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## SHINED & READY



On April 29, CF personnel were busy cleaning Ship Point down on Victoria's Inner Harbour in preparation for the Battle of the Atlantic remembrance ceremony on May 1. Armed with scrub brushes, hoses, rags and cleaning solution, the sailors brought the area up to tip top shape.

**Above:** AB Julia Foster, from Base Information Services, polishes the Homecoming statue.

Photos by Shawn O'Hara, Contributor

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accepting donations**  
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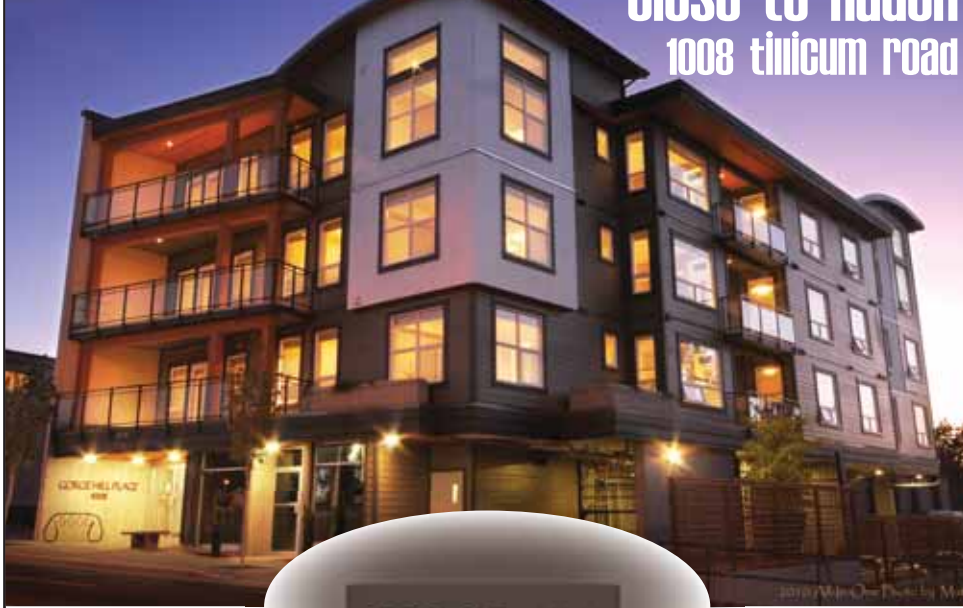
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## Reminder for relocating CF personnel - special mortgage

**Ben Green**  
Staff writer

The Canadian Defence Community Banking (CDCB) and BMO Bank of Montreal are teaming up to implement a National CDCB/BMO Mortgage Awareness Campaign.

The goal is to shed light on special mortgage offers to eligible relocating military members.

The offer has been in effect since February of last year, but market research has shown many eligible members have missed out on the mortgage opportunities when relocating - hence the campaign being further publicized.

"This offer is for CDCB members on IRP-qualified (Integrated Relocation Program) moves," says Natacha Tremblay, CDCB Program Manager. "Essentially, if a CF member is posted through the IRP, BMO offers them a portable mortgage option or a \$5,000 cap on the payment charge when they pay off their current mortgage. This offer is valid even if you don't get a replacement mortgage, but doesn't apply for early renewals or refinances."

The awareness campaign, which runs until June 30, will hopefully mitigate the number of CF personnel missing out on the offer by stepping up promotion. BMO Mortgage Specialists from all over the country will conduct seminars on bases and Military Family Resource

Centre (MFRC) locations nationwide. The seminars will offer attending personnel information tools such as E-texts and brochures to aid in their financial decisions related to relocating.

Interested CF members don't have to wait until the seminars for information on the offers.

"A CF member can go into any [BMO] branch to discuss the mortgage offer," says Tremblay. "However, we've assigned specific mortgage specialists to regions to ensure that they are familiar with the military community and understand the unique needs."

In conjunction with the campaign, a communication plan is being implemented in which relocation policies, CANFORGENs, and CDCB IRP Mortgage-related brochures will be made available to all posted members via their Brookfield relocation package. Brookfield Global Relocation Services gives a transfer package to all posted CF members.

Tremblay says CF members are encouraged to consult with their Relocation Advisor from Brookfield for more information about their reimbursement from the IRP.

For more information visit [www.cdc.ca/en/relocating\\_e.asp](http://www.cdc.ca/en/relocating_e.asp)

Information seminars will be available on base this spring. For details contact your Personnel Support Programs office, 250-363-7061, or MFRC office, 250-363 3080.

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Onagawa, Japan, one of the hardest hit communities in the country's recent earthquakes and tsunami is receiving relief funds from B.C. The province and the small fishing town share a bond because of a monument the residents of Onagawa built in honour of Canada's last Second World War casualty. Lt Robert Hampton Gray's Corsair was shot down in Onagawa Bay during one of the last battles of the war. He was awarded the Victoria Cross posthumously. Here, Lt Gray's monument lies face down. It survived the March tsunami, but recent aftershocks have shaken it off its foundation.

## Onagawa relief fund officially set up

**Ben Green**  
Staff writer

In the April 4 issue of the *Lookout*, a story was published about much-needed earthquake and tsunami relief for the coastal Japanese town of Onagawa.

At the time, an official local fund was in the process of being established for the community, but was still a few weeks away.

Now, an initial relief procedure has been established with the assistance of the Naval Officers' Association of Vancouver Island (NOAVI) so local donations can reach the ravaged city.

Donations by cheque or money order will be accepted until June 15, and must be made payable to "NOAVI" with the annotation "in trust for Onagawa Relief Fund."

The donor's name and current address must be

included. For individual donations, NOAVI, on behalf of the Naval Officers' Association of Canada (NOAC), will issue charity tax receipts for donations of \$50 or more. If an organization wishes to collect funds from its members and donate a combined total through NOAVI, a charity tax receipt can't be provided, but the organization will be identified with the contribution when it's forwarded to Onagawa.

All donations received will be forwarded to the designated relief fund authority in Onagawa. Depending on ongoing deliberations, funds received by NOAVI after June 15 will be combined with similar relief funding by the Township of Esquimalt and other organizations.

If donors prefer to wire funds directly to Onagawa, confirmation has been received by the Canadian

Naval Attaché in Tokyo that the Onagawa Town Government has a working account headquartered in Sendai. The 77 Bank Ltd. (named because it was Japan's 77<sup>th</sup> established national bank) has over 142 domestic branches and will deal with donations made in Canadian and American

dollars, Japanese Yen, and several other currencies.

NOAVI charity tax receipts can't be provided for wire transfers.

Any questions or concerns regarding the relief set up can be addressed to the Treasurer of the Onagawa Relief Fund at [bconconi@shaw.ca](mailto:bconconi@shaw.ca)

### NOAVI donations can be mailed to:

The Treasurer, Onagawa Relief Fund  
Naval Officers' Association of Vancouver Island  
2460 Tanner Rd, Victoria, B.C., V8Z 5R1, Canada

### Wiring Information for The 77 Bank, Ltd.:

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# FILM *friday*

## "Fast Five" a surprisingly good action flick

**W. Andrew Powell**  
The GATE

Opening in theatres this week: Vin Diesel, Paul Walker and Jordana Brewster take driving to extremes in the action extravaganza *Fast Five*, and a group of teenagers deal with the drama of their last high school dance in *Prom*.

**Fast Five [IMAX]**  
*The Fast and the Furious* franchise has been anything but what you would call an action masterpiece, but it has been popular enough to keep the fans interested, the actors paid, and the sequels coming one after another. The surprise this time is that somehow director Justin Lin finally got

the formula right with the first critically well-received release since the original.

Vin Diesel and Paul Walker star once again as Dominic and Brian, the ex-con and ex-cop duo who are on the run with Mia, played by Jordana Brewster. With no where else to go, the three outlaws have escaped to Rio de Janeiro where they're aiming to pull off one last job that could earn them their freedom.

Working with a team of drivers, their goal is to take down the man who wants to kill them, and at the same time they have to elude the agent who is chasing them from one end of the country to the

other. Racing across Brazil, Dom and Brian will have the fight of their lives to stay out of the reach of the agent's task force that is hot on their tails while they work to finish this last job that could finally change their lives.

Lin is of course not new to the *Fast and the Furious*, he's helped drive the franchise into the ground with two of the worst reviewed films in the series, *Fast & Furious* and *The Fast and the Furious: Tokyo Drift*. Somehow though, he and screenwriter Chris Morgan have turned things around for *Fast Five*, and the critics have been honest about how amazed they were with the results.

**Prom**  
In the latest teen-drama from Walt Disney Pictures, a group of beautiful high school kids are headed to their prom and it promises to be an interesting night of emotions, laughs and tears as people come together and break apart.

Aimee Teegarden stars as Nova, a girl who wants the perfect prom, but she's having a hard time dealing with Jesse, played by Thomas McDonell, who

keeps getting in the way – a guy she also realizes she has a crush on. At the same time, Mei and Tyler, played by Yin Chang and De'Vaughn Nixon, have secrets, and everyone else is fighting with their issues, hopes, dreams and insecurities for the big night as they all try to make it memorable.

From *Sleepover* director Joe Nussbaum, who oddly enough also directed *American Pie Presents, The Naked Mile* and the well-known short, *George Lucas in Love*, *Prom* has failed to earn praise from reviewers, but that doesn't mean it's not going to pull in teens in droves this weekend.

As Tom Horgen of the Minneapolis Star Tribune wrote, "*Prom* is pure bubble gum, from its shiny wrapping to its mushy insides to its fleeting aftertaste. And sometimes, there's nothing wrong with chewing bubble gum."

While Linda Barnard of the Toronto Star commented, "The cast is likeable enough, although nobody is called upon to do much more than look elated or crushed, depending on the circumstances."



Courtesy Universal Pictures

Vin Diesel and Paul Walker in *Fast Five*.

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# Good eats dished up by reservists

**MCpl Les Gardner**  
39 Svc Bn PAO

An early, cloudy morning greeted 11 Service Company members as they drove from LGen Ashton Armoury to the Archie Browning Arena in Esquimalt. Once on site, they skilfully set up the mobile kitchen trailer in order to host the Victoria Curling Classic pancake breakfast.

The April 2 event marked the third time 11 Service Company engaged in the pancake breakfast that was prepared for volunteers, participants and spectators of the Curling Classic.

More than 400 people snacked on pancakes, sausage and bacon. The quick set up and tear down of the field kitchen was of interest to many, as it was the first time they had seen a kitchen towed behind a truck as large as the MLVW. Many thanks were passed to the cook and helpers as the pancake breakfast was a pleasant and filling surprise to all.

11 Service Company as part of 39 Service Battalion, is 39 Canadian Brigade Group's Combat Service Support unit located on Vancouver Island. Providing logistical support to the brigade, there is always a need for additional members.

For information on how you can be part of 11 Service Company, please contact the recruiting cell at 250-363-8337 or drop by LGen Ashton Armoury, 724 Vanalman Avenue, on Wednesday training nights to talk to recruiting staff.

# Mess dinner set for Battle of the Atlantic

It's time once more to celebrate one of the most important chapters in the history of the Canadian Navy. The Naden wardroom will commemorate the Battle of the Atlantic with a mess dinner on Friday, May 6.

An invitation is extended to all officers in the Formation and to wardroom associate members to celebrate this momentous occasion. Cost for the dinner is \$40 for Sub-Lieutenant and above; \$20 for Acting Sub-Lieutenant and Naval Cadet.

Tickets can be purchased through wardroom events coordinator, Megan Ilott, at [megan.ilott@forces.gc.ca](mailto:megan.ilott@forces.gc.ca) or 250-363-2689 by May 3. Ships and units are encouraged to block book.

The special guest of honour is Cdr Peter Chance, RCN (Ret'd), who saw extensive sea service throughout the Second World War and Korean War, including Atlantic convoy duty.

Dress will be N2A (summer white mess dress) or N2 (mess dress). Dress for newly commissioned officers and Naval Cadets who have yet to purchase mess kit is N2B (mess service dress).

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# So you want to be a boatswain...

**Shelley Lipke**  
Staff writer

Navy life is tough. It's long hours, sleepless nights, and an ever-developing work environment. There's one trade in particular that leads the blue-collar attitude of our serving men and women. Whether it's battling the violent ocean spray on deck or catapulting through it during a man-overboard, boatswains have perhaps the most physically demanding and broadest ranging job of all. So the question is, do you have what it takes?

Training for these non-commissioned sailors starts right after basic training at Canadian Forces Fleet School. PO2 Ian Biller, a QL5 boatswain trade instructor, reflects on his evolving career choice 11 years ago and the day that changed the rest of his life.

"I was driven to the small boats, small arms and all the demolitions," he says.

Back in 2000, a day sail with his sonar operator brother-in-law set him up with a viewing platform unlike any other he'd witnessed. As a civilian guest on board *HMCS Vancouver*, he watched with wide-eyed amusement as the "bosuns" worked on deck through a variety of evolutions.

"It was different, disorienting, and like being in a maze on board the ship," he says. "It was during a Maritime Security Patrol; I was surprised most by how different life was on a ship, from the sea watches, to how people worked, to the ship going through rescues, launching boats, fire exercises, and general shipboard life. It was weird but very interesting at the same time. I got a feel for the sea watches and the job that the bosuns were doing."

Hooked, PO2 Biller visited the Victoria-based recruiting centre and signed up for boatswain life.

After basic training, his three month trade training was very hands on.

"There were 12 of us on my course and we had a lot of fun, especially the demolitions phase. Handling the C4 and seeing the end result of something going boom and how loud and how powerful it is was so exciting."

While some of the training consisted of indoor lectures, the majority of it encouraged hard work and some elbow grease.

"If you like physical outdoor work and working with your hands, then become a bosun," he adds.

His first posting was to the West Coast replenishment vessel, *HMCS Protecteur*, something that caught him slightly off guard.

"The training we learned in school was all oriented to Canadian Patrol Frigates, and on board *Protecteur* it was very different," he says. "The layout was different. Everything was bigger and in the case of a RAS (replenishment at sea) we were supplying and not receiving. It really did change everything and took me between six months and a year to really get my bearings."

After sea trials and work ups the ship sailed in 2002 to the Gulf for Operation Apollo. Being a bosun and replenishing ships at sea involved battling the 60 degree temperatures and being away from home for six months.

Following his tour in the Gulf, his next posting took him aboard *HMCS Vancouver*, a frigate he was familiar with. PO2 Biller's favourite duties included operating the RHIBs (rigid hull inflatable boats), which he navigated through the small inlets and channels around the province while chaperoning base imaging photographers.

"It was stunning scenery, especially in the Queen Charlotte's (now the Haida Gwaii Islands)," he says. "It was some of the nicest, but busiest sailing I've ever done."

Now, over a decade on, his career has come full circle as an instructor of his trade. Bringing with him a wealth of experience and industry understanding, PO2 Biller is giving his new recruits invaluable knowledge.

"Being a bosun is hard work," he says. "I think it's one of the most challenging trades. It revolves around being outdoors and working in rain or shine, sea state 10, dangerous evolutions such as RASs and rescues, and dropping the anchor. We see the really good stuff out there."

Like most careers, he explains that his line of work is not for the faint of heart.

"It can be stressful too," he says. "During a RAS safety is paramount as the wires and lines are under an insane amount of tension. If the sea state is rough, hoses and lines swing all over the place and you have to safely hook up different pieces of equipment such as the span wire. Our trade is so vast. We are seamanship experts and handle anything from coming along side the jetty, to a RAS, to a towing operation and rescues at sea. Nearly everything we do is linked in some way to the other departments on the ship who help to make these things happen."

Weighing out the pros and cons, PO2 Biller wouldn't have it any other way – one day sail turned into a passion that will last for the rest of his life.

"I had never been around boats too much, and it still is one of my favourite things to do," he concludes. "I really enjoy the trade and think it's an exciting career. One of the best parts is being outside. You get to see the storms, inside passages, and the scenery as you enter ports. Plus, there is less chance to be seasick! As fun as it is, it's a tough trade, it's dangerous, the equipment is heavy and the hours are long. I find it a lot of fun."



Shelley Lipke, Lookout

**Above:** OS Anthony Berardi (right) learns the ropes of tying a bow line knot from instructor PO2 Ian Biller at the boat shed in dockyard. The first day at the school is very hands on for this class of boatswain recruits.

**Below:** Among the jobs of a boatswain is to fire the lines that link a supply ship to another vessel in preparation for a replenishment at sea.



# Mental Health week events

## Employee Assistance Program Calendar of Events for Mental Health Week

### Monday, May 2

EAP promotion at the Naden Field  
11:30 a.m. – 1 p.m.

### Tuesday, May 3

EAP promotion at Nelle's block  
11:30 a.m. – 1 p.m.

Citizens' Counselling Centre free informational counselling sessions  
Noon – 4 p.m.

For an appointment call 250-363-7968.

### Wednesday, May 4

EAP promotion at BCEO Cafeteria and New Wave Café  
11:30 a.m. – 1 p.m.

Citizens' Counselling Centre free informational counselling sessions  
2 - 6 p.m.

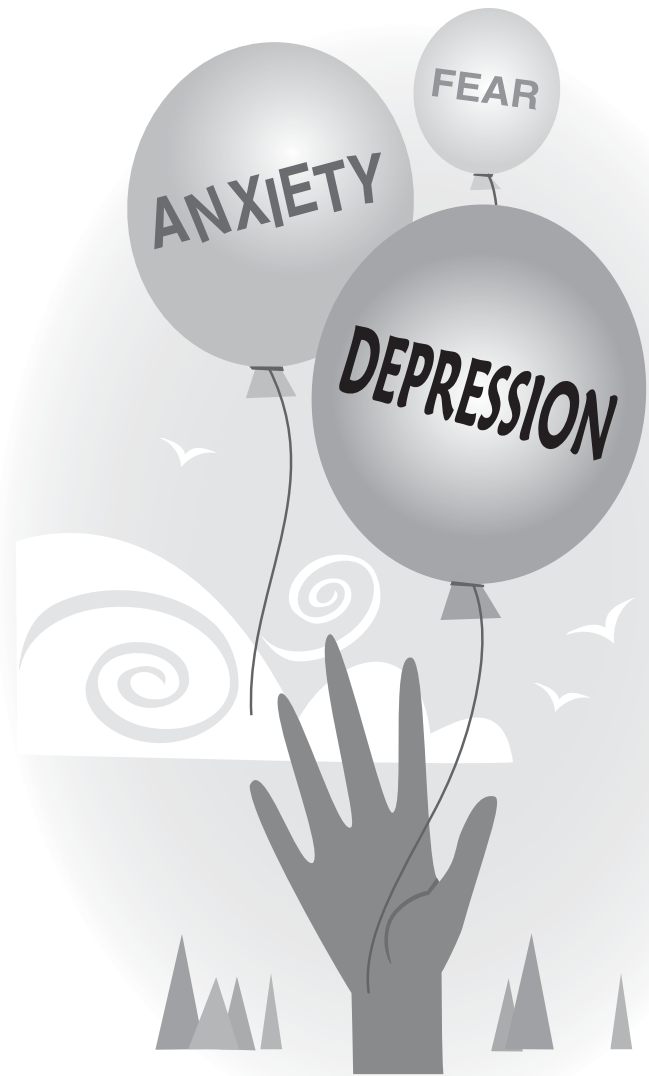
For an appointment call 250-363-7968.

### Thursday, May 5

EAP promotion at Dockyard D250 Cafeteria  
11:30 a.m. – 1 p.m.

Citizens' Counselling Centre free informational counselling sessions  
Noon – 4 p.m.

For an appointment call 250-363-7968.



## Mental Health Services available from Veterans Affairs Canada

Veterans Affairs Canada (VAC) knows the value of having help when you need it. Mental health conditions are among the 10 most common reasons for Disability Awards, and as such, VAC has an array of services in place to support veterans' healing.

In Victoria, as in the rest of the country, eligible veterans and their families can receive assistance in the form of a Disability Award, access peer and family support through the Operational Stress Injury Social Support (OSISS) program, case management through the local VAC district office, Mental Health Counselling, and the VAC Assistance Line.

### Disability Award

The Disability Award is meant to recognize and compensate for the non-economic impacts of a service-related disability, such as pain and suffering. The award is a one-time, tax-free cash payment. It is paid in 5 per cent increments, up to a maximum of 100 per cent, depending on the extent of the disability. Rank or military service has no impact on the amount of the award and the amount you receive is not linked in any way to other payments you may receive under the New Veterans Charter. Still serving members and retired and released veterans can apply for disability awards at any time. There is no deadline.

### OSISS

The Operational Stress Injury Social Support (OSISS) program provides confidential peer support and social support to CF members, veterans, and families who are affected by an opera-

***If you are released and have a recognized service related disability for mental health, you and your family may be eligible for services through VAC.***

tional stress injury such as anxiety, depression, or Post-traumatic Stress Disorder (PTSD) resulting from military service. The OSISS Program also provides peer support to families who have lost a loved one due to military service. Visit [www.osiss.ca](http://www.osiss.ca) for more information.

While you are still serving, you are covered under the CF spectrum of care. If you are released and have a recognized service-related disability for mental health, you and your family may be eligible for the following services through VAC:

### Case Management

The client service team at your local VAC district office will work with you and your family to identify your goals and any possible barriers to achieving your goals. Throughout the course of the case management process, your case manager will monitor and evaluate your progress and adjust the plan as necessary to assist you and your family in reaching your goals and optimizing your level of independence and well-being.

### Mental Health Counselling

While continuing to live in their community, clients may attend appointments at the B.C. Operational Stress Injury Clinic in Vancouver. There you will have access to a clinical assessment and a variety of treatment options, including individual therapy sessions, group sessions, psycho-education sessions and other resources.

The clinic teams are made up of psychiatrists, psychologists, social workers, mental health nurses, and other specialized clinicians who understand the experiences and needs of veterans. Loved ones can be involved in the treatment, and eligible family members can also receive services. For more information, visit [www.bcosi.ca](http://www.bcosi.ca).

VAC also has an approved list of registered community health professionals who provide care. This number is expanding as clinical social workers are now approved to provide psychological counselling to veterans with mental health conditions.

### New Veterans Charter

The Rehabilitation Program can help disabled Canadian Forces veterans that have a service related mental health condition. Services include medical such as medications, psycho/social services such as personal wellness plans and vocational rehabilitation services such as support for training.

### VAC Assistance Service 24-Hour Crisis Line

Obviously, you wish to have the best quality of life you possibly can have. However, a variety of challenges can arise that can

disrupt your life. These challenges, whether they are personal or professional, can affect your well-being and the quality of your life.

In this case, a valuable resource is available to you: the VAC Assistance Service. Many former CF members, former RCMP members, war veterans and their families have called upon the VAC Assistance Service for help.

They have benefited from qualified and confidential support.

The VAC Assistance Service is there to help you work through your challenges, whenever they may occur. Call 1-800-268-7708.

For more information about any of the services and benefits offered by Veterans Affairs Canada, please visit [www.veterans.gc.ca](http://www.veterans.gc.ca) or call us at 1-866-522-2122.

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# Know and recognize the symptoms of Operational Stress

**Trish Alisch**  
Mental Health Educator

In the Canadian Forces, we used to think of mental health in black and white terms; either someone was healthy and good to go, or they were not.

In today's CF, however, we realize mental health is best understood as a continuum from healthy to ill. The new Mental Health Continuum Model, created by the Mental Health and Operational Stress Injury Joint Speakers Bureau in collaboration with the U.S. Marine Corps Department of Psychiatry, demonstrates the various attitudinal, behavioural, emotional, physical, and social changes that a person might exhibit as they move along the continuum from healthy to ill.

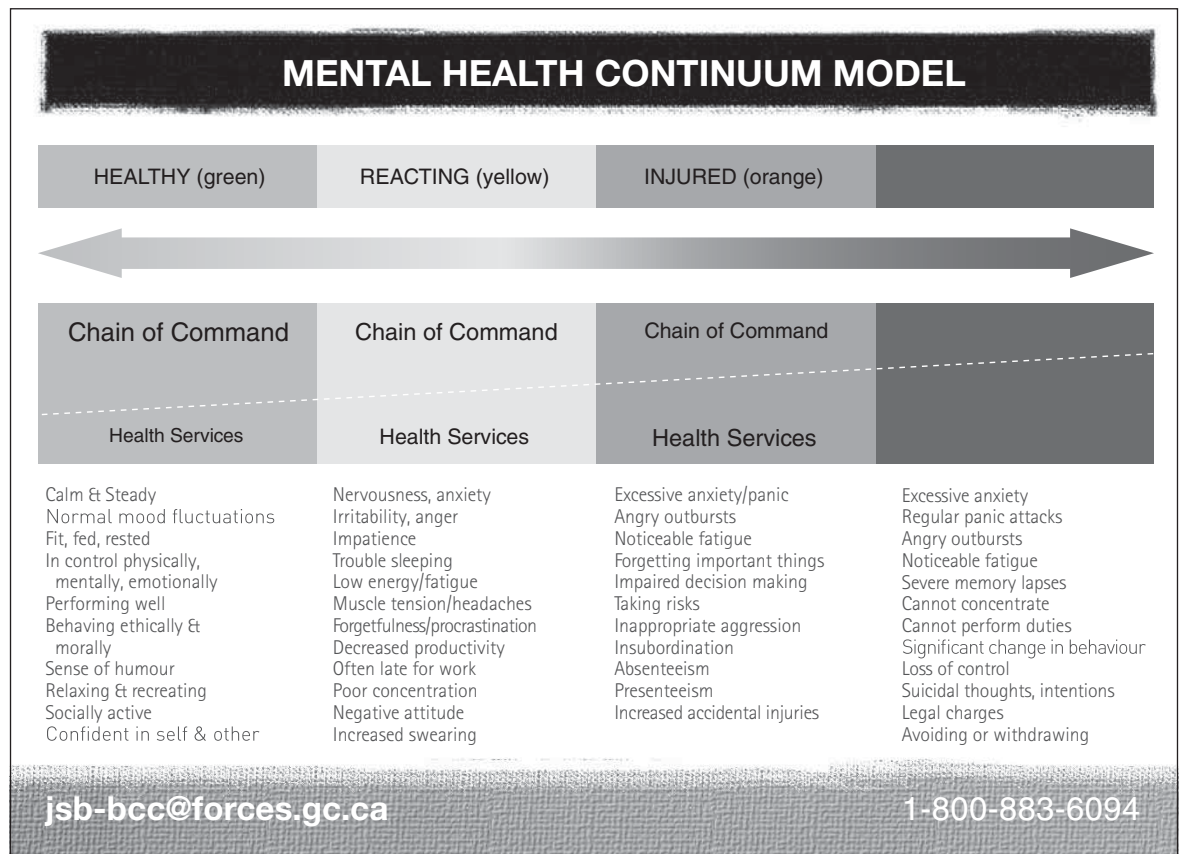
As one moves along the continuum from green to red, symptoms increase, as does the need for more concentrated care. Many of us vacillate daily between the green and yellow zones, successfully dealing with 98 per cent of our stressors. It's when we progress into the orange and red zones that we require more concentrated and professional care. This is the area where we would see Operational Stress Injuries (OSI).

An Operational Stress Injury

(OSI) is any persistent psychological difficulty resulting from operational duties performed by a CF member. OSIs include conditions such as anxiety, depression and Post-traumatic Stress Disorder (PTSD), as well as a range of less severe conditions. OSIs are nothing new and over the course of history Canadian military members have suffered from various mental health conditions resulting from military operations both at home and abroad. However, they have often failed to recognize symptoms of mental health problems and because of stigma and social barriers they have avoided or delayed accessing treatment services.

In an effort to reduce stigma, shift attitudes and shape and model new behaviours, the CF developed a systemic mental health education program, designed and delivered by the Mental Health and Operational Stress Injury Joint Speakers Bureau (JSB).

In June of 2009, Chief of the Defence Staff Gen Walt Natynczyk launched the "Be the Difference" Mental Health Awareness Campaign (MHAC) to shed light on how individual members of the CF can and must play a supportive role in the recovery process of their peers, subordinates and loved ones.



The MHAC is a forum that will demystify OSIs through education, senior leadership input, discussions and by viewing the "Be the Difference" video.

It is important for all of us to know and recognize the signs and symptoms of mental injuries and illnesses. If you or someone you know is exhibiting signs in

the dark yellow or orange to red zones, it's important to talk with that individual and support them in getting appropriate care. Listen to your colleagues and be alert to changes in their behaviour. Learn the real facts about mental health issues and Operational Stress Injuries. Lead by supporting those who are

affected by mental health issues.

If you are interested in learning more about OSIs, come to the "Be the Difference" presentation to be held in the Rainbow Room, Chief and Petty Officers' Mess, 9 – 10:30 a.m. on Thursday, May 5, or 7 – 8 p.m. at the Colwood Pacific Activity Centre.

## About Health Promotion

**What is Health Promotion?**

HP is a process that enables people to take control of their own wellbeing. Health is viewed as a resource for everyday living in order to maximize your potential and quality of life, as opposed to something to just think about when you become ill or injured.

**What Do We Do?**

Health promoters work at a number of levels to effect both individual and community changes that support healthier choices and ways of living as well as to prevent illness and injury. At CFB Esquimalt, we offer courses to individuals, unit trainings and briefings, professional development opportunities, and tailor made workshops. We also work with leadership to establish healthy policies, challenge unhealthy practices, and shift the Navy culture to one that promotes health and wellbeing. Our four main areas of focus are:

- Addictions Awareness and Prevention
- Injury Prevention and Active Living
- Nutritional Wellness
- Social Wellness (including stress and anger management, relationship skills, suicide intervention)

May 2 is the kick-off to CFB Esquimalt's second annual Health and Wellness Challenge. All members of the Defence Team are

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invited to attend the event and to join in the month long challenge to promote conscious decision-making on a daily basis when it comes to living a healthier lifestyle. Logbooks can be picked up at vari-

ous locations including the Naden Athletic Centre, Colwood Pacific Activity Centre or by contacting Christine Blackburn, HP Admin Assistant, at 250-363-5621. There are great prizes to be won.

## Employee Assistance Program a confidential source of help

Regardless of our position within the Department of National Defence, we all face problems or issues in our personal and professional lives at one time or another. It is these daily struggles that make the Employee Assistance Program, commonly referred to as EAP, a valuable component of the DND community.

EAP is a voluntary and confidential peer referral service jointly sponsored by labour and management. Simply put, EAP supports the daily well-being of all DND civilian employees.

Referral Agents (RAs) can help by listening to your problems or issues, helping define the specific nature of the problems and, if required, referring you to outside resources that may assist in resolving your personal or work-related concerns before your health, family, and ability to work are affected.

RAs are DND employees, working in many different areas of the organization, who have undergone specific training to work as volunteers in the EAP program. There is no cost for the services of an RA. However, it is important to note the EAP is not a counselling or treatment service. Depending on the nature of the problem, RAs may refer the client to a resource in the community to provide professional help.

Confidentiality is a vital part of the relationship ensuring trust between RAs and their client. A signed confidentiality agreement and Code of Ethics bind all RAs; all communication will be kept private.

Whether you are experiencing a crisis or simply need a friendly listening ear, you can contact any of the EAP Referral Agents. To find their contact information, look for EAP posters displayed on notice boards in your work area or visit the regional (MARPA) EAP intranet website: <http://esquimalt.mil.ca/eap/index.htm>

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### FITNESS NEWS: BUILDING A HEALTHY MINDSET

## What makes an athlete elite?

**Shelley Lipke**  
Staff writer

Looking at LS Kirsten Arensen's life, it's clear that accomplished athletes are made, not born.

She was an active kid, but not overly focused on sports. And as she grew older, like many people, alcohol and smoking crossed her path.

It wasn't until she joined the navy in 2005 that her mind and body turned to fitness, health and sports.

"I started to turn my life around and I found that setting lofty fitness goals, like running marathons, doing Ironman or qualifying for CISM, were all things that kept me focused on training and on the right path," she says.

The right path has led her to the 5<sup>th</sup> CISM Military World games in Brazil from July 14 to 25, 2011. She'll join four other Canadian military women at the competition.

Previous to that, she's completed three Ironman triathlons including the sought-after Ironman Hawaii.

But what drives her to excel?

"Ultimately, it's knowing that I'm on the right path and living the life that I was meant to live," she says.

Amazingly, she's only been training for these hard-

core events for four years.

"Prior to that first marathon [in 2007] I wasn't in it wholehearted. I still drank a lot and partied and skipped training because I was too hung over. Then I started saying 'no, I can't go do this anymore. I have to train.' My goals helped me veer away from that lifestyle."

*Setting lofty fitness goals, like running marathons, doing Ironman or qualifying for CISM, were all things that kept me focused on training, and on the right path.*

-LS Kirsten Arensen

A six-month deployment in HMCS Winnipeg cemented her new mindset. With little to distract her, she focused on training after work.

"When I train, I think about my goals, which is often the race. I think about being strong in that race. I think about other athletes who dedicate them-

selves to excellence. Often, I think about how much I'm suffering, and I try to cope with being okay with being uncomfortable. Some coaches refer to that as 'the pain cave', and as athletes we need to spend time in there. The pain cave is pretty brutal. We have to embrace the suffering and know that it's serving a purpose. You suffer in training so your race will go well," she explains.

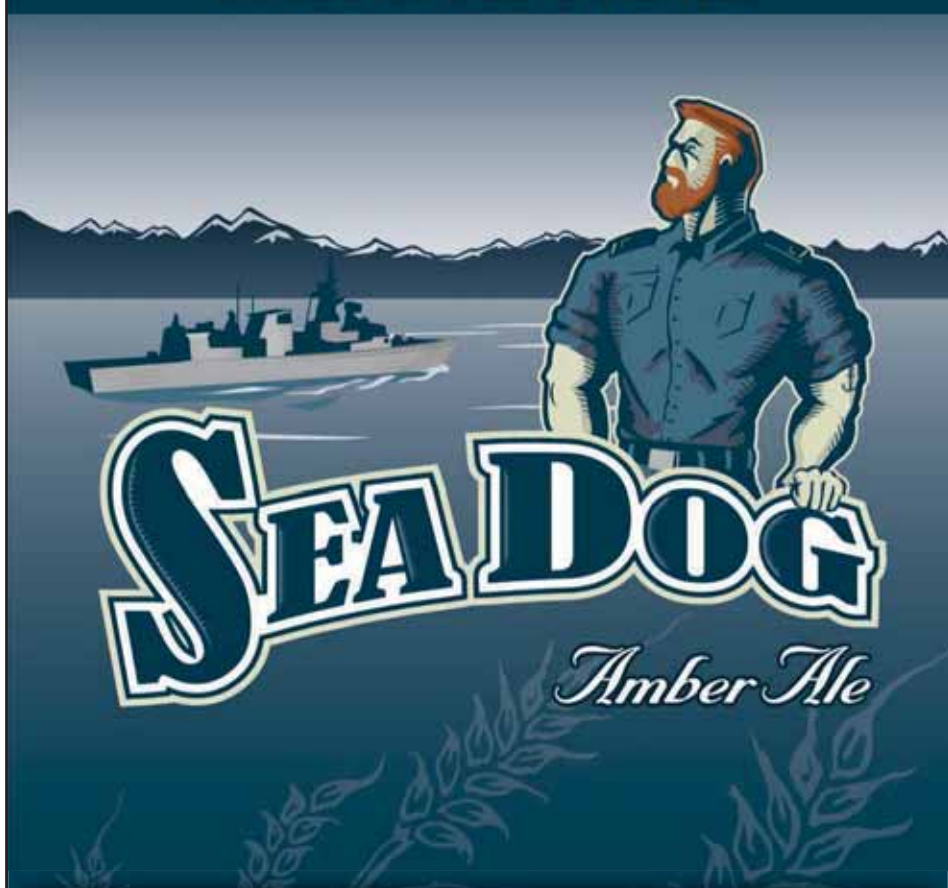
Once her body hits the water, legs push the pedals and feet hit the pavement in a triathlon, her mind is tuned to one thing - "finish strong."

"I remind myself how hard I have worked to get there. I often hear the voices of my coaches and other mentors, who say things like 'You have to want it.' When I get plagued by negative self talk or doubt, I try switching to gratitude. I think about how lucky I am to have so many great opportunities and such a great support network."

And age will not slow her down she says.

"There are some people over the age of 80 who still compete in Ironman, which is amazing. I hope to stay that fit. If I'm not able to compete, then I will go back to just exercising and burning calories."

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# Firebrand protects the fleet

**Shelley Lipke**  
Staff writer

From its candy red hull to its dynamic jettison of water erupting from the manually operated water cannon, CFAV Firebrand is a major player in fighting marine fires in Esquimalt Harbour.

Don't let its small size – similar to that of a tugboat – deceive you of its capability. It has the capacity to shoot 5,000 gallons of water per minute a distance of 120 feet from its bow and stern manifolds.

"Firebrand is the best insurance the navy can have," says Captain Dave Dyer.

Two crews of three rotate 12 hour watches, guaranteeing the boat is manned and ready 24 hours a day.

In less than three minutes the crew can respond to a call by flashing up the engine, pulling the shoreline in and moving away from the jetty.

"Our primary duty is assisting the fire department," says Dyer. "We are not firefighters, but we take instructions from them and respond to dispatch calls when the Firebrand is needed."

The crew's job is to operate the manifolds to cool the boundary of the fire.

"Normally firefighters on the ship would be fighting the fire from the inside, so we work to cool the superstructure to try and keep the heat down," explains Dyer. "We can also run all the fire hoses for the firefighters on the ship if they don't have access to water."

Similarly, if an earthquake shook the City of Victoria

and damaged the city's water mains, Firebrand could supply firefighters on land with charged hoses.

Firebrand is also equipped with pumping capabilities and is called out for flood prevention on vessels that are sinking.

"[In August] we received a call from Joint Operations just after midnight advising us that the migrant ship MV Sun Sea was listing substantially. They asked if we could we go over and investigate it; so we went over in the speedboat, confirmed it was listing and brought Firebrand over and used our salvage pumps to stop the inflow of water," he said.

Dyer works with James Tuohy, who handles the maintenance and deck hand duties, and engineer Joe Spence.

"We don't usually do maintenance or heavy work on Firebrand because we need to be prepared to go at a moment's notice," says Spence, "but I do a lot of routine maintenance on the boat to ensure that it's in good working order at all times and ready to respond to calls."

The crew generally receives several calls a week.

"Because we work after [regular work] hours we are the first responders in many cases," said Dyer. "We are called to spill responses and HAZMAT emergencies and we investigate, and if it's beyond our capabilities we call in other crews to get the ball rolling."

All crew members who serve in Firebrand are certified by Transport Canada and have training in stan-

dard first aid, marine firefighting, and survival at sea and lifeboat training.

"We are mariners first and foremost," said Dyer.

Their secondary duties include operating the tug boats, ferrying people across the harbour, and assisting vessels in distress.

"We also perform routine inspections of dockyard and do rounds of the ships, look at jetties for busted ladders and fenders, and make sure everything on the ships looks safe," said Dyer.

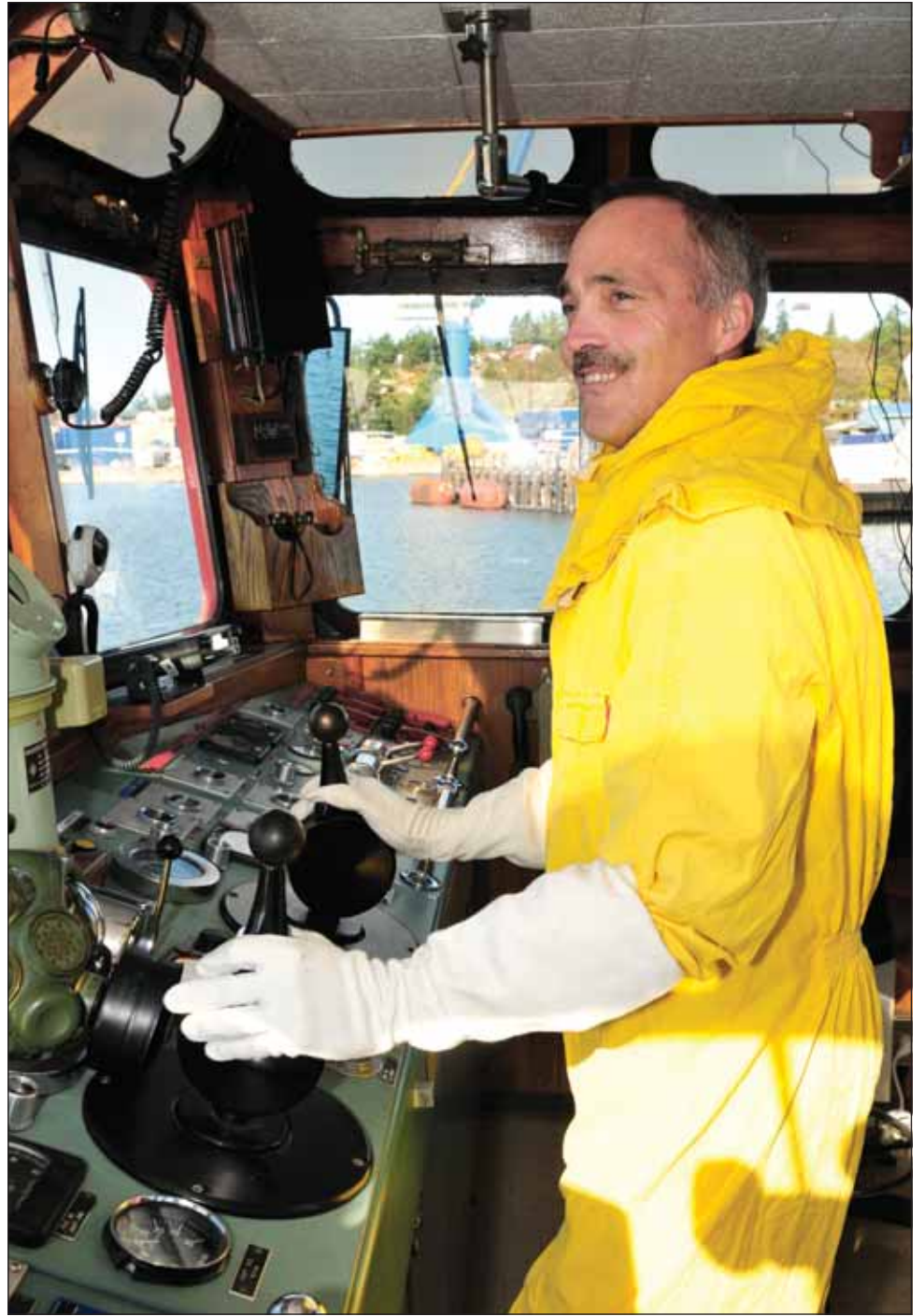
The boat is also a Nuclear Emergency Response Team (NERT) platform, so if there is a nuclear emergency the crew will suit up in protective gear to sample and test for radiation.

"This harbour frequently hosts nuclear submarines and aircraft carriers and NERT personnel may ask us to turn on the water in the event a vessel requires cooling in the event of an overheating issue, so we practice these drills," says Dyer.

Often during naval celebrations, or when ships return from deployment, Firebrand is front and centre spurting water in ceremonial celebration in Esquimalt Harbour.

"In the summertime we take a lot of cadets and school groups out in Firebrand. The kids love to spray the water and end up leaving soaked and full of laughter and smiles," said Dyer. "It's a lot of fun and something the crew really enjoys."

Firebrand was built in 1975 and is the sister ship to Firebird on the East Coast.



Photos by Shelley Lipke, Lookout

**Top:** Firebrand Captain Dave Dyer is dressed in protective clothing during a Nuclear Emergency Response Team (NERT) exercise. The Firebrand is a platform for NERT training because in the event of a nuclear event, water from the Firebrand would be used to help.

**Above:** Joe Spence, the engineer on the Firebrand, starts up the ship's main engine and checks the oil. The oil is checked once or twice daily to ensure that the ship is ready at all times.

**Left:** James Tuohy, the Firebrand's maintenance and deck hand, deploys the forward fire monitor in the Inner Harbour.

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# NAOSH EXPO

## NADEN Drill Deck

### Bus Transportation

#### Dockyard Gate/Naden Schedule:

Leave Dockyard: 9:50 am  
 Leave Naden Drill Deck: 10:20 am  
 Leave Dockyard: 10:50 am  
 Leave Naden Drill Deck: 11:20 am  
 Service to continue at these intervals throughout the day.  
 Last bus leaves Dockyard at 2:50 pm and Naden Drill Shed at 3:20 pm

#### Work Point/Naden Schedule:

Leave Work Point Kingsmill Bldg (1372): 11 am  
 Leave Naden Drill Deck: 1:30 pm

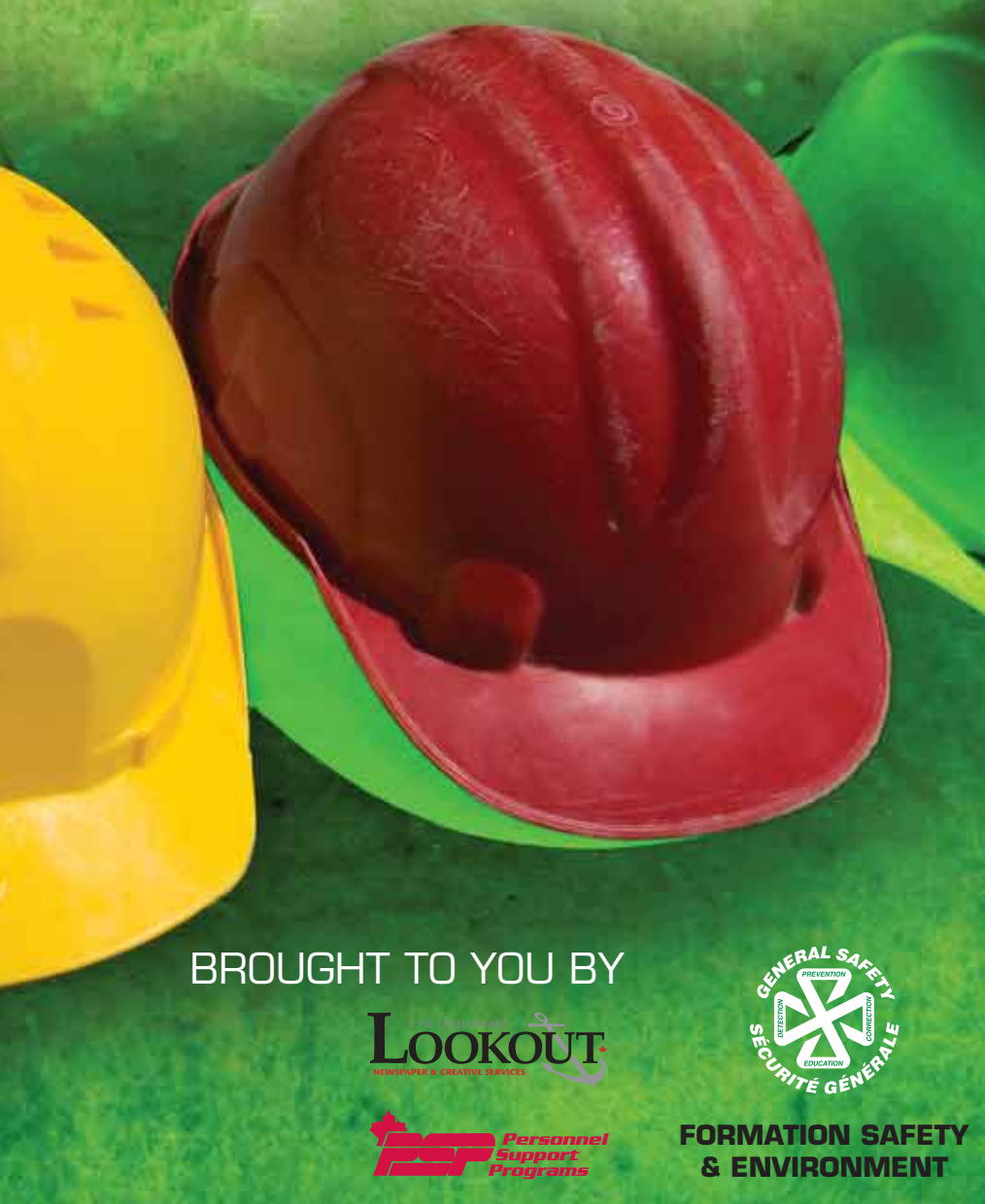
### Blue Boat Schedule

#### G Jetty to Naden Float:

10:15 am  
 12:25 pm  
 1:25 pm  
 2:25 pm

#### Naden Float to G Jetty:

12:15 pm  
 1:15 pm  
 2:15 pm  
 3:15 pm



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## How to successfully transplant trees

Homeowners move trees around their property for a number of reasons. Some might be adding to their property and need to make room for new additions, while others might simply want to move a tree for aesthetic reasons. Whatever the reason, transplanting trees can be risky. Trees that are not fully healthy, for instance, might find a transplant too stressful. If the stress proves overwhelming, the tree could die or lose some of its physical appeal. While there are no guarantees when transplanting trees, there are a few guidelines homeowners can follow to increase the likelihood of a successful transplant.

- Transplant at the right time. It's best to transplant trees when the ground is not frozen. When transplanting in the spring, do so right after the ground has thawed and before the tree or shrub's buds begin to swell. When transplanting in the fall, do so soon after leaf drop to allow time for root development before the soil freezes.
- Re-locate to the correct spot. Before transplanting a tree or shrub, test the new location in mind. Make sure the place where the tree or shrub will be moved can provide sufficient light for the given species to thrive.

*Not all areas of a property are ideal for trees and shrubs, so inspect the area before moving.*

In addition, check the new location's soil pH, moisture and wind exposure. Not all areas of a property are ideal for trees and shrubs, so inspect the area before moving. Such an inspection should include examining a layout of the property's utility lines.

- Avoid drying out. Trees and shrubs should not dry out during the transplanting process. Water the plants for two to three days prior to transplanting the tree if the surrounding soil is dry. When it comes time to transplant, cover the root ball with a damp material, such as burlap or canvas, which will help retain moisture.
- Let the professionals move larger trees. Moving larger trees is an undertaking best left to professionals. Transplanting larger trees could prove a difficult undertaking for many homeowners, and the tree could suffer greatly if that's the case.

*Continued on page 21*

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# Stage to screen for military funny-man

**Shawn O'Hara**  
Contributor

For seasoned comedian Cpl Wayne Hannah, it pays to be funny. However, in his most recent role, he got downright psychopathic.

Cpl Hannah, a firefighter in *HMCS Winnipeg*, recently starred in an episode of the Cineflix produced series *Jailbreak*. The 13 episode docu-drama reconstructs the most infamous jailbreaks in history.

In his episode "The Torturer," he plays convicted murderer Lee John Knoch, a man convicted of multiple counts of aggravated murder, who escaped from Snake River Correctional Institution in Salem, Oregon, in 2003. Armed with a pair of bolt cutters, Knoch cut through the facility's razor-wire perimeter before leading authorities on a three-day manhunt.

"I didn't think I wanted to be an actor, I just wanted to check it off the list. But I'm at that point now where I know so many people that I think I should do it," says Cpl Hannah. "I've gotten a name for myself in the last couple of years."

He's known in the "biz" for his stand-up comedy, which he began about

seven years ago. Listed in his non-military resume is opening a show aboard *Winnipeg* for Canadian comic Russell Peters, and will include an upcoming tour with Just for Laughs comedian Paul Myrehaug and American comedian Mike Pace.

Making the transition to acting wasn't exactly an act of fate.

He found a casting call for extras on Craigslist in Peterborough, ON, and went while house hunting for his upcoming posting to CFB Trenton.

He applied for a role as an extra, but after the production team took a look at his credentials, he was offered the lead in the episode.

"I treated it like the military. Pay attention to detail, do what you're told. I even called the director Sir for the first few hours," says Cpl Hannah.

Armed with a multitude of business connections, he says the decision to complete his time in the CF and then turn to full-time acting is still up in the air.

If life on screen doesn't pan out, Cpl Hannah says that it won't be the end of the world.

"This could be it," he says. "It could have been the one shot, and I'm happy



with that because I did it."

For now, Cpl Hannah will continue his stand up with a number of shows planned across Canada as he makes his way to CFB Trenton. But he's still got a few other irons in the fire.

He's working with a writer in Vancouver to develop a documentary. One, called *The Rookie*, would follow Cpl Hannah as he takes his fire fighting trade on the road to different fire halls examining the life of firefighters on and off the job.

*Jailbreak* is still in production, but should be airing this fall on Discovery Channel in Canada, the Mystery channel, Discovery ID in the United States, and the BBC in the United Kingdom.

More information on Cpl Hannah and upcoming performances and tours can be found at [www.waynehannah.ca](http://www.waynehannah.ca).

***I didn't think I wanted to be an actor, I just wanted to check it off the list. But I'm at that point now where... I think I should do it.***

-Cpl Wayne Hannah



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# Meet the Eagles - Dockyard's newest residents

**Ben Green**  
Staff writer

Walking up to the Commodore's residence in Dockyard, it looks like someone fed Daffy Duck through a shredder.

Mounds of fur and feathers lie on the driveway, a wing here, a leg there; a pelvis bone and a webbed foot with leg still attached decorate the front lawn.

A sharp, high pitched call guides your gaze about 30 metres up a nearby Douglas Fir. Near the top of the tree, two bald eagles perch from a large mound nestled in the branches—their nest.

Spring has brought with it warmer weather and an abundance of new wildlife, and it seems the pair of iconic birds are also parents-to-be.

"Our building faces this group of trees and we have quite enjoyed watching birds in these trees for many years; they use this area to perch, even throughout the winter time," says Tracy Cornforth, peering through her binoculars. "But this is the first nest we've seen in dockyard."

Cornforth, an environment officer on base, says it makes sense for the pair to nest so close to the ocean.

The most recent report from the Wildlife Branch of the Ministry of Environment says eagle nesting habits can often be found in old-growth trees. Important factors for a nest include clear flight paths to water (eagles approach the nest from different paths according to wind

*We have quite enjoyed watching birds in these trees for many years; they use this area to perch, even throughout the winter time, but this is the first nest we've seen in Dockyard.*

-Tracy Cornforth  
Formation Environment Officer

direction), a viewpoint of the surrounding area, and a close proximity to food sources.

"As eagle nests go it's not that big," says James Miskelly, a field biologist on base. "Generations of eagles will often keep adding to a nest, they can get to be as big as a Volkswagen."

Miskelly says eagles usually mate for life and often have many nests within their breeding territory. The size of the nest the pair currently resides in probably means it's fairly new.

It's impossible to tell if the eggs have hatched yet, although he suspects they haven't, which means the chicks won't reach fledgling size until mid-July. Come this time, they should venture out of the nest, hopping from branch to branch, but it will take four years for them to reach full maturity.

Cornforth and Miskelly warn curious passersby that they can expect to find much more carnage at the base of the nest in the coming months. Eagles tear fish, seagulls, and ducks into small bits for feeding; pellets of feathers and bones are coughed

up when they can't be digested.

As opportunistic feeders, Miskelly says eagles are known to swoop in and steal meals from other birds, or physically force them to regurgitate meals they saw them just eat. Nature's version of "give me your milk money" he calls it.

Anyone thinking of getting a closer look at the pair or the nest should be warned that trouble will ensue. If you survive the possible aerial attacks you're sure to get from one of the world's strongest birds, you'll have to deal with the legal consequences as well.

"The nest and the birds are protected by law (the B.C. Wildlife Act)," says Cornforth. "Even when the eagles have vacated the nest it's still protected [because they often use the same sites over and over again]."

Interested watchers may view the nest with the best vantage point being between the tennis courts and Base Imaging (DY25). It's asked that people don't wander on the grounds of the residence as it's impossible to view the nest from that close anyways.



Ben Green, Lookout Spring has brought a few more residents to dockyard as two bald-eagles have nested in a large tree by the Commodore's residence. With the eggs expected to hatch soon, the parents are taking shifts hunting and watching over their little ones.

**Left:** James Miskelly, field biologist on base, holds a discarded feather from one of the eagles found near its nest site.

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Capt Amélie Leduc, Contributor

CPO2 Nicole Ngai receives Bushnell binoculars from RAdm Nigel Greenwood for Lord Strathcona Top Staff Cadet at HMCS Quadra Sea Cadet Summer Training Centre.

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# Musical salute to the military tickets on sale and going fast

**Shelley Lipke**  
Staff writer

The Rotary Club of Victoria is planning a special concert in the Royal Theatre on June 3.

The Rotary Choir, with the Band of the 5th (B.C.) Field Regiment (Royal Canadian Artillery), internationally known tenor Richard Margison and Vancouver Island soprano Betty Allison will collectively present *The last Night of the Proms and a Salute to the Military*.

This fundraising concert will donate all proceeds to the Mustard Seed Food Bank

and the Military Family Resource Centre (MFRC). Tickets are \$35 for civilians and \$20 for military members, and are available at *Lookout* office (1522 Esquimalt Rd) or the Royal Theatre box office. The theme is derived from the series of promenade concerts given in Britain, the last of which includes popular light classics for choral singing.

*Last Night of the Proms* has audience participation for sing along with a large choir of Rotarians and other community choir members. The program will include a medley of navy, army

and air force march pasts, Jerusalem, Rule Britannia, Amazing Grace, and others. Pipers, soloists and a violinist will also participate.

*Last Night of the Proms* is fashioned after the summer program in Albert Hall in Great Britain. Proms comes from the term promenade; in the early days of concerts the audience would promenade about and participate in the festivities.

John McVie is the Director of Music and CWO Frank Eigler is the bandmaster of the band of the 5th (B.C.) Field Regiment.

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# Take better photos starting today

**Shelley Lipke**  
Staff writer

Whether you have a point and shoot camera or a single lens reflex (SLR) with interchangeable lenses, here are some photography tips to consider while shooting your favourite subjects.

**Watch your backgrounds.** Think about moving your subject before shooting so that they have a neutral background behind them. Move to ensure they don't have an awkward looking tree, painting or object growing out of their head. If you can't move them, then move yourself to change the background. Step to the side, get down low or shoot from above.

**Assess the lighting.** Photography is all about light so make sure it's striking your subject in an attractive manner and not casting harsh shadows. Instead of shooting a portrait in mid day sunlight, move them into the shade and shoot with flash. This will eliminate dark shadows on the face and prevent your subject from squinting.

**Use different angles.** Get down low and shoot up, or shoot from above to get a different perspective than the boring eye level photo. When photographing pets get down to their eye level. Don't hesitate to climb on a chair or counter to get a fresh perspective. Also, instead of shooting straight on, walk to the side a bit and get a 45 degree angle. For headshots, try



to get shoulders and hands in. This may mean having your subject lean against a building or tree, but it looks more natural if you see some of their arms.

**Try using the rule of thirds.** This means as the photographer you compose your shot dissecting either horizontally or vertically in either one third or two thirds of the frame. It helps to balance out the photo.

**Make use of diagonal lines.** Compose your shot to accentuate diagonals which slice through the image and add depth.

**Crop in the camera.** Get in close either by moving closer to your subject or zooming in if you can't move closer. This will prevent you from cropping in a post production program like Photoshop. Note that with some lenses you will lose light when zooming as the aperture shifts from say F3.5 to F5.6. It's better to move closer if you

can, especially in low light conditions.

**Use fill flash.** With point and shoots, instead of using the Auto flash setting, put the forced flash setting on to add fill flash. Use this when the subject is backlit or in the shade. The reason to use this is that the camera's built in light metre may think it's light enough to not use flash, but when you view the image the subject's face is too dark. Forcing the flash to fire will fix this.

**Shoot both vertical and horizontal.** Switch it up and get in the habit of shooting verticals as well as horizontal.

**Be the director.** As the photographer you are in control. Be the boss and tell your subject to move, take their sun glasses off, and tip their hat back on their head or brush their hair back from their eyes. It will make the image better if you assess what you

are shooting before you put the camera to your eye.

**Note the direction of light.** Notice which way the light is coming from and arrange your subject accordingly for front, side or backlighting, depending on the effect you're looking for.

**Lock the focus.** Focus on your subject before you frame your shot and try not to have the subject right in the middle of the frame. Think rule of thirds when pressing the shutter down after you focus on your subject. Point and shoots are designed to get the majority of the depth of field sharp, so everything in the picture is in focus.

**Use a tripod for low light, or for slow shutter speeds.** If you don't have a tripod, set the auto timer and place the camera on a table or bean bag or use a gorilla pod. If none of these is available, brace yourself against a wall for the shot.

**Blown out overexposed photos with flash?** Practice dialling down the exposure settings on your camera to fix this problem.

**Take lots of photos.** The beauty of digital is that results are instant and there is no cost for developing. By taking a variety of photos you will ensure you're happy with the images you take. When you think you're finished, take a few more and keep in mind they look different once they are on your computer screen compared to the camera's small display screen.

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# Taking control of kids' weight

Many parents are having conflicts with their children, not over doing homework or cleaning their rooms, but about food.

Many of today's youth need guidance about what they eat because of pronounced weight gain.

Research indicates that in the United States, one out of three children is now classified as overweight or obese. With less time spent exercising and more time spent in front of the television or with gaming consoles, children are packing on the pounds. Adding to the problem is the hurried pace many families keep – including two-income households where there may not be enough time to prepare healthy, low-fat meals – which has made fast food and convenience items the norm.

According to reports from ABC News, a young child who is obese has a 50 per cent chance of becoming an obese adult if he or she is not given help. This also puts the child at risk for heart disease, stroke and diabetes as an adult if the situation is not changed before adulthood.

Complicating matters, experts advise against putting children on an adult diet. Adult diets may harm a child's health because they limit certain things that a child needs to process vitamins and minerals, such as certain levels of fat.

Another thing that parents often contend with is picky eaters who are not apt to simply cut one thing out of a diet and replace it with a healthier alternative.

One idea is to consult with a pediatrician, or a nutritionist who specializes in pediatrics. They can create a meal plan that fits the dietary needs of the child, but is also healthy enough to promote weight loss.

One of the best things to do is to get children moving. Regular exercise is an



ideal way to burn off the calories and fat that is not needed. Implement daily activities, such as walks, playtime in the yard and sports games so that kids are moving instead of sitting in front of the television or computer.

Here are some other ideas that may work:

- Limit electronics use so that kids have to get their fun from physical activities.
- Don't make a big deal about body weight. A 12-year study at Stanford University found that parents who are very controlling about food put too much pressure on their children to be thin. This can lead to eating disorders. Parents who push diets may have children who are overweight years later.
- Eat regular meals as a family. Eating meals together instead of grazing and snacking can promote better eating habits.
- Remove unhealthy foods from the home. Kids will eat what is convenient.

If there are no unhealthy snacks around, they'll have to choose from others, like fresh fruit and low-fat items.

• Serve meals from the stove. Portion out food items onto each person's plate instead of putting a large quantity of food in the middle of the table. This can help regulate portion sizes and prevent overeating.

• Don't make everything off-limits. Have a few "splurge" items around so kids won't feel deprived. Low-fat frozen yogurt can satisfy like ice cream. Low-fat cookies can replace the unhealthy kind. Chances are kids won't even realize they're eating healthier.

• Skip sodas and sugary drinks. Encourage children to drink water, fruit juices and low-fat milk instead.

Parents can make their children feel loved and supported no matter what their weight. Taking an interest in a child's health involves being aware of eating and food issues that can lead to obesity.

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## Transplanting trees

From page 14

• Plant as soon as possible. It's possible to store a tree and not immediately plant it, but it's ideal to plant a tree or shrub that is being transplanted as soon as possible. If storing, avoid covering the root ball with plastic. That can suffocate the plant's roots, putting its life in significant jeopardy. Protect stored plants from

extreme temperatures, wind and direct sunlight.

• Plant properly. Planting holes should be two to three times as wide as the root ball. If planting in dry soil, prewater the holes before planting begins, and be sure to plant the tree or shrub at the same depth it was originally growing in. Also, plant the tree so it is in the same direction, relative to the sun, that it was previously in.

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VOLUNTEERS OF ALL AGES are needed to assist individuals with disabilities to get out and be active this fall! By devoting as little as one hour a week, you have the opportunity to participate in an activity you enjoy while giving back to the community. For more information or to volunteer please call the Leisure Assistant Coordinator at 250-477-6314 ext. 15 or volunteers@rivotonline.org

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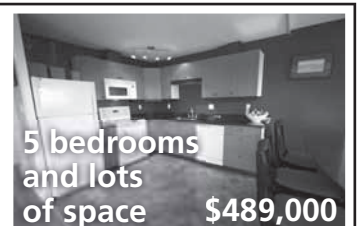
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It could be that you've run out of gas or you've had a mechanical breakdown of some kind. What to do? Likely what you didn't do was check your boat thoroughly before heading out. Unfortunately, you are not alone.

The website [www.smart-boater.ca](http://www.smart-boater.ca) was created by the Canadian Safe Boating Council in partnership with the National Search and Rescue Secretariat. The goal is to remind Canadians during Safe Boating Awareness Week, May 21 to 27, and throughout the boating season to review their safe boating check list before heading out onto the water.

Scott Miller, a Maritime Search and Rescue Coordinator with the Canadian Coast Guard says, "Seventy-five to 80 per cent of calls for help to the Coast Guard are non-distress calls. The most common ones deal with boats that have broken

down, run aground or have just run out of gas, which is far and away the most common call to the Coast Guard, and these are all situations that are entirely preventable by the boat operator."

Mechanical failures can strike any boater and at any time. That's just part of boating. It's doesn't always mean the boater has failed to properly look after the boat, but many calls for help are predictable and preventable.

Have a proper check list for your boat and follow it before you head out, each and every time. Make sure your boat is mechanically sound and that you have enough gas for your intended voyage with some in reserve. File a sail plan or itinerary to help Search and Rescue find you in the event of a real emergency. These simple steps will save you the embarrassment of making an unnecessary call for help and diverting search and rescue resources from areas where they might be needed more.

Review your check list before your leave – be prepared. Whether you use a power boat, sail boat, personal watercraft, canoe, kayak or fishing boat, find more information on a variety of boating safety tips by visiting [www.smart-boater.ca](http://www.smart-boater.ca).

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