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Great Navy Day For Graduates

NOTC VENTURE: training completed

Twenty-one students from Puncher Division graduated to the rank of Sub-Lieutenant on June 24 after completing their final phase of training - MARS IV.

During the ceremony, Capt(N) Martin Teft, Director of Maritime Personnel NDHQ, left, presented awards to SLt Alex Johnston: the Chief of the Maritime Staff Award for Top Overall Student, and the Venture Association Award and Admiral Pullen Cup for highest standard of Officer-Like Qualities. SLt Johnston will now join the crew of HMCS Regina.

See page 11 for the full story.

Photos by Penny Rogers, Lookout

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FORMATION BARBECUE

The lines were long, snaking their way to the food tables, but spirits were high and the sun bright for this year's Formation Appreciation Barbecue. There was plenty to do besides eat, with environmental and sustainable living booths, live music, raffles on almost every table, and a five-team street hockey tournament to entertain the crowd.

Left: Chief of Staff, Capt(N) Alex Rueben and J3's Capt(N) Dermot Mulholland lent a hand at the barbecue.

Middle: Opponents vie for hockey victory during the street hockey tournament.

Right: Roland Barrett and the band kept the crowd entertained.

Photos by Penny Rogers, Lookout



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Gruelling bike ride for a good cause

Lt(N) Hayley Mooney
Contributor

The top medal available for civilians was awarded to Maureen Eykelenboom in Comox Friday, June 17, prior to the start of the 240-kilometre Boomer's Legacy charity bike ride.

Eykelenboom was awarded the CF Medallion for Distinguished Service by Chief of Defence Staff Gen Walter Natynczyk.

Eykelenboom, mother of Cpl Andrew Eykelenboom, who was killed by a suicide bomber in Afghanistan in 2006, began Boomer's Legacy following the death of her son.

"I call her 'she who will not be denied,'" says Capt(N) Craig Baines, Base Commander of CFB Esquimalt. "Her dedication to the cause and what she is trying to achieve is inspiring. It was great getting to meet her and to hear about her son's experience, and the legacy she is trying to

achieve to help local populations." Funds raised for Boomer's Legacy are used by Canadian soldiers around the world to address needs in the communities in which they are posted. This year's funds are earmarked for the continuation of a midwife program that will support thousands of women in Afghanistan.

Following the ceremony, riders and onlookers proceeded to the cemetery in Comox where Cpl Andrew Eykelenboom is buried.

"It was the most emotional moment of the ride," says Capt(N) Baines who joined the 92 cyclists for the trip. "Focusing on why we were there and what we were trying to achieve."

Capt(N) Baines and a dozen other members from CFB Esquimalt joined the group of cyclists for the ride that spanned a good portion of Vancouver Island, including the daunting Malahat, a stretch of highway with a 352-metre elevation.

"I think the Malahat was certainly

ly the most difficult part of the ride, although the expectation really was worse than the actuality," said Capt(N) Baines after the ride. "And you don't want to let everyone down, including yourself. It was very inspirational riding with such a variety of people, and I would look to them and know I had to keep going because they weren't quitting."

Capt(N) Baines managed the ride well considering the last time he was on a bike it had three wheels.

"Now that I've made it over the Malahat, I would definitely do it again, and encourage others as well," he said.

He offers one piece of advice to future cyclists though.

"I would recommend they train."

For those wanting to support the cause, donations are encouraged to Boomer's Legacy, or to one of the riders.

For more information on Boomer's Legacy, go to www.boomerslegacy.ca.



MCpl Daniel Mallette, MARPAC Imaging Services
Above: The more than 90 riders pose in front of the entrance to 19 Wing Comox before setting out on the two-day Boomer's Legacy Ride to Victoria.

Right: Maureen Eykelenboom receives the CF Medallion for Distinguished Service on June 17. Left to right: CF Chief Warrant Officer, CPO1 Bob Cléroux, Chief of the Defence Staff, Gen Walter Natynczyk, and Mrs. and Mr. Eykelenboom.



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WHAT SAY YOU

Bravo Zulu from the Chief of the Defence Staff

The government of Manitoba requested the assistance of the Canadian Forces to assist Canadians with the flooding of the Assiniboine River on May 8. The greatest privilege that any Canadian Forces member has is to assist his or her fellow Canadians here at home. We were able to react very quickly, within 14 hours we had troops on the ground and beginning to work in the Portage La Prairie area. At the peak of the operation, we had more than 1,800 Canadian Forces members and Department of National Defence civilians, supported by eight aircraft and a dozen boats, deployed to Manitoba.

In keeping with the Canada First Defence Strategy, Op Lustre was a joint operation demonstrating the capabilities of the Canadian Forces to quickly and effectively support a federal response to a provincial emergency. I would like to acknowledge the superb work, dedication and professionalism of the soldiers, sailors and airmen and women involved in Op Lustre. You were part of the Joint Task Force West (JTFW) team that deployed on extremely short notice and your ability to provide the right effects, regardless of circumstance and challenge, was admirable. You bolstered public confidence in the ability of the CF, the government of Canada and the government of Manitoba to respond to a crisis. The people of Manitoba and all Canadians looked to you for your professionalism in protecting them by helping preserve essential infrastructure, sandbagging homes, having dive teams on quick alert, and flying support and reconnaissance missions. You greatly assisted



MCpl Holly Cowan, Combat Camera

Navy Reservists and members from the 1st Battalion Princess Patricia's Canadian Light Infantry loaded a truck with sandbags that were delivered further down the dike in Portage la Prairie, MB, as part of Operation Lustre.

thousands of Canadian residents and their communities. Your outstanding support produced more than 167,000 sandbags and you placed more than 430,000. You ensured that the bank of the Assiniboine River did not wash out, and you reinforced and repaired the dikes at key areas. In short, you assessed the needs and delivered the critical flood relief support to the affected region in the province of Manitoba.

I congratulate all members of the JTFW

team who planned and took part in this flood relief operation for their outstanding contributions. You can be proud of your efforts which have once again reinforced the credibility of the CF in the eyes of the citizens of Canada, other government departments and the province of Manitoba.

Bravo Zulu.
Gen Natynczyk
Chief of Defence Staff

Bravo Zulu message du Chef d'État Major de la Défense

Le gouvernement du Manitoba a demandé l'assistance des Forces canadiennes pour venir en aide aux victimes des inondations sur la rivière Assiniboine le 8 mai 2011. Le plus grand privilège possible, pour un membre des Forces canadiennes, est de venir en aide à ses compatriotes ici-même, dans son pays.

Nous avons été en mesure de réagir très rapidement. En effet, dans un délai de quatorze heures, nous avons pu envoyer des troupes sur le terrain et celles-ci avaient commencé à travailler dans la région de Portage La Prairie. Au point fort de l'opération, plus de 1 800 membres des Forces Canadiennes et employés civils du ministère de la Défense Nationale étaient déployés au Manitoba, avec le soutien de huit aéronefs et d'une douzaine de

navires.

Conformément à la stratégie de défense du Canada d'abord, l'Op Lustre était une opération interarmées démontrant la capacité des Forces canadiennes à soutenir rapidement et efficacement une intervention fédérale en cas d'urgence provinciale.

Je tiens à souligner le travail, le dévouement et le professionnalisme extraordinaires de tous les militaires ayant pris part à l'Op Lustre.

Vous avez fait partie de l'équipe de la Force Opérationnelle Interarmées (Ouest) (FOIO) qui a été déployée à très court préavis, et votre capacité à obtenir les effets voulus, peu importe les circonstances et les défis, était admirable. Vous avez su renforcer la confiance du public envers la capacité des FC, du gouverne-

ment du Canada et du gouvernement du Manitoba à intervenir en cas de crise. Les habitants du Manitoba et du Canada au grand complet se sont tournés vers vous en raison du professionnalisme dont vous avez fait preuve en les protégeant, entre autres en aidant à préserver les infrastructures essentielles, à installer des sacs de sable autour des domiciles, en maintenant l'équipe de plongée en état d'alerte et en effectuant des missions de soutien et de reconnaissance aériennes.

Vous avez grandement aidé des milliers de Canadiens et de Canadiennes ainsi que leur collectivité. Votre soutien extraordinaire a permis de produire plus de 167 000 sacs de sable et vous en avez placés plus de 430 000.

Vous avez fait en sorte que la rive de la rivière Assiniboine ne

soit pas érodée et vous avez réparé et consolidé les digues à des endroits essentiels. Pour faire une histoire courte, vous avez évalué les besoins et vous avez assuré le soutien essentiel à la région affectée de la province du Manitoba.

Je félicite tous les membres de l'équipe de la FOIO qui ont planifié cette opération de secours et qui y ont pris part pour leurs contributions remarquables. Vous pouvez être fiers de vos efforts, qui ont, une fois de plus, renforcé la crédibilité des FC aux yeux des habitants du Canada, des autres ministères et de la province du Manitoba.

Bravo Zulu.
Gen Natynczyk
Chef d'État Major de la Défense

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WHAT SAY YOU

When the cat's away... the dogs sleep on the bed?!

Lt(N) Hayley Mooney
Contributor

My alarm shatters the serene stillness of my bedroom. My bed mates groan and stretch. No, this is not as sensational as you think – my bed mates are my 25 pound Wheaten Terrier and my 55 pound Labradoodle, and they're currently filling the big empty space that my husband left when he went to sea.

Most people do not appreciate large, smelly, and occasionally muddy dogs on their bedspreads, and typically I am no exception. But for some reason when my hubby is away all the rules go out the window. I'm not alone in my small lapse of civility either. In speaking with the partners of members who are, or have been, deployed, there are many interesting habits that seem to be adopted when home has one less occupant.

For Lt(N) Patrick Larose, of HMCS Victoria, dinner for one is much too inconvenient. So, instead of cooking a different meal every night, he purchases a full Thanksgiving-sized turkey, roasts it, and eats turkey, and only turkey, for a week at a time.

"I guess you create new habits when your spouse is away so that you don't miss them," says Lt(N) Larose. "I also really like eating turkey and there's no way my wife would

For some reason when my hubby is away all the rules go out the window.

eat it for a week."

Lt(N) Ashley Logan, from the Base Comptroller office, is a little more constructive with her alone time.

"I take to painting perfectly fine walls with an entirely different coat of paint, just because the colour seems nice," she says. "I like it because it gives me something to do at night when people aren't around. It's my crazy that prevents me from going crazy."

New parents may be familiar with Marie-Eve Blanchfield's concession; she says rules and sleeping arrangements for children get a lot more lax.

"The children sleep with me and I tend to bend a lot easier," says the mother of two young girls. "I figure it's only one force against a toddler so we're going with 'okay' when they make demands."

The husband of Maj Heather Mahar, a movements officer at 1 Canadian Air Division, gets a surprise when he returns from deployment and turns on the TV.

"I cancel the channels I

don't watch. I switch the package from the Military Channel, Speed and History Channel to Slice, The Women's Network and TLC," she says.

Really, apart from some fur on the covers, possible disagreements on wall colours and a few other habits and channels that will need to be reversed, the effects of these transgressions are not too bad. They are all a form of coping that we come up with when we miss our loved ones. No harm done.

Well, except to Chester the dog, who finds himself unceremoniously launched out of "his" spot on the bed. I'm not worried though. He's a pretty forgiving mutt.

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FUEL IT. VICTORY

Ahead of the curve: FMF looks for ideas in all the right places

Ben Green
Staff writer

Schedule, quality, and cost - these three equally important factors are continuously balanced by Fleet Maintenance Facility Cape Breton (FMF Cape Breton) in order to repair ships and parts needed to keep the West Coast fleet operational.

With an aging fleet that has increasing maintenance requirements, FMF Cape Breton is looking into "lean" production practices to not only gain efficiencies, but also get the most benefit from the new layouts in the C4360 Shop Consolidation Project.

At the beginning of March, a small envoy of FMF Cape Breton managers, union representatives, and Stantec employees (a civil engineering design firm) packed their bags for Edmonton, AB, to tour OEM Remanufacturing Facility, a facility similar to FMF Cape Breton that practices this workflow philosophy.

Lean production, first developed by automotive giant Toyota, puts an emphasis on workflow to efficiently clean, disassemble, remanufacture, reassemble, and test materials all under one roof with very little end waste.

Stantec designed the 350,000-square-foot OEM facility, and when hired to complete FMF Cape Breton's phase five design

of its C4360 Shop Consolidation project, it recommended that management use the company as a blueprint to create a smoother, more efficient work flow.

"We basically want to eliminate waste in our organization," says Barry Ross, an industrial engineering technologist at FMF Cape Breton. "There are seven types of waste to look for: excess inventory, quality problems, idle people and equipment, producing too much too quickly, workers not being utilized, unnecessary worker motion, and unnecessary transport of work. Lean is all about working smarter not harder."

The OEM facility is different from FMF Cape Breton as they work on land-based vehicles. Operated by Finning (Canada), OEM specifically works on engines, power trains, and hydraulic cylinders of the Caterpillar 797 dump trucks operating in the Fort McMurray tar sands. However, through tighter spaced shops, extensive visual management (signage, tagging of materials, and communication materials), and a continual flow of "make one, move one" assembly line-like work, OEM is remanufacturing one or two diesel engines a day and producing 81 remanufactured units a week. Like clockwork, the facility implements three shifts, 21 hours a day, seven days a week, to meet the service of the 100 trucks currently operating

in northern Alberta.

"I was blown away by how efficient it was," says Ross. "What we can really relate to the most is how the equipment is repaired and overhauled."

Tom Percy, the industrial engineering manager at FMF Cape Breton, was just as impressed with the OEM tour.

"They were employing some ideas we can adopt across the board," says Percy. "The challenge [for FMF Cape Breton] is employing these principles and projecting them onto the ships and submarines. Although FMF Cape Breton delivers excellent work to the ships, there is so much maintenance that has to be deferred because of resource constraints. Implementing lean production practices will help FMF Cape Breton close that gap."

Percy says a significant difference between the two facilities is that OEM was a "Greenfield" project, meaning the structure was assembled and shop work only started upon completion of the building. FMF Cape Breton is a "Brownfield" project, meaning a high variety of work is continuing as the structure is being built; a giant, unfinished puzzle as he refers to it.

Along with OEM's successful lean production techniques, the FMF Cape Breton team also picked up a variety of other practices the facility uses that could easily translate to D250. These include



On March 9, a management team from Fleet Maintenance Facility Cape Breton took a trip to Edmonton, AB, to tour OEM Remanufacturing Facility, which was designed by the same engineering firm that's completing the Shop Consolidation project in dockyard.

equipment handling, shop safety measures, and storage and work space efficiency. In all, the team came back from Edmonton with almost 30 specific ideas that could be implemented to make FMF Cape Breton a better operating facility.

"For management, we hadn't been exposed to this type of vision in quite awhile," adds Percy.

The FMF Cape Breton team plans to visit Vigor Shipyards (formerly Todd Pacific Shipyard) in the future. The Seattle-based company holds expertise in marine construction, conversion, and repairs that

FMF Cape Breton management will once again look to use to their advantage as the ship repair facility nears completion. Vigor has been developing lean ship repair practices for more than eight years.

At the end of the C4360 Shop Consolidation project, FMF Cape Breton will be the second largest enclosed industrial building on North America's west coast, second only to the Boeing aircraft plant in Seattle-Everett, WA. The facility will see all of FMF Cape Breton's 26 maintenance shops consolidated into two large buildings, D250 and D252.

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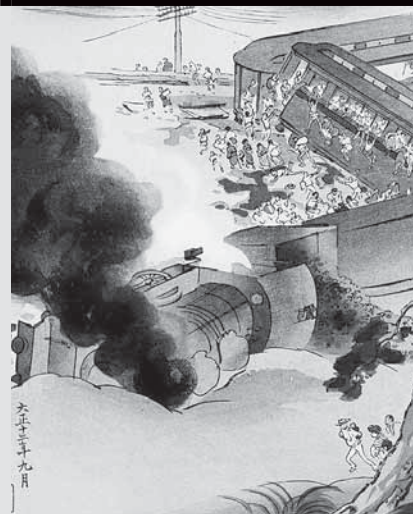
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DETAIL: GREAT KANTO EARTHQUAKE - TRAIN WRECK,
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JULY 15 - OCTOBER 16

Through *Girl* - an ethnically-ambiguous character who exists in a candy-coloured, post-apocalyptic world - Vancouver artist Diyan Achjadi explores questions of how group identity, national identity, and militarism are depicted in popular culture.

DETAIL: THEY SEE THEY HAVE COMPANY, 2010 | DIYAN
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TV stars, film crew wooed by sailors at CFB Esquimalt

Georgina Nicoll
Contributor

The cameras were rolling at CFB Esquimalt as Quebec TV star Geneviève Borne and the film crew of *La Petite Séduction* were welcomed by navy personnel on Monday, June 20.

Aired across Canada and viewed by more than a million people, the popular French-language television program calls on a community to "court" a new celebrity each week. As part of Borne's visit to Victoria, she and the show's host Dany Turcotte were enrolled in the Canadian Navy as honorary sailors for a day.

Cmdre Peter Ellis officially welcomed the pair

to Maritime Forces Pacific, and the officers and crew of *HMCS Winnipeg* graciously hosted them on board ship. The stars were treated to a performance by the Naden Band on the flight deck.

The day was full of surprises for Borne, who was kept completely in the dark about the show's storyline. She took the twists and turns in stride and was game for any challenge, even undertaking a "mission" at Fleet Diving Unit (Pacific). The details of her adventures will be revealed when the show airs next month.

"The project was a big success," said Christian Francey, Executive Director of the Victoria Francophone Society, a main coordinator of the film shoot.

"Geneviève was really taken with Victoria, and the naval mission was definitely the highlight of her experience."

To finish the day, Borne and Turcotte met three military families who shared stories about family life in the Canadian Forces – something Borne knows well since her father served with the military for 25 years, and is a retired commanding officer of the 4th Battalion, 22nd Regiment.

"We are so, so impressed with everything here at the base," said Audrey Potvin, the assistant director of *La Petite Séduction*. "A big thank you to all of your personnel that made this happen."

The show will air on Wednesday, July 20 at 8 p.m. on Radio-Canada.



MCpl Daniel Mallette, MARPAC Imaging Services

Left to right: MWO Rick Dwyer (centre), Vice President of the Mess Committee of the Chief and Petty Officers' mess, presents a cheque for \$500 to Boomer's Legacy riders CPO2 Mike Vincelette (left), and CWO Todd McGowan (right) for Boomer's Legacy charity. Funds for the donation were collected from mess members.

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Fitness venture at Work Point

Penny Rogers
Staff writer

Wanting to ensure fitness, or lack of, was not a stumbling block to MARS IV student promotions at Venture because they didn't meet the CF Military Physical Fitness Standard, Lt(N) Harry Learning reached out to the experts to develop a mandatory fitness class.

Following the nod of approval by Naval Officer Training Centre command, Venture worked with Personnel Support Programs Fitness and Sports Director, Danielle Sutherland, and Fitness Coordinator, Alyssa Hindle, to develop the PSP-led class.

"We've been doing the class for about two months now, twice a week, and if you talk to the students I think you'll find that it's being well received," says Lt(N) Learning.

In the past, students have found it tough to squeeze fitness in between the demands of MARS training without a structured class.

A class was chosen over a sport because not everyone has the same passion or talent.

"If you talk to PSP staff, you'll find there are potentially more injuries with sports vice a structured workout program," adds LCdr Eric James, Venture's Executive Officer.

Hindle says statistics are high for the number of injuries due to sports.

"It is our philosophy to 'get fit to play sports', not the other way around," says Hindle.

Venture fitness classes consistently see between 50 and 100 participants. The success of the program will be evident in upcoming EXPRES testing.



Penny Rogers, Lookout

Two months after Venture initiated a mandatory PSP-led fitness program, staff and students there are enjoying the benefits of the structured workouts. Classes are run twice a week with up to 100 participants per class.

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CF featured on the "big" screen

Ben Green
Staff writer

Four bus loads of "salt and pepper-dressed" sailors and air force men and women in blue filed into the IMAX theatre last week; the daunting six-story screen in front caused everyone to crane their necks just to see the top.

The National Geographic IMAX at the Royal B.C. Museum hosted approximately 200 CFB Esquimalt personnel early last Wednesday to view *Rescue*, the museum's latest film and one that has a deep Canadian Forces connection.

The 45-minute film focuses on the international response to the devastating 7.0 earthquake that levelled Port-au-Prince and many other areas of Haiti. The film follows four separate, but equally important relief efforts; two pilots (one rescue helicopter and one large transport

plane) from the U.S. Air Force, a volunteer aid worker from the U.S., and Cdr Peter Crain, commanding officer of the East Coast destroyer *HMCS Athabasca*.

Canadian filmmaker Stephen Low takes viewers inside the mindset of these rescuers as they struggle to not only save those from the rubble, but keep survivors alive and out of harm's way. With the 18.6 metre IMAX screen providing unbelievable detail and the surround sound immersing patrons in every scene, the gravity-defying turns, thunderous jet engines, chopping propellers and spectacular camera angles left even the most veteran military member transfixed on the screen.

Along with *Athabasca*, the film also highlighted the efforts of other Canadian assets involved in Operation Hestia such as *HMCS Halifax*, the CF's Disaster Assistance Response Team (DART) and

C-17 military transport aircraft that was used to evacuate citizens from the Port-au-Prince airport.

At film's end, a hearty round of applause gave way to a few words by the morning's special guest, RAdm Nigel Greenwood.

"The message isn't lost, these kinds of things can happen anywhere at anytime," he said. "I'm very impressed; I look forward to conveying to Mr. Low and the rest of his crew how well they portrayed the navy and the Forces in general. I hope you strongly recommend it [the film] to all your friends."

As the theatre began to clear, a reflective buzz going through the military members-turned film critics seemed to indicate two thumbs up.

For more information on *Rescue* or to find specific show times, visit www.imaxvictoria.com.

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Motorcyclists gear up for charity fun

Penny Rogers
Staff writer

"July 1. What better day to honour our people in the military than the birthday of the country they are serving," says Peggy Legault.

Legault, the executive officer of Nanaimo's Royal Canadian Legion Branch #10, along with the 3rd Canadian Army Veterans Motorcycle Unit (CAV), are hosting the First Annual Healing Our Heroes Motorcycle Poker Run and Family Day on Canada Day with all proceeds being donated to Wounded Warriors (woundedwarriors.ca).

"Many of our young men and women are returning to us broken, both physically and spiritually, and are in need of additional support," says Legault. "Wounded Warriors is an organization

whose aim is to help our young men and women gain some sense of normality back to their lives after returning home."

Even though Legault is expecting 90 riders to register, there is still time to sign up for the five-card stop poker run that starts at Legion #10, located at 129 Harewood Road in Nanaimo, make its way down the scenic ocean route on Hammond Bay Road, around the loop to Nanoose Bay and Parksville, through the countryside of Errington to Jingle Pot Road then back to the Nanaimo Legion. At the halfway point - Parksville's Legion #46 - there will be a free lunch.

Once riders have returned to Nanaimo, the day will continue with a trophy presentation, a pig roast, silent auction, raffles, 50/50 ticket sales, door prizes and a triathlon consisting of darts, pool

and horseshoes, followed by a dance in the evening.

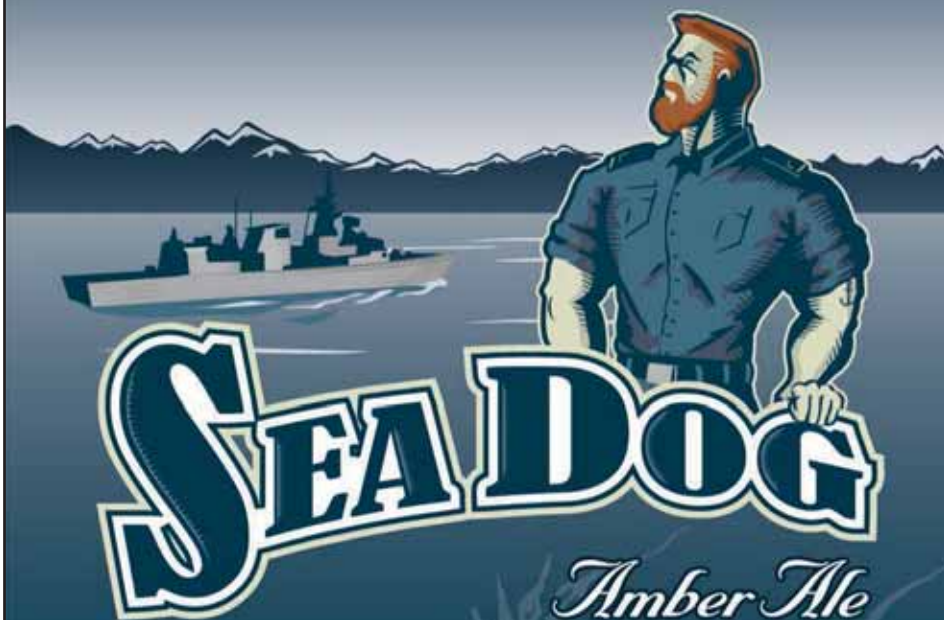
For the youth, there is a Tombola that includes a bouncy castle, a pond to fish in for prizes and a face painter from 10 a.m. to 5 p.m.

"I have arranged for onsite overnight security for those wishing to park their bikes for the night and have managed to get some discounted prices at motels as well. Plus, the morning after the ride there will be a free pancake breakfast for all those registered," says Legault.

The Legion will open during registration and provide free coffee and donuts until 10 a.m. when the race begins.

Cost for the event is \$15 for rider and \$5 for passenger. Anyone wishing to participate can register the morning of the event from 8:30 - 10 a.m. at 129 Harewood Road in Nanaimo.

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Venture graduates Puncher Division - new officers born

Penny Rogers
Staff writer

Prior to joining ships on both the East and West Coast as junior officers, 21 graduates from MARS IV Puncher Division welcomed family and friends to a graduation ceremony at Work Point on June 24.

Venture, the Naval Officer Training Centre, provides MARS Officer (Maritime Surface and Subsurface) core occupation training, and graduates between five and six classes per year.

Course Training Officer for Puncher Division, Lt(N) Kimberly Chu, explains how the MARS program is broken down: "We have the Naval Environment Training Programme Officers, or NETP-O, which is your basic introduction to the navy, so you'll have logistics personnel doing NETP-O, you'll have engineers doing NETP-O. If you're wearing the naval uniform you'll do NETP-O. Here we focus on MARS training so you'll start with MARS III, the basic fundamentals with a lot of focus on navigation to get a core understanding of navigation and how that works. Then you'll move on to MARS IV where the main focus is officer of the watch skills. Our goal is to send students to the fleet with a solid foundation to be good second officers of the watch on board ship. And I lucked out with this class. They've been exceptional," says Lt(N) Chu.

SLt Dunerci Caceres, one of three female graduates, says the name Puncher originated from an ex-aircraft

carrier that the British Royal Navy used during Second World War. It was manned by Canadian troops under a British command team.

"It became an escort carrier later on and it had a sister ship, HMS Nabob, so that's where Nabob Division got their name. They were the class that graduated prior to us," she says.

For her, the six-week sea phase was the highlight of the course.

"I'm more of a practical learner, so it was all about taking the theory of what is MARS and actually applying it to my job which was great. The learning curve is really steep but it was a good time."

Ironically what she found hardest was also the sea phase.

"Each week there were different aspects that we focused on, so week one is basically getting our footing and then we focus on maneuvers, navigation and officer of the watch requirements, so it's a very demanding job. It was a challenge for sure, but at the end of the day it was very rewarding."

The Friday graduation ceremony was more than just a parade. It was a celebration of the accomplishments made by 21 students who started out on a journey almost a year ago when they began MARS III training, says Lt(N) Chu.

SLt Johnston was nominated top student for the course and voted by his peers as the officer on course who displayed the best leadership qualities. He was also chosen as parade

commander for the graduation.

Awards presented to the students of Puncher Division are:

- The Chief of Maritime Staff (CMS) award to top overall student: SLt Alexander Johnston

- Venture Association Award, presented to the candidate demonstrating the best professional leadership qualities throughout the course, including the sea phase: SLt Alexander Johnston

- David W. Groos Memorial Shield, presented to the candidate in the graduating class achieving the highest standing in professional achievement at sea: SLt Tom Ionson

- Canadian Decoration (CD), signifying 12 years of unblemished service in the CF: SLt Francois Berube

Penny Rogers, Lookout
Twenty-one students from Puncher Division graduated to the rank of Sub-Lieutenant on June 24 after completing their final phase of training - MARS IV.

During the ceremony, Capt(N) Martin Teft reviewed the parade that was comprised of Puncher and Kingston M4 divisions; Chilliwack, Whitethroat and Nabob M3 divisions; Loch Morlich NETPO division, and Venture staff and support personnel.



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SHOP Spotlight

Never a dry moment with the paint shop

Ben Green
Staff writer

There are approximately 800 buildings scattered over the territory of CFB Esquimalt. They range in size from the behemoth that is Dockyard 250, to small, temporary sheds no larger than a single room. The aesthetic care of all these buildings, both interior and exterior, fall into the capable hands of one 10-person team – the base paint shop.

More correctly known as the Structural Paint Shop, it's actually divided into two separate trades.

"Essentially, structural is divided into carpentry and paint, I look after the painters and sign writer," says Phil Foreland, structural coordinator at Base Construction Engineering (BCE) and a professional painter for almost 30 years.

The paint section of the shop is comprised of Foreland, eight painters, and one sign writer. One painter is part of Service Plus; he looks after the quick response and emergency-type small jobs.

Their work varies as much as the types of buildings they care for. Work orders range from requesting small touch ups to an office that takes a few hours of labour, or they can paint an entire building, which is months of labour.

"I recently had two guys out at 443 Maritime Helicopter Squadron for a few months; they practically painted the whole building," says Foreland. "Sometimes it's just a single room."

The eight painters are divided into teams of two. They are divided out jobs from Foreland, who receives work orders from Customer Service by BCE's trouble desk or the CF141 online request form (the only two methods allowed for requesting work). In many cases, each painter will have three or four jobs on the go in case there are specific times they can't be at one site.

"This summer will start out with catch up on lots of little jobs throughout Naden and dockyard, then proceed onto little larger jobs," he says. "The really large jobs I now have excellent contract support to get done."

For most jobs, Foreland's crew follow a procedure. After repairing and giving the area a good sanding, they apply one or two coats of spot primer (sometimes a full complete coat of primer paint), and then two coats of finish. Matching the specific hues of all buildings takes a trained eye and many different paint colours. Foreland is slowly phasing towards six standard, highly used colours (a light white to an earth tone colour), so that eventual touch-ups will be simpler to complete and satisfy a wide range of customer expectations.

The shop tries to schedule much of their interior painting during Victoria's rainy winter months, and as much of their exterior work during the slightly less rainy summer months. Exterior work doesn't just refer to buildings; it also encompasses the maintenance of road markings,



Ben Green, Lookout

Painter Dave Krawchuk works on an office wall inside Base Construction Engineering. Having to manoeuvre around workers to get the job completed comes with the territory.

crosswalks, parking spaces, emergency/loading zones, and jetty markings. While the hundreds of buildings have an estimated 10-year paint lifespan, the road markings must be up-kept every two or three years due to high volumes of traffic.

Foreland says they've had to adapt in recent years as more stringent regulations are put on what types of products are safe to use. This has meant a transition to more environmentally friendly, less smelly latex and epoxy coatings that continue to wear well and don't have quite an environmental impact as older, oil-based paints. Some new buildings still require a specialized hardwearing epoxy coating such as the new HazMat building or F jetty's fuelling pipes.

"As of September of last year, the federal government changed the rules by lowering the allowed volatile organic compounds (VOC)," he says. "A lot of products we have been using were affected by this. There are a lot more green products we're transferring to."

The Sign Guy

A very intricate piece of Foreland's team is Jason Wilmot, the lone sign writer. Every sign that lines a street, an intersection, designates a parking space, labels a building, hangs on a office door, or marks a hazard passes through Wilmot. Armed with his large format printer, Wilmot creates signs and banners ranging from small office decals to building crests and logos seven or eight feet high.

"We used to do a lot of wooden signs," says Foreland. "Now, with our modern equipment, they're all metal and last much longer."

Busy, Busy

Foreland says the most difficult part for his small shop is working around the busy environment at CFB Esquimalt. Often negotiating the time to have people out of their office or building for days or weeks at a time can be quite challenging. However, he says this doesn't mean people should avoid booking appointments if painting needs to be done.

"We frown upon units doing 'self-help' painting or signs," he says. "It's our job to complete the work; we're trained to do it so that it meets the federal and provincial regulations."

Because the base is spread out and the paint crew is quite small, it can take a year to schedule in the request.

"Sometimes I receive a rush small work order for painting, such as an office," adds Foreland. "If I am given about six weeks notice, I can usually squeeze this request in."

All units have a BCE contact representative who are the only ones permitted to request this work. For pertinent emergency requests, there is the trouble desk emergency number (250-363-2009) or email +BCE-Trouble-Desk@BCEO@Esquimalt. Should a worker use the trouble desk, they must tell their BCE contact representative; this helps stop duplication of work and provides consistent record management for the customer and BCE.

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Bravo ZULU



Lt Matt Westcott (left) of 36 Service Battalion, receives his General Campaign Star in Kandahar Airfield. Lt Westcott served with Task Force Kandahar CIMIC from March to June, 2011.



Lt(N) Meryl Sponder receives the Lockheed Martin Award from Don McClure, Vice President, Business Development for Lockheed Martin Canada. The award goes to the best overall candidate to achieve the Naval Combat Systems Engineering Basic Officer Qualification.

A place to meet new friends, not online

Natasha Beaton
MFRC

Years ago, I had a roommate who was looking to meet new friends. She had just moved to Victoria for a job; however, the only people she knew were a few university students that were in town for a couple of months.

She turned to the only online networking site she knew of - Lavalife. Her search for friends online was made difficult by the fact that people on Lavalife were not looking for friends. She even wrote to women and explained that she only wanted friendship. Unfortunately, Lavalife never did provide her with the friendship base she was looking for. While we teased her about her unorthodox methods to meet new friends, she identified a relevant problem: it is hard to meet new people, especially in new places.

Life in the military adds another dimension to this problem. The military moves families to new communities and then takes spouses away for long deployments, leaving the remaining family members feeling alone and disconnected. The great news is that you're not alone. There are people in the community experiencing similar feelings and wanting to connect with new friends that share these challenges.

The MFRC offers Deployment Coffee Nights every Wednesday evening. It is a time when spouses or partners can come together, meet new friends, support

each other by sharing common experiences, and get all the news about upcoming events and activities. For parents, the best news is you get free babysitting, which means kid-free time for a couple of hours each week. And, as the kids get to play with other kids, they don't complain about the parent-free time either.

I wasn't sure what to expect when I started attending. The group was diverse. Some were very new to the military lifestyle, yet others had experienced multiple postings and deployments. There

were moms and professionals. Ages ranged from the 20s to more mature numbers. The group size varied between 10 and 30 women.

After introductions, we discussed upcoming events such as the Father's Day barbecue, deployment dinners, and children's workshops. Then everyone would chat in smaller groups, or, sometimes, someone would share a concern that we would discuss as a larger group. Topics included children struggling with deployments, preparing for postings, and dealing with feelings of loneliness. As a

soon-to-be mom, I made an effort to speak to young moms about their birthing experiences. It has been a great way to get out of the house and meet new people.

If you are in the same situation and looking to connect to new friends and have a break from the kids, come to a coffee night. All you need to do is sign up in advance by calling the MFRC at 250-363-2640 (toll free: 1-800-353-3329) to register. You can also get more information online by visiting www.esquimalt.mfrc.com.



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Leigh Gagnon BEd, BA, LLB

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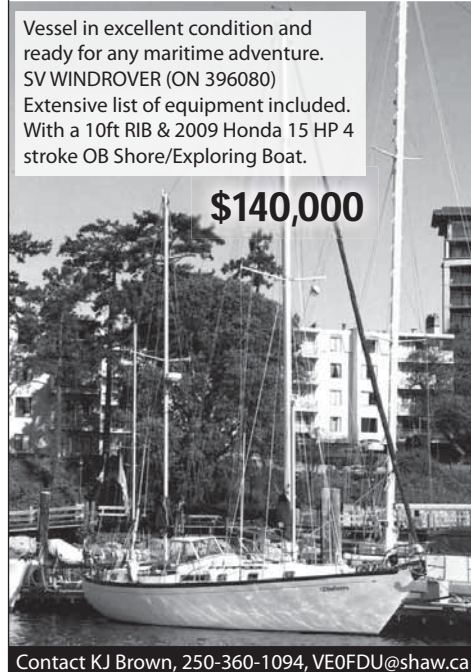
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