

# LOOKOUT

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## New facility for squadron

Photo courtesy of the Prime Minister's Office

Prime Minister Stephen Harper (right), accompanied by Peter MacKay, Minister of National Defence, meets the men and women of 443 Maritime Helicopter Squadron after announcing the government will build a new helicopter facility at Patricia Bay to accommodate the new Cyclone helicopters, which will replace the Sea Kings currently in service. The construction project will consolidate the operations and support functions of the squadron into one building.

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LS Sarah Biberger peeks through the hole she has cut in the frozen waters of Lac des Roches.

Fifteen divers from Fleet Diving Units Pacific and Atlantic took turns plunging beneath the surface to test their skills in icy water diving.

Photos courtesy of Fleet Diving Unit Pacific

## DIVERS PRACTICE ICY RESCUE TECHNIQUES

**Shelley Lipke**  
Staff writer

Using a diver's knife to chisel away two inches of ice so she could return to the surface was an interesting first ice diving experience for Fleet Diving Unit (Pacific's) (FDU(P)) LS Sarah Biberger.

It took more than six minutes to break a hole large enough to poke her head through, and as she emerged from the freezing water victorious, fellow divers snapped photos.

LS Biberger was one of 15 divers from FDU Pacific and Atlantic to experience Ice DivEx at Lac des Roches, British Columbia.

"Ice diving is a skill set all divers should know and be able to execute," said officer in charge Lt(N) Andre Bard. "It's something we haven't done training for in three years. We were too busy with Operation Podium, the International Fleet Review, and Naval Centennial celebrations last year, but it's a very unique part of diving that has its own challenges. It's important we practice it as often as we can."

The adventure began Feb. 7 after divers arrived to the remote lake north of Kelowna. They organized their kit in a nearby cabin and then settled down to the task at hand.

Armed with chainsaws, augers and shovels, they headed out on the frozen lake. A tent protected them from the wind and elements.

Using a chain saw, divers cut through 18 inch-

es of ice to create a five foot triangular hole.

"Ice diving is challenging because divers face ice that is impenetrable from under the surface. They must return to their entrance point, and communication becomes more important underwater because there is a possibility of getting lost under the ice," explained Lt(N) Bard.

To minimize the risks of getting lost, a wagon wheel pattern is created on the lake's surface by removing the snow in a circular cross pattern.

"This method is out of our diving manual. By shoveling all the snow off this circle the diver can see the light beaming through the ice where every spoke is, and understand where they are in the pattern to return to the centre and find the hole," he said.

Once the set up was complete divers rigged up and took turns plunging below the surface in pairs.

"We practiced multiple scenarios like a plane crash or a snowmobile that had fallen through the ice. We also used lightweight surface supply hoses that go from tanks on the surface directly to the diver. This allowed us to speak to the divers under the water, and they received their air supply from the end of the umbilical on the surface so there was no way they could get lost."

Everyone dove twice. "During one exercise we threw Oscar down with lead weights. He was 27 feet deep on the bottom of the lake and the divers had

to find and rescue him."

Over the five-day exercise a group of snowmobilers stopped by to see what the navy divers were doing.

"They heard that we were coming from ex-clearance diver Ron Macmillan who lives in the area," said. "They were curious to see for themselves."

While underwater, divers marveled at their air bubbles dancing along the icy surface looking for a place to escape.

"I really enjoyed the whole environment," said LS Biberger. "The setup was interesting using different types of equipment. I operated the auger. I think this training has better prepared me for a real scenario. There is so much more set up that takes place with ice diving and because we live in Victoria, we don't have a chance to experience this. This was very worthwhile to learn how to deal with ice and snow," she said.

Probably the biggest challenge was dealing with freezing equipment. Between dips below the surface, divers dried out the regulators so they wouldn't freeze up.

"Ice diving is a capability that the FDU's have to have. The last time we were called out to do something like this was when a CF18 crashed through a lake in northern Alberta in the 90s," said Lt(N) Bard. "This training is necessary and invaluable."

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**Above:** A diver prepares to enter the water under the shelter of a tent.

**Below:** A view of the ice diving site from the lake-side cabin divers stayed in during the exercise.



# Community leaders trial life at sea in Canadian warships

**Gerald Pash**  
Contributor

Fifteen Canadian business leaders spent Feb. 14 and 15 aboard Canadian warships off the Hawaiian Islands to taste life at sea.

Participants travelled to Hawaii at their own expense to take part in the Canadian Navy's Canadian Leaders at Sea program. Community business and industry executives saw their navy at work and gained an understanding of the navy's capabilities and how its missions affect the daily life of Canadians.

HMC Ships Vancouver, Winnipeg and Protecteur are in Hawaii for an exercise with the U.S Navy.

On the first day, participants boarded Protecteur for an introductory briefing by Deputy Commander Capt(N) Paul Dempsey. After that, they started earning their sea legs by climbing down the side of the ship on a "Jacob's Ladder" and into a Rigid Hull Inflatable Boats (RHIB), where they were given a tour of Pearl Harbor.

Once back on board Protecteur, they watched HMC Ships Vancouver's boarding team come aboard to take control of some "bad guys" and secure the ship for inspection.

Chairman of the National Congress of Chinese Canadians, Vancouver businessman, David Choi noted that it is one thing to read or see what the navy does in the media, but it is quite another to see the navy first hand.

"I am seeing my tax dollars hard at work. It puts in perspective the importance of first class forces that are able to keep the seas open for international trade to and from Canada," he said.

During the second day, the group was split in two and transferred by Sea King helicopter to HMC Ships Vancouver and Winnipeg. Upon touring the ship they experienced the requirement for fire-fighting, damage control and advanced first aid skills amongst the ships' company. Most took the opportunity to experience a "jack stay transfer" to and from Protecteur that involved using a pulley system to move people or cargo on a line strung between the two moving ships.

"I had a great time speak-



Gerald Pash, Contributor

Victoria lawyer Keith Reed climbs HMCS Protecteur's Jacob's ladder.

ing with the people on board the ships – a bunch of whom I would hire," said Lawyer Ron Stern.

At the end of the second day the group was transferred back to Honolulu by Sea King helicopter.

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# matters of OPINION

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## WHAT SAY YOU

# Health services team implement changes

**Jim Cawsey**  
CF H Svcs C(P)

Beginning Feb. 21, CF members may have noticed changes at Canadian Forces Health Services Centre (Pacific) (CF H Svcs C (P)) as we began the next phase of the electronic health record system.

For the next few weeks, there will be reduced number of booked appointments and all appointments and urgent care visits may take longer. The adjustment to the work schedule will enable us to continue to provide care while your health care team is learning real time direct electronic entry of health information.

Originally launched in November 2002, the Canadian Forces Health Information System (CFHIS) is one of the largest electronic health record projects to be undertaken in Canada. The CFHIS project enables healthcare and dental professionals and managers located in health and dental clinics to securely share information and coordinate care for regular and reserve force personnel, anytime, anywhere.

### About CFHIS

The idea behind CFHIS was to address many of the shortfalls associated with paper-based health and dental records by applying an electronic solution to better enable the everyday management and delivery of health and dental services. The CFHIS is comprised of integrated applications that support:

- patient registration and scheduling
- clinical notes and order entry/results review
- pharmacy
- laboratory
- diagnostic imaging
- dental treatment

These applications are centrally accessible to authorized CF personnel through the Defence Wide Area Network and within an additional security architecture framework.

### Project Implementation

CFHIS has been implemented incrementally with the initial phase focusing upon the patient registration, scheduling and immunization tracking capabilities. CF H Svcs C (P) was one of the original pilot sites.

Phase two, which began in January 2005, focused on implementation and roll out of the majority of the CFHIS capability to 35 clinics across Canada. It also addressed how CFHIS can support information exchange with deployed units.

Phase three, known as the Primary Care Physicians Notes, enables clinicians to make real direct entries into individual member's electronic health record and to electroni-



Canadian Forces Health Services Centre (Pacific) building.

cally order/prescribe medications or make referrals to additional services. Other phase three activities include: piloting of interfaces to civilian health information systems; and the implementation of Management Information System (MIS) guidelines which provide standardized reporting mechanisms and the ability to benchmark against services and utilization in the civilian sector.

### CFHIS Benefits

CFHIS represents a key health information management activity that will ultimately contribute to ensuring that CF members receive the best healthcare possible wherever they are located. For CF members, the ability of providers to electronically transfer and centrally coordinate care across services and sites while maintaining the privacy and confidentiality of that information translates into better access and a higher quality of service.

CF members' health information will be collected accurately, stored safely and provided to health and dental care providers on a need-to-know basis. Their files will be up-to-date and legible. There will no longer be a significant requirement to manually transfer paper files between service locations.

CF care providers benefit from CFHIS by centralized access to health information, with less data duplication and entry requirements, more timely access to information and the ability to share information quickly with other members of the care team.

The planning and evaluation component of CFHIS will facilitate accurate decision-making for managers and support strategic long-term objectives of ensuring that high quality and accessible health and dental services are available to all CF members. The ability to identify and treat not only

long-term health issues but also CF specific health issues arising from particular working conditions or deployments will be enhanced.

### Addressing Privacy, Confidentiality and Security

There is always a concern about patient confidentiality. A major feature of CFHIS is the ability to assure CF members that their health information is being managed in a secure and confidential manner. A rigorous privacy impact assessment has been conducted to ensure that the system will support the fair information handling practices as required by the federal privacy commissioner. A privacy officer has also been assigned to oversee the privacy and security policies and procedures and to liaise with key external stakeholder organizations to ensure the sharing of best practices.

Full security architecture was implemented. It includes the use of DND's PKI infrastructure and associated smart cards for user authentication as well as a security manager to control application and data access based on pre-defined user roles and locations. Virtual Private Network (VPN) technology will be used to secure the communication links between the server farm and the user sites.

### Conclusion

The CFHIS project reflects the vision of the CF Health Services Group to effectively and efficiently manage information that will support decision making, enhance operational effectiveness, and improve the quality of life throughout the CF. It is also consistent with the emerging electronic health record movement across Canada and brings to the CF a capability being developed by all of our NATO Allies.

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# Fitness course location changes during NAC closure

## Monday, Feb. 28

0700-0745 Push-Up/Sit-Up Development- Fleet Fitness and Wellness Centre (Dockyard Gym)  
 0800-0930 EXPRES – Drill Shed  
 0930-1100 Fire Fighter Physical Training – Drill Shed  
 1205-1250 Drop-In Bootcamp – Drill Shed  
 1205-1250 Cardio Development – Drill Shed  
 1300-1400 Pool Physical Training – Esquimalt Recreation Centre  
 1400-1530 Physical Exercise Specialist Group Trng – Nixon Gym, NOTC  
 1430-1600 Fleet School Training - CSE Division- meet outside Nelles  
 1515-1600 Fleet School Training - ENG Division- meet outside Nelles

## Tuesday, Mar. 1

0630-0730 Nijmegen – Nixon Gym, NOTC  
 0700-0745 Cardio Development - Fleet Fitness and Wellness Centre (Dockyard Gym)  
 0930-1100 Fire Fighter Physical Training – Nixon Gym, NOTC  
 Fleet School Training - MAR ENG – meet outside Nelles  
 1205-1250 Drop-In Bootcamp – Nixon Gym, NOTC  
 1205-1250 Push-Up/Sit-Up Development – Nixon Gym, NOTC  
 Proprioception Class- Drill Shed  
 1430-1545 Fleet School Training - CBT Division – Drill Shed

## Wednesday, Mar. 2

0700-0745 Push-Up/Sit-Up Development- Fleet Fitness and Wellness Centre (Dockyard Gym)  
 0800-0930 EXPRES – Drill Shed  
 0930-1100 Fire Fighter Physical Training – Nixon Gym, NOTC  
 1040-1130 Fleet School Training - SEA Division- Drill Shed  
 1205-1250 Drop-In Kettlebell Conditioning – Drill Shed  
 1205-1250 Cardio Development – Drill Shed  
 Pool Physical Training – Esquimalt Recreation Centre  
 PES Physical Training – Nixon Gym, NOTC  
 1430-1600 Fleet School Training - CSE Division – Drill Shed  
 1515-1600 Fleet School Training - ENG Division – Drill Shed

## Thursday, Mar. 3

0630-0730 Nijmegen – Nixon Gym, NOTC  
 0700-0745 Cardio Development - Fleet Fitness and Wellness Centre (Dockyard Gym)  
 0730-0830 Base Logistics Physical Training – Drill Shed  
 0930-1100 Fire Fighter Physical Training – Drill Shed  
 Fleet School Training - MAR ENG – Drill Shed  
 1205-1250 Drop-In Bootcamp – Nixon Gym, NOTC  
 1205-1250 Push-Up/Sit-Up Development – Nixon Gym, NOTC  
 Proprioception Class- Drill Shed  
 1430-1545 Fleet School Training - CBT Division – Drill Shed

## Friday, Mar. 4

0700-0745 EXPRES Development Training - Fleet Fitness and Wellness Centre (Dockyard Gym)  
 0800-0930 EXPRES – Drill Shed  
 0930-1100 Fire Fighter Physical Training – Fleet Fitness & Wellness Centre (Dockyard Gym)  
 1000-1115 Fleet School Training - ENG Division – QL5s Drill Shed, other courses Outside (meet @ Drill Shed)  
 Fleet School Training - SEA DIV – meet outside Nelles  
 1205-1250 Drop-In Combat Conditioning – Drill Shed  
 1205-1250 Cardio Development – Drill Shed

## Monday, Mar. 7

0700-0745 Push-Up/Sit-Up Development- Fleet Fitness and Wellness Centre (Dockyard Gym)  
 0730-0830 TEME Physical Training – Outside NAC at Volleyball Track  
 0800-0930 EXPRES – Nixon Gym, NOTC  
 0930-1100 Fire Fighter Physical Training – Nixon Gym, NOTC  
 1205-1250 Drop-In Bootcamp – Nixon Gym, NOTC  
 1205-1250 Cardio Development – Nixon Gym, NOTC  
 1300-1400 Pool Physical Training – Esquimalt Recreation Centre  
 1400-1530 PES Physical Training – Nixon Gym, NOTC  
 1430-1600 Fleet School Training - CSE Division- Drill Shed  
 1515-1600 Fleet School Training - ENG Division- Drill Shed

## Tuesday, Mar. 8

0630-0730 Nijmegen – Nixon Gym, NOTC  
 0700-0745 Cardio Development - Fleet Fitness and Wellness Centre (Dockyard Gym)  
 0930-1100 Fire Fighter Physical Training – Nixon Gym, NOTC  
 1045-1130 Fleet School Training - MAR ENG – Drill Shed  
 1205-1250 Drop-In Bootcamp – Drill Shed  
 1205-1250 Push-Up/Sit-Up Development – Drill Shed  
 1300-1400 Proprioception Class – Drill Shed  
 1430-1545 Fleet School Training - CBT Division – Drill Shed

## Wednesday, Mar. 9

0700-0745 Push-Up/Sit-Up Development- Fleet Fitness and Wellness Centre (Dockyard Gym)  
 0800-0930 EXPRES – Drill Shed  
 0930-1100 Fire Fighter Physical Training – Drill Shed  
 1205-1250 Drop-In Kettlebell Conditioning – Drill Shed  
 1205-1250 Cardio Development – Drill Shed

1300-1400 Pool Physical Training – Esquimalt Recreation Centre  
 1400-1530 PES Physical Training – Nixon Gym, NOTC  
 1415-1500 Fleet School Training - CSE Division – meet outside Nelles  
 1515-1600 Fleet School Training - ENG Division – meet outside Nelles

## Thursday, Mar. 10

0600-0700 PLQ – Drill Shed (own pace)  
 0630-0730 Nijmegen – Nixon Gym, NOTC  
 0700-0745 Cardio Development - Fleet Fitness and Wellness Centre (Dockyard Gym)  
 0730-0830 Base Logistics – Drill Shed  
 0930-1130 Fire Fighter Physical training – Nixon Gym, NOTC  
 1045-1130 Fleet School Training - MAR ENG – Drill Shed  
 1205-1250 Drop-In Bootcamp – Drill Shed  
 1205-1250 Push-Up/Sit-Up Development – Drill Shed  
 1300-1400 Proprioception Class – Drill Shed  
 1430-1545 Fleet School Training - CBT Division – Drill Shed

## Friday, Mar. 11

0700-0745 EXPRES Development Training - Fleet Fitness and Wellness Centre (Dockyard Gym)  
 0800-0930 EXPRES – Nixon Gym, NOTC  
 0755-1030 PLQ – Drill Shed (PSP Lead)  
 0930-1100 Fire Fighter Physical Training – Fleet Fitness & Wellness Centre (Dockyard Gym)  
 1000-1115 Fleet School Training - ENG Division – Drill Shed  
 1205-1250 Drop-In Combat Conditioning – Drill Shed  
 1205-1250 Cardio Development – Drill Shed

## Monday, Mar. 14

0700-0745 Push-Up/Sit-Up Development- Fleet Fitness and Wellness Centre (Dockyard Gym)  
 0800-0930 EXPRES – HMCS Malahat gymnasium  
 0930-1100 Fire Fighter Physical Training – Nixon Gym, NOTC  
 1040-1130 Fleet School Training - SEA Division – meet outside Nelles  
 1205-1250 Drop-In Bootcamp – Nixon Gym, NOTC  
 1205-1250 Cardio Development – Nixon Gym, NOTC  
 1300-1400 Pool Physical Training – CANCELLED  
 1400-1530 PES – CANCELLED  
 1430-1600 Fleet School Training - CSE Division- meet outside Nelles  
 1515-1600 Fleet School Training - ENG Division- meet outside Nelles

## Tuesday, Mar. 15

0600-0700 PLQ – Drill Shed (own pace)  
 0630-0730 Nijmegen – CANCELLED  
 0700-0745 Cardio Development - Fleet Fitness and Wellness Centre (Dockyard Gym)  
 0930-1100 Fire Fighter Physical Training – Drill Shed  
 1045-1130 Fleet School Training - MAR ENG – meet outside Nelles  
 1205-1250 Drop-In Bootcamp – Drill Shed  
 1205-1250 Push-Up/Sit-Up Development – Drill Shed  
 1300-1400 Proprioception – Drill Shed  
 1430-1545 Fleet School Training - CBT Division – Drill Shed

## Wednesday, Mar. 16

0600-0700 PLQ – Drill Shed (own pace)  
 0700-0745 Push-Up/Sit-Up Development- Fleet Fitness and Wellness Centre (Dockyard Gym)  
 0800-0930 EXPRES – Drill shed  
 0930-1100 Fire Fighter Physical Training – Nixon Gym, NOTC  
 1040-1130 Fleet School Training - SEA Division – Drill Shed  
 1205-1250 Drop-In Kettlebell Conditioning – Drill Shed  
 1205-1250 Cardio Development – Drill Shed  
 1300-1400 Pool Physical Training – CANCELLED  
 1400-1530 PES – Nixon Gym, NOTC  
 1415-1500 Fleet School Training - CSE Division – Drill Shed  
 1515-1600 Fleet School Training - ENG Division – Drill Shed

## Thursday, Mar. 17

0630-0730 Nijmegen – Nixon Gym, NOTC  
 0700-0745 Cardio Development - Fleet Fitness and Wellness Centre (Dockyard Gym)  
 0730-0830 Base Logistics – Drill Shed  
 0930-1100 Fire Fighter Physical Training – Nixon Gym, NOTC  
 1045-1130 Fleet School Training - MAR ENG – Drill Shed  
 1205-1250 Drop-In Bootcamp – Drill Shed  
 1205-1250 Push-Up/Sit-Up Development – Drill Shed  
 1300-1400 Proprioception Class – Drill Shed  
 1430-1545 Fleet School Training - CBT Division – Drill Shed

## Friday, Mar. 18

0600-0700 PLQ – Drill Shed (on own)  
 0700-0745 EXPRES Development Training - Fleet Fitness and Wellness Centre (Dockyard Gym)  
 0800-0930 EXPRES – Nixon Gym, NOTC  
 0930-1100 Fire Fighter Physical Training – Nixon Gym, NOTC  
 1000-1115 Fleet School Training - ENG Division – meet outside Nelles  
 1205-1250 Drop-In Combat Conditioning – Nixon Gym, NOTC  
 1205-1250 Cardio Development – Nixon Gym, NOTC



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EAST COAST NEWS: WALL ART

# Local admiral heads up Sooke Navy League Corps

**Shelley Lipke**  
Staff writer

A new addition to the sea cadet family opened its doors in Sooke Feb. 6 for youth ages nine to 12.

Under the namesake title of Admiral (Ret'd) Roger Girouard, the Navy League Cadet Corps (NLCC) celebrated its beginning at Branch 54 of the Royal Canadian Legion.

"I am a strong believer in youth programming," said NLCC President Paula McCormick. "The cadet program is an opportunity for youth to realize their own strengths, have a chance to pursue interests, learn new things and provide a wonderful social learning environment."

Over the years McCormick's two sons joined the Royal Canadian Sea Cadet Corps Admiral Waller in Sooke, and then moved into teaching and mentoring cadets at the summer training camp on Quadra Island. Now they are naval reserve members at HMCS Malahat.

"Admiral Girouard was always a guest at my sons' corps. He connected well with the cadets and is a fabulous role model. He was frequently a guest at ceremonial divisions, Christmas dinners and annual ceremonial reviews over the years. He takes an active interest in the cadets and was the perfect candidate and the only person I considered for the namesake role," said McCormick.

The former Maritime



Ten-year-old Coxswain Bradon Muttitt of the Navy League Cadet Corps (NLCC) Admiral Girouard shakes hands with Adm (Ret'd) Roger Girouard at the grand opening of the new cadet corps in Sooke.

Forces Pacific Admiral was honoured to take this post.

"I think it's special putting my name on one of the most noble endeavors there is," he said. "My expectations for these youngsters are pretty humble: some fun, some teamwork, and exposure to the sea at their doorstep and the navy in their back yard."

This is the first Navy League Cadet Corps in Sooke and number 207 in Canada.

The cadets will take part in the annual June 12

review, Remembrance Day, Battle of Atlantic parades, geocaching, and a special water sports weekend in Port Alberni involving other cadet corps from around the island.

New recruits, Navy League officers and volunteers are encouraged to contact Commanding Officer Lt(N) Christian Parise at NLCO@sookenavyleague.ca or 778-430-0187.

The new corps meets every Sunday from 1 to 4 p.m. at Branch 54 of the Royal Canadian Legion.

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# Museum exhibit reflects life during Battle of the Atlantic

**Ben Green**  
Staff writer

Table saws and sanders have been traded in for paint brushes and trim as museum volunteers put the final touches on a new exhibit.

Just down the museum's main hallway, past the glassy eyes of 20<sup>th</sup> century-style mannequins seated for a formal dinner, resides the nearly completed depth charge thrower and Carley float display.

It's taken five years to bring the display from idea to reality. Spearheading the work is LS Jarvis Rumbolt, who has been posted to the museum for two years. With the help of four hull technicians from Fleet School, he constructed the display referencing photographs from Halifax, grainy black and whites from the museum's archives, and pictures of miniature models.

The centre pieces of the exhibit come from a Corvette, a small, maneuverable, lightly armed warship long since retired after transiting the Atlantic during the Second World War.

The depth charge thrower launched anti-submarine warfare weapons into the ocean during the Second World War to destroy or cripple an enemy submarine from the shock of the explosion.

A Carley float, named after inventor Horace Carley, is an early life raft consisting of a large oval ring of copper tubing covered with kapok and painted waterproof canvas.

The two will be bolted to a hand-made wooden skeleton with mannequins at the controls. Rigging shop workers will help lift the massive Carley float up into its elevated resting place.

Clare Sharpe, assistant curator, is very pleased with

*It's meant to be a depiction rather than a replication. But it is really a neat way to incorporate the two artefacts.*

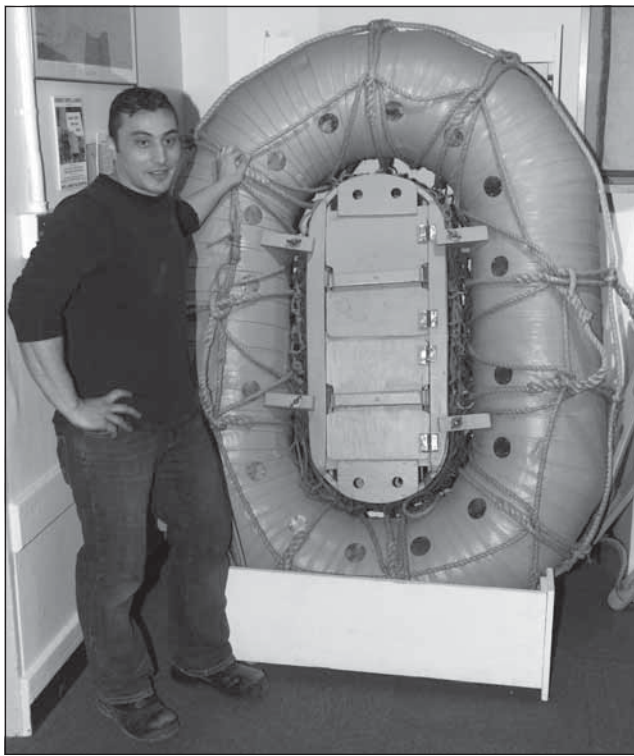
-Clare Sharpe  
Assistant Curator

how the work has progressed thus far. She's realistic though that their design will have small artistic variations.

"It's meant to be a depiction rather than a replication," she says. "But it is really a neat way to incorporate the two artefacts."

The exhibit is set to open to the public this spring.

Version française disponible à [lookoutnewspaper.com](http://lookoutnewspaper.com)



Photos by Ben Green, Lookout

**Above:** LS Jarvis Rumbolt stands beside the Carley float that will be hoisted to the top of the new display.

**Below:** LS William Grills cuts a piece of wood used as siding for the new exhibit.



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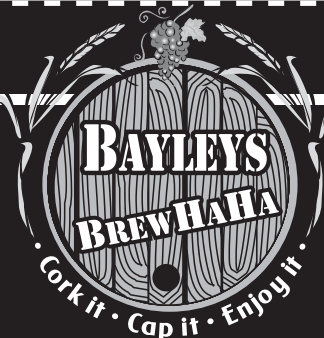
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Penny Rogers, Contributor

Standing under the newly revealed Myles Mansell Street sign are Lindsay Sullivan, Mansell's fiancée; his sister-in-law, Sheila Mansell; his mother and father, Nancy and Allan Mansell; his four-year-old nephew Logan, and five-year-old niece Emma.

## Langford road dedication honours local fallen soldier

**Shelley Lipke**  
Staff writer

On a bright, crisp Saturday afternoon two weeks ago more than 100 people gathered on a quiet street in Langford to honour Bombardier Myles Mansell.

The occasion was one of remembrance for family, friends, colleagues and community members who gathered to witness the opening of Myles Mansell Road in the new subdivision.

The crowd fell silent when members of the 5th Field Regiment paraded to the beat of a single drum down Walfred Road to the site where the road sign and dedication plaque would be unveiled. Howitzer guns flanked the entrance to the street. Mortar guns were on display by the memorial.

"We honour a man who served his country with justifiable pride and passed far too young," said 5th Field Regiment Commanding Officer LCol Scott Wisdahl. "The regiment and community lost one of their own when Bombardier Mansell paid the ultimate price."

Nearly five years ago, on April 22, the 25-year-old was serving a nine-month

tour with Task Force Afghanistan on Operation Archer when he was killed in action by an improvised explosive device near Gumbad, Kandahar Province.

"May all who pass by and read this plaque remember Myles and give thanks for his sacrifice and service," said Padre Maj John Steele.

In the crowd were Mansell's fiancée, Lindsay Sullivan, who was wearing the Silver Cross; Mansell's parents; his brother Michael; and sisters-in-law, Sonja and Sheila. Mansell's five-year-old niece, Emma, and four-year-old nephew Logan Myles watched the proceedings in awe.

"I think this is fantastic and more than I could have ever hoped for. It's heartwarming to see the number of people here who care and remember him," said Mansell's fiancée.

The soldier was the youngest of three boys, and was born and raised in Victoria. He went to Spencer Middle School and Belmont Secondary, and joined the army reserves when he was in Grade 12.

His mother Nancy, also wearing the Silver Cross, said, "It's a little overwhelming to see this. Lindsay and I went to

Afghanistan last year to meet with other families in the same situation who had lost their loved ones. We think of Myles all the time, and it's nice to know people will think of him now as well."

Bdr Mansell's dad, Allan, wore a Canadian Army Veterans motorcycle unit vest.

"I was made an honorary member last year and was invited to join the Ride for the Fallen last June."

This ride saw more than 800 motorcycles travel from Vancouver to Chilliwack in honour of Canadian soldiers who died in the line of duty.

"I rode the entire distance and it was awesome. I think what I'll remember the most is the amount of people who supported us. Police and firemen closed the freeway and people lined up on the overpasses to see us and support the ride."

About 50 members of CAV honoured Mansell's memory by attending the road dedication ceremony.

The Myles Mansell road sign marks a quiet street with several new homes off Walfred Road between Happy Valley and Jacklin Roads and features a red poppy beside his name.

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# Return to Work program helps injured employees

**Ben Green**  
Staff writer

A serious injury or illness can be debilitating. Not only can it affect your quality of life but also your ability to provide a quality life for family and loved ones. For civilian DND employees, the DND Civilian Return to Work Program (RTWP) is an often unknown resource that can help injured or sick employees transition back into the working environment.

This year, the nationwide program is celebrating a decade of service helping civilian employees within DND recover from both work and non-work related injuries and illnesses.

Employees have a much better chance of regaining all their previous duties when using the program in a timely fashion, says Frankie Spencer, Formation Safety Programs Officer and Formation Return to Work Advisor.

"Data has shown us employees who return to work almost immediately [following their physician's advice] have close to a 100 per cent chance of recuperating and returning to all duties in their substantive position," says Spencer. "At the 24 month mark they have only a 10 per cent chance."

Spencer says RTWP's main objective is to minimize the negative impact injuries and illnesses can have both on the employee and the organization. Under the guidance of Spencer, all units within the Formation have a RTW Advisor who is tasked with helping disabled employees get back into a normal routine. She says when an employee is given approval by their attending physician to resume some level of work, they are to contact their supervisor and Unit RTW Advisor to start the program. This could mean a gradual build-up of hours as well as new tasks more suited to their current level of functionality.

However, the logistics of coming back from an injury or illness after an extended absence can be overwhelming to many employees. That's why Spencer, along with a union representative, co-teaches the Civilian Return to Work Employee Awareness Course. This joint effort between the

**Data has shown us employees who return to work almost immediately [following a physician's advice] have close to a 100 per cent chance of recuperating and returning to all duties.**

-Frankie Spencer  
Formation Return to Work Advisor

union and management stresses the importance of RTW, empowers employees to participate in a safe return to the job, and helps them navigate through the long process and many forms that come with starting up their careers again. The guidance the course provides puts employees in contact with people who can help them get on the

road to recovering their full workloads.

For Melanie Melville, a DND employee who, in September, returned from a year on sick leave, the Return to Work Program is helping return the normalcy to her career.

"It's been amazing," she says. "My supervisor has been extremely accommodating; they're always available through email or phone calls."

Beginning at a reduced four-hour workday, she is now almost back to full-time. Through her physician's recommendations, the program has allowed her to slowly increase her hours as well as the amount of tasks she's able to complete. Her advice:

"Definitely get into it [the program] right away," says Melville. "If someone at the unit doesn't know about the program, contact Frankie Spencer."

The Civilian DND Return to Work Program is issued on authority by the Deputy Minister, the Chief of Defence Staff, and in consultation with all unions representing the DND staff.

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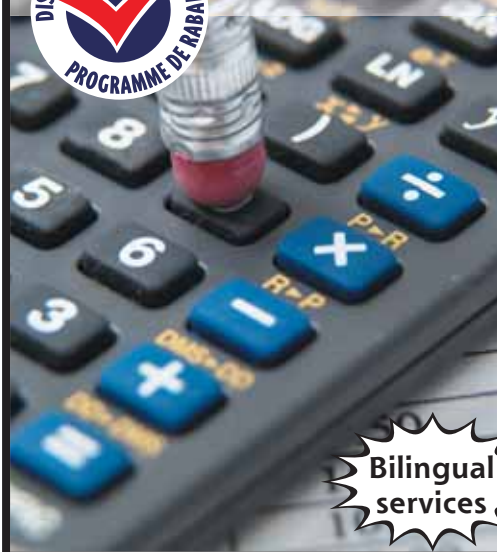


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# Firefighters train for rare emergency

**Ben Green**  
Staff writer

Firefighters took advantage of a massive roll-on, roll-off (ro-ro) style vessel parked in Victoria Shipyard for 10-day maintenance period. The Morning Star provided CFB Esquimalt Fire Department a platform to exercise one of its unique capabilities – marine firefighting.

“One of our main disciplines within CFB Esquimalt Fire Department is marine firefighting, we’re one of the best trained departments in Canada,” says Randy Morton, Assistant Fire Chief. “Our training sessions are a perfect opportunity to review skills in order to provide the most effective and efficient response to a marine emergency.”

Careful not to disrupt the maintenance vehicles and personnel buzzing in and around the ship, the 10-man unit suited up and fell in line to be loaded with gear and lengths of hose draped over their self-contained breathing apparatus air tanks.

As they ran through checks of equipment and headed towards Morning Star, Morton addressed the exclusivity of the day’s opportunity.

“Responding to a marine fire involving a ship in refit is significantly different than responding to a fire on a vessel that is tied up alongside,” he says as the unit begins to scale the scaffolding staircase up the ship’s side. “Upon arrival at a commercial vessel even though smoke or fire may be showing, we are required to obtain



Ben Green, Lookout

**Firefighter Ryan Hyland loads a hose on top of Capt Ray Halsall's oxygen canister before they climb onto the ship.**

approval and a request for assistance from the master of the vessel before we begin firefighting operations.”

Once approval has been obtained, the incident commander (Morton) determines the unit’s points of entry, what cargo is on board, and how the fire was started. Morton also meets with vessel representatives and refit facility personnel to go over the ship’s fire plans. The process may seem lengthy, but Morton stresses that each vessel has hazards that change on a regular basis. No two ships have identical layouts and sending his crew in blind puts lives at risk.

As part of this consultation, Morton sends on board RAT, or Rapid Assessment Team, who liaise with ship’s crew to determine what steps the vessel’s crew has taken to combat the fire. RAT radios down to Morton, who then gets a clear idea of the type and size of the area involved, what materials may be involved, and if life has been threatened prior to their arrival.

“Once these questions can be answered, apparatus can be positioned in proper locations with teams and hose lines deployed in an attempt to successfully confine, isolate, and extinguish the fire,” he adds.

By this time, firefighters have climbed on board, connected their hose sections, and were awaiting the apparatus, or ladder, on Morning Star’s outside deck. Extending from a truck down on the jetty, the aerial ladder was positioned at the railing for firefighter Mark Pala to climb. It takes cool nerves and a sure foot to haul the hose from the truck up the ladder to the awaiting crew. With concentration in his eyes, Pala reached the top after a few cautious seconds. Passing the end of the 2 1/2” hose off to the fire department attack team on board, and the water activated from the apparatus’s pump. After the supply lines were pressurized, Captain Halsall signalled the end of the exercise.

As the water was shut off, hoses rolled back up, and equipment stored away, the unit took a breather in the shadow of the giant transport ship.

“The exercise went well from my perspective,” concluded Morton. “This particular training exercise is designed to re-emphasize with our crew and members of our department that fighting a fire on a commercial vessel is not as simple as connecting to a jetty hydrant and preparing a hose.”

From the sweat-matted hair and winded expression of the team, it’s something they fully understand.



Ben Green, Lookout

**Four members of the department, led by Capt Ray Halsall, climb the scaffolding staircase to the Morning Star to set up their portion of hoses in order to isolate the mock fire.**

# Warship takes mission to a whole new level

**Capt Doug Keirstead**  
JTFA PA

"Excellence with Vigour" is HMCS *Toronto's* motto. A motto says a lot about a ship, and *Toronto's* is bang on.

It arrived home on Feb. 18 after the month-long counter-narcotics operation that saw the ship take part in a successful joint interdiction of a 68-bale shipment of cocaine. The drugs, approximately 1 650 kilograms with an estimated import value of \$33 million, were most likely destined for distribution in North America.

The Halifax-based frigate deployed Jan. 10, joined by its Canadian Air Force CH-124 Sea King ship-borne maritime helicopter and a CP-140 Aurora long-range maritime patrol aircraft. *Toronto* deployed in support of Operation Caribbe, Canada's contribution to the ongoing U.S.-led, multi-national effort to interdict drug trafficking in the waters of the Caribbean Basin and East Pacific.

*Toronto*, its Sea King helicopter, and Aurora aircraft were deployed to provide surveillance, logistics and refuelling capabilities in support to law enforcement authorities.

"Op Caribbe is all about preventing illicit narcotics from entering North America from both Central and North America, and we're working with our allies in a multi-agency and an international type setting to achieve that goal," says Commander Paul Forget, *Toronto's* Commanding Officer.

*Toronto* marked a significant milestone during the deployment, becoming the first Canadian warship, since the signing of a Memorandum of Understanding in October 2010, to conduct joint operations with an embarked United States Coast Guard Law Enforcement Detachment (LEDET), providing support to law enforcement authorities in tracking and intercepting suspect vessels.

"The biggest difference with this Op Caribbe is that this is the first time we've operationally employed a LEDET on board a Canadian warship," says Cdr Forget. "Simply put, it has given Canada the ability to have some teeth in the operation, and by that I mean we're now able to actively participate in interdiction operations whereas, on previous missions, we would simply detect and report what we saw in order to contribute to the overall intelligence gathering in the area."

MS Donald MacDonald, a naval electronic sensor operator and fire control supervisor in *Toronto*, has sailed on counter-narcotics missions before, including previous iterations of Op Caribbe.

"We're making a difference down here, it's keeping drugs outside the United States and Canada," he says. "It was all surveillance before, relaying back what merchant and air traffic we've seen. This time we've got a lot more horsepower

with the LEDET on board."

The LEDET Assistant Officer in Charge says the fight against illicit narcotics is a multi-national problem that must be faced together, and cooperation between naval assets such as *Toronto* and the LEDET pay big dividends in keeping drugs off North America's streets and bringing smugglers to justice.

"*Toronto* is single handedly responsible for the disruption of 68 bales of cocaine being smuggled onboard a suspect go-fast vessel," says the USCG petty officer. "With the help of the ship's helo, small boat, and *Toronto* herself, we were able to witness the illicit drug smugglers jettisoning their contraband and vector in the small boat for a positive hand-off to the Nicaraguan Navy for prosecution."

Canada Command, the Canadian Forces organization responsible for routine and contingency operations in Canada and continental North America, contributed the Canadian Forces' warship and aircraft to the Joint Interagency Task Force (JIATF) South offering powerful surveillance and support capabilities that help law enforcement authorities locate, track, and intercept illegal activities off North America's coasts.

Cdr Forget says the motivation amongst the crew was high as they sailed the seas of the Caribbean in search of drug traffickers.

"The average stuff that we do, we don't necessarily always relate to it on a personal level," says Forget. "Counter-narcotics operations, like Caribbe, or humanitarian assistance and disaster relief operations, are all missions that you can relate to on a personal level, which brings a sense of purpose to what you're doing. That kind of stuff can impact all of us, members of our family, our neighbors, our kids, our communities, and that definitely brings the team together."

Under JIATF South, based in Key West, Florida, Canada has worked alongside partner nations France, the Netherlands, Spain, the United Kingdom, and the United States, in multi-national drug surveillance and interdiction operations in the Caribbean Basin and East Pacific since November 2006. Since commencing, the operation has stopped over 1,075 metric tonnes of drugs from entering North America.



Pte Dan Bard, Formation Imaging Services, Halifax

## Clockwise from above:

- HMCS *Toronto's* CH-124 Sea King ship-borne maritime helicopter conducts hoisting operations from the ship's forecandle during counter-narcotics operations in the Caribbean Basin.

- Capt Don Frederick, a Sea King air combat systems officer from 423 (Maritime Helicopter) Squadron in Shearwater, N.S., uses the ASP system during counter-narcotics operations in the Caribbean Basin with HMCS *Toronto*.

- A member of the United States Coast Guard Law Enforcement Detachment, sailing aboard HMCS *Toronto*, and Sub-Lieutenant Amanda Jayne, the ship's Officer of the Watch, observe a vessel of interest as the ship conducts anti-drug operations in the Caribbean Basin.

- Crew members from navy, army and air force backgrounds sail the waters of the Caribbean Basin aboard HMCS *Toronto* conducting counter-narcotics operations during Operation Caribbe.



Pte Dan Bard Formation Imaging Services Halifax



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# Before you fill out your tax return...

**Pierre Goulet**  
SISIP Financial Services

Now that the RRSP season is behind us, Canadians can turn their attention to the deadline for filing their 2010 income tax return; April 30, 2011. Depending on your situation, here are a number of non-refundable federal tax credits that can help reduce your tax base, minimizing the amount of income tax you are required to pay for the 2010 fiscal year:

## First-time home buyers' tax credit (HBTC)

A temporary tax credit, for certain homebuyers who acquire a qualifying home after Jan. 27, 2009.

Calculated by multiplying the lowest personal income tax rate for the year (15 per cent in 2010) by \$5,000, for 2010 the credit is \$750.

You will qualify for the HBTC if:

- you or your spouse or common-law partner acquired a qualifying home in 2010 and you did not live in another home owned by you or your spouse or common-law partner in the

year of acquisition or in any of the four preceding years; or

- you are a person with a disability or are buying a home in 2010 for a related person with a disability; the home must be acquired to enable the person with a disability to live in a more accessible dwelling or in an environment better suited to the personal needs and care of that person.

## Pension Income Tax Credit

Some pension income may qualify for a federal and provincial/territorial pension income tax credit.

Can be transferred to a spouse or common-law partner if it is not fully used by the taxpayer.

If a taxpayer is under the age of 65 and receiving pension income eligible for the pension tax credit (qualified pension income) and splits their income with their spouse or common-law partner, the latter will also be eligible for the pension tax credit, regardless of age.

Pension income at age 65 can be converted from RRSPs to RRIFs or purchased as an annuity.

## Spouse or Common-Law Partner Amount

If your spouse or common-law partner earned less than \$10,382, follow the calculation on line 303 of your return to see what amount you can claim.

If you were single, divorced, separated, or widowed you can claim a maximum amount of \$10,382 minus the income for any dependent. This amount is called the "Amount for an eligible dependent" and is found on schedule 5 of your return.

## Tax Credit for Public Transit

To help cover the cost of passes for buses, streetcars, subways, commuter trains and local ferries.

Can be claimed by the taxpayer, their spouse or common-law partner, or their children under age 19.

The pass must display: duration (one month at least or longer), date or period of validity, name of the issuing transit authority/organization, amount paid, identity of the rider (either by name or unique identifier).

## Children's Fitness Tax Credit

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costs of up to \$500 per child who is, under 16 years of age at the beginning of the taxation year, or under 18 for a child with a disability.

Calculated using the lowest tax rate (15 per cent for 2010) – maximum tax credit per child for 2010 is \$75.

For prescribed programs of physical activity which must contribute to cardio-respiratory endurance of the child and to one or more of the following: muscular strength, muscular endurance, flexibility, and balance.

## Tuition and Education Amounts

Claim fees paid for post-secondary courses of \$100 or more for each educational institution; the institution must provide you with an official tax receipt or a form T2202A.

A portion of the education amounts can also be transferred from spouses and children; complete the calculation on the back of your T2202A or schedule 11 in your income tax forms to find out what amount is eligible.

## Medical Expenses

Transferable between spouses.

Medical expenses can include amounts paid outside of Canada.

They must be more than 3 per cent of your net income or \$2,024, whichever is less.

The spouse with the lowest income should claim all expenses.

Claim the expenses of all immediate family members including parent, grandparent, brother, uncle, niece, who depended upon you for support during the tax year; the total of these expenses must be more than the lesser of \$2,024 or 3 per cent of the dependent's net income for the year up to a maximum of \$10,000.

Claim medical expenses paid in any 12-month period ending in 2010 that were not claimed in the previous year.

The above mentioned credits and further explanations can be found in your General Income Tax and Benefit Guide 2010. Read the portions of the guide that apply to your claims and let a financial planner assist you; professional advice can pay off and prevent you from making a costly omission.

*This article is for informational purposes only and reflects solely the opinion of the writer.*

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# Admiral outlines future for navy

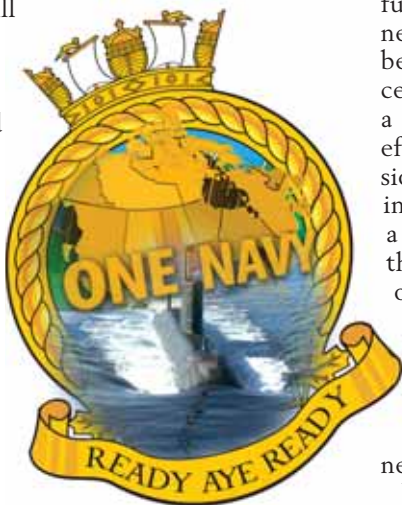
**LCdr Nathalie Garcia**  
Navy Public Affairs

RAAdm Nigel Greenwood, Commander Maritime Forces Pacific/Joint Task Force Pacific (MARPAAC/JTFP), conducted a series of town hall meetings at various locations throughout CFB Esquimalt Feb. 16-18 to highlight his priorities for the Formation.

In what he hopes will become an annual practice, the Admiral spoke to more than 1,400 officers, non-commissioned members and civilians during four one-hour briefings, offering his vision for MARPAAC's future. Overall, the Admiral emphasized the concept of a single navy, maintaining operational primacy by ensuring efficient use of resources, as well as renewed focus on force generation.

His "One Navy" message emphasized a consistent approach to personnel generation across the navy. One aspect of this will be a blended crewing concept that would provide more opportunities for sailors to gain valuable sea time while the frigates undergo their mid-life refit. The blended crew would ensure regular and reserve personnel are trained to work as one team.

"The Canadian Navy is one navy – not the reserve navy and the regular navy," said RAAdm Greenwood, emphasizing that reserve and regular force sailors would together ensure the crewing of the Maritime Coastal Defence Vessels as well as new classes of ships. "Working side-by-side will provide the fleet greater flexibility in



move personnel from one platform to another," said RAAdm Greenwood.

Fiscal realities and the need for greater efficiency dictate that the navy examine how it does business particularly with respect to operations and training.

"People are our greatest asset, but they are also our greatest expense," said RAAdm Greenwood, referring to the challenges fac-

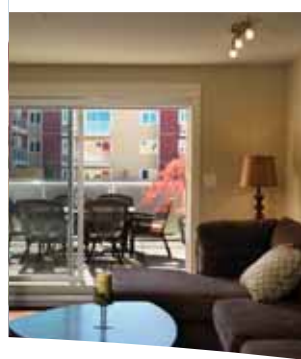
ing MARPAAC as it progresses through the naval transformation along functional lines. "We need to ensure that we find an optimum and sustainable balance between personnel, maintenance and operational costs."

Over the course of the next few months personnel can expect some changes as the navy strengthens the force generation functions. Standing up a new command that will be responsible for training centers across the navy is a first step in refocusing efforts towards the professional education and training of sailors. There is also a requirement to ensure the navy can maintain operations while preparing for the integration of new equipment, including the submarines, the modernized frigates, followed by new classes of ships.

While the formation continues to balance continuity in the face of change, several projects meant to reinvigorate the fleet will also be undertaken. Among them are the modernization of "A" and "B" jetties, the Halifax Class Modernization and the achievement of operational status for HMCS Victoria. Future projects include acquiring Arctic Offshore Patrol Ships and replacing the Tribal Class destroyers.

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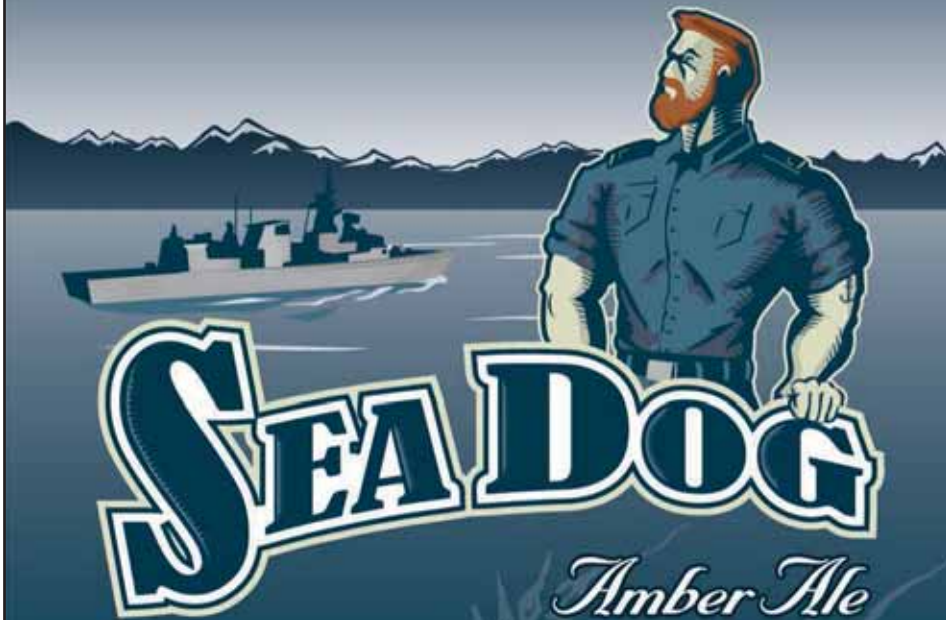


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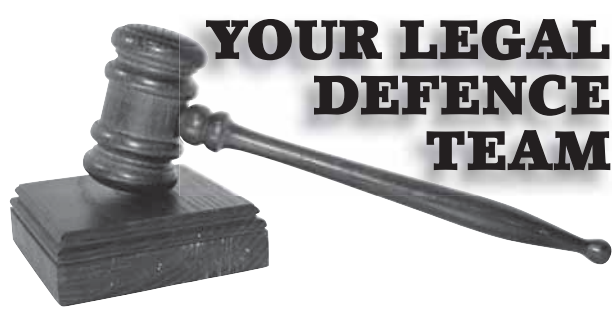


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# Esquimalt awarded CANTASS contract

**Ben Green**  
Staff Writer

Amidst the frozen cheeks of Victorians last Wednesday, the Honourable Gary Lunn, Minister of State for Sport and Member of Parliament for Saanich-Gulf Islands, managed to induce a few smiles as he announced that CFB Esquimalt has been awarded a contract for the construction of a new Canadian Towed Array Sonar System (CANTASS).

Awarded by the Government of Canada and speaking on behalf of the Minister of National Defence, the Honourable Peter MacKay, Minister Lunn said the announcement confirms the government's promise to the defence of this country.

"Under our Government's Canada First Defence Strategy, we're ensuring that the Canadian Forces remain a modern, combat capable military, ready to meet the security challenges of the twenty first century," he said. "Today, I'm very pleased to announce that the government has awarded a \$3.8 million contract to build a new CANTASS Work Cell, right here at your base."

CANTASS, a tactical passive sonar system, is operated by the navy's 12 Canadian Patrol Frigates and three DDH class Destroyers. The new facility will allow proper maintenance of the system.

As part of the much larger Fleet Maintenance Facility (FMF) Cape



Lt(N) Michael McWhinnie, BPAO

**Gary Lunn tours the Canadian Towed Array Sonar System repair facility with Fleet Maintenance Facility staff. The current location is a red brick structure built in 1961 as a vehicle workshop.**

Breton Consolidation Project, the CANTASS Work Cell is the next part of Phase IV in the five phase project. Approved in 1995 as an investment of \$91.8 million, the FMF Consolidation Project has been updating in segments since then. Phase I was completed in 1998 with the addition of a \$2.1 million calibration centre, Phase II was a \$5.4 million upgrade to the base's electrical supply/distribution infrastructure, Phase III was completed in 2005 with the addition of a 17,000<sup>2</sup>m building extension, and Phase IV began in 2006 with the demolition of old industrial buildings and plans for three new ones.

Construction of the new CANTASS Work Cell will be done by Ledcor Construction of Victoria, and the 1600<sup>2</sup>m facility will be the final piece to an existing FMF department.

"The CANTASS Work Cell is the final component of the new Combat Electronic Systems Work Centre here at FMF," said Minister Lunn. "The work centre will house the units responsible for the maintenance and repair of all electronics ship systems, including communications, radar, and warfare sensor equipment."

With construction scheduled to begin in March, the project should be complete by April of next year with approximately 21 new job

opportunities being created as a result.

"The awarding of this CANTASS is another demonstration of our Government's ongoing commitment to providing our men and women in uniform with the modern infrastructure that they need and deserve," concluded Minister Lunn. "I'm proud that defence projects are boosting the economies of communities across Canada, such as Victoria."

FMF Cape Breton provides second-line maintenance support for the ships of Canada's Pacific Fleet as well as the refit of the contract vessels. It's a key resource in the daily and long term operations of the Pacific Fleet.



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Ben Green, Lookout

Esquimalt Mayor Barb Desjardins says thank you to the crowd gathered at Legion 172 at the unveiling of the building's Wall of Heroes.

## Local legion honours Canada's fallen

**Ben Green**  
Staff writer

In the Esquimalt Dockyard Legion 172 lower lounge, the jubilant voices of veterans sharing a laugh and story have fallen silent.

Before them, Esquimalt Mayor Barb Desjardins and Cdr Doug MacKeen tug on a rope to release a black curtain. As it slips to the floor the faces of 154 men and women stare hauntingly back at the patrons. Immortalized on this Wall of Heroes are those who have made the ultimate sacrifice.

"I'll be retiring soon, so I thought it would be a nice gesture to leave something to remember our fallen in Afghanistan," says Doug Grant,

*I'll be retiring soon, so I thought it would be a nice gesture to leave something to remember our fallen in Afghanistan.*

-Doug Grant  
Esquimalt Legion GM

General Manager of Esquimalt Dockyard Legion 172.

He funded the project himself, and got photos and biography information from DND.


Beneath each photo, encased in a dark wood frame, is the soldier's hometown, date of birth, date of death, and the incident that led to their death.

Grant says it was an emotional experience hanging each picture.

Following appreciative applause from the seated patrons, Mayor Desjardins and Cdr MacKeen gave short speeches, and Padre Angela James tearfully summed up the mood in the room at the end of her blessing.


"Well done, good and faithful servants."

Piper Jim Lang from the Canadian Scottish Regiment played a moving rendition of "Amazing Grace" to close out the ceremony.



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# Bravo ZULU

RAdm Nigel Greenwood, Commander Maritime Forces Pacific (MARPAF)/ Joint Task Force Pacific (JTFP), recently presented several members of the Defence Team with awards for their outstanding work at CFB Esquimalt.

Photos by Cpl Alex Croskery, MARPAF Imaging Services



MWO Meggeson receives the Canada Command Commendation for her role in overseeing logistics support for Joint Task Force Games (JTFG). Under her leadership, transportation and heavy equipment asset requirements for all JTFG Component Commanders were met with flawless precision.



Capt Matt Barlee receives the Chief of Defence Staff Commendation for his work as the Liaison Officer for Joint Task Force Games to the Vancouver Organizing Committee during Operation Podium. His accomplishments brought great credit to the Canadian Forces and Canada.



MS Kobayashi receives the Chief of Defence Staff Commendation for his actions when he came upon a car accident on Sept. 22, 2009, near Clearwater, B.C. He entered the minivan, at the bottom of a steep embankment, and gave first aid to the critically injured driver.



Lt(N) Gleason receives the Maritime Commanders Commendation for his contribution to the navy's knowledge of Arctic Operations for and providing a solid foundation to develop future policies and procedures that will govern Arctic/Offshore Patrol Ships.



Maj Sundquist receives the Canada Command Commendation for his outstanding efforts and leadership in developing and implementing the communication and Information Systems for Operation Podium.



Capt Kay receives the Canada Air Command Commendation for her innovative leadership at the Temporary Accommodation Facility at Twin Rivers Camp as Commandant during Operation Podium.



Maj Walsh receives the Chief of Defence Staff Commendation for his role as the primary CF Air Planner and Liaison Officer with the RCMP-led Integrated Security Unit during the 2010 Olympic and Paralympic Winter Games.



WO Woods (Ret'd) receives the Canada Command Letter for his performance in the development and successful delivery of a multi-agency geospatial data set for Operation Podium.



MCpl Dussault receives the Joint Task Force Afghanistan Commander's Commendation for exceptional performance with the Engineering support Unit, Mobile Construction Team during Operation Wadanna-Wal from Dec. 6, 2009 to Jan. 15 2010.



Cdr Gerbrecht (Ret'd) receives the Joint Task Force Games Bravo Zulu for his response to a vehicle fire at the Olympic Marine Operations Centre. He took charge of evacuating personnel and took the lead role in an aggressive attack on the fire.



LCdr Smith receives the MARPAF Bravo Zulu for his work as the Liaison Officer to JDS Atago during the International Fleet Review. LCdr Smith went beyond the requirements of duty to care for foreign sailors who participated in the Naval Centennial.



MWO Chapman receives the MARPAF Bravo Zulu for his efforts to improve the delivery of health care to the fleets on both coasts. He has garnered the utmost respect through the ranks of Naval Medicine for his expertise in a multitude of clinical realms.



PO1 Harris receives the MARPAF Bravo Zulu for his professionalism as the Acting Operation Training Officer at the Naval Ocean Processing Facility, Whidbey Island, for more than 120 Canadian and United States Sailors.



Sgt Cowley receives the MARPAF Bravo Zulu for his excellence in activating the emergency response measures while detecting a natural gas leak in building C-112, Colwood.



PO2 Haldane (Ret'd) receives the MARPAF Bravo Zulu for his contributions to the God's Acre Candlelight Tribute, put on by the Legion and the Chief and Petty Officers Association.



PO2 Nadon receives the MARPAF Bravo Zulu for demonstrating leadership and dedication that was instrumental to HMCS Algonquin achieving High Readiness Status during an intense and challenging programme.





PO2 Underwood receives the MARPAC Bravo Zulu for his dedication and professionalism in furthering Maritime Forces Pacific and HMCS Victoria's community engagements. His planning and coordination skills ensured the success of outreach opportunities.



LS Cea receives the MARPAC Bravo Zulu. During Operation Pacific Amistad, while in Puerto Quetzal Guatemala, heavy rains caused flooding and landslides. LS Cea's role as a translator between Canadian and Guatemalan leaders was a key factor in facilitating an action plan with the local government, expediting the deployment of a Canadian Navy contingent.



Jon Kirstiuk receives the Civilian Canadian Naval Centennial Award for the classic design and meticulous construction of a wood cabinet and case to house the repatriated HMCS Royal Roads Navy Bell highlighting their maritime history.

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GL Sport model shown

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GLS Sport model shown



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