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Cadets stand proud

Shelley Lipke, Lookout

Above: Lieutenant Governor of B.C., Stephen Point, pins the Lieutenant Governor's pin on the collar of a cadet's uniform. The event marked the ceremonial beginning of B.C.'s first cadet corps dedicated exclusively to First Nations youth.

Left: LGov Point takes the salute from from 15-year-old cadet Sgt Christine Good before reviewing the corps and declaring it his own.

Read the full story on page 10.

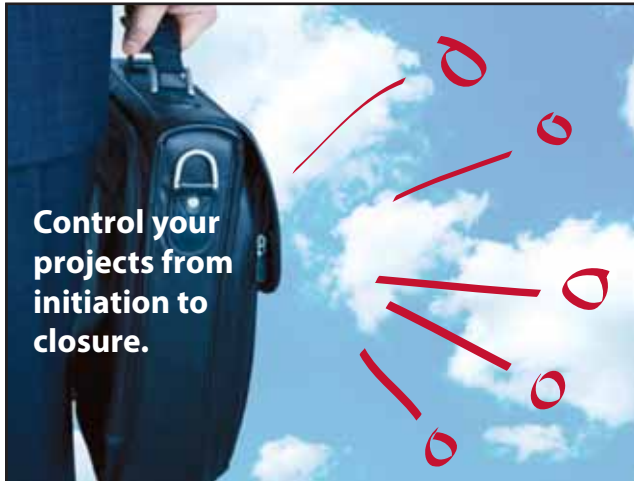


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CANEX, The Personal, silver anniversary

Pascale Lalonde
Communications Advisor

For some, silver evokes a notion of second place. For CANEX and The Personal, who are now celebrating their silver anniversary of “Serving Those Who Serve”, their relationship deserves first place and the gold.

To celebrate the anniversary, CANEX and The Personal are launching the “Win Them All and Play” contest, with a chance to win an SUV, ATV, personal watercraft and two trailers. Twenty-five finalists will each receive a \$250 CANEX Gift Card and one lucky Grand Prize winner will drive off with the caravan of fun in tow – a prize valued at \$50,000. It is easy

to enter, simply call The Personal for an insurance quote. Existing CANEX policyholders with The Personal are automatically entered in the contest.

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moted unique insurance products through CANEX for the military, Department of National Defence, Military Police, RCMP and retirees,” remarked John West, Vice President Business Development at The Personal.

The alliance extends beyond home and auto insurance products. CANEX and The Personal have also brought fun-filled events and exciting contests to the Canadian Forces community such as summer barbecues, “Breakfast for a Loonie”, “Grab and Go”, movie nights and bike rodeos.

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Admiral joins cadets for concert

The B.C. Regional Cadet Honour Band will perform in Victoria, at the McPherson Playhouse on Wednesday March 23 at 7:30 p.m.

Under the direction of Lt(N) Camil Bouchard, the cadet Honour Band is comprised of 50 of the top teenage musicians of the Royal Canadian Sea, Army and

Air Cadets selected from across B.C. This year’s performance will feature Rear Admiral Nigel Greenwood, Commander Joint Task Force Pacific and Commander Maritime Forces Pacific, playing the flute.

Being selected for the “spring break” Honour Band is a coveted prize amongst the 1,600 cadet musicians

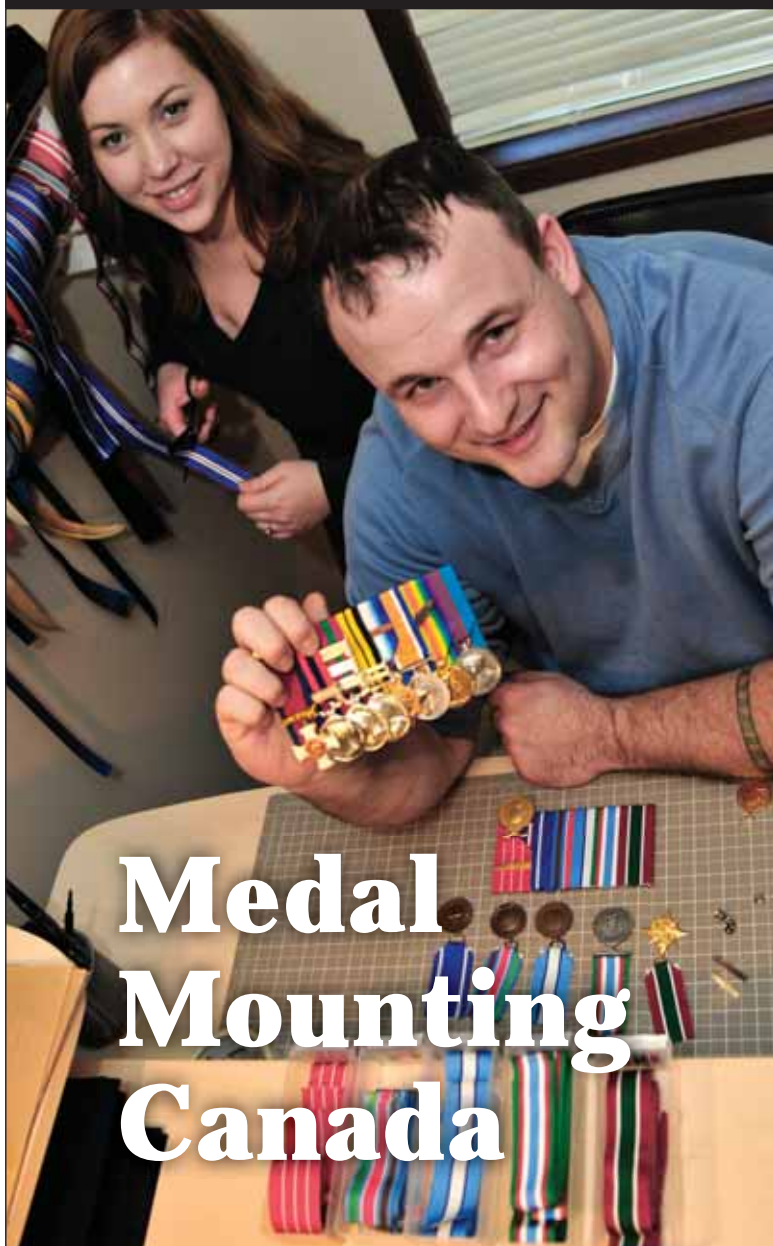
that populate cadet bands in 70 B.C. communities. The young musicians range from 14 to 18 years of age, and the majority play at a level equivalent to Grade five/six of the Royal Conservatory of Music. Many of them play in their community or school band as well as their cadet band.

Arriving in Victoria on

March 19, the cadets undergo three days of rehearsal at the Naden Band Room at Canadian Forces Base Esquimalt in preparation for the first concert on Tuesday. The full concert band will perform popular music highlighted by military pomp and ceremony. There is no charge to attend the performance.

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Medal Mounting Canada

Most businesses develop from an innate passion. But for Major Jason Quilliam and his wife Candyce, their business also grew from the knowledge that they could provide a much better service to CF members and retired members than was currently offered at many bases and towns nationwide.

In 2007, when Maj Quilliam returned to Canada from his first tour in Afghanistan, he sent his Campaign Star out for mounting. What came back was a botch job.

“It was mounted on cardboard. The pins came loose right away and the medal itself started swinging. It was poorly mounted. I knew I could do a much better job,” he says.

With seven years of experience in creating ribbon groups as a hobby and to collectors on auction websites, the two began experimenting with ribbons, pins and fasteners, and once they were happy with their product, they registered the business and created a website: www.medalmounting.ca. Now they have an office in their Colwood home devoted to medal mounting.

“Some people like to scrapbook. We like to put together medal sets so they look good on people’s uniforms,” says Jason, the current Naval Provost Marshal (Pacific). “Our website allows us to connect with Canadians across the nation, the US, and all over the world. We’re lucky enough to be the number one hit on all the major Canadian search engines for search strings like ‘medal mounting’.”

Their workshop wall holds a rainbow of ribbons, bars, sample

medals, and pins and pull-clutch backings.

“We have ribbons for every military medal that has been issued in the British and Canadian medal systems dating back to the War of 1812, as well as replica full size and miniature medals,” says Jason. “We also have reference books. In this business you need to know the proper order of precedence, as you can’t put a military medal out of sequence.”

“I will stack the quality of our mounted medal sets against anyone in Canada,” Jason adds.

What sets them aside is the materials they use.

“Most mounters use a cardboard or a matt board that is used for picture framing. The trouble is they don’t last in inclement weather conditions. Over time the weight of the medals causes the cardboard to buckle underneath and the pins to come off the back.”

After testing matt board and laminate tile, they settled on Plexiglas.

“It’s strong, flexible and firm, and is a much better product. We also use high-end clutch back pins that really grab onto the tunic. All the materials are high end.”

Jason and Candyce say that the most rewarding aspect of providing this service is seeing the satisfaction on people’s faces when they receive their mounted set. “We often restore sets for veterans and their families; we even had one veteran cry when he picked up his fresh, clean newly mounted set. There’s something special about being able to return a vet’s medal set after turning it back to its original parade-ground lustre.”

Recently, Jason and Candyce delved into social networking. Through their Facebook site they are able to better connect with customers, provide galleries of their work, and easily update folks on breaking news on the Canadian Honours System. It can be found at www.facebook.com/MedalMountingCanada. “We started on Facebook a few months ago, and already are hovering around 150 ‘likes’. Our customers use our wall to provide feedback on our work, and we’re able to show folks their medal sets before we ship them. It’s been great.”

Their work has appeared in an A&E Television production called *Ike: Countdown to D-Day*; it featured Tom Selleck playing General Eisenhower. “It was very rewarding to watch the movie and see our work on the screen,” he says.

Medal mounting goes back 150 years to the courts of Queen Victoria. In her formal royal court, the Queen disliked the clanging sound of the medals and she ordered they be mounted in a fashion that would not make noise. The court mounting process was implemented to prevent them from moving around and getting pitted and scratched.

Today court mounting for veterans and Canadian Forces members is necessary each time a new medal is awarded and each mounting is fully reimbursable by the Queen for CF members. To contact Medal Mounting Canada, they can be emailed at: medals@medalmounting.ca, or reached via their website or Facebook page. Local pick up and delivery can easily be arranged.



Ben Green, Lookout

Gym-goers were greeted with gleaming floors on Saturday as the Naden Athletic Centre doors opened for the first time after three weeks of gym floor maintenance.

Gym now open, prizes today only

Ben Green
Staff writer

After temporarily closing its doors three weeks ago, the Naden Athletic Centre (NAC) is back to business as usual. With the completion of newly lacquered gym floors, the facility has now ensured a safe environment for its patrons for years to come.

"The work went really well," says Dave Horner, Assistant Arena Manager and Acting Facilities Coordinator. "The upper and lower gyms look incredible. It's just an issue of staying on top of them now."

Touch-ups should be administered to the floors every two years or so.

The lower gym received a light sanding and two coats of varnish. The upper gym needed more attention. The floor was sanded down completely, and three coats of varnish and new lines

were then applied. On top of the normal court lines, 20 shuttle lines, two badminton courts, and floor hockey goal creases have also been painted on.

"I think the first thing people will notice is how shiny it is," laughs Horner.

"It should never need this drastic work again, as long as we stay on top of things."

In celebration of the re-opening, the first 101 people (due to the navy now being 101 years old) to come to the NAC for a workout on Monday will get a prize.

Visit pspesquimalt.ca for updates and information on what's happening with PSP at CFB Esquimalt.

Visitors to the Naden Athletic Centre today will see an information booth showcasing the upcoming health and wellness challenge in May. People can register for the challenge and grab a log book in preparation for the month-long event. At the end of May, a winner will be announced and prizes handed out. But the true reward will be healthy outcome from a month of health and wellness activities.

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The spring/summer activity guide is coming out soon. Watch for it in the Lookout.

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People Talk

Lookout asked this question:

With the recent devastation unfolding in Japan, has the events pushed you to better earthquake preparation since Victoria is at equal risk?



For me, it's just reinforced the need to be prepared. The government says we should be prepared for 72 hours (with earthquake kits and supplies), but being on an island I'd say closer to a week. You just have to prepare the best you can but try not to stress about it.

Capt James Eke



It's definitely been an eye opener. It's brought it to the front of my thoughts but I'm not running out to buy anything. You can spend so much time planning but you don't know where you'll be or when it'll happen.

Jamie Hawthorne



It was actually the earthquake in Christchurch, New Zealand; I was there a few weeks before their most recent earthquake. Christchurch really reminded me of Victoria in a lot of ways. So when I got back I went and bought a three-day survival kit.

Jon Chabun



I have thought about it. We do have a first aid kit at home, and we have four boys so we're pretty much stocked at all times. It is in the back of my mind to check the kit and see if there's anything to benefit us we don't have.

MS Unika Attridge



I have thought about it. I suppose I've been mapping it out in my head (emergency routes at work and home) but I haven't changed anything.

Nora Johnson

FILM *friday*

Zany alien comedy not Pegg's best, but fun

W. Andrew Powell

The GATE

Opening this weekend in theatres: Simon Pegg and Nick Frost star in the sci-fi comedy, *Paul*.

Paul

As far as I'm concerned there are only two types of people in the world: those who love Simon Pegg, and those who don't. If you're part of the former category, I can't think of a better film for you this weekend than the nerdy comedy, *Paul*.

Ever since I saw *Shaun of the Dead* all those years ago I've been a fan of Pegg, which makes the arrival of *Paul*, his first major North American film, all the more exciting.

Greg Mottola, who helmed *Superbad* and *Adventureland*, directs this zany comedy about two sci-fi geeks, Graeme and Clive — played by Simon Pegg and Nick Frost — on a road trip through America's heartland of obsessive UFO fanaticism. As it turns out, the two friends meet an actual alien on their trip, voiced by Seth Rogen, who has been stuck at a top-secret military base for the last 60 years.

Hitching a ride with the two Earthlings, and a woman the group mistakenly kidnaps, Graeme and Clive come up with a crazy scheme to get their new alien friend back to his mother ship and on his way home.



Photo courtesy Universal Pictures

Seth Rogen gives the alien his voice in "Paul".

Written by Pegg and Frost, who have never written a film together before, *Paul* is a madcap comedy with a heartfelt side that features loads of nerdy references.

The only problem with *Paul* might be that, for all the great talent assembled here, it lacks the strong direction of Pegg's work with director Edgar Wright. Mottola's previous films were good, but the pieces just don't fit together as well in *Paul*.

Alistair Harkness of the Scotsman called the film, "A lazy piece of geeksploration cinema designed to buttress the Pegg/Frost brand Stateside with Comic Con-courting clichés and groan-inducing movie references."

Chris Hewitt was more positive however, as were most critics, writing in *Empire Magazine*, "Broader and more accessible than either *Shaun Of The Dead* or *Hot Fuzz*, *Paul* is pure Pegg and Frost - clever, cheeky and very, very funny."

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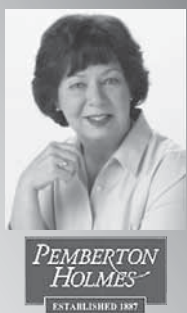
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WHAT SAY YOU

Yukon: sailor discovers place like no other

SLt Carrie Dolan
HMCS Whitehorse

As a first-timer to any of the three Territories, my arrival to Whitehorse was met with great fulfilment. Gliding over the picturesque Coastal Mountains in the Dash 8 was an experience I'll always remember. It was a sunny Wednesday morning in late February with temperatures at a comfortable -14 C.

I, and more than 250 other Canadian Forces members, had made the trek north for the annual Sourdough Rendezvous Festival. My role was to represent the Maritime Coastal Defence Vessel HMCS Whitehorse.

My visit began with the Civic dinner at the Yukon Inn. It was an evening to showcase those who help support the festival. Guests of honour included Whitehorse Mayor Bev Buckway; Commissioner of the Yukon, the Honourable Douglas Phillips; and a few Canadian Forces members from Joint Task Force North, including Major Bob Saunders, who is the Detachment Commanding Officer.

As a representative from the ship, I took the opportunity to present the City of Whitehorse with the Royal Canadian Mint dollar coin, which recognized the 100-year history of the Canadian Navy. It is a commemorative circulation coin to honour the men and women who served and continue to serve in Canada's naval service.

The festival includes longstanding traditional, yet unusual, activities such as chainsaw chucking, wife-carrying, and the flour carrying competition, in which contestants strap a large metal frame stacked with bags of flour to their backs.

The Queen's Candidate portion of the festival involves a month-long indoctrination into proper "Lady" etiquette. The ladies are willingly put in the public eye before the festival in hopes of being chosen as the new Miss Sourdough Rendezvous.

What is a Sourdough? In a place like Whitehorse, where surviving the winter is not easy, the locals have come up with a term to distinguish the tough from the not so tough. Basically, once you stay the whole winter season, from freeze to thaw, then you are considered a true "Sourdough."



Above: Members of HMCS Whitehorse hang out with the Can Can Girls of the Sourdough Review.

Below: The Naden Band entertains.

If you're just visiting or continuously seek out warmer climates during the winter months then you're classified a "Cheechko."

Although many of the events were at locations around the city, the festival itself took place mainly at Shipyards Park. There was a traditional maple syrup shack, a gyro booth that had a continuous line up of naval personnel, and lots of other local fare. One event worth braving the weather for was the corporate challenge that took place on Saturday afternoon. Participants in the challenge included the army and their Joint Task Force North team; a group of cheery francophones known as the French Toast team; and the navy with their team of sailors from HMCS Whitehorse.

The challenge involved four events: a bed push around the pond, a tricycle push, a tug-o-war, and a multi-person 2x4 walking event that you'd have to see



in action to really appreciate. The teams all brought their game faces and it was definitely something that helped get the blood flowing again. I was happy that despite a deplorable effort on the 2x4 event the navy was still able to successfully defend their best overall time title.

The festival wound up with a parade and the Naden Band got one last opportunity to march everyone out. Even though the wind chill was a brisk -35 degrees Celcius, participants and onlookers were

not deterred.

It's true that no name-sake visit is complete without a stopover at the Legion, and we sure did enjoy the great hospitality at the new #254 location. LCdr Angus Fedoruk, the Commanding Officer of HMCS Whitehorse, presented Legion member Darcy Grossinger with a ship's badge and two photos of the ship.

We even got the chance to sample 'solstice', a much revered local spirit that does a great job of keeping out the cold.



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Ben Green, Lookout

Michelle Lynn Gunter, from the College of the New Caledonia, gets a few pointers from PO1 Jason St. Jean during a demonstration by HMCS Vancouver's ship's boarding party.

HMCS Vancouver shows off capabilities

Ben Green
Staff writer

Two weeks ago, the narrow passageways and departments of *HMCS Vancouver* were packed with curious visitors getting their first taste of life at sea. More than 100 community influencers were flown to Victoria, some from as far as Manitoba, by the Canadian Forces (CF). The goal was to solidify a partnership between the navy and smaller, inland regions, and educate them on navy life. The majority of guests were from visible minority populations, such as Aboriginal, African-American, and Asian.

"Day sails provide golden opportunities for people to see what we do in the navy and how we do it," says SLt Mark Fifield, from the Navy Public Affairs Office. "Experiencing life at sea

first hand gives our guests a greater appreciation of the navy's capabilities and helps raise awareness of career paths available to potential recruits."

Cdr Brad Peats, *Vancouver's* Commanding Officer, met the group on the ship's flight deck, and introduced them to sailors from minority backgrounds that are thriving at their specific trades.

As the frigate made its way out into Constance Bank, recruiting staff began a tour of the ship to showcase the various departments that keep the warship sailing.

Snaking their way up and down the depths of the vessel, the tour groups were treated to presentations by ship's personnel from many of the different trades. Crew from the combat department, damage control, the machinery

control room, the missile deck, the boarding party, and the bridge all dressed in job-specific gear and held question and answer periods to the inquisitive groups.

A special guest tagging along for the day was Capt(N) Craig Baines, Base Commander of CFB Esquimalt, who brought 20 employees from the base to experience life at sea. As part of his mandate as Base Commander, Capt(N) Baines is connecting the civilian workforce with serving personnel on a more intimate level.

"This is a great opportunity for us to show the capabilities of a Canadian Patrol Frigate," he said from *Vancouver's* bridge. "The day sail is an education piece, an awareness piece, to show we're very welcoming to these diverse groups."

Seated in his chair on the bridge, overlooking the rain beating down on the ship's foc'sle, Cdr Peats echoed the Base Commander.

"This is important stuff, we're a cross-section of Canada," he said. "The intention by having visible minorities on board is to recruit this cross-section. Most of Canada is landlocked, so in order to show Canada's Navy it's important to bring them to the coast."

As lunchtime rolled around, eager bellies and tired legs graciously rested in the messes as the crew served a buffet of hot dogs, hamburgers, salads, fruit, and of course, duff (sea-slang for dessert). As the satisfied groups finished eating, they made their way back to the flight deck for the day's final demonstrations.

See Visitors page 8



Military Special

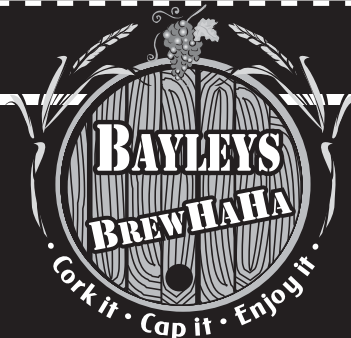
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LUNCH AND LEARN

Achieving your dreams

LS Jo-Ann Kozyn
Contributor

What would you want your children to remember after you're gone?

Professor Randy Pausch, who was dying from pancreatic cancer at age 47, put his thoughts on video as a lasting gift to his children. It was his final lecture as a professor at Carnegie Mellon University, and he called it "Really Achieving Your Childhood Dreams."

The video is an inspiring and insightful message about the importance of achieving your dreams and

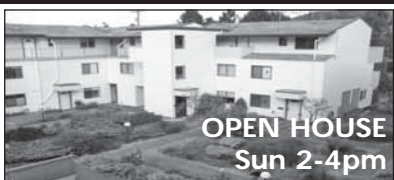
enabling others to reach for theirs. It will be played on Friday, March 25 in the upstairs classroom at Naden Athletic Centre at lunch time, and everyone is welcome.

Using humour and humility, Pausch recounts personal stories of childhood dreams to remind us that dreams can still be realized (big or small).

This lecture was seen by more than six million viewers when it was first released in 2008 and reminds us to live life to the fullest no matter what path are lives are currently on.

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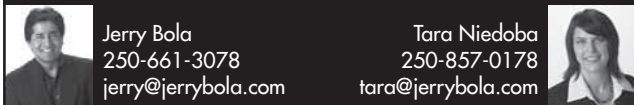
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Visitors experience manoeuvres at sea

From page 6

Wanting them to truly understand what being on a moving frigate is really like, *Vancouver's* crew made sure everyone was holding on and revved the engines. Starting at a standstill, the churning propellers kicked up the ocean as the ship launched forward. Reaching maximum speed of 30 knots in just a few seconds, the ship drastically rolled to starboard and then to port. Cameras flashed and nervous laughter took over the deck; the 5,000 ton frigate's manoeuvrability took most of the group by surprise.

Just as the adrenaline subsided, a piercing bong-bong (ship's alarm) raised it back up. With the help of a Sea King from 443 Maritime Helicopter Squadron, a man-overboard exercise began on the ship's starboard side. Standing in awe on the flight deck, the group stared as *Vancouver* launched her starboard rigid hull inflatable boat (RHIB) and raced below the hovering helicopter that had marked Oscar, the dummy, bobbing in the waves. In a real man-overboard, personnel have six minutes to reach the crew member before hypothermia and other health problems begin. Oscar was pulled out in just over four minutes.

Applauding as the RHIB

was secured back onboard, the group turned their attention to the Sea King who screamed off by the deck showing off some very aerodynamic and impressive manoeuvres. Dangling down a crew member to wave goodbye to the crowd, the helicopter completed one more flyby that brought an end to the day's activities.

Applauding once again, the group busily chatted with one another about the day's demonstrations.

"It's amazing, I've done the tours before but this was much more comprehensive," said Dave McKeever, a representative from Northwest Community College in Prince Rupert. "I particularly enjoyed the boarding party demonstration, just like if you have to deal with piracy. I've always believed in the Forces but this just confirms it, just the way they are, the professionalism. I love it."

Maj Dan Mainguy, a Marketing and Diversity representative for the CF Recruiting Group, along with the rest of his team, was instrumental in organizing the day's trip, which he called a resounding success. The ability to foster relationships with these individuals from these regions will only help the navy, and the CF in general, reach Canada's diverse population, he concluded.



Ben Green, Lookout

LS Brad Warford watches over Jim Louttit's shoulder as he experiences the "driver's seat" on the bridge during a portion of Thursday's tour.

Swing or swim: Naden pool now offers both options

Ben Green
Staff writer

With the Naden Athletic Centre fresh off its gym floor refit, patrons of the facility may notice another new addition since its temporary closure three weeks ago.

A new climbing apparatus, hanging enticingly from the ceiling above the pool, begs swimmers to scale up its ropes, swing from the bars, and plunge into the water below.

"We wanted to bring something to the pool that would be fun for kids but could double as something navy personnel could train on," says Natalie Vincent, Recreation Coordinator at Personnel Support Programs (PSP).

The design for the climbing apparatus comes from a similar piece of equipment currently in use at the Oak Bay Recreation Centre.

The recreation team submitted a request last October to Construction Engineering (CE). They checked out Oak Bay Recreation Centre's

We wanted to bring something to the pool that would be fun for kids but could double as something navy personnel could train on.

-Natalie Vincent
Recreation Coordinator

equipment to see what they'd need for their project.

After months of work, the six foot by 12 foot yellow cedar structure is now ready for use. Patrons have the option of swinging along the bars or pulling themselves up on the various ropes dangling down. An electronic pulley system raises and lowers the entire apparatus with the push of a button. A list of proper apparatus protocol is displayed in the pool area and it can only be used during "everyone welcome" swims. With the NAC pool see-

ing a 50 per cent increase in swimming lesson numbers since last year, Vincent hopes the new apparatus will keep increasing attendees to their evening and weekend swims.

The re-opening of the facility and the novelty of the apparatus has the recreation department searching for a name to call it.

"We've created a competition to name it," says Vincent. "We're hoping for a name the navy can relate to."

Anyone within the DND community is welcome to have their input. NAC patrons should look for a ballot box located at the front doors of the facility to cast their suggestions. They can also be emailed directly to Vincent at natalie.vincent@forces.gc.ca.

Whoever's suggestion is chosen will receive a prize from the recreation department, so ballots should include the apparatus name suggestion, the individual's name, and a contact number.

Ballots will be collected on Monday, April 4, and a winner selected soon after.



Patrons of Naden Athletic Centre pool will notice a new climbing apparatus hanging over the water.

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Lieutenant Governor of B.C. claims First Nations cadet corps his own

Shelley Lipke
 Staff writer

The "Stand Up" parade for Duncan Army Cadet Corps 2924 Kowutzun was the apple of the Lieutenant Governor's eye.

Last Wednesday in Duncan, an emotional Stephen Point stood in front of 20 First Nation youth, clad in their best cadet dress, to officiate the ceremonial beginning of the corps.

He took the salute from 15-year-old Senior Cadet, Sgt Christine Good, and then inspected the cadets before addressing the crowd.

"I'm going to be 60 this year and I remember standing at attention, pressing the creases out of pants before parading. My days as a cadet served me very well," he said. "There is something about a uniform that makes you a part of something. I'm proud of you. You're making history in the Cowichan Valley."

LGen Point is the head of the Duncan cadet corps. He handed out Lieutenant Governor pins to the cadets. "I expect you to be ambassador's for me. You are my corps."

Cowichan Tribes Chief, Lydia Hwitsum, also addressed the cadets.

"The elders are proud of you. I learned about the vision and mission of the cadet corps and the strength it builds in youth and I wanted to bring this here."

Each speaker was emotionally charged, and when the Corp's Commanding Officer, Capt Evelyne Lacey took the podium, she fought back tears of joy. "I'm pleased and honoured to be part of your journey," she said to the cadets. "Your Honour, I'm so excited we are your corps."

The launch of the new corps dedicated to First Nation youth is a first for the province, and the second in Canada. What sets this corps aside from others in Canada is its inclusion of Aboriginal



Shelley Lipke, Lookout

LGov Stephen Point (centre, back) joins in a group photo of the new cadet corps.

culture and traditions. First Nations drumming, singing and mentoring by elders are several ways the corps will incorporate First Nations culture.

"For Duncan, it's one step forward and I'm proud of this opportunity for youth to learn about leadership and respect as they go into the future," said Army Cadet League President Phillip Sherwin. "The incorporation of the cultural tradition of the Cowichan Tribes is unique to this corps."

The idea of an all First Nations corps stemmed from a "The First Poppy" ceremony at Government House in October 2009. Cowichan branch 53 Royal Canadian Legion Past President Lt (Ret'd) Allan Waddy proposed the idea to the Lieutenant Governor.

Waddy helped set up the first Aboriginal corps on Christian Island, Ontario, in 1981, and mentioned the idea to LGov Point who fully supported it.

In September the newly established corps, which is jointly sponsored by the Cowichan Band and the Royal Canadian Legion, paraded for the first time.

"This is the culmination of many dedicated people making history with our First Nations youth in British Columbia. As we move forward with this success we look ahead to many more achievements," said Lt (Ret'd) Waddy.

The corps parades each Wednesday and so far they have taken first aid, gone camping and learned Aboriginal dancing and drumming.

Cdr Rod Hughes, Commanding Officer Regional Cadet Support Unit, said, "This has happened because of the adult leadership. Senior cadets and community members have stepped forward to collaborate to make this happen. I'm very proud of what they have achieved and it's long overdue. This can be a model for other corps in the province. We have been asked to grow the cadet program by 40 per cent over the next six years, but it's up to the adult leadership in each community to make this happen. Let this corps be a model for future corps in the province."

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Shelley Lipke, Lookout

It was a proud moment for mom Adriene Good (right) to see her children (left to right) Liz-beth, Christine and Troy display the Lieutenant Governor's pin on the collars of their uniforms.

Reserve sailors go inland for training

Shelley Lipke
Staff writer

Three sailors from *HMCS Malahat* used the expertise of local militia soldiers from the Canadian Scottish Regiment to practice and enhance their marksmanship skills on March 2.

Armed with C7 assault rifles in the Bay Street Armoury, they utilized the weapons trainers and each had their own infantry tutor to learn how to shoot more accurately.

Their goal was to hone their skills in order to pass an upcoming range qualification at Heals Range in Saanich.

"This was a good opportunity for our sailors to practice these skills," said *Malahat* deck officer Lt(N) Steve Hutchings. "For the navy, handling a personal weapon is more of a secondary role, whereas the combat arms maintain a higher standard of weapons training than the average CF member"

As mandated for the Canadian Forces minimum standard, each sailor, soldier and airman or airwoman must qualify on the C7 to a particular level every two years. In preparation for their range test, the three *Malahat* sailors turned to the army's subject matter experts for tutelage.

The trainer itself is like a Wii arcade game, but with real weapons.

"The C7s are gas powered and electronically connected to a computer screen to represent the range. The operator of the system monitors the trigger pull, canting of the weapon and sees where their shot falls on the target," said Lt(N) Hutchings. "Some people are natural shots and others struggle and are a bit afraid of the weapon because of the consequence of error with live rounds. This simulated training was a bit more relaxed."

MS Andrea Christal, one of the sailors shooting, said on the ship they walk out on the flight deck and shoot 10 rounds into the water, but there is no feedback from the target or from an experienced coach.

"The immediate feedback and support was beneficial. The knowledge



PO1 Mike Mitchell, HMCS Malahat
Cpl Mike Powell of the Canadian Scottish Regiment in Victoria gives A/SLt Marc Parent some feedback on his technique.

the subject matter experts had was outstanding," she said. "We have virtually no opportunities to practice the principles of marksmanship and get coaching and target feedback, so this specific training taught us how to shoot accurately."

The idea is to get all five shots within six inches, or 150mm or less, and during nearly three hours of training MS Christal was able to improve her accuracy. She started with a 300mm circle and improved to a 150mm grouping.

PO1 Mike Mitchell said, "At first I didn't know what to make of it. My initial impression was the simulator wasn't going to replicate live fire very accurately, but the weapon actually recoiled with the air pressure. You had to hold it steady and it was the same weight, so it was very realistic."

The screen, about 30 feet away with different backgrounds and scenarios, were presented to the sailors.

"It was like a game at the arcade. But I was impressed. It actually simulated a stoppage in my weapon, which added to the realism of it. Also the beauty was that no ammunition was wasted in the

process," says PO1 Mitchell.

Each sailor fired about 250 rounds in standing, seated and prone position and were re-introduced to the principles of marksmanship.

"For a qualification shoot at the range, 55 rounds are fired and only 10 are practice rounds," said Lt(N) Hutchings. "When on a range, there is a bit of a 'pucker' factor because it is live rounds and there can be nervousness with using a weapon."

Sailors were coached on how to breathe, squeeze the trigger and how to align their bodies for sight and target alignment.

"It was a relaxed environment without time constraints or pressures. Everything was done in slow time to build the confidence of the sailor. Some hadn't fired a gun in a year or two. I think it was fantastic training, and it was also good for the Canadian Scottish Regiment as they are required to coach and this gave them an opportunity to practice that," he said.

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Navy joins in to celebrate Victoria's Francophone roots

Ben Green
Staff writer

Fleet Diving Unit (Pacific), the Military Family Resource Centre and Canadian Forces Fleet School Esquimalt joined the festivities in Centennial Square last weekend as the city celebrated its Francophone population.

The 14th annual Victoria French Fest presented by The Victoria Francophone Society brought together Camosun College, Victor-Brodeur school, St-Jean-Baptiste Parish, and the Da Vinci Centre to host stand-up comedians, live music, arts and crafts, traditional cuisine, workshops, and guided tours.

Sailors from the dive unit came with their dive and bomb disposal equipment and received many questions, in English and French, from the public about their equipment and machinery on display.

CFFSE personnel provided various seamanship demonstrations including how to tie simple knots such as bowlines and reef knots. They also distributed navy-branded swag to festival attendees.

"The navy is an important part of the community here in Victoria," said Lt(N) André Bard, a Battle Damage Repair

Officer with Fleet Diving Unit (Pacific). "Participating in local events allows us to communicate freely with the public and make ourselves a little more visible to the community. It shows the community some of the aspects the navy has to offer and we are able to answer questions the locals might have about what we do."

Not just for adults, swarms of young festival goers, decorated in face paint and grasping their balloon animals with surprising strength, exhausted themselves rebounding off the walls of the inflatable bouncy-castles at Centennial Square's kid's zone. A surprise visit from SONAR, the navy mascot, left them in a giggling frenzy. The giant, black-coated Newfoundland dog spent much of the afternoon dishing out hugs, posing for pictures, and even participated in a dance-off with the Coast Capital whale mascot.

Unfortunately high winds and bad weather cancelled much of Sunday's activities, but the first three days provided a reminder of the cultural diversity of our coastal city.

Victoria's 2010 French Fest saw over 6,500 participants enjoy the city's Francophone community.



Ben Green, Lookout

Above: SONAR, the navy mascot based on a Newfoundland dog, finds time for a quick hug with Lt(N) André Bard from Fleet Diving Unit (Pacific).

Right: Fleet Diving Unit demonstrated its bomb detecting equipment.

The navy was just one of several groups that participated in the 14th Annual Victoria French Fest, with a few CF units setting up booths and demonstrations for the eager onlookers.



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Bravo ZULU

Governor General David Johnston recently presented the Order of Military Merit to three local military members.

Left: CPO1 Michael McCallum.

Right: Capt Shannon Wills.

Bottom: CPO1 Malcolm Conlon.

Also receiving the OMM was Capt(N) Martin Teft, Joint Task Force Pacific Headquarters.

Photos by Sgt Serge Gouin, Rideau Hall, OSGG



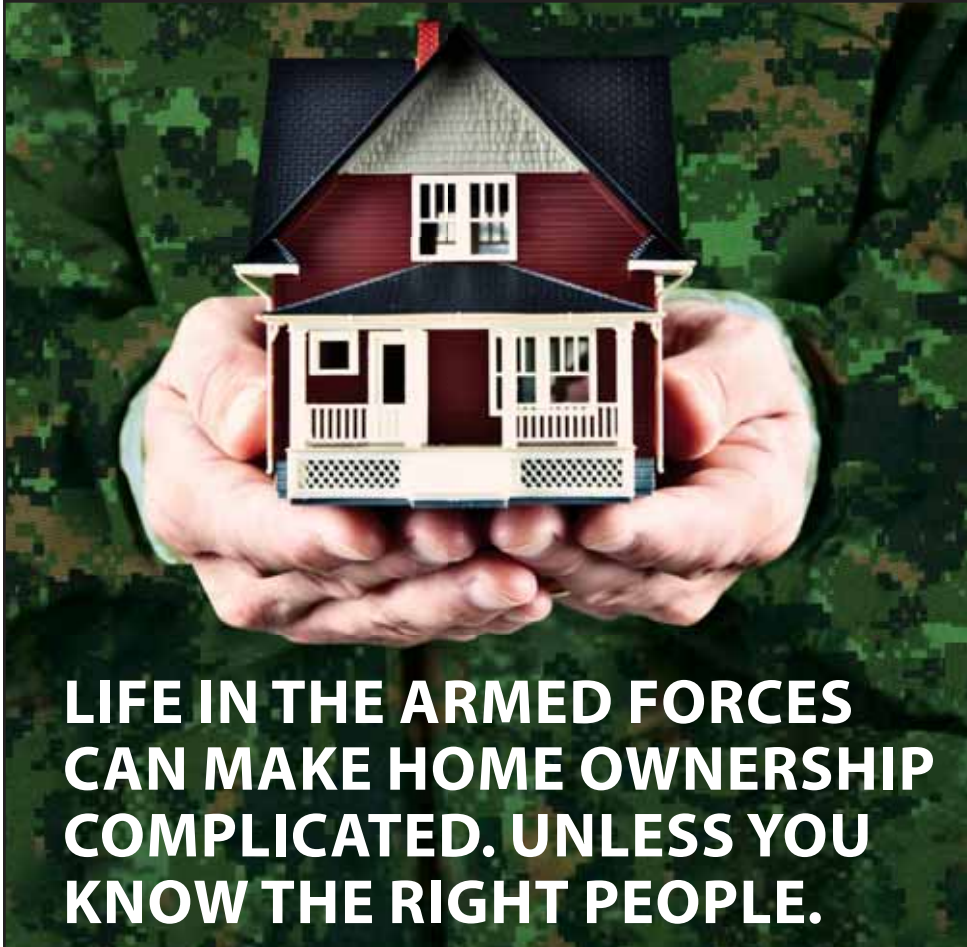
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First World War soldier finally buried

DND

Nearly a century after his death, Private Thomas Lawless, a Canadian First World War soldier whose remains were recovered and identified on Jan. 10, 2011, was buried March 15 with full military honours at La Chaudière Military Cemetery, in Vimy, France.

"The courage and dedication of our Canadian First World War heroes will never be forgotten," said the Honourable Peter MacKay, Minister of National Defence. "After all these years, we finally recognize Private Thomas Lawless with the honour and dignity he so greatly deserves."

Private Lawless was born on April 11, 1889, in Dublin, Ireland, and enlisted with the Canadian Expeditionary Force (CEF) in Calgary, Alberta. He was a member of the 49th Battalion, CEF, who fought in the Battle of Vimy Ridge.

Veterans Affairs Canada has provided support to the family members of Private Lawless and has also coordinated their participation in the interment ceremony.

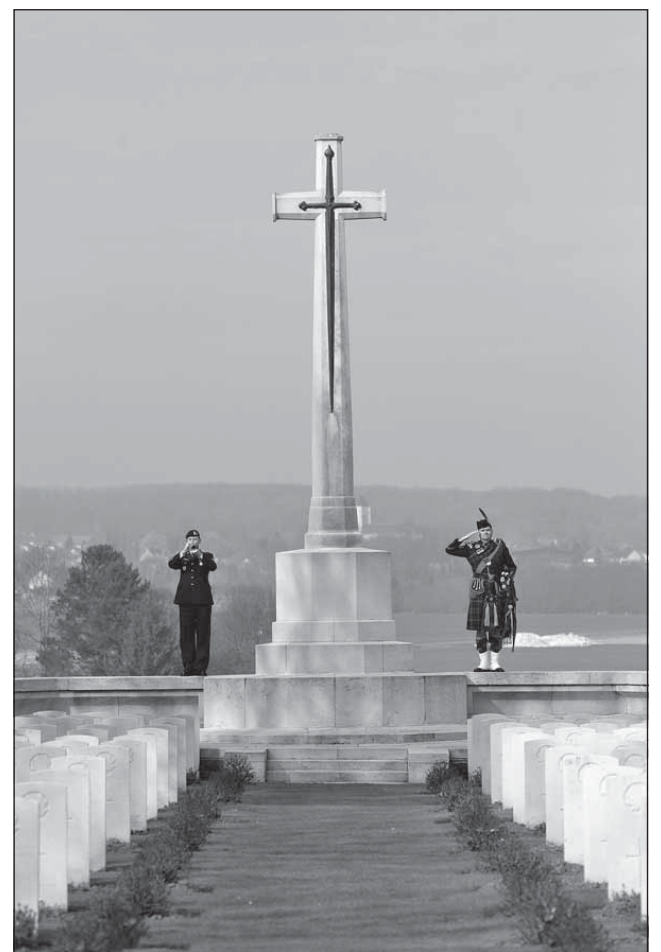
"It is very gratifying that we can properly lay to rest a Canadian who made the ultimate sacrifice for our country and our way of life," said Honourable Jean-Pierre Blackburn, Minister of Veterans Affairs and Minister of State (Agriculture). "We are now able to share Private Lawless's full story of courage with other Canadians and assure his family that we will remember him."

In October 2003, two sets of human remains were found at a construc-



MCpl Roy MacLellan, CFSU(O) **Nearly a century after his death, Pte Thomas Lawless, a Canadian First World War soldier, whose remains were recovered and identified on Jan. 10, 2011, was buried with full military honours at La Chaudiere Military Cemetery, in Vimy, France.**

tion site in the vicinity of Vimy Ridge, France. The first soldier was identified in February 2007 as Private Herbert Peterson of Berry Creek, Alberta. On Jan. 10, 2011, Private Lawless' remains were identified by the Casualty Identification section of the Directorate of History and Heritage after a combination of anthropological, historical and biological research such as generic testing, osteology, facial reconstruction and military historic records were conclusive.


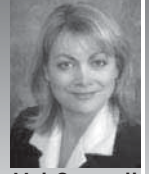






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Shelley Lipke, Lookout

Personnel Support Programs Manager Dave Molinari donated blood during the two-day Canadian Blood Services clinic held at the Chief and Petty Officer's mess last Wednesday. Phlebotomist Jenni Howse removes the needle. About 40 people donated each day, but more donations from the public and military members are required. Call 1-888-2-DONATE to book your appointment at the Saanich clinic or the next one held on base.

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Sea service insignia launched

Commodore hands badge out to local sailors

2Lt Joshua Brighton
Navy PA

Two weeks ago, Commodore Peter Ellis, Commander Canadian Fleet Pacific, participated in the launch of the Sea Service Insignia (SSI) with nine members of the Canadian Forces at a ceremony in Building D100, Maritime Forces Pacific Headquarters.

The launch of the badge coincided with a ceremony that took place in Ottawa the same morning where Vice-Admiral Dean McFadden, Chief of the Maritime Staff, unveiled the insignia. The insignia comes in the wake of the Canadian Naval Centennial and is designed as a formal recognition of time spent at sea.

"Daily life at sea can be difficult for those Canadian Forces members who are often called upon to work in areas far away" said

Cmdre Ellis.

At the ceremony Cmdre Ellis also highlighted the sacrifices that families must go through when a loved one is serving at sea.

"Our team is well trained and out there ready to respond to anything. They are terrific people who are motivated and supported by their families and the community" noted Ellis.

While most of the members who don the new insignia are naval personnel, the badge is available to all qualified members of the Canadian Forces – regardless of environment – who have spent significant amounts of time at sea.

"A key part of the success of naval operations depends on the men and women in the army and air force who serve aboard ships in maritime air operations and various support roles" said Cmdre Ellis.

The SSI consists of a stand alone naval crown

superimposed in the centre of a fowl anchor that represents service to Canada in naval operations.

Four different insignia have been designed and are awarded at incremental levels, commencing at 365 sea days. Subsequent levels are set at 730 sea days; 1095 sea days; and 1460 sea days. Each level is represented by a different colour beginning with gun metal followed by copper, silver and gold. The insignia will be limited to Canadian Forces members who were serving on January 1st, 2010 onwards. However, sea days earned prior to then will be counted towards eligibility.

The insignia will be worn above the name tag on naval tunics, and on the left sleeve above all other medals or badges on army and air force tunics. For short sleeve shirts, all elements will wear the insignia centred on the right pocket panel.

Air Force member first to receive new navy badge

Lt Carol Desrosiers
DND

MWO Christopher Crant is the first Air Force member ever to receive the Navy's new Sea Service Insignia (SSI).

The inaugural insignia were presented March 3 in Ottawa.

"I am extremely proud to be the first Air Force member to be presented with the SSI," says MWO Crant, who received the Bronze Level II, for having spent 835 (actual) days at sea onboard Her Majesty's Canadian Ships Cormorant, Preserver, Montreal and Iroquois.

"Over the years hundreds of meteorological techs have served aboard HMC Ships working long hours and spending months at a time at sea away from home. There are normally two met techs per ship who provide marine and aviation forecasts in support of both ship and helicopter operations. I am also very pleased to find myself once again working with sailors as part of the maritime staff directorate here in Ottawa," he said.

There are four levels of recognition within the SSI award. The first is the Gun Metal Level I, given for a minimum of 365 days at sea; the Bronze Level II is given for 730 days; the Silver Level III is given for 1,095 days; and for 1,460 days, members receive the Gold Level IV.

Once the time that Air Force members have served at sea is calculated, those meeting the criteria receive it at their unit – both a fabric badge and a metal insignia.

During the inaugural presentation of the SSI, the Chief of the Maritime Staff, Vice-Admiral Dean McFadden, explained the reason behind its creation.

"It is a visible and formal recognition of the key role that naval operations play in Canadian security at home and abroad. Whether participating in search and rescue operations, protecting Canada's ocean



Cpl Vicky Lefrançois, DND

The Sea Service Insignia badge on the left sleeve on an Air Force tunic.

approaches, conducting arctic sovereignty exercises, or patrolling the world's oceans to keep them safe for all to use, and conducting these vital activities in all weather conditions".

Air and ground crew who sail with the Navy contribute to the overall effectiveness of the Canadian Forces and the Navy by serving as "the eyes of the ships". Many Air Force members support the Navy, serving in occupations such as CH-124 Sea King pilots, air combat systems officers, airborne electronic sensor operators, avionics systems technicians, public affairs officers, meteorological technicians, medical technicians, resource management support clerks, communicator research operators, cooks, firefighters and more.

The Sea Service Insignia is a way to say "thank you" to all Canadian Forces members who serve with the Navy. In a broader context the Canada First Defence Strategy seeks to showcase the work being done by the Canadian Forces; one way of doing that is to recognize members for the service they have provided to their country, in a specific and demanding environment, such as the sea.

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Cadet biathletes golden at national championship

Capt Amélie Leduc
Cadet PAO

The 12 Cadets that represented British Columbia at the 23rd National Cadet Biathlon Championship in Valcartier, from March 7 to 11, offered an outstanding performance.

The 12 biathletes were selected to represent their province at the National competition by qualifying during regional and provincial cadet biathlon competitions held earlier this year. They trained all year round to achieve the best possible results and proudly brought back "something" to their region and their respective cadet corps and squadrons.

During the first two days of competition, in the individual races, the team collected three gold medals, two silver and one bronze.

Carson Mackenzie from 909 "Peregrine" Royal Canadian Air Cadet Squadron (RCACS) won two gold medals for his performance during the mass start and the pursuit and was awarded the Nikki Keddie award for the junior male cadet with the highest cumulative aggregates from his individual races. Older brother, Jasper Mackenzie also won a gold medal for his performance in the pursuit race as well as the Myriam Bédard award for the youth category male cadet with the highest cumulative aggregates from his individual races. The Mackenzie brothers are both aspiring to fulfill their dreams of becoming Olympic biathletes.

Rita Dubman, from 47 "Captain Vancouver" Royal Canadian Sea Cadet Corps (RCSCC), gathered herself two silver medals in her category through incredible performances in the mass start and the pursuit races. Additionally, Louisa Tsang from 102 "Fraser" RCSCC, gained a bronze medal in her category at the mass start.

After brilliant individual race performances, the cadet male unit team, comprised of Carson Mackenzie, Devon Greenhalgh and Jasper Mackenzie, all from 909 Peregrine RCACS in Westbank, won the gold medal in the relay race with a time of 1:13:33.7. A lead of 7:39.9 from the second place team brought their team another Gold

It was amazing for my first experience at National Cadet Biathlon and I hope to be back.

-Jannah Smailes
909 RCACS

medal during the Patrol Race the next day.

The cadet female combined team. Rita Dubman, from 47 RCSCC, Louisa Tsang, from 102 RCSCC and Jannah Smailes, from 909 RCACS, brought home the gold medal for their performance in the patrol race.

The patrol race is unique to the Cadet Biathlon Program. It begins on the range with the first firing bout, or sequence of shots on the target. Two biathletes fire on targets while the third acts as coach, due in part to the fact that during this race the team's adult coach is not permitted to assist. The team members have to come up with a strategy to make sure they all fire at least twice through four bouts of shooting and three loops of skiing. The race spans a distance of six kilometres for males and 4.5 kilometres for females. Teams must remain together at all times, with no more than 30 metres of separation. The finish line is on the range, where the race

concludes and time stops only when the last target has fallen or time runs out after a maximum of 45 minutes.

The B.C. team is ecstatic with their week's triumphs. "It was amazing for my first experience at National Cadet Biathlon and I hope to be back," said Smailes.

The cadet biathlon program has produced several national, international and Olympic-calibre biathletes including; Myriam Bedard, double Olympic gold medalist at the 1994 Olympic Winter Games in Lillehammer; Martine Albert who participated in the 2006 Olympic Winter Games in Turin and holds over 30 Canadian and North American titles as well as a World Championship bronze medal and, most recently, Jean-Philippe Le Guellec who gave an excellent performance at the 2010 Olympic Winter Games in Vancouver, and whom we should see again at 2014 Olympic Winter Games.

The Cadet Program has a membership of over 50,000 young people across Canada. It is a national youth development program that provides tools and activities to prepare youth for the transition to adulthood by instilling the values of fitness, leadership, citizenship, challenge and fun. To find out more about the Cadet Program visit www.cadets.ca



Above: The male unit team, Devon Greenhalgh, Carson Mackenzie and Jasper Mackenzie, proudly pose just after finishing the patrol race.

Below: Rita Dubman, Louisa Tsang and Jannah Smailes excitedly display their medals.



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Macdonald wins curling

CPO2 Dale Crewe
Contributor

For the first time in 10 years, CFB Esquimalt Intersection Curling League Aggregate Championship went to another team other than the Bob Pope or Ken Lidstone rinks. The Scott Macdonald rink curled flawlessly throughout the year racking up 18 wins and only losing one match to capture the championship. The other members of Macdonald's rink included Dale Crewe, third; Keith Thomson, second; and Dave Roth, lead. As the winner, the Macdonald rink will represent the league in the Esquimalt Curling Club championship later this month.

After the final day of curling on March 9, the wind-up was held in the Esquimalt Curling Club upper lounge where the players gathered for snacks and award presentations. League President Ron Pearson welcomed all the curlers and congratulated



Event champions (left to right) Carmela Lukey, Melanie Levesque, Phil Rochon, Marty Truchon and League President Ron Pearson.

the executive for making it an excellent season. After presenting the Aggregate award to the Macdonald rink, he presented the other winners as follows: A Event Bob Pope; B Event Ron Pearson; and C Event Marty Truchon.

The highlight of the day was the announcement of the "Dave Gallo" award that is presented to the individ-

ual displaying "Outstanding Sportsmanship" This was voted by the players and the award went to Rosie Carter.

After the final presentations, the President thanked the executive and all the volunteers that helped with the wind-up. As well, he recognized PSP for their continued support to the Intersection Curling.

Women in the military: a century of service, a future filled with opportunities

Holly Bridges
CAS PA

Although women have been serving in the Canadian military for over 100 years, there is still some work to be done. That statement came from Lieutenant-General André Deschamps, Chief of the Air Staff, and the Champion for Women in the Canadian Forces and Department of National Defence.

"As the champion for women in the Canadian Forces, I have to say my job is easy because we have overcome many of the big challenges that were faced [by women] 30 years ago, but I think our job is not done," said LGen Deschamps, addressing the crowd at the International Women's Day event in the concourse at National Defence Headquarters March 10.

LGen Deschamps repeated a statistic from earlier in his address where he mentioned that only 15 per cent of the people serving in the Canadian Forces today are women.

"That [statistic] is reasonably stagnant and it

does concern me, so we're working on how we can make that [number] even higher to raise participation by women in Canadian Forces."

Still, LGen Deschamps did highlight the tremendous contributions made by women in the Canadian Forces over the past several decades, including one of his fellow guest speakers, Brigadier-General Hilary Jaeger, who now serves as the national medical officer with Veterans Affairs Canada.

BGen Jaeger chronicled her own journey as a woman in the CF, remembering a time when women were not allowed entry to Royal Military College or certain units or military occupations such as pilots or combat soldiers. She said that women in the CF have come a long way in a very short time.

"We are talking about a hundred year time span [that women have gone from] zero to fully recognized as equally capable of contributing. In the context of human history, that's nothing. And if you put that into the context of

women who are struggling in other countries, it's actually a hopeful thought."

BGen Jaeger reflected that although she and other women overcame gender obstacles to achieve great success in the CF, the future is pretty much open to women wanting to have a career in the Canadian military.

"It's hard to convey just how frustrating it was living through those days knowing you were able to do what you wanted to do but having to look around to find an open door," said BGen Jaeger. "I think and I hope that we're now at the point where you don't have to find the open door. What you have to do is decide which doors you want to go through. It's no less of a challenge and it may cause you no less stress but it's a [much] different question to be faced with."

BGen Jaeger did caution, however, that many women serving in the CF often-times choose their families over their careers, aiming to strike a better balance between work and home and therefore never climb to the higher ranks.



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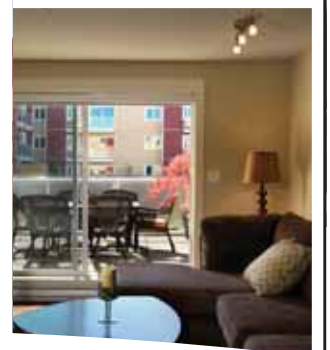
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