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LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.



USS Connecticut surfaces through the ice as a US Coast Guard C-130 Hercules does a fly past. The bridge team and support party from the Ice Camp look on. **Read the full story on page 9.**

Photo by Hector Castillo

VOTING ON BASE

These locations open on
April 18 – 21 for voting:

Naden Drill Shed
10 am. - 3 p.m.

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April 18 only:
8 a.m. - noon

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MFRC

Education can come in any form, as proven by the Esquimalt Military Family Resource Centre. Simon, Tiffany Bruce, Kathy, Colleen Cahoon and Tara recently performed at École John Stubbs Memorial School to educate students about military family life.

Puppets centre stage in learning

Jon Chabun
MFRC

To perform in front of a crowd of 400 students might intimidate some people, but a Military Family Resource Centre (MFRC) staff member and volunteer did it with ease thanks to a couple of life-size puppets.

On Wednesday April 6, the Friends and Neighbours Puppet Program made its 2011 debut at École John Stubbs Memorial School. Two puppeteers, Colleen Cahoon and Tiffany Bruce, used prepared scripts to talk about military life and deployment in a 10-minute performance.

The Esquimalt MFRC performs these shows at various events and in schools that have a large number of children from military families. The program educates children without a military background about the military, and helps children with a parent in the military to understand their feelings about military life in a non-threatening way.

For this performance, the students were quiet at first, maybe unsure what these two women dressed in black were going to do at the assembly. The two of them approached a table at the front of the gymnasium draped with a black tablecloth and

black backdrop. The children giggled with relief when they unveiled Simon, Tara and Kathy from underneath the table.

The two performers were very happy with the reception at the school.

"I thought it was a really good response," said MFRC Family Navigator Coordinator, Colleen Cahoon. "The kids really seemed to connect with the puppets."

"They are so intrigued by the puppets," said Bruce, who did a successful trial run the day before with her seven-year-old brother. "They get so into the story. All they know is that daddy or mommy is gone and how it makes them feel."

"The goal of the program is to help develop resilience in children," continued Cahoon, who helped implement the program locally. "It's important for children to see their strengths and build their self esteem."

Cahoon hopes they can do more performances at École John Stubbs Memorial School this school year. She is interested in expanding to other schools and hopes to recruit French-speaking volunteers for the Francophone schools.

For more information on the puppet program, please call the MFRC at 250-363-2640.

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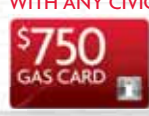
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PLD disbursement changes implemented

Ben Green
Staff Writer

All Canadian Forces personnel should be aware that a change in PLD (Post Living Differential) and TPLD (Transitional Post Living Differential) payments have been made.

Under the old disbursement, PLD or TPLD payments were added to CF personnel's net monthly income. Under the new disbursement policy, PLD or TPLD payments will be deposited separately on a bi-monthly basis; however, the amount personnel receive will still be the same.

PLD and TPLD are being recorded separately from the regular pay statement. It's advised that PLD and TPLD shouldn't be used in calculations when making financial commitments.

The PLD program was introduced in April 2000 to provide a mechanism to stabilize the cost of living of CF members and families with respect to regional differences. Cost of living includes shelter costs, goods and services, transportation, and taxation.

For more information on PLD and TPLD, regional rates, and exceptions to the policy, visit www.cmp-cpm.forces.gc.ca and search "Post Living Differential."

Winnipeg supports navigator training

HMCS Winnipeg

HMCS Winnipeg proceeded to sea last month for a short, but busy trip.

Not only did the frigate and crew contribute to force generation with a Fleet Navigation Officer Course sea phase, but they also participated in a Maritime Security Patrol in the Gulf Islands, Inside Passage and the West Coast of Vancouver Island.

The Fleet Navigation Officer Course is one of the most demanding in the CF. Five months of classroom instruction, simulator training and an

Orca sea phase culminates in three weeks of navigation passages aboard an operational warship. Winnipeg cruised throughout the Gulf Islands, San Juan Islands, and the Inside Passage, at one point going as far north as Haida Gwaii.

The West Coast of Canada provides some of the most challenging navigation in the world, and training here contributes to the high standard maintained by Canadian Navy navigators.

Four of the students passed the course and will proceed to postings

in Halifax and Esquimalt.

Concurrently, Winnipeg provided support to other government departments such as the Department of Fisheries and Oceans and RCMP in a Maritime Security Patrol. A Fisheries Officer from Haida Gwaii was embarked during the patrol, providing an important insight into Canadian fisheries on the West Coast. Winnipeg hailed and documented the transit of a number of vessels, and increased its understanding of the maritime picture on the West Coast.



HMCS WINNIPEG exiting Hole in the Wall at 30 knots while conducting navigation training.

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WHAT SAY YOU

People Talk

During a walkabout, Lookout asked people on base:

With 2012 doomsday theories looming ever closer, if the world was coming to an end would you want to know?



I would want to know so I could spend however long it was with my family and enjoy our time together.

Lt(N) Erin Vipond



No I wouldn't want to know. That's the kind of thing if you knew in advance you may live your life much differently. Knowing my luck that would be the day I won the Lotto-Max 50 million.

LCdr Keith Guinchard



I would want to know if I had enough time to take my family out for a picnic or something. If not, then just surprise me.

Genevieve Beninger



I wouldn't want to know and I wouldn't want anyone else to know either to prevent any mayhem or panic.

Elaine Hays



Yes, I would want to know, I'm the emergency evacuation coordinator for Venture and would want to prepare. I have all the earthquake boxes and materials for any emergency that may arise.

Lt(N) Robert Mackay

WHAT SAY WE

Just when does the chick outgrow the nest?

Ben Green
Staff Writer

As a 22-year-old professional in the working world, I wake up each weekday morning to the same routine. I put on my big boy pants, brush my teeth, flash the mirror a winning smile, grab a yogurt, and head out the door.

Oh right, I also say goodbye to my mom.

The five words "I-live-with-my-mom" used to be a guarded secret among young adults that would surely send them to the gallows of loneliness and rejection if ever uttered to a prospective hot date. Now it's just reality.

Fresh out of college and working hard at my first career-related job, my domestic options are limited; especially when I throw in the important decision like trying to save up for a place of my own.

In a city where a rent payment is often on par with a mortgage one, I feel lining the pockets of a stranger with my hard-earned cash for rent just doesn't make much sense. Of course there's the option of living with a friend or two, but once again that gets me no closer to my dream of owing the bank thousands of dollars.

Coming back home after four years of college, and all its freedoms, might seem like a lengthy prison sentence to most, and yes, even I wasn't sure how I'd feel. I knew I couldn't leave my mom's house in the same state I'd been accustomed to before I left for college; I

was moderately confident I had matured since age 17.

It's all about space and boundaries I realized. It's her house, so I try my best to respect the wishes of what goes where, and keep my shoes off this or that. Although we have varying definitions of clean.

At school the soap and sponges were usually reserved for HazMat-level mess; they're used a

little more frequently at home.

But she respects my space and property, although I occasionally find a shirt hung or a pair of pants folded, which I swear I left crumpled on the floor.

I have chores too.

Well, chores might be the wrong word; basically I have to clean up after myself which feels like a chore. Vacuuming, laundry, scrubbing my bathroom – did you know toilets have to be cleaned? Apparently that's not what flushing does. And of course I usually whine and complain, which draws the dreaded mom retort, "What are you going to do when you have a place of your own?" or "Feel free to live elsewhere."

I usually mumble something back as I snap on the yellow rubber gloves and grab the bottle of Vim; an attitude that would've got me a swift kick in the rear 10 years ago.

But she's right. With so many of us up-and-comers unable to afford independence right away, living at home into your 20s isn't a license to turn back the clock to junior high. At some point a relationship between parent and young adult evolves from nurturing to friendship, or roommate. The parent has to respect the fact that the child is no longer in need of constant care, and the child has to understand that parenting doesn't stop at age 17 (I swear I'm locked in teenage land forever).

Let's just hope I'm out of the house by 30. I know, that's still weird. Hey boss, can I have a raise?



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PCT Caribou and two Canadian Coast Guard Auxiliary Rigid Hulled Inflatable Boats render assistance to pleasure craft Hamilton in the waters east of Victoria on April 13.

PCT Caribou assists distressed vessel

SLt Mark Fifield
Navy PA Office

Patrol Craft Training (PCT) Caribou responded to a distress call received from pleasure craft Hamilton in the waters east of Victoria April 13.

The 19-foot vessel sent out a "Pan-Pan" distress signal requesting assistance after it experienced electrical problems and was taking on water over the stern. Caribou sailed swiftly towards Hamilton and launched its zodiac in order to assess the ves-

sel's seaworthiness and how best to render assistance.

Once it was determined that Hamilton's crew was in no immediate danger, Caribou's zodiac towed the vessel away from navigational hazards located nearby at Kelp Reef. Two Canadian Coast Guard Auxiliary Rigid Hulled Inflatable Boats eventually relieved Caribou and towed the stricken vessel back to Sidney, B.C.

At the time of the rescue effort, PCT Caribou was conducting the final week of Maritime Surface

and Subsurface Officer sea training where trainees gained hands-on experience in seamanship, visual navigation and ship handling.

"PCT Caribou responded to the Pan-Pan with enthusiasm and due diligence, rendering assistance to Hamilton until relieved by the Canadian Coast Guard," said Commander Jean-Luc DeVillers, Caribou's Officer In Charge. "This was an excellent experience for Junior Officers and NETPO (Naval Environmental Training Program for Officers) students."

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Jeans for juniors, charity drive

Ben Green
Staff Writer

People across the province will be supporting the 21st annual Jeans Day fundraiser for B.C. Children's Hospital on Thursday, April 28. Whether you like them baggy or boot-cut, wide fit or slim, sporting your denim, along with a small donation, will go towards the care of thousands of sick children.

For the third year in a row, Venture, The Naval Officer Training Centre is doing their best to raise funds and bring awareness to the event. The past two years has seen the Work Point training centre raise over \$2,500, a number they hope to significantly add to this year.

"My goal would be to increase the total [from previous years]," says Erin Vipond, Marine Systems Instructor at Venture. "I'm working with the charity rep here, Tony Whyte. He's doing soup and barbeque days as well [up until the end of April] and all the revenue from those will go towards Jeans Day."

Just back from a year on maternity leave, Vipond is spearheading the event for Venture because she has first-hand knowledge of the miracles B.C. Children's Hospital performs.

Her oldest daughter Emily, now three, spent the first few months of her life there due to a congenital heart defect. Undergoing open heart surgery shortly



after birth, she was cared for at the Vancouver-based hospital, as was the rest of the family while she recovered. Emily is now a strong and healthy child, but still keeps in touch with the hospital through two study groups she's in.

"By kids being involved in research they provide information that can help other children in the future and the people that are caring for them," says Vipond.

The money raised through Jeans Day goes directly to the B.C. Children's Hospital Excellence in Child Health Fund. This fund provides the hospital's areas of greatest need with essential services, research, and advanced technology so it remains one of the leading paediatric facilities.

To participate, simply purchase a \$5 button or a \$20 lapel pin and attach it to your jeans on the 28th. Buttons and pins can be

purchased from Vipond at her office in Venture's Collier Building (room 207) or in Work Point's Gunroom every Friday at 10 a.m.; they can also be purchased directly online at www.bcchf.ca.

On this website, B.C. Children's Hospital has a free contest Jeans Day participants can sign up for as well. Up for grabs are two tickets courtesy of Air Canada to anywhere in North America (some restrictions apply) and a weekend getaway for two at Nita Lake Lodge in Whistler. The winners will be announced during B.C. Children's Hospital Miracle Weekend June 4 and 5.

Started in 1991, Jeans Day has raised almost \$12 million for B.C. Children's Hospital. Last year's event alone saw \$1,280,735 raised.

Note: Units wishing to participate must have authorization from their Commanding Officers.



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Changes in health care

Ben Green
Staff Writer

Effective April 1, 2011, employer and monthly pensioner contribution rates for the Public Service Health Care Plan (PSHCP) have increased.

Citing an increase in usage by participants of the plan, the Treasury Board of Canada has raised the monthly contributions for the two groups. For pensioners, the rate increases will start with the April pension cheques.

For most PSHCP participants this change has no consequence, but there are a few groups that the increase does pertain to such as Quebec residents, Class A or B Reservists (fewer than 181 days) who participate in the PSHCP, and those CF personnel on leave without pay and wish to remain participants.

For Quebec residents in the CF, the employer portion of the PSHCP is taxable. These residents will see a nominal increase in their taxable income which will be reflected on their 2011 T4 slip.

For Class A and B

Reservists, they must pay the full cost for Level I, II, and III PSHCP coverage (employer and participant costs).

Personnel who are on leave without pay and wish to remain PSHCP participants must also pay the employer and participant costs during their period of leave.

The new employer rate increases are as follows:

Level I: from \$102.68 to \$112.05

Level II: from \$102.70 to \$112.07

Level III: from \$102.70 to \$112.07

Level III Senior Officer: \$102.69 to \$112.06

The new pensioner rate increases are as follows:

Single –

Level I: from \$14.71 to \$21.78

Level II: from \$31.27 to \$38.34

Level III: from \$60.12 to \$67.19

Family-

Level I: from \$29.80 to \$42.76

Level II: from \$46.36 to \$59.32

Level III: from \$75.21 to \$88.17

Employee/participant contribution rates remain unchanged at this time.

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Unusal dress worn for EXPRES test

Benjamin J. DeLong,
Trident Staff

On March 28, Lt(N) John Faurbo fulfilled the accomplishment previously established by his colleague, Lt(N) Jeff Murray; he completed the "Mess Kit EXPRES test."

Two years ago, Lt(N) Murray was challenged to do his EXPRES test in his mess kit, because it was the day after the Naval Technical Officer (NTO) community's annual mess dinner. The event that followed was dubbed the inaugural Jeff Murray Mess Kit EXPRES test.

Although Lt(N) Murray did not do it again, Lt(N) Faurbo thought the challenge was worthy of re-establishing.

"I told them [the NTO community] that I would do it in my mess kit if they raised enough money for charity," said Lt(N) Faurbo.

Roger Barakett, Production Manager FMF CS, used a bucket to collect donations.

"I actually severely underestimated how much money the Bara-buckett could hold," said Lt(N) Faurbo. "By the end of the night, counting up the donations and the pledges, I had raised \$1,450."

The charity was chosen by the guest speaker for the NTO mess dinner, Adm (ret'd) Ron Buck. He chose to donate the money to



photo by SLt Kin "Jack" Hui

Lt(N) John Faurbo of CFNES does his EXPRES test while wearing mess kit. He follows the accomplishment set by Lt(N) Jeff Murray two years ago.

HMCS Sackville.

The next morning, Lt(N) Faurbo tried to do his EXPRES test, but the instructors were busy at the gyms. The following Monday, March 28, he was at STADPLEX, in his mess kit, ready to go.

"It was truly a unique method of charity," said Cdr CFB Halifax PSP fitness and sports instructor, Lucas Hardie, who administered Lt(N) Faurbo's test.

While he was allowed to wear most of his mess kit, he was instructed to wear sneakers for safety.

"There weren't any concerns with him doing it in his form of apparel; he felt comfortable enough to

complete the test, but not capable of maximizing his performance," said Hardie.

A number of Lt(N) Faurbo's colleagues came to witness the test and cheer him on as he ran 8.5 on his shuttle run, 106 combined on his hand grip test— "which is definitely less than that set by Cdr Carosielli," CFNES CO, added Lt(N) Faurbo—25 push-ups and 29 sit-ups.

"Overall a pass," he said. "But still room to improve next year."

Lt(N) Faurbo hopes to continue this form of fundraising at next year's NTO mess dinner. He has already received a challenge by Lt(N) Yohan Desjardins,

who claimed to be able to accomplish more in his EXPRES test in a diving rig dry suit than Lt(N) Faurbo could in his mess kit. Lt(N) Faurbo called it a competition between the elegance of a mess kit and the utility of a dry suit.

"I've been out of shape and did not plan for this at all," admitted Lt(N) Faurbo. "I just felt inspired. I took the opportunity to continue this, and hopefully it will be continued again next year."

According to Lt(N) Faurbo, both he and Lt(N) Desjardins are going to be deployed, and hope to be back next year for the NTO mess dinner.

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Arctic hide & seek

LCdr Mike Mangin
Contributor

The call came in late November: "Mike, are you available to participate in ICEX 2011?" Unsure, I asked those two important questions, what is ICEX and when is it?

ICEX is a semi-annual U.S. Navy (USN) submarine exercise that takes place on the Arctic ice north of Alaska's North Slope, and involved a visit to San Diego in January and then a trip to the Arctic in March.

I checked with my boss, and quickly said yes.

Early January and I was bound for San Diego for the final coordination meeting. I asked the USN Arctic Submarine Lab (ASL) Director, Larry Estrada, why his lab was located in San Diego. He replied, "Where else would you put it?"

It was hard to argue with that. Especially as we interspersed lectures about surviving in the Arctic, and briefs on the conduct of the exercise, with trying on expedition weight Arctic gear with stunning views of the blue Pacific Ocean off of Point Loma.

As I looked over my notes made at the meeting one thing jumped out at me, the average temperature for previous ice camps was -30C. Man it was going to be cold.

Fast forward to mid-March and I was off to the ice camp.

A day of travelling found me in Deadhorse, Alaska, the northern terminus of the Dalton Highway and home to the "Ice Road Truckers." Deadhorse was "the Beach" or the staging camp for the Ice Camp - Applied Physics Lab Ice Station, or APLIS to use the correct name.

In Deadhorse we changed into our winter gear and waited for the Cessna flight out to the Ice Camp. The Ice Camp is a small collection of about a dozen plywood shacks used for accommodation, a mess tent, galley and a larger plywood shack that would serve as the "Command Hooch."

Around the camp was a series of four hydrophones that were planted in the ice that, along with tracking transponders fitted to the submarines, USS New Hampshire and USS Connecticut, allowed us to track the boats at all times.

As Range Safety Officer, most of my time would be spent in the Command Hooch where I was responsible for ensuring the submarines obeyed the range safety rules and kept them following the program for their 16 days on range. In this task I was assisted by an A/RSO from the U.S. Navy.

The other Canadian at the camp, PO2 Patrick Huot from the Fifth Maritime Operations Group in Halifax, stood as A/RSO on one of the other watch-

es, and the watch teams were made up of sailors and officers from Canada, the USN, and the Royal Navy. Other camp inhabitants included staff from ASL, staff from the Applied Physics Lab at the University of Washington, who were the folks who built, maintained, and kept the camp running, a team of amazing chefs (average daily calorie burn at the camp is 5,000 calories) and a rotating group of researchers who came in to run experiments.

In addition to the RSO responsibilities, we were also required to help out with the day-to-day camp duties. These included KP Duty in the galley and mining for ice. There is no running water in the camp so we had to go collect ice from older ice formations that had the salt leached out over several seasons. This ice was melted to provide water for drinking, cooking, and washing up.

There were also numerous field parties and everyone in camp was needed to help out with them; these ranged from helping scientists set up test equipment, watching for polar bears when people were working away from the camp, or assisting the submarines when they were on the surface.

The submarines surfaced regularly during the course of the exercise and, even though I've spent my entire career in the submarine service, watching USS Connecticut surface through the ice was one of the most exciting things I've seen.

USS New Hampshire, because of her design, could not surface through ice and one of the big jobs at the camp was finding open water for the boat to use for surfacing evolutions, and then helping with the mooring once the boat was on the surface. The entire process was very similar to a submarine coming alongside the pier, except in this case the pier was two metres of ice.

After USS Connecticut's first surfacing, we were joined at the Ice Camp by our third Canadian, LCdr Phil Collins from the Canadian Forces Maritime Warfare Centre who had sailed in the submarine from her home port of Bangor, WA, to the Ice Camp to get a taste of under-ice operations.

The highlights of my ICEX experience were getting a brief taste of the Arctic winter from a perspective that few people will ever see, and learning that -30C isn't really that cold if you are dressed for it.

Additionally, the people from all the different organizations that I was able to work with really made for an interesting and enlightening experience. I've got my thermal underwear set aside in hopes that I get the call again for ICEX 2014.



Photo by Hector Castillo
TOP: An American submarine cracks through the surface.

ABOVE: Members of the Range Safety team in the "hooch" discuss watch rotation.

From left to right: LCdr (RN) Steve Murphy, PO2 Patrick Huot, LCdr Mike Mangin, and Cdr (USN) Paul Acquavella.

Plaque commemorates Royal visit of 1959 at CFB Halifax

Virginia Beaton
Trident Staff

After many years of neglect, a brass plaque commemorating Her Majesty Queen Elizabeth II's 1959 visit to Halifax has been rediscovered, restored and returned to the Canadian Navy.

During an informal ceremony at the Maritime Command Museum on Tuesday March 29, Steve Durrell, president of Irving Shipbuilding, presented the plaque to RAdm Dave Gardam, Commander JTFA and MARLANT.

Irving Shipbuilding had tasked one of its employees to refurbish the plaque, which had formerly been located in Dartmouth, but had been removed during a construction period and was subsequently misplaced until Irving Shipbuilding found it and realized its historic importance.

In 2010, the Canadian Naval Centennial year, Durrell informed RAdm Paul Maddison that Irving had possession of the brass plaque and the company would like to return it to the

navy in honour of its centennial year.

"Our guys at Irving are all very dedicated to the Canadian Navy," said Durrell. "Many of our employees have had experience in building the surface fleet."

HMCS *Halifax* is currently in the Irving Shipyard for scheduled work and *Fredericton* and *Toronto* soon will follow, according to Durrell. "We have been a neighbour of the navy for 120 years. We want to make sure we do everything right, so when we found this plaque, we wanted to return it to you."

"I can think of no more fitting place to hold this ceremony than in this building, and it's a pleasure for me to be here," said RAdm Gardam.

Noting that the history of the Canadian Navy and before that the Royal Navy dates back for many years in Halifax, RAdm Gardam added that Irving's connection with the navy has been both lengthy and productive.

Capt(N) Craig Walkington, MARLANT CNC coordinator, gave a brief overview of the plaque's history.

The plaque is the result of the Queen's visit to Halifax in 1959. On Aug. 1 of that year, Her Majesty Queen Elizabeth II, accompanied by His Royal Highness The Duke of Edinburgh, embarked in a naval barge in Halifax and crossed Halifax Harbour. The Queen had just presented the Royal Canadian Navy with her first Queen's Colour and she was beginning her journey home.

The naval barge landed in Dartmouth and from there the Royal Party travelled to HMCS *Shearwater* and boarded the Royal Flight back to the United Kingdom. The Admiral at the time, RAdm Hugh Pullen, Flag Officer Atlantic Coast, considered this event to be historic and designated the landing point in Dartmouth as the Queen's Steps and commissioned a brass plaque to mark the event.

Over time, and with the development of facilities in the vicinity of the Fleet Diving Unit (Atlantic), the steps were demolished and the plaque was removed and lost.

RAdm Gardam acknow-



Photo by Cpl Francis Gauthier, FIS

RAdm David Gardam, Commander JTFA/MARLANT, (left) and Steve Durrell, President, Irving Shipbuilding, unveil the Queen's Steps plaque during a ceremony held at Maritime Command Museum, on March 29.

ledged the contributions of many people who were instrumental in the recovery and restoration of the plaque. Among them was Maj Ulpiano Honorio, Executive Officer of Formation Construction

Engineering.

RAdm Gardam also presented CNC coins to representatives from Irving Shipbuilding, including Tony Scallion, the craftsman who did much of the restoration work.

The plaque, together with a smaller plaque outlining Irving's role in the restoration, will soon be on display on a stone foundation to be located behind the Maritime Command Museum.

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Exercise Orca – Silhuw'a Passage

Cpl Wesolowski, 39 Svc Bn, 11 Svc Coy

Cpl Stewart from 39 Service Battalion, 11 Service Company, stands guard while the vehicle convoy has stopped. The army reserves were on training in preparation for a large scale exercise to be held at the end of April.

Training on the ground

MCpl Les Gardner
39 Service Battalion

On March 18, soldiers from 11 and 12 Service Companies, 39 Service Battalion (39 Svc Bn), assembled in Victoria to participate in Exercise Orca – Silhuw'a Passage, a week-end exercise to prepare soldiers for the bigger 10-day reserve force exercise called Exercise Western Defender held April 29-May 9 in Shilo, Manitoba.

The Vancouver-based 12 Service Company soldiers conducted a link-up at LGen Ashton Armoury with 11 Service Company soldiers and completed night routine in order to move out early Saturday morning.

With vehicles readied, weapons issued and stores drawn, the soldiers left the armoury en route to Albert Head training area to re-familiarize themselves with the techniques and skills used while performing tactical aspects in the exercise.

Battle tasks such as operating a command post, occupying a hide, conducting delivery point operations, and responding to repair/recovery requests were performed, ensuring that the 39 Svc Bn soldiers are ready and capable of participating in Ex Western Defender.

As an additional requirement, the exercise was continued into the night with black-out driving practice and then finished up the next day with scenarios that involved unexpected enemy engagements.

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For saving the life of his boss, PO2 Andre Carriere was given a special award last weekend. Pictured above, from left to right: Craig Wilson, Chair B.C. Yukon Council St John Ambulance; LGov Steven Point; PO2 Carriere; and MGen (Ret'd) Wendy Clay, Chair of the Victoria St. John Ambulance Branch Executive Council.

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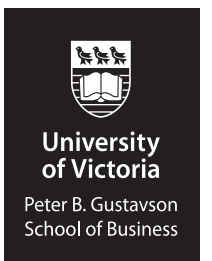
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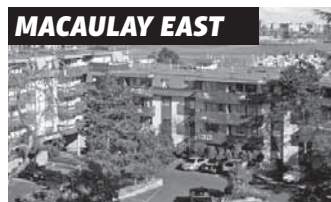
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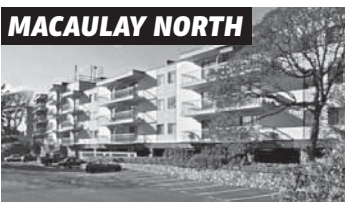
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Esquimalt

Esquimalt gets ready to celebrate 100th anniversary

Vicki Laidlaw
Contributor

Celebrations for Esquimalt's 100th birthday begin in seven months.

The theme of Esquimalt's centennial celebration will honour our past, celebrate our present and imagine our future.

A Centennial logo has been designed and a special Centennial song composed.

Some Centennial legacy projects are already in the planning stages:

- the Centennial Walkway in Memorial Park
- a Centennial Book to be written by Sherri Robinson, well-known historian and writer
- the Centennial School Art Scholarship (involving both Esquimalt High School and L'Ecole Victor Brodeur)
- the development of

the Centennial webpage at www.esquimaltcentennial2012.ca

Some special events planned for 2012:

- Sept. 8, 2012, a Gala Birthday Celebration at the Archie Brown Sports Centre to mark the incorporation of the Township
 - a Centennial Tea for Seniors
 - an Arts in the Park event involving Esquimalt artist, artisans and musicians
 - events highlighting specific historical events and historical representations.
- Stay informed via the website, www.esquimaltcentennial2012.ca.
- The major Centennial legacy project - the construction of a walkway in our Memorial Park needs engraved bricks to be ready for installation in 2012.
- Individuals, organizations or businesses can support

the project by donating a Centennial Paver Brick. On that brick, you can recognize your organization or business history and contribution, say why you love Esquimalt or leave a special message for tomorrow.

- \$100 buys a regular 4x8 inch brick with 3 lines of 18 characters.
- \$200 buys a large 8x8 inch brick with 4 lines of 18 characters.

All funds raised go to the Centennial Project and you will receive an income tax receipt.

An application form is available online at www.esquimalt.ca or you can purchase your brick at the Esquimalt Recreation Centre, 527 Fraser Street. For more information call 250-414-7101.

Also Centennial merchandise is being developed such as Centennial pins and vests with the logo, as well as a special centennial tea, a lager and rum.

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Passion Palm Sunday with Holy Communion

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