

Volume 56 Number 40 | October 3, 2011

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

Testing the waters



Photo by MCpl Angela Abbey, MARPAC Imaging Services

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Another milestone achieved

Ben Green
Staff Writer

For *HMCS Victoria*, last week's move across the harbour to Colwood's F jetty might have seemed inconspicuous, but the transition was probably the most significant milestone towards the submarine becoming fully operational since leaving drydock five months ago.

Contained in a four point mooring to ensure a steady state, the submarine conducted a series of static dives in order to progress tests and trials.

"The dives further tested and assessed the integrity of the boat and trialed a variety of systems in a submerged environment," explained Capt(N) Donald Smith, Commanding Officer of Fleet Maintenance Facility Cape Breton (FMF CB).

Many of the submarine's systems were tested in drydock, but areas such as the weapons handling discharge system, combat, marine safety systems, buoyancy, and the submerged signal injectors could only be tested in water.

Employees from FMF CB and Formation Technical Authority (FTA) from Ottawa joined the crew of 48 in the submarine for three days at F jetty, diving once a day for seven or eight hours at a time. Beside the jetty, about 14 metres below the surface, a man-made dredged channel allowed the submarine to submerge in the harbour.

Along with the static dives, a trim and incline exercise tested the submarine's ability to roll side-to-side and up and down. This ensured its ballast and buoyancy checks aligned properly with what the instruments were saying on board.

Escape tower functioning trials and torpedo shape discharges, to ensure the weapons were in good form, were also run.

"It was a very successful three days," says Cdr Christopher Ellis, Commanding Officer of *Victoria*, after the submarine sailed back across the harbour last Thursday. "The trials went very smoothly."

The next step for *Victoria* sees a few weeks of remaining maintenance on board.

The crew will be sent to Halifax to further prepare for missions in simulators, undergo team training, and full-motion ship control training.

The final test for the submarine will see it take to the open ocean for a deep dive, again testing its equipment and receiving a weapons certification.

"This is a beginning of new beginnings for submarines on the west coast," adds Cdr Ellis. "It's taken a lot of hard work to get here, by both the personnel in the Formation as well as the crew."

He also sends a big thanks to the 20 personnel on the jetty who endured long hours and miserable weather working the lines during the static dives, and to those submariners from the East Coast and Corner Brook who augmented *Victoria's* crew.

Now that the major work on *Victoria* is complete, FMF CB staff can reflect on the success of such a new and adventurous project.

Capt(N) Smith says the refit on a submarine is conducted to more demanding standards than work they do on frigates or other above water vessels. Every piece of the submarine, down to the smallest nut and bolt, has supporting documentation that describes the types of material it is composed of, who completed the work, when it was completed, how they tested it, and what tools were used. If documentation isn't provided when a job was finished, the piece may have to be taken off and the work started over again.

Not only did FMF CB have to document each phase of the refit, it also had to pass rigorous inspection and quality control milestones from the Formation Technical Authority, (the agent for Director General Maritime Equipment Program Management, which is the material authority for the Royal Canadian Navy), to undock the submarine and conduct the static dives.

Capt(N) Smith says all the precautions leading up and during the dives were due to unforgiving surroundings submariners work in. The margins for



HMCS Victoria conducted a series of static dives as part of post-refit trials. The controlled dives were done in the harbour to allow submerged testing of various systems.

Above: Victoria bursts to the surface following one of its static dives.

Right: A team of sailors recover one of the Mk48 shapes fired by the submarine during testing.

Below: Navy personnel secure the lines attached to Victoria to keep it steady in its four point mooring.

Photos by MCpl Angela Abbey, MARPAC Imaging Services

error in a submerged environment are exceedingly small. They test rigorously to ensure they can operate safely, he says.

"These static dives were a milestone not an endpoint," says Capt(N) Smith. "We've done everything to make this a safe and operational boat and are well on the road to being at full weapons

capability in 2012."

In the coming weeks and months, FMF CB will move away from managing and executing submarine refits, and instead continue to assist local industry in succeeding with this responsibility, while focusing the energies of the unit to support submarines by carrying out second line maintenance.





HMCS Vancouver runs for cancer

Lt(N) Tony Wright
HMCS Vancouver

The Greek nation is justifiably proud of their country as the birthplace of the Olympics and the marathon. Canadians are equally proud of the enduring legacy of Terry Fox and his Marathon of Hope.

On Sept. 23, *HMCS Vancouver* and a few special guests helped raise money for cancer research by holding their own Terry Fox run in Chania, Greece, on the Island of Crete during Vancouver's first port visit of Operation Mobile.

On the day of the run, it was not the balmy weather the sailors have come to expect in the Mediterranean. Storm clouds forming overhead and a cool wind blowing off the ocean reminded runners that it was, in fact, autumn. Nevertheless, the crew was undeterred, no matter what the forecast.

"From the day we started canvassing the crew to come out to the run, people were excited. For the last four weeks it's been a struggle to get time on the treadmills and a lot of dessert has gone untouched," said Lt(N) Christina Hart, who first suggested the ship conduct a Terry Fox run during a port visit and then spearheaded the initiative.

That excitement translated into more than 100 crew participating in the run, raising over \$3,500 for cancer research.

The crew was joined by the Commander Canadian Expeditionary Force Command, LGen Stu Beare and CEFCEM Chief Warrant Officer Jorma Hamalainen.

"This is a great event for a great Canadian cause," praised LGen Beare. "I'm impressed by the level of fitness that these sailors maintain while at sea."

After a few more days in port, *Vancouver* and crew will steam for the Libyan coast to keep ports open and humanitarian aid flowing. And once again, the quiet hum of the ship's treadmills will be heard throughout the ship.



Photo by Corporal (Cpl) Brandon O'Connell
MARPA Imaging Services, Esquimalt

HMCS Vancouver hosted the Terry Fox run on the island of Crete, Greece, during Operation Mobile. The run raised \$3,500 for Cancer research.

Above: Vancouver's Commanding Officer, Cdr Bradley Peats (left) and Commander Canadian Expeditionary Force Command (CEFCOM), LGen Stuart Beare (right) complete the final leg of the Terry Fox run.

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Published each Monday, under the authority of Capt(N) Craig Baines, Base Commander.

Le LOOKOUT est publié tous les lundi, sous l'égide du Capt(N) Craig Baines, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in CFAO 57.5. Views and opinions expressed are not necessarily those of the Department of National Defence.

Le Rédacteur se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies, ou annonces publicitaires pour adhérer à l'OAF57.5. Les opinions et annonces exprimées dans le journal ne reflètent pas nécessairement le point de vue du MDN.

LOOKOUT
NEWSPAPER

Circulation - 4,500

One year subscription - \$37.³⁶

Six month subscription - \$18.⁸⁴

Three month subscription - \$12.⁵⁶

A Division of Personnel Support Programs
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WHAT SAY YOU

BPSO Bits & Bytes: Salary + School = Smart

LCdr Kathryn Hodgson
BPSO

It's amazing to me that the CF offers such incredible opportunities for academic advancement, and I love being part of the process to help CF members capitalize on these opportunities.

As the University Liaison Office (ULO) for Vancouver Island and the Base Personnel Selection Officer for MARPAC/JTFP, my staff and I have the privilege of helping members advance their education in three ways: educational counselling and reimbursement; selection processing for full-time subsidized education program competitions; and administratively managing almost 50 Regular Force personnel who are currently attending either college or university on a full-time basis.

There are approximately 50 Regular Force members in our vicinity who are currently being paid to go to school.

Honestly, I'm in awe of the fact that the

CF will send our CF members to college or university by paying all of their tuition and books. Even better is the fact that the CF continues to pay the member their salary and benefits while they are in school, plus the time in school is all pensionable. There's no monetary cost to the member, yet there's a massive brain gain in return.

There's no requirement to stand duty, write PERs, deploy, don a uniform to go to school, or be on parade. It's a pretty simple formula: Earn money being a student by attending classes, studying, and ultimately earning a diploma or degree. Indeed, there is the requirement to serve some obligatory service by applying that new knowledge in the workplace following graduation, and some of you may see that as "the catch." But I see it as the complete opposite.

I see the obligatory service requirement as the perfect chance to gain experience in a job that's automatically waiting for you upon graduation. Contrast that with the hoards of

civilian students who spend so much time, money and effort earning their education to eventually graduate to the prospect of being unemployed or working in a job that has absolutely nothing to do with the education they worked so hard to earn. What a let down.

Don't let yourself down. I hate to see people miss out because they aren't aware of the possibilities. There are programs for NCMs who would like to earn their college diploma to then continue to serve as an NCM, or earn their university degree to then serve as an officer. There are also programs for officers wishing to earn their bachelor or post-graduate degree.

So, if you're interested in advancing your education while continuing to earn your salary, call the BPSO office at 363-4091 and ask about full-time subsidized education programs. Salary plus school equals one sweet deal.

Next week: *Person-job fit...finding a good match!*

WHAT SAY US

Don't delay, participate in the Public Service survey

As many of you are aware, the 2011 Public Service Employee Survey is underway. This is an important opportunity to express your views about your workplace. It provides all employees with an opportunity to voice their opinions to the Department's leadership on workforce and workplace conditions. This survey is about what matters to you – such as training opportunities, respect in the workplace, worklife balance. Your input is very important since it will help National Defence maintain a healthy and productive work environment and will impact Defence's performance evaluation.

I commend all of you who have completed the survey to date. You set a good example. You make a contribution. You get engaged in your job.

Now that we are midway through the survey, 39% of National Defence employees have taken the time to complete the survey. This puts us in the bottom of responses in comparison to other organizations. In order to ensure we get the most reliable information possible, a target participation rate of 70 percent or better was set for us to achieve by September 30.

We are always ready to listen to the views and opinions of all employees. I encourage all managers to ensure their employees have the time to participate in the 2011 survey, and I urge all of you to complete it. It is available online, or by paper questionnaire if you do not have computer access. All responses are confidential and anonymous. It only takes 15-20 minutes to complete.

The PSES is one of the best ways we can hear your collective voice on how best to plan for both organizational and employee needs in the future.

I encourage you all to take a few moments to do the survey now. Your views matter to me, and your managers and I are committed to following up on the results.

For more information on the survey and to view our frequently asked questions section, please go to 2011 PSES at http://hr.ottawa-hull.mil.ca/hrciv/cos/communications/en/home_e.asp?reference=110410067.

Robert Fonberg
Deputy Minister

IN MEMORIAM



SMITH, Eileen (nee Kenny)

Age 55, died Aug. 12 after a very brief battle with cancer. Eileen was not only a mother, sister, daughter and aunt, she was also a very good friend, always available and always helpful. We are trying to come to terms with the enormity of our loss. Funeral plans will be made at a later date. None but the lonely broken heart can know the depth of our sorrow at her passing.

Eileen was employed at Fleet Maintenance Facility Cape Breton as the Technical Information Centre supervisor. She was a member of the Defence Community for more than 10 years.

In lieu of flowers, donations may be made to the Canadian Cancer Foundation.

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NEWS Nuggets

New band leader

Today, the Naden Band will conduct its Change of Command parade at the Naden Drill Shed. After seven years as Director of Music, Lt(N) Rob Byrne will pass the baton on to SLt Matthew Clark, a CF musician since 1994 by way of Borden, ON, where he most recently supervised the leadership development of the instructors at the Music Training Cadre. RAdm Nigel Greenwood, Commander Maritime Forces Pacific, will officiate at the ceremony with proceedings starting at 10:15 a.m.

Selling Fast!

On Oct. 13, from 11 a.m. to noon, the Rainbow Room at the Chief and Petty Officers' Mess will celebrate Women in History Month with the event "The Sky is Not the Limit." The event will feature a speech from Maj (ret'd) Deanna Brasseur and showcase a variety of presentation booths from PSP Health Promotion, EAP, the Base Museum, the Base Library, and Defence Advisory Groups. As capacity will fill quickly, call 250-363-1083 to pre-register.

BBQ in Belmont

On Oct. 15, from 10 a.m. to 2 p.m., a Fire Prevention Barbeque Block Party will be hosted by CFB Esquimalt Fire Rescue. The Belmont fire hall will be the event's location, with base firefighters giving away fire safety items and two junior firefighter turnout gear. There will also be fire extinguisher training and target practice set up for the kids. All Belmont Park residents are welcome to come as well as the rest of the CFB Esquimalt family.

Take Your Best Shot

Did you know that the Department of National Defence is having a national photography contest? Check

out the website for more information www.dndphotocontest.ca

The Best in Sports

The 23rd annual Canadian Forces Sports Awards Ceremony will be held at the National Gallery of Canada in Ottawa on Nov. 5. The event will have a theme of "Canadian Forces and International Sports", and the achievements of top CF athletes while deployed in various operations around the world will be spotlighted. For more information visit www.CFSportsAwardsCeremony.ca

Hitting the Ice

On Oct. 11, the Intersection Hockey League (ISHL) drops the puck on another season as the opening ceremonies will take place at 3:30 p.m. at Wurtele Arena.

Veterans Honoured

The United States Department of Defense is looking to formally pay tribute to those who served with the United Nations during the Korean War. The U.S. Department of Defense Commemoration Committee (formed to mark the war's 60th anniversary) would like to thank all Korean War veterans from allied countries with an official commemorative certificate.

If you are a veteran and would like to be bestowed with this honour, contact Guy Black, 944 Dundonald Drive, Port Moody, B.C., V3H 1B7, or email korea19501953@yahoo.com. Please provide first and last name, rank, unit or branch of service, dates you were in Korea, and a mailing address. Also indicate if you received the Ambassador for Peace Medal from the Republic of Korea, and the Canadian Volunteer Service Medal for Korea.

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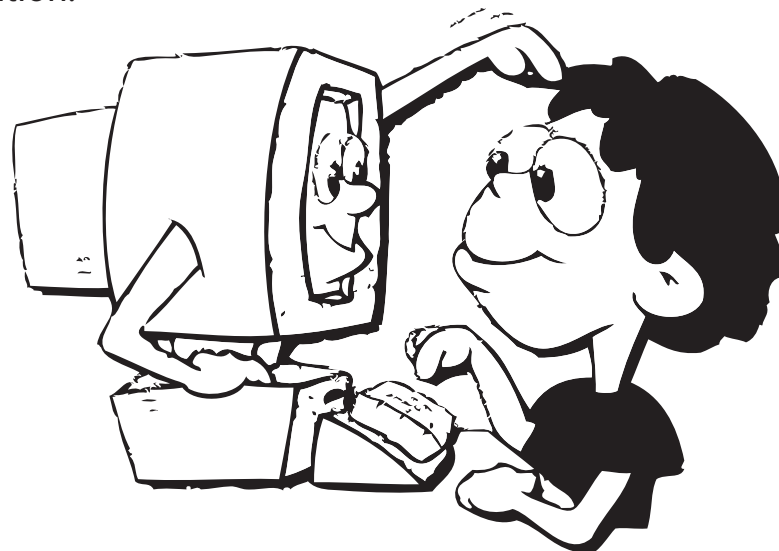
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MFRC NEWS: WE ACCEPT DONATIONS

Valuable services for spouses

Megan Ancelin
MFRC Volunteer

Having returned to Victoria and CFB Esquimalt this April after a year-and-a-half posting to Comox, I was welcomed back into the Esquimalt Military Family Resource Centre (MFRC). It felt like I had never left.

Upon resuming my volunteering with the MFRC, it was interesting to see how the different program areas had grown and changed in a short period of time. This is a testament to the MFRC and its ability to evolve with the times.

Thinking back to my first experience with the MFRC in 2004, I can see how initial contact with an organization can really set the tone for future involvement. It has provided me with the motivation to give back to our military community ever since.

Dealing with a deployment, no matter the length, can be a challenging experience for anyone. My first deployment experience was no different. I became very ill and had to take care of my infant daughter at the same time. Communications with the ship were down due to operational reasons. I had no family in town and the ship's email was unavailable. I needed to find a way to contact my husband.

And then, as if by providence, I remembered about a magnet that I had received from the ship's office. With a little trepidation, I called the MFRC 24 Hour Information Line. In mere hours, the staff member on the other end of the line was able to contact the ship's chaplain and put me in touch with my husband. That person even took the time to have someone contact me the next day to



Megan Ancelin

make sure that I had everything I needed until the ship arrived back home.

I didn't know much about the MFRC, but my experience made me want to learn more. My mission was now clear. I wanted everyone in the military family community to know that there was a place with services to meet the specific needs of military members and their families. No one needed to ever feel as though they were alone.

Now in my eighth year volunteering, I am involved in the Family Networks as a representative for HMCS Winnipeg. Along with a dedicated team of volunteers, we organize activities and provide information and support for families experiencing a deployment.

Giving back to an organization that is so important to me has been very rewarding. In addition to

reaching those who might not otherwise know about the MFRC, I've received acknowledgement from the MFRC and the Base at volunteer recognition events.

The MFRC deserves your support. I think it's pretty simple. An organization that exists solely to support military members and their families is vital to the health of our armed forces and our community.

The MFRC is the only local non-profit organization specifically dedicated to providing services to military families. Help support key services by contributing to the MFRC through the Government of Canada Workplace Charitable Campaign (GCWCC). On Section C of the pledge form, write Esquimalt Military Family Resource Centre and include the charitable number 13807 0578 RR0001.

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Local sailors go inland for Tour de Force charity ride

Ben Green
Staff Writer

Hunched over the handle bars of his bike, gaze directed down the endless stretch of pavement, PO1 Andy Cordner reflected on his children at home and the reason he decided to tackle the gruelling Tour de Force.

The 700-kilometre charity bike marathon spanned from Toronto to Montreal looking to raise money for families of fallen soldiers.

The North American Moving Services and Canada Company put the wheels in motion for the event, with 44 civilian and military riders leaving Toronto's Air Canada Centre under a full police escort and arriving at the Montreal Garrison a week later.

"We basically hugged the Waterfront Trail," says PO1 Cordner, currently with the Personnel Coordination Centre in Esquimalt. Lt(N) Brent Limbeek, from Canadian Forces Fleet School (Esquimalt) was the

other local rider to complete the ride.

From Sept. 12-18, seven stages ranging in length from 67 to 127 kilometres followed the scenic shoreline of Lake Ontario, stopping in Newcastle, Oshawa, Trenton, Kingston, Brockville, Cornwall, Pointe Claire, and eventually their end destination of Montreal.

They participated in a number of community celebrations at the end of each day, including fund raising initiatives at local reserve armories where they usually stopped for dinners.

PO1 Cordner says the team was a diverse blend of ages and biking abilities; some riders only biked to some were elite CISM athletes, and some even had biked across the country before.

"You just picked your level of physical ability and stuck with those guys," he says smiling. "Everybody was there to help and encourage each other."

For the duration of each

stage, riders were followed by a team of mechanics and volunteers who aided in anything from a blown tire or bike issue, to a bottle of water or a few words of encouragement.

"First of all I didn't know what to expect [before the ride started]," says PO1 Cordner. "I was treated like a person of importance, everything I did, any issue I had, they absolutely looked after me."

By ride's end, the team had raised \$125,000. The money will go to support the children of military families by providing funding for programs such as Camps for Kids of Deployed Soldiers and the Canada Company Scholarship Fund. The scholarship provides \$4,000 per year, for up to four years, to offset post-secondary financial expenses for children who qualify.

For PO1 Cordner, the experience was more than he could've imagined. He was so moved by the people he met along the



PO1 Cordner (right) poses with fellow rider MS Ryan Maisonneuve from HMCS Ville de Quebec. The two sailors participated in the second annual Tour de Force. The charity bike ride saw participants ride from Toronto to Montreal in seven stages totalling about 700 kilometres.

journey that regardless if he's chosen to represent MARPAC again next year, he's decided he'll try and take leave to participate as a volunteer.

"These opportunities are once-in-a-lifetime because of the demand we're under [in the military]," he says. "When a rare opportunity

like this comes up, it would be with great remorse not to do it."

Fund raising for this year's Tour de Force doesn't close until October 28. For more information on donating, visit www.canadacompany.ca

Canada Company, formed in 2006, has more than 300

members who advocate for Canadian troops both home and abroad. As an outreach between the CF and the corporate world, Canada Company brings community and business leaders from across the country together to support Canadian soldiers and their families.

Randall Garrison, MP ESQUIMALT-JUAN DE FUCA



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Photo courtesy of Governor General's office

The Right Honourable David Johnston, Governor General of Canada, and his wife Sharon attended a welcoming ceremony at the B.C. Legislature on Sept. 26. The welcoming ceremony included a 21-gun salute and an inspection of the Guard of Honour.



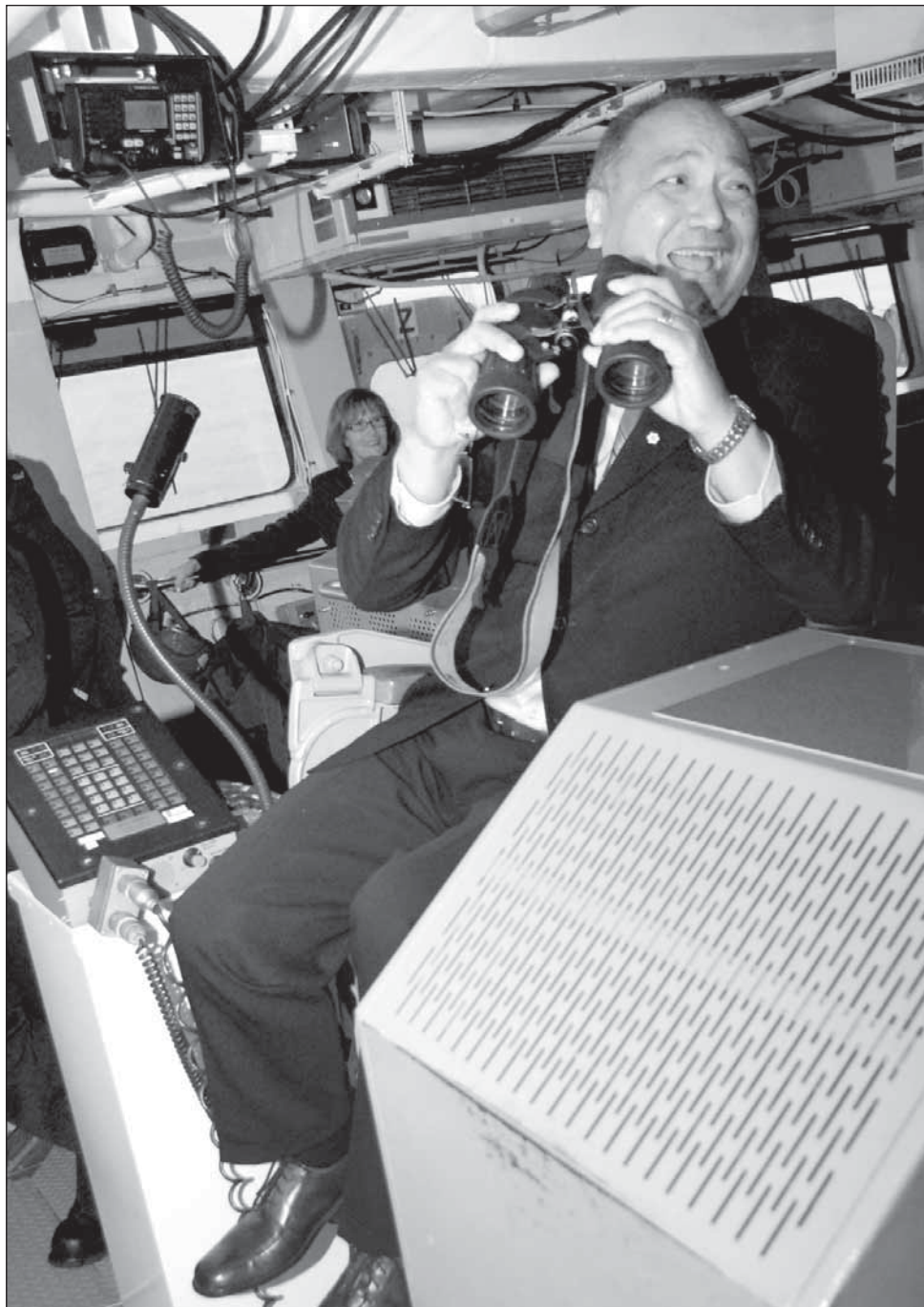
Photo courtesy of Governor General's office

The Johnstons were greeted by Premier Clark and presented with a bouquet of flowers by six-year-old Daisy Irwin.



MCpl Angela Abbey, MARPAC Imaging Services

RAAdm Nigel Greenwood, Commander Maritime Forces Pacific and Joint Task Force (Pacific), and Commander Chris Moore, Commanding Officer of HMCS Regina, greet GGen Johnston as he crowns the brow. Both the Governor General, his wife and LGov Steven Point came on board for a short daysail.



Ben Green, Lookout

LGov Steven Point has some fun with the binoculars while seated on Regina's bridge during a quick tour of the frigate.

Base hosts Governor General

Last Monday, the Right-Honourable David Johnston, Governor General of Canada and Commander-in-Chief, and his wife Sharon, visited Victoria. After various stops around the city, they eventually made their way to CFB Esquimalt for a short sail on board HMCS Regina. Greeting their Excellencies on the frigate were approximately 100 Maritime Forces Pacific family members and Military Family Resource Centre staff.



Ben Green, Lookout

More than 100 family members of CF personnel met the Governor General during his whirlwind visit to the base. Here the Governor General shakes hands with Alison Hobson, 15, inside Regina's hanger. Alison's father, PO2 Tim Hobson, is Regina's engineering officer of the watch.

Fire fighters fought for hockey supremacy in the Big Apple

Ben Green
Staff Writer

Firefighters from CFB Esquimalt Fire Rescue vied for hockey supremacy from Aug. 26 to Sept. 5, as they competed in the 2011 World Police and Fire Games in New York City.

The games, which are only second in size to the summer Olympics, saw 15,000 police officers and firefighters from more than 70 nations compete in an array of sporting events.

Ten of the 11 Esquimalt-based participants took to the ice in the men's over-35 category, while Mark Pala struck his best pose in the men's bodybuilding competition.

"It was great, quite the experience," says firefighter Mark Walker with the dockyard fire hall. "The New Yorkers were

super friendly, we were treated especially well because it was the tenth anniversary of 9-11."

The hockey team faced stiff competition early, losing two games and winning one versus two departments from New York and one from Montreal. However, that was nothing compared to the shot they received from Mother Nature as she made her presence felt not only in New York City, but along the entire eastern seaboard.

"Hurricane Irene posed a minor problem," says Walker. "The rink lost power for a day, but we were able to salvage the three games at least."

With the storm shutting down the city and all public transportation for a day, the group was confined to their hotel for 24 hours. While the games made a quick recovery, the hockey tournament was unable to finish its consolation round. Walker says watching some of the top teams in the tournament's championship rounds almost made up for their lost games.

"There was a team from Russia, they probably could've been in the NHL," he says smiling.

In their downtime, Walker and the rest of the team dragged themselves around to the city's multitude of tourist attractions. Included in these tours were stops



The CFB Esquimalt Fire Rescue Hockey team at the World Police & Fire Games in New York.

to local ladders, some, like one they visited in Hell's Kitchen (a district in New York City), lost firefighters in the attacks 10 years ago.

"It's definitely a brotherhood, definitely a bond; it [the games]

was great for the city," he adds. "It was interesting talking to firefighters from different nations about the equipment they have, their personalities, we're all in the same boat."

The games are held every

second year, with Belfast, Northern Ireland, hosting the 2013 edition. Walker says many of them who attended this year would love to participate if they can sufficiently fundraise for the trip.

It's definitely a brotherhood, definitely a bond; it [the games] was great for the city.

-Mark Walker
Esquimalt base fire fighter

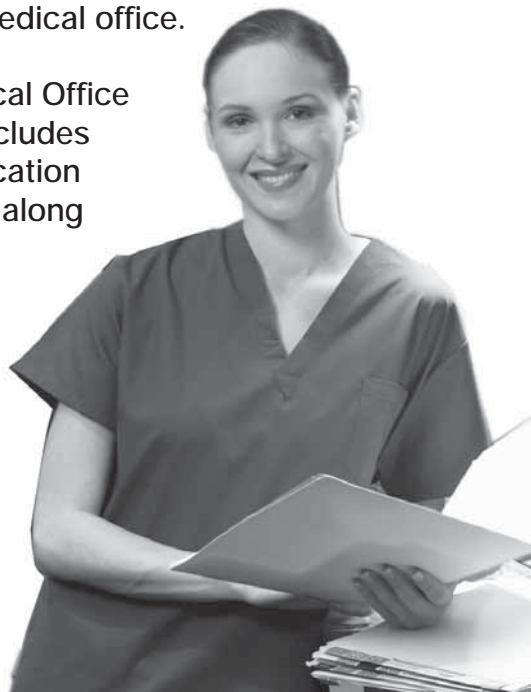
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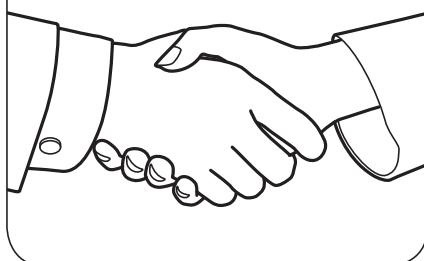
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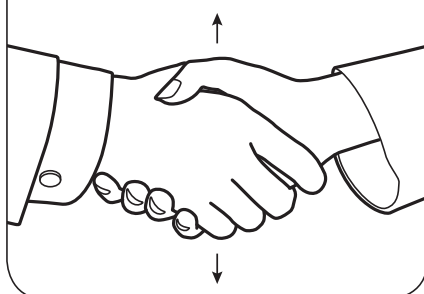
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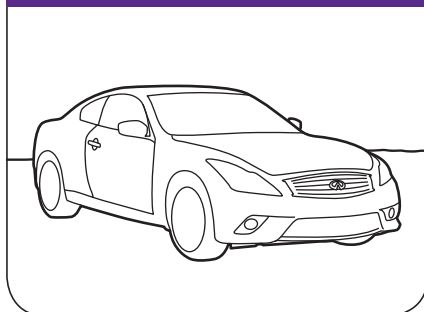
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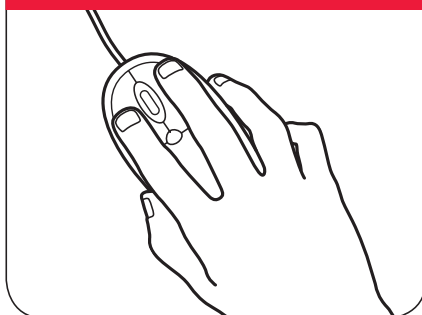


DÉCOUVRIR un nouveau sens

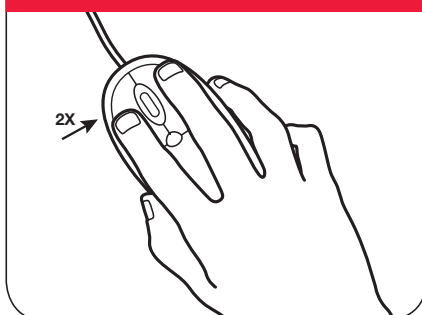
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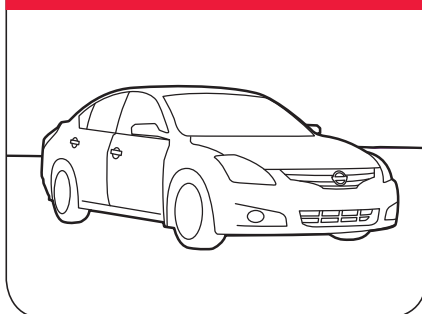
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#2. Click mouse



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FEW CLOUDS, BIG CROWDS

▪ Nanoose open house

Deanne Gillespie
CFMETR

The weatherman's prediction of rain was thankfully off the mark, but a prediction of having a great time at this year's Armed Forces Day was right on target.

The Canadian Forces Maritime Experimental and Test Ranges (CFMETR) in Nanoose Bay opened their gates once again to the community for a fun-filled day on Sept. 17.

Central Vancouver Island's only naval base welcomed a record 1,700 visitors to see what really transpires at the often unseen world of the only deep-water torpedo tracking range on the West Coast of North America.

Hours prior to base opening, hundreds of cars lined the road in anticipation of acquiring boat ride tickets to the Range Operations Centre (ROC) on Winchelsea Island. Year-after-year, this little bonus has been a hit with more than 300 early birds, and touted as the highlight of the Open House for many.

"We've watched the boats and planes operating out in Area Whisky Golf from our home in

Lantzville, but we had no idea what really transpired on that little island," one of the visitors confessed. "My curiosity has finally been satisfied."

Others claimed they had transited through the busy testing range on their own boats, and now understood the importance of giving a "wide berth" when operations were underway.

Visitors never lacked entertainment during this year's event – everything from 19 Wing's explosive ordnance display and the Fleet Dive Unit (Pacific's) bomb truck, to the RCMP's underwater diving and the CFMETR firefighter's jaws

We've watched the boats and planes operating out in Area Whisky Golf from our home in Lantzville, but we had no idea what really transpired on that little island.

of life demonstrations kept them intrigued. Climbing aboard the Torpedo Weapons Retriever "President's Point" and the Yard Torpedo Tender "Discovery Bay" were further one-of-a-kind opportunities enjoyed by all. All this was set to a musical score provided by the Naden Band of Maritime Forces Pacific.

Children enjoyed the unique opportunity to spray water from the powerful firefighting hose, have their faces painted with camouflage colors, saddle up on a MK 48 torpedo and exhaust themselves on the bouncy castle and slides. No need for the fun to stop there – off they dashed to zip around Nanoose harbour in a Zodiac.

CFMETR undertakes a variety of missions, including torpedo testing, anti-submarine warfare training, ship and submarine torpedo defence, sonobuoy testing and the evaluation, factory-level repair and overhaul of all of Canada's Sea King dipping sonars. Every two years CFMETR invites the public for an in-depth look at the operations of the unique, jointly operated Canadian/U.S. facility.

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Photos by Deanne Gillespie

Left: Children enjoyed the unique opportunity to saddle up on a MK 48 torpedo and spray water from the powerful firefighting hose.
Above: Faces were painted with camouflage colors.
Below: Lines extended beyond the jetty for a chance to ride in a RHIB.



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Cadet Albie Joe shows his pride at being a member of his LGov Steven Point's Cadet Corps, 2924 Kowutzun.

Smiles, pride and pageantry

Capt Amélie Leduc
Cadet Public Affairs Officer

Promoting national identity at its best, local Army Cadets from 2924 Kowutzun Royal Canadian Army Cadet Corps, from Duncan, greeted His Excellency the Right Honourable David Johnston, Governor General of Canada, and The Honourable Steven L. Point upon their arrival to Government House Sept 26.

"I was so excited and happy to meet both the Lieutenant Governor and the Governor General," said Cadet Albie Joe. "I am very proud to be here in my uniform."

Making this event even more meaningful for these Army Cadets was having former Air Cadet, the Lieutenant Governor specifically request their attendance.

In his speech that day, the Governor

General quoted his favourite two lines from George Bernard Shaw, a famous British author: "Some people see things as they are and wonder 'Why?' We dream of things that ought to be and ask, 'Why not?'"

For the young Army Cadets in attendance that day, they learned about the importance of dialogue, promoting national identity, fostering a tradition of encouraging excellence, and saw first-hand, two proud symbols of Canada investing in youth – why not?

The cadet program emphasizes key values such as loyalty, professionalism, mutual respect and integrity. Cadets are encouraged to become active, responsible members of their communities. They make valuable contributions to Canadian society on a daily basis in terms of environmental, citizenship and community activities.

Additional photos at www.lookoutnewspaper.com

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Sailor of the Quarter: LS Dean Rudolph

CPO1 Dave Bliss
Fleet Chief

Commander Canadian Fleet Pacific, Commodore Peter Ellis, has announced that LS Dean Rudolph, a Weapons Engineering Technician (W Eng Tech) in HMCS Vancouver, is the recipient of the Sailor of the Quarter award for this quarter of 2011.

He was selected by a panel of CPO1s from the Fleet from 10 very deserving nominees.

Usually outgoing, friendly, and talkative, LS Rudolph becomes very modest when you mention his selection as Sailor of the Quarter. It would seem this hard-working and humble young sailor would much rather be troubleshooting electronics than thrust into the spotlight. However, there is no denying that this dedicated W Eng Tech is very deserving of the honour.

Raised in Hardwoodlands, Nova Scotia, LS Rudolph found himself involved with the CF at an early age as an army cadet and later in the Army Reserves with the Nova Scotia Highlanders. A year and a half later he decided he wanted a career in the Regular Force. After seeking the advice of family and friends in the navy, he chose to join the navy as a Naval Electronic Technician (Tactical). After the recent trade conversion, he became Weapons Engineering Technician Radar.

LS Rudolph's supervisor commended his dedication to the ship and the crew, as well as highlighted the many occasions on which he sacrificed his evenings or weekends to ensure Vancouver's combat systems were ready prior to deploying for Operation Mobile. He was also presented the Commodore's Coin for his leadership and technical knowledge during mission work-ups.

LS Rudolph always has a positive attitude and eagerly volunteers for evolutions both in his own department and throughout the ship. His dedication towards his trade, his crew members and the Navy in general is an inspiration to all. With almost five years in the Royal Canadian Navy, LS Rudolph still lists travelling as his favourite part of the navy, although being able to work side by side with some of his closest friends is not far behind.

The award for Sailor of the Quarter consists of a \$250 prize, an official portrait, and an article in the



LS Dean Rudolph at sea in HMCS Vancouver.

Lookout and hometown newspapers. The winner is also hosted at a luncheon and presented a commemorative coin by the Fleet Commander.

LS Rudolph is currently deployed off the coast of Libya with Vancouver as part of Op Mobile. When asked what he thought of being named Sailor of the Quarter, LS Rudolph became pensive for a moment and simply stated, "It's a huge honour."

le Marin du Troisième Trimestre

Le commandant de la Flotte canadienne du Pacifique, le Commodore Peter Ellis, a annoncé que le Matelot de première classe Dean Rudolph, technicien en génie des armes à bord du NCSM Vancouver, est le marin du troisième trimestre pour l'année 2011.

Un groupe de premiers maîtres de la Flotte a étudié son dossier, ainsi que celui de dix autres candidats méritants.

D'un naturel extraverti, amical et loquace, le Mat 1 Rudolph devient très modeste quand vous mentionnez sa sélection comme marin du trimestre. Il semblerait que ce jeune marin, travailleur et humble, préfère effectuer des travaux de dépannage électronique plutôt que de se retrouver sous le feu des pro-

jecteurs. Cependant, nul ne peut nier que ce technicien en génie des armes dévoué mérite vraiment cet honneur.

Né à Hardwoodlands, en Nouvelle-Écosse, le Mat 1 Rudolph vient en contact avec les FC à un âge précoce comme cadet de l'Armée puis, plus tard dans la réserve de l'Armée de terre avec le Nova Scotia Highlanders. Un an et demi plus tard, il décide de faire carrière dans la Force régulière, sans toutefois savoir ce qu'il veut faire exactement. Après avoir parlé à un cousin et à un voisin, tous deux électroniciens navals (Tactique) (ELECTRON N(T)), il choisit de rejoindre la Marine dans le même métier. Après la récente conversion du groupe professionnel, il devient technicien en génie des armes (Tech GA) Radar. Le superviseur du Mat 1 Rudolph salue son dévouement envers le navire et tout son équipage, et souligne les nombreuses occasions où celui-ci a sacrifié ses soirées et ses fins de semaine pour s'assurer que les systèmes de combat du NCSM Vancouver étaient prêts avant son déploiement dans le cadre de l'op MOBILE. Le Mat 1 Rudolph a également reçu la Pièce du commodore en reconnaissance de son leadership et de ses connaissances techniques lors des

entraînements préparatoires propres à la mission.

Le Mat 1 Rudolph est toujours positif et s'empresse de se porter volontaire pour les manœuvres du navire, à la fois dans son département ou dans l'ensemble du navire. Son dévouement à son métier, aux membres de l'équipage et à la Marine en général est source d'inspiration pour tous. Avec près de cinq années de service dans la MRC, le Mat 1 Rudolph considère encore les voyages comme la partie préférée de son travail dans la Marine, bien qu'il aime également beaucoup le fait de travailler avec certains de ses amis les plus proches.

Les marins du trimestre sont récompensés par un prix de 250 \$, photos officielles et un article dans le Lookout et dans les journaux locaux. Le gagnant est invité à un déjeuner où le commandant de la Flotte lui remet une pièce commémorative.

Le Mat 1 Rudolph est actuellement déployé au large des côtes de la Libye à bord du NCSM Vancouver dans le cadre de l'op Mobile. Lorsqu'on lui a demandé ce qu'il pensait du fait d'avoir été nommé marin du trimestre, le Mat 1 Rudolph est devenu pensif pendant un moment et a simplement déclaré : « C'est un immense honneur ».

Saskatoon tackles fitness challenge

LS Brandon Bourne
HMCS Saskatoon

On our most recent deployment, LCdr Patrick Montgomery, Commanding Officer of HMCS Saskatoon, offered up a health and wellness challenge to the entire ship's company for the duration of our 27-day search and rescue zone patrol and Force Generation mission.

Organized by the Unit Sports Officer, MS Brad Virgin, the point-based program awarded members with a per day allotment based on the duration of time spent exercising at sea and bringing another member to the gym.

Additional points were awarded for reducing or eliminating duff (dessert), smoking and alcohol. The program is loosely based on CFB Esquimalt's Health Promotion and Wellness Challenge, and was modified by MS Virgin to cater to a shipboard routine and environment. Some additional bonus points were awarded for run-

ning 10-kilometre while the ship was briefly in Prince Rupert, and participating in the Fleet 5km run at sea (by treadmill).

Fitness windows were worked into the routine and several group fitness periods were led by OS Vanessa Leblanc on the forecandle on evenings when Saskatoon was at anchor. Members of the ship's company that pushed themselves enough to earn 400 points were rewarded with special incentives and bonuses by the Commanding Officer at the end of the sail.

Saskatoon's fitness success comes as no surprise. MS Virgin, who has held the position of Unit Sports Officer for more than two years, has built the fitness program from the "waterline" up. He has made substantial upgrades to the gym equipment on board, organized a fitness schedule alongside, coordinated EXPRES testing, scheduled various fitness programs at sea, and organized inter-ship sporting events both

in Esquimalt and in foreign ports.

Saskatoon boasts the highest percentage of exempt level EXPRES tests of any seagoing unit in the fleet in 2010.

What does it take to be the fittest ship in the fleet? Support throughout the chain of command, integration into the ship's program, and support from shipmates to promote and excel in fitness, according to MS Virgin.

Maintaining and improving fitness levels at sea are obviously a challenge, made even trickier both by the limited exercise space on board Saskatoon and accommodating the motion on board a minor warship at sea.

General personal performance is inspired by the Commanding Officer, who says, "I am very proud of the commitment that my ship's company has towards fitness and their outstanding efforts during our internal health and wellness challenge. Bravo Zulu."



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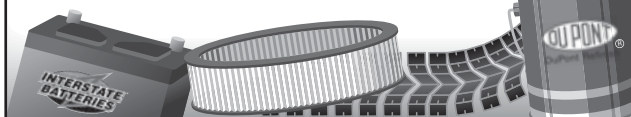
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GOODYEAR  **DUNLOP**

Fun in West Shore CFFS(E) Sports Day

Ben Green
Staff writer

Almost 400 students, instructors, and staff from Canadian Forces Fleet School (Esquimalt) (CFFS(E)) suspended their studies on base for a competitive, but sociable, inter-divisional sports day on Friday, Sept. 23.

The West Shore Parks and Recreation complex in Juan de Fuca was annexed by the sailors for the majority of the morning, with almost every available court, field, and course hosting some sort of sporting event. The unit was divided up, division versus division, to compete in hockey, softball, soccer, volleyball, tennis, golf, and ultimate Frisbee. A small group even elected to spend their time zip-lining through the trees in neighbouring Wild Play.

"One of the main reasons the West Shore facility is so great is because of the variety of sports people can participate in," says Lt(N) Jayna Cayer of CFFS(E). "It has been held at other locations in the past, but West Shore offers the best variety especially for the number of people involved."

CFFS(E) hosts their sports day around the same time in September each year to coincide with personnel posted to the school.

"The main focus of sports day at the school is to promote physical fitness and unit morale," says Lt(N) Cayer. "Many of the school's courses begin in September and new instructors and staff are posted to the school at that time as well. This is a great opportunity for everyone to interact on a relaxed basis while promoting physical fitness

within the school."

By about noon, the rain that threatened the day's start had dissipated and many of the events were winding to an end as well. After all the games wrapped up, the unit hosted a barbeque for all participants and presented winning teams with trophies and bragging rights.

"Feedback from participants was very positive, they were really happy with the flexibility to play other sports if they were eliminated from the round robin of their chosen sport," adds Lt(N) Cayer. "I have also received a lot of positive feedback about the variety of sports people were able to play."

First opened in 1958 as a naval technical school, CFFS(E) is responsible for training naval personnel in general knowledge and skills required for maritime operations. The sea trades they train are split into five divisions – combat, seamanship, marine systems engineering, combat systems engineering, and damage control.

Winners

- Tug of War: Combat Systems Engineering Division
- Volleyball – Naval Combat Information Operator Section, Team 1
- Soccer – Green team (mixed with players from various divisions)
- Softball – Marine Systems Engineering Division, Team 2
- Hockey – Combat Systems Engineering Division
- Golf – PO2 Bruce Bevil
- Tennis – LCdr Angelicco Lopez (Marine Systems Engineering Division) and OS Daniel Klecan



Above: OS Dylan Kampman holds on tight to a rope net during his time at Wild Play.
Below: Teams square off in beach volleyball.




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Image: Department of National Defence

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B.C. legs of charity ride a huge success

Ben Green
Staff Writer

As the colourful convoy of choppers rumbled their way up the Old Island Highway towards Comox four weeks ago, Sgt (Ret'd) Lamont French had a few undisturbed hours to ponder the success of the cross-country motorcycle ride from the back of his yellow 2001 Honda Gold Wing.

"It was a great ride. I think we had about 40 bikes heading up to Comox," he said of the final leg of the 3rd Annual Military Police National Motorcycle Relay Ride.

The neat formation of motorcycles and their leather-clad riders winding up the island signalled an end to this year's Relay Ride that began weeks earlier in Newfoundland.

The cross-country event saw bikers from the east to west coasts hop on their hogs looking to raise donations for both the Military Police Fund for Blind Children and the Children's Wish Foundation of Canada. The ride spanned six weeks and this journey to Comox was one of two B.C. legs in the event.

Early on Aug. 27, riders gathered at Work Point's Naval Officers' Training Centre in preparation for the trip and were treated to a Thrifty Foods-donated breakfast and a silent auction. After a Military Police escort onto the highway from Admirals Road, they made their way north to Parksville where Thrifty Foods and Tim Horton's

provided riders with a complimentary lunch. Continuing up to Comox, via the scenic Highway 19A, the convoy was greeted by a full police escort of Military Police (MPs) and Comox RCMP that guided them to Air Force Beach for a barbeque complements of Sysco Foods Victoria, and closing statements.

A mixture of both serving and retired MPs and military personnel, complemented by a douse of non military affiliated riders, attended the final ride, including RAdm Nigel Greenwood, Commander Maritime Forces Pacific, who has been an avid motorcyclist for years.

"[I want to thank the] senior leadership who attended, it shows the leadership believes in what we're doing," says Sgt French.

Sgt French says he also wants to express his gratitude to all the motorcycle organizations that came together to ride in the event, as well as all the civilian and military volunteers that donated their time and energy making the ride possible.

"Thank you to all the riders who came out that believed in the ride," he adds. "Thank you to all the businesses who stepped up to provide prizes for the silent auction, food, and support in all ways possible and believing in what we did."

The B.C. legs of the ride brought in over \$11,000 in donations, surpassing Sgt French's goal of \$10,000 and last year's mark of \$5,000.



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Ben Green, Lookout

On Aug. 27, riders gathered at Work Point for the final leg of this year's Military Police National Motorcycle Relay Ride.

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An overview of MESO QL1 training

**MS Stephen W.
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Marine Engineering Systems Operators (MESOs) are the Reserve Force counterpart to the Marine Engineers ("stokers") of the Regular Force. We are responsible for ensuring the ship remains on task and on time, where the propulsion of the ship is concerned. However, unique to the MESO trade are elements normally the responsibility of the Hull Technician trade, such as operating black and grey water systems and other auxiliary systems, as well as ensuring watertight integrity of the ship.

There are three levels of qualification for MESOs: "A" Ticket, or engineering roundsman; "B" Ticket, or engineering officer of the watch; and "C" Ticket, or chief engineer.

The specific task of the MESO QL1 course is to train MESOs to work as roundsmen on board Maritime Coastal Defence Vessels (MCDVs).

Canadian Forces Fleet School (Quebec) (CFFS(Q)) is responsible for the overall training organization of the MESO trade. For QL1 training, we run a 10-week classroom component in Quebec City (Phase I and II) followed by a six-week alongside and six-week at-sea component in either

Halifax, NS, or Esquimalt, BC (Phase III and IV, respectively). The culmination of this training is a six-hour written examination, as well as two-hour oral examination presided over by, as a minimum, one "C" Ticket and one "B" Ticket.

As a Coastal Instructor for CFFS(Q), my job is to see through the successful completion of the Phase III and Phase IV of QL1 training. In Phase III, I do this by showing the trainees through various machinery spaces and guiding them along tours of the systems they are expected to know to become certified. This is normally conducted on a ship that is out of routine. While alongside, the candidates are expected to produce about 40 detailed engineering sketches of required systems. I assign homework questions and give supplementary lectures on the systems to ensure the trainees grasp concepts fully before proceeding to sea.

Once at sea, the hard work for the trainees begins. The QL1s must integrate themselves into the organization of the ship's engineering department by studying under a certified "A" Ticket in a one-and-three watch rotation. In addition to this, I assess their proficiency in engineering systems during their off-watch time, so that once they return to their watch they may challenge signatures on their On-the-Job Performance Record (OJPR). This continues until the OJPR is 100 per cent completed.

Near OJPR completion, it is my job to ensure the candidates are ready to challenge the exam and board. They have to memorize sketches for key engineering systems, and they must also have a working knowledge of environmental, administrative, and technical publications. Above all of this comes an assessment of the candidate's ability to respond to emergency situations, such as fires and floods.

Once certified, the candidate is employable on the MCDVs, and may then return to his/her home unit having met the requirements for promotion to leading seaman with the possibility of passing on newly acquired trade skills at the unit level.

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Cock of the Walk winner

Dawn Bennett, Lookout

Following the Fleet Challenge 5k Walk and Run last Thursday, Capt(N) Cassini (centre) presents the Cock of the Walk trophy to Cdr Chris Moore (left) and CPO1 Bob Anderson (right) of HMCS Regina. The award is given to the ship that accumulates the most points during the year after playing 12 sporting events.



Pictured from left to right are: PO1 Dennis Roberts from RCSCC Rainbow (Victoria), LCdr Mike Erwin, Executive Assistant to Radm Nigel Greenwood, and PO1 Danielle Cyr from RCSCC Beacon Hill (Colwood). Cadets Roberts and Cyr were the top sea cadet sailing team that competed in the recently held Fall Dinghy Championships, 24-25 Sep 11 at Royal Victoria Yacht Club. The Navy 100th Anniversary Trophy was graciously sponsored by Radm N. Greenwood last year to mark the occasion of the Navy's Centennial and is to be awarded annually to the top sea cadet sailing team in the Fall Dinghy event.



Capt Dustin Matheson of the Regional Cadet Support Unit (Pacific) receives the newly created Commanding Officers Trophy for "Excellence in Leadership through Innovation" from the RCSU (Pac) CO, Cdr Rod Hughes. The centre piece of the new trophy is a CF commemorative sword engraved with the badges of the elements that comprised the CF in 1967. Capt Matheson is the Administration Officer for the B.C. Air Cadet Programme office. He is the first recipient of the award that is in recognition for his efforts to create the Microsoft Access software based Pacific Region Organization Network or PRONet that has greatly assisted in the standardization and streamlining of the tracking of over 1,100 adults who deliver the B.C. Cadet Programme. The trophy will be awarded annually, regardless of rank, to inspire and recognize a deserving member of the RCSU (Pac) staff.

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