank you all for your generosity and support. Your help has made a difference here in the community we call home. We have much to be proud of and to celebrate as we continue to raise awareness and help those that are most in need.

I thank you for participating in this year's campaign. Your generosity and constant support have made a difference in the lives of many. For those of you who have not yet had an opportunity to participate, you still can. Please contact our campaign coordinator, Mrs. Vicki Laidlaw, for more information.

We have much to be proud of and to celebrate as we continue to raise awareness and help those that are most in need in our community.

Capt(N) Craig Baines



Ben Green, Lookout

Above: Cdr Jon Allsopp of HMCS Ottawa presents a cheque for \$20,158.55 to United Way representative CPO2 Paul Zalnierunas.

Below: PO2 Armand Reelick (left) and CPO1 Vital Syard (centre) of HMCS Algonquin present CPO2 Paul Zalnierunas with a cheque for \$18,235.

Your MARPAC GCWCC-UW team is pleased to congratulate HMC Ships Ottawa and Algonquin for their outstanding participation and achievements during the 2010 charitable campaign. These photos highlight the ships' contribution to the remarkable overall Formation total of \$700,100 +. Well done! If you would like to arrange a similar photo session to applaud your Unit or Ship's involvement, please contact Vicki Laidlaw at 250-363-2595.



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MFRC NEWS: COPING WITH OVERSPENDING

Keep financial stress at bay this Christmas

Nick Woloszczuk
MFRC Volunteer

Time with family, giving to those less fortunate, and goodwill to all is what Christmas is really about!

Yet every time we turn on the television or pick-up the newspaper, the headlines tell us about Black Friday, Cyber Monday or Boxing Day sales. Although purchasing gifts for others can be rewarding, the pressure to buy can affect us all. Christmas holidays can start on a euphoric high and you can easily succumb to the urge to buy.

When you wake up in the New Year to a ballooned credit card bill, it can result in unnecessary stress for you and your family.

The financial experts will tell you to keep track of the cost of your gift spending. Sound advice, but how many of us have credit cards and like to use them? How many people know what they are going to buy ahead of time for everyone? Sticking to a budget works from a financial point of view and will alleviate stress in January. However, it is not always as easy as it sounds.

Tax credits can be a great way to get more money from the government and will help pay for some of your credit card bills in the New Year. If you have children under the age of 16 and they are registered in an eligible physical activity such as swimming lessons, then you can qual-

Tax credits can be a great way to get more money from the government and will help pay for some of your credit card bills in the New Year.

ify for the Child Fitness Tax Credit for up to \$500 per child. If you buy a monthly bus pass, keep your receipts and you can use a non-transferrable tax credit that will lower the amount you pay in tax.

If you have children, ask grandpa and grandma to limit gift giving in favour of a contribution to a Registered Education Savings Plan. This monetary gift can be of greater value to both you and your children when they pursue a post-secondary education than the latest video game or toy could ever be. By keeping gift expectations from the grandparents low, the kids will still be happy, and mom and dad will also feel better that there is money set aside for school.

Outside of tax planning, here's another easy suggestion. For our family, the World Junior Hockey Tournament is always a holiday tradition. For overseas games, it often involved early morning wakeups. It was always

something I looked forward to each year. It meant spending time with family while we cheered on Canada. The beauty of this tradition: it didn't cost our family anything extra. This year, start or continue a family tradition that includes everyone, that is fun for everyone, and that everyone will look forward to next year!

Christmas should be fun and relaxing, not stressful or worrisome. If money is one of the things that worries you, do your best to stick to a budget but also realize that there are some clever ways to help yourself.

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Senators say thanks to troops

Capt Wright Eruebi
LFWA Public Affairs and Visits Officer

The Honourable Pamela Wallin, Chair of the Senate Standing Committee on National Security and Defence (SCONSAD) said to soldiers in Edmonton she was personally indebted to troops who put their lives in harms way for her good and the good of all Canadians.

Approximately 100 soldiers with varying degrees of combat injuries gathered in the atrium of the Edmonton Garrison Officers Mess Dec. 6 to hear Wallin speak.

"I thank you for the work you do for our country. I honestly don't think we can thank you enough for what you do and the grace you show."

Wallin and six other senators were guests of BGen P. F. Wynnyk, Commander Land Force Western Area/Joint Task Force West, Dec. 5 to 7. They came to learn how Land Force Western Area (LFWA) Headquarters manage its Reserve Force as part of a report the committee is preparing on the state and future of the Reserve.

During the visit, SCONSAD Deputy Chair, LGen Romeo Dallaire (Ret'd) told a group of senior non-commissioned officers at a luncheon, "On behalf of my colleagues and myself, I thank you for your service, the dignity with which you conduct yourselves and the can-



Pamela Wallin, Chair of the Senate Standing Committee on National Security and Defence, speaks to a soldier in Edmonton.

dour with which you have spoken to us during this visit."

Senator Dallaire told the veterans, "You have served this country very well. We are astonished by your poise."

The former commander of the United Nations Assistance Mission for Rwanda also said, "This Area has suffered a lot," in reference to LFWA combat casualties. "Don't let this (sacrifice) waste away when the (combat) mission in Afghanistan ends."

While in Edmonton, the senators met several troops in their respective

messes to hold frank discussions with them about difficulties they were experiencing as regular and reserve soldiers. They spoke to soldiers who served recently in Afghanistan. The first of the three candid meetings was with the command team and troops of 41 Canadian Brigade Group, with headquarters in Calgary.

BGen Wynnyk expressed his gratitude to the senators for taking their time to learn firsthand the strength and the challenges faced by the Army in Western Canada.

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SEARCH AND RESCUE NEWS

Deep freeze search and rescue mission

Shelley Lipke
Staff Writer

The unusually harsh weather four weeks ago added another dangerous element to an already tough job - air search and rescue at sea.

On Nov. 23, a Cormorant helicopter and a Buffalo aircraft from 442 Squadron in CFB Comox were tasked by the Joint Rescue Coordination Centre to assist bulk carrier vessel Pan Uno.

The ship, 450 nautical miles away off the north coast of Vancouver Island, had an injured crew member who had fallen off a ladder resulting in two broken wrists, compound fractures, shortness of breath and internal bleeding.

"Our helicopters had to be within a certain range based on their fuel load, so we asked the vessel to proceed eastbound to a point off shore that would be 200 nautical miles off shore, and within range to help," said air coordinator Capt Greg Clarke.

As the ship sailed towards the island, the Cormorant helicopter pre-positioned in Port Hardy to save fuel for the mission, while the Buffalo aircraft prepared to provide top cover for the Cormorant while en route to the ship.

"The Buffalo aircraft is used as standard practice with the helicopter," explained Capt Clarke. "It's used to commu-

nicate, coordinate weather, flight plans, monitor fuel and communicate back to the JRCC. It's our link to the helo and it's also capable of deploying a full SAR crew on board who can jump in via parachute if something went wrong."

It took about 15 hours for the ship to sail within range.

"We were not 100 per cent certain we could complete the mission because of low clouds, low visibility and icing on the helo and Buffalo aircraft," said Capt Clarke.

"The helo also had to fly 300 feet above the water, which is very low, in order to be below the clouds. It was an hour and a half trip. We dealt with some extreme conditions. Our pilot, Capt Scott Dockeray did a great job of getting it out there and helping the injured man."

After two search and rescue technicians were hoisted onto the ship, they packaged the 38-year-old Philippino patient onto the stretcher and hoisted him into the helicopter.

Then both aircraft took advantage of a good tailwind back Comox, where the man was transferred by ambulance to St. Joseph's hospital.

"We get a handful of these cases every year whether it's from a cruise ship or a cargo ship, but missions involving this type of weather are rare, and usually most ships are 20 to 30 miles from shore. This was unique because we had to wait 15 or 16 hours before they could be in range to help," he said.

International rescue for Canadians

Ben Green
Staff Writer

Normally, the Joint Rescue Coordination Centre (JRCC) Victoria's jurisdiction pertains only to a Canadian search and rescue region, but on Dec. 10 they were needed a little farther south.

At around 10:30 a.m., JRCC Victoria was advised that Trinity, a U.S. registered boat carrying two Kelowna men, had activated their emergency beacon off the west coast of Central America.

The original search for Trinity, a 42-foot sailboat, by the Costa Rican Maritime Rescue Coordination Centre yielded no results; so JRCC Victoria contacted the United States Coast Guard (USCG) to see if they had any resources available in the region to assist the search effort.

In continuous communication with the USGC and Costa Rican Search and Rescue, JRCC was informed that a USGC C-130 Hercules aircraft had deployed and located the men's life raft 75 nautical miles (around 140 kilometres) off the coast of Nicaragua.

The aircraft then directed the deep sea

freighter Sunbelt Spirit to the location where they recovered the survivors. Both men were suffering from sunburns and dehydration. The freighter docked in Panama where the men recovered further.

In addition to their coordination efforts, the JRCC worked with the RCMP and the Department of Foreign Affairs and International Trade to notify the survivors' next of kin in Kelowna of the mission's progress.

The success of the rescue is in large part due to the coordination of JRCC Victoria, the USCG, the Department of Foreign Affairs Canada, the RCMP, and the Canadian and U.S. embassies in Costa Rica and Panama.

The cause of the emergency is not known at this time.

JRCC Victoria is responsible for coordinating search and rescue efforts for incidents involving air and marine crafts. The JRCC region is approximately 490,000 square miles of mountainous terrain, 275,000 square miles of ocean, and 20,000 miles of coastline. They also work with provincial and local municipalities during search and rescue activities involving missing hikers or medical evacuations.



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CHRISTMAS

Lt(N) Peggy Kulmala, HMCS Malahat

AT HMCS MALAHAT



PO1 Mike Mitchell, HMCS Malahat

Top: Excited five-year-old Maddie, daughter of Lieutenants (Navy) Peggy and Rory Kulmala, lets others know Santa has arrived at HMCS Malahat's Wardroom for the Naval Reserve Division's annual Kids' Christmas Party Dec 12.

Bottom: Santa, while embarked in a Rigid Hulled Inflatable Boat, waves to eager children waiting on HMCS Malahat's Wardroom balcony.



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Injured soldiers get more support with new program

The Injured Soldier Network (ISN) is a program within the spectrum of those provided by the Director Casualty Support Management (DCSM).

The focus of the ISN is to build a strong network of peers who offer support services to all physically ill and injured CF personnel.

Injuries could be due to combat, accidents while on duty, highway accidents, work related illness, various illnesses and events that have had traumatic outcomes such as cancer or sports injuries.

ISN Peer Support Volunteers (ISN PSV) are:

- still serving or retired CF personnel;
- individuals who adapt-

ed to, and overcome a life changing injury or illness;

- at least one year post life changing injury or illness;
- in stable physical and mental health condition;
- perceived by their peers and CoC as positive individuals; and
- individuals with the potential and the will to provide peer support to members of the CF.

All peer supporters are volunteers who must be trained in order to carry out their duties with the ISN. They encourage peer clients to live life without limitations, promote empowerment and provide an example of hope, and potential for achievements after a traumatic injury.

The first Peer Support Training session was held in Montreal from Oct. 4-7. We now have 14 qualified peer support volunteers covering many regions across the country. Many more volunteer peers are required and their training sessions are already planned for 2011.

If you need someone to talk to about your life changing injury or illness or know someone who would benefit from peer support or if you would like to become a peer support volunteer for the Injured Soldier Network, please contact the Injured Soldier Network team at 1-800-883-6094, or your local Integrated Personnel Support Center (IPSC).

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Paul Vis (right) receives a custom-made bow from Greg Birtwistle that he won during Base Construction Engineering's Government of Canada Workplace Charitable Campaign. The Raffle raised \$301 for the campaign.

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Auto crime negatively affects the lives, physical safety and finances of ordinary British Columbians everyday. Police in British Columbia are doing their best to target criminals who would steal your vehicle, cause accidents resulting in injury or death, commit other crimes using your car or steal your property from within it.

Despite our ongoing success in reducing auto crime rates in British Columbia, we still need your help, especially during this Holiday Season.

5. Never leave your car running, even for a minute while it is unattended. ATMs, convenience stores and gas stations are common hunting grounds for thieves. Cars left warming up in the morning or as you run in for some quick business are easy prey.

6. Completely close all car windows.

7. Always use your emergency brake when parking.

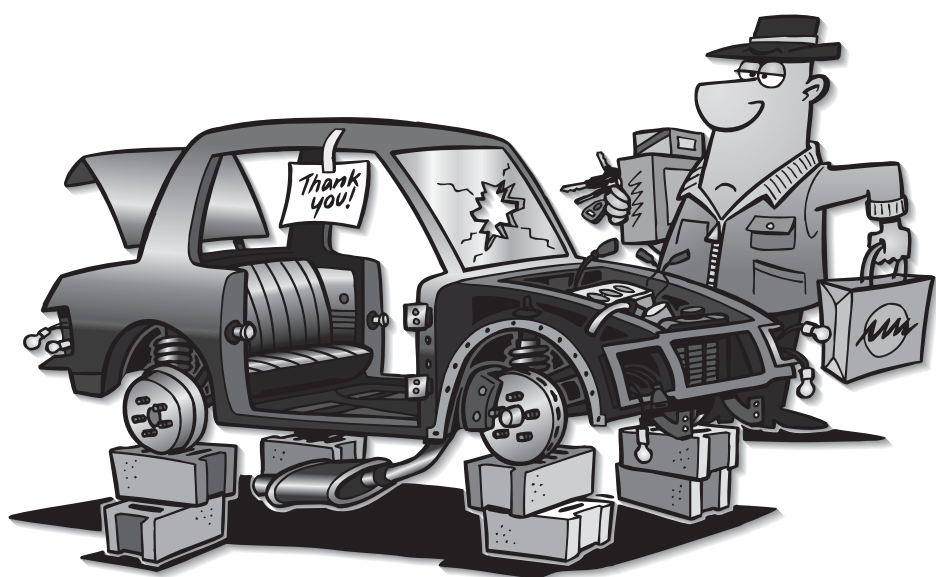
8. If you have a garage, use it. Lock the garage and your vehicle.

9. If your vehicle is going to be unattended for a long

return to shop some more. Many thieves watch for this and they will not only steal your purchases but likely get the receipts that were in the bag as well.

Thieves often watch for people loading packages into their trunk and then return to the mall believing the packages to be safe. Thieves will watch for this and can enter your trunk and be off with your property in less than 60 seconds.

Items most targeted in thefts from autos are cell phones, cameras, purses, wallets, sunglasses, cash (coins),



Please read the following Auto Crime Prevention Tips, follow as many of them as you can and practice them on a daily basis. You worked hard for your vehicle and property so let's work together and protect them.

1. Lock your car. Half of all vehicles stolen are left unlocked.

2. Park in well lit areas. Thieves are creatures of the dark and opportunists.

3. Park in attended lots if possible. Thieves hate witnesses even more than light.

4. Take your keys with you. Nearly 20 per cent of all vehicles stolen have keys in them.

period of time, disable it. For example, remove the ignition fuse, coil wire or distributor rotor. Your mechanic can assist you with this if necessary.

10. Consider using a steering wheel lock, steering column collar, theft deterrent decal, tire lock, or VIN etching on your windows. Your car will be less desirable to a thief.

11. Vehicle Immobilizers – Smart keys, kill switches, starter, ignition and fuel disablers.

12. Never leave anything of value in your vehicle. People often take a load of shopping to the car and then

lap top computers, iPods, DVDs, CDs, anything electronic, etc.

Although theft on DND property is relatively low and theft from autos are a significant problem in the downtown core, please do not help thieves by leaving valuable property in your car unattended anywhere, at anytime, for any reason.

Local Contacts:
 • CFB Esquimalt Military Police Detachment 250-363-4032
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PO2 Greg Rolleston, Senior Electrical Technician in HMCS Yellowknife, receives his Canadian Forces Decoration from Officer-in-Charge LCdr Lisa Zezza.



Cpl Malcolm Byers, MARPAC Imaging Services MCpl Jodi Woolridge receives the Canadian Forces Decoration for 12 years dedicated service from Base Commander Capt (N) Craig Baines.



CPO1 Haggis receives his Canadian Forces Decoration from Cmdre Peter Ellis.



PO1 Niezbrzycki receives his Canadian Forces Decoration from Cmdre Peter Ellis.



CPO1 Ledrew receives a certificate for completion of the Officer Professional Military Education program from Cmdre Peter Ellis.



MCpl Dany Veillette, Rideau Hall Col F. Paul Crober from Joint Task Force Pacific Headquarters accepts the Order of Military Merit from Governor General David Johnston at Rideau Hall on Dec. 9.



MCpl Dany Veillette, Rideau Hall CPO2 Eric Meredith accepts the Order of Military Merit from Governor General David Johnston at Rideau Hall on Dec. 9.



MCpl Dany Veillette, Rideau Hall CPO2 Kevin Woods, from HMCS Regina, accepts the Order of Military Merit from Governor General David Johnston at Rideau Hall on Dec. 9.

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Capt Quentin Wyne, DND

The Canadian Pacific Railway's Holiday train pulls into Glacier Station in Glacier National Park near the summit of Rogers Pass, B.C., as soldiers deployed on Operation Palaci and Royal Canadian Army Cadets look on.

Glacier a perfect backdrop

Capt Quentin Wyne
Contributor

The eerie silence of fresh fallen snow was occasionally punctuated by the roar of a tractor trailer rushing by on the nearby Trans Canada Highway. Then, in ones and then twos, cars, trucks and buses began streaming into the parking lot of Glacier Station near Rogers Pass B.C.

The ancient log cabin train station, covered with snow and sporting a trim of metre-long icicles is one of two remaining in Canada, and would soon be the backdrop for a unique holiday visit.

Major General Dennis Tabbernor, the Chief of Reserves and Cadets, had arrived in the area as part of a unique event, a visit by the Canadian Pacific Railway's annual Holiday Train. The decorated Holiday Train has become a Canadian tradition, travelling west and making stops in communities across Canada, offering performances in return for dona-

tions of food. This year, the CPR stopped at the remote, and now closed station, to provide a performance for the soldiers deployed on Operation Palaci and two local cadet corps: 3066 (Lord Strathcona's Horse (Royal Canadians) Royal Canadian Army Cadet Corps from Golden B.C and the 2458 (Rocky Mountain Rangers) Royal Canadian Army Cadet Corps from Revelstoke.

As the time for the train's arrival approached, the group was joined by the gunners of Operation Palaci, stationed only a few kilometres away at the nearby summit of Rogers Pass. Now in its 49th year and for the first time staffed mainly by Primary Reserve Force soldiers from Land Forces Western Area, Operation Palaci is the Canadian Forces annual contribution to Parks Canada's efforts to control avalanches in the area. Without their efforts, the Holiday Train could never make it through to its final destination

in Kamloops.

As the train drew to a stop, a performance by the group The Odds started. A few light spirited songs, some jokes and laughter echoed around the small valley, bringing life to the old station, if just for a few short minutes.

As the event drew to a close, the Odds gratefully received the donation of food that was offered by Vancouver resident Bombardier Ken Keene of the 15th Field Regiment (Royal Canadian Artillery) on behalf of all present. Just prior to leaving, the CPR provided yet another special element as five cadets from each of the cadet corps represented were able to board the train for a unique and fun filled ride to Revelstoke.

As the train disappeared out of sight, the soldiers returned to their quarters at the Parks Canada compound where they shared a meal with MGen Tabbernor, followed by a one on one session in the Snow Puncher Lounge, the operation's wet canteen.

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