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Volume 57 Number 5 | January 30, 2012

LOOKOUT

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Fire on ice

Military member wins first leg of 2012 Red Bull Crashed Ice tour. Full story on page 2.



Pte Kyle Croxall goes airborne during Red Bull Crashed Ice in Saint Paul, Minnesota.

photo courtesy Jörg Mitter Photography/Red Bull Content

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11 January - 26 February

Comox firefighter kicks ice at Red Bull opener

Braving sub-zero, Midwestern temperatures and an unforgiving luge-like course on steroids, Pte Kyle Croxall not only survived the first stop on the 2012 Red Bull Crashed Ice tour, but stood top of the podium at night's end.



It was a “yahoo” moment for winner Pte Kyle Croxall of Canada, after beating out Arttu Pihlainen of Finland, and brother Scott Croxall. The trio celebrated their top three placement in the first race of the Red Bull Crashed Ice World Championship in Saint Paul, U.S.

Ben Green
Staff Writer

A blend of hockey, skiing, and boardercross, Crashed Ice sees competitors fly down an ice-track while adjusting to a gauntlet of gap jumps, ice steps, and blinding turns. Donning full hockey gear, minus the sticks, competitors must out-skate, out-manoeuve, and outlast other racers until crossing the finish line 400-plus metres downhill.

The Jan. 14 race in Saint Paul, Minnesota, kicked off this year's series with Pte Kyle Croxall joining a familiar set of competitors in the finals. After enduring heats of qualifiers, the five-year tour veteran stood shoulder-to-shoulder with two Fins - Arttu Pihlainen, defending tour champion, and Paavo Klintrup - and Canadian Scott Croxall; not only a fellow countryman, but also his younger brother.

Like Kentucky Derby thoroughbreds, the four athletes took their positions behind the starting gates as the 80,000 boisterous spectators bellowed from the track's perimeter.

As the gates swung open, the racers launched themselves down the ice ramp for momentum.

All four got off to a fast start. Taking powerful strides into the first turn, Pte Croxall was in a dead heat with speedster Pihlainen who sported the gold “Catch Me if You Can” printed jersey.

Competitors jockeyed for position for much of the race as Pihlainen nudged ahead going into the course's twilight stages. Rounding a final corner, the Fin suddenly lost an edge and went sliding into a side wall with the younger Croxall. Pte Croxall, following an arm's-length behind in second place, took the lead and never looked back.

“The final race was really close,” he says. “I was a stride behind last year's champion and took the inside corner on a pass to win the event. It was great to win the season opener again.”

The victory was an ideal start to this year's tour, and his eighth consecutive podium finish for the firefighter from CFB Comox. In 2008, the former Junior A hockey



Pte Kyle Croxall rounds the corner of the Crashed Ice track, a few strides ahead of his competitors.

photos courtesy Jörg Mitter Photography/Red Bull Content

standout with the Mississauga Chargers qualified for his first race in Quebec City after an open tryout in Ottawa. Finishing that day in third place as a rookie, he's been a constant in winner's row ever since.

“I love the speed and the racing aspect,” he says. “I do it because I love it and I'm good at it.”

Crashed Ice isn't for the faint-of-heart. With racers reaching speeds of 70 kilometres per hour, even the most seasoned skaters can find themselves airborne going helmet first into the siding. While the sport carries with it a host of obvious hazards, Pte Croxall says simplicity is often the best approach.

“I just try to stay on my feet,” he says. “I've had no injuries yet and it's definitely not something that goes through my mind.”

Each stop on the tour presents racers with a unique track and conditions. While he says there is some strategy involved, most success comes from the hours of preparation off the track.

“I skate as much as possible and go to the gym on a daily basis,” he says. “I try to do a lot of conditioning and core

workouts, as well as strength training.”

Following the opener in Saint Paul, racers will next travel to Valkenburg, Netherlands, on Feb. 4, then to Aare, Sweden, on Feb. 18, culminating in the year's finale in Quebec City on March 17; a favourite of Pte Croxall.

“I like Quebec the best as it is all Canadian fans and my friends and family go watch; although I love touring all of the different countries [as well],” he adds.

The next two months are going to be hectic for Pte Croxall as he guns for Pihlainen's tour title. Along with globetrotting for Crashed Ice, he will also be competing at the CF National Sports Championships in March as his CFB Comox hockey team defeated CFB Esquimalt in Regional play earlier this month.

Red Bull Crashed Ice started in Stockholm, Sweden, in 2000. Since then, the tour has completed 20 races, in 11 cities, in 10 countries. Winners of each race receive 1,000 points, with the top 100 finishers receiving some sort of point value. At the end of the season's four races, whoever has the most points is crowned the Red Bull Crashed Ice World Champion.

DND renews partnership

Ben Green
Staff Writer

Last week, at ceremonies both in Ottawa and Victoria, the Department of National Defence (DND) recommitted to rolling up their sleeves in support of the Partners for Life program put forth by Canadian Blood Services (CBS).

The nationwide program collaborates with hundreds of companies, government agencies, community groups, schools, and service clubs by receiving blood, platelet, and plasma donations from their members every few months. In return, CBS provides promotional materials, convenient booking times for donations, transportation to and from clinic locations, a motivational/educational speaker series, and various promotional events.

The donated blood goes towards aiding patients being treated for various forms of cancer, surgery, and trauma.

Since 2006, DND has enjoyed a successful partnership with CBS and was the first national Partner for Life. Over this time, DND personnel have donated more than 23,000 units of blood, benefiting almost 70,000 people across Canada.

On Jan. 26, Capt(N) Mike Knippel, Maritime Forces Pacific (MARFAC) Chief of Staff, met with Ian Mumford, Chief Operating Officer for CBS, and accepted a plaque of appreciation on behalf of Commander MARFAC for the thousands of donations made since the partnership began.

"It's [the plaque] a recognition of the dedication and commitment of the people and the commitment ongoing for many years to Canadian Blood Services," says Capt(N) Knippel. "So what it means is the effort of people is recognized."

The partnership between the two agencies actually dates back to the Second World War when Canadians began to donate blood to help wounded troops. This blood supply system continued on after the war, and in 1998 CBS took over its responsibility.

On hand to mark the occasion with a donation were two serving personnel, Sgt Rick Sanders and Sgt Vicky Killion from the Integrated Personnel Support Centre Pacific Region.

"It's the right thing to do," says Sgt Sanders, seated comfortably at one of the donation chairs. "Canadian Blood Services provides a valuable service to Canada. If everyone donated once a year we wouldn't have to have these blood clinics."

For Sgt Killion, the event marked her 102nd donation, an incredible figure taking into account that donations can only be made every 60 days. She says she originally made the decision to donate to overcome her fear of needles.

"It's just a little prick, it doesn't really hurt at all," she says with a laugh from her seat next to Sgt Sanders.

Mumford says the partnership with DND has had a tremendously positive impact on both parties, especially due to DND leadership committing fully to the cause by internally promoting the program and providing spacing to host the on-base clinics. However, he singled out Sgt Killion's landmark donation as an inspiration to others.

"Sgt Killion is an amazing person," he adds. "She's someone today making her 102nd blood donation. That's amazing when you take into account you can only donate every two months. She's been a regular blood donor for many, many years. Her one donation today can save the lives of up to three Canadians."

In addition to their Partners for Life program, CBS is also promoting their OneMatch Stem Cell and Marrow Network to Defence Team personnel. Now, when DND personnel donate blood they will also have the opportunity to offer a cheek swab. The DNA from the swab will be entered into a database of compatible donor recipients to help find and match volunteer donors to patients who require stem cell transplants.

CBS will next be holding clinics at CFB Esquimalt on Feb. 14 and 15 at the Chief and Petty Officers' Mess.

CBS is a non-profit charitable organization that manages the supply of blood and blood products all across Canada, outside of Quebec. They operate 43 permanent collection sites and more than 20,000 donor clinics each year. The federal government, through Health Canada, is responsible for regulating the blood system.



Sgt Vikki Killion, IPSC/JPSU, cheerfully goes through the donation process.

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matters of OPINION

MPCORNER The truth about Marijuana

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Sgt Benoit Rheaume Military Police Community Relations

Marijuana (grass, pot, and weed) is the common name for a crude drug made from the plant *Cannabis sativa*. The main mind-altering (psychoactive) ingredient in marijuana is THC (delta-9-tetrahydrocannabinol), but more than 400 other chemicals also are in the plant.

A marijuana "joint" (cigarette) is made from the dried particles of the plant. The amount of THC in the marijuana determines how strong its effects will be. The type of plant, the weather, the soil, the time of harvest, and other factors determine the strength of marijuana. The strength of today's marijuana is as much as 10 times greater than the marijuana used in the early 1970s.

Hashish (or hash) is made by taking the resin from the leaves and flowers of the marijuana plant and pressing it into cakes or slabs. Hash is usually stronger than crude marijuana and may

contain five to 10 times as much THC. Pure THC is almost never available. Substances sold as THC on the street often turn out to be something else, such as PCP.

Marijuana affects the brain in many different ways:

- It inhibits short-term memory by disrupting the nerve cells of the hippocampus, the area of the brain where memories are formed.
- THC binds to receptors in the cerebellum and slows reactions and visual tracking, impairing ability to drive or operate machinery.
- Continued stimulation of THC receptors creates the need for more, resulting in addiction.
- Depending on individual physiological reactions, the use of marijuana can lead to the use of harder drugs such as heroin and methamphetamines.
- The heart and circulatory

systems are also affected by marijuana usage. The heart rate and blood pressure are nearly doubled while the user is high. People who have any type of heart disease are at an extreme risk when using any type of drug. "Cardiac injury, myocardial infarction (heart attack) or even cardiac arrest can result.

The digestive system and appetite are affected because marijuana usage causes the "munchies." One is constant hunger no matter how much is eaten. The disorientation of a marijuana high causes failure to monitor the diet, usually resulting in a weight gain. This is intensified by lethargy in a marijuana user.

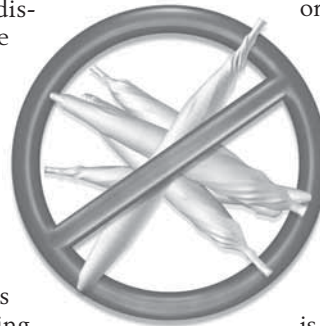
Marijuana has many different effects on the human body. Areas affected include the brain, heart, lungs, stomach, reproductive system, immune system, and the circulatory system. Other

side effects are: reduces learning ability, reduces focus, memory loss, chest colds, emphysema, bronchial asthma and bronchitis.

Recent events in Vancouver have led us to believe marijuana may also be "cut" or "stretched" with such fillers as tobacco, lawn clippings, or manure. Suppliers can lace the marijuana with other drugs such as LSD, Angel dust, crystal meth and cocaine. Any of these adulterations increases the toxicity of the marijuana, and can result in severe illness or death for the user. The supplier's intent is to get you addicted on his/her product in any way possible.

Marijuana is a naturally occurring, yet toxic, plant. The effects of ingesting this plant, while temporarily pleasant, are definitely negative on all bodily systems.

CFB Esquimalt Military Police: (250) 363-4032 or for EMERGENCY call 9-1-1. To report information relating to any crime, visit: www.victoriacrimestoppers.com or call 1-800-222-8477.



FROM THE CDS

Charges brought against sailor

Following a comprehensive investigation by the Royal Canadian Mounted Police (RCMP), with assistance provided by the Canadian Forces National Investigation Service (CFNIS) and other Canadian Forces assets, the RCMP has charged a CF officer, Sub-Lieutenant (SLt) Jeffrey Paul Delisle, with offences under the Criminal Code of Canada and the Security of Information Act, including breach of trust and communicating safeguarded information to a foreign entity without lawful authority.

This is the first time that an individual has been charged under Section 16(1) of the Security of Information Act.

SLt Delisle is an Intelligence Officer, currently serving in Halifax, Nova Scotia. He joined the Canadian Forces Reserves in 1996 and transferred to the Regular Force in 2001.

The CF takes the security of sensitive information very seriously, and we are ever mindful of the

potentially adverse operational and strategic effects that can be created by unauthorized disclosure. For this reason, all CF personnel handling such material are required to observe stringent procedures to protect its security, and are expected to comport themselves ethically, and in a manner consistent with core military values of honour and loyalty.

I would like to take this opportunity to thank the RCMP, the Canadian Security Intelligence Service, the Canada Border Services Agency and all other agencies involved for their hard work and diligence in pursuing this investigation.

While the CF remains fully committed to assisting the RCMP and cooperating in this investigation I will not be providing further details on this matter as the investigation is ongoing and the matter is now before the courts.

Gen Walter Natynczyk
Chief of the Defence Staff

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NEWS Nuggets

Valentine's Day romantic evening

On Feb. 11, the Wardroom and Gunroom cordially invites its members to a romantic Valentine's Day Cocktail and Dinner party in the upper lounge dining room. Attendees can enjoy live entertainment followed by a four-course dinner with wine pairing and dancing into the evening. Cocktails will start at 5:30 p.m., dinner at 7 p.m. with the event wrapping up at 11:30 p.m. Price is \$45 per member and \$60 for any non-member/guest. To register, contact Michelle Smith at 250-363-2689 or email michelle.smith2@forces.gc.ca.

Afghan War Documentary Released

On behalf of deceased Trooper Marc Diab, the award winning documentary "If I Should Fall" is now available for purchase. Diab, a member of D Squad, Royal Canadian Dragoons, was killed by an IED in March 2009. Featuring music of Canadian singer Loreena McKennitt, the film depicts the human face behind the honour and sacrifice of soldiers. To purchase, go to www.IfIShouldFall.com or contact Paul Culliton at culliton@rogers.com.

Korean Veterans Receive Recognition

To mark the 60th anniversary of Canada's contribution to the Korean War, the U.S. Department of Defense would like to thank all Korean War Veterans from allied countries by bestowing an official commemorative certificate. If you are a veteran of the Korean War, or know someone who is, and would like to receive this recognition, contact committee member Guy Black by mail at 944 Dundonald Drive, Port Moody, B.C., V3H 1B7; or by email at korea19501953@yahoo.com. Provide your given name and surname, rank, unit or branch of service, the dates you served in Korea, and your mailing address.

New Radar Contract Awarded

Peter MacKay, Minister of National Defence, announced a \$7 million contract to Raytheon Canada to build and install a High Frequency Surface Wave

Radar (HFSWR) system and access its performance in an operational environment. Unlike traditional radar, HFSWR transmits and receives electromagnetic waves that travel over the curved ocean surface, allowing over-the-horizon detection of vessels. Trials will be conducted at Hartlen Point, NS, and results will be presented to the CF in early 2014.

Heroes Coin

On Oct. 31 of last year, the Royal Canadian Mint unveiled a commemorative silver coin recognizing the Highway of Heroes and the patriotism. The \$10 coin portrays an overpass along the highway from the view of a motorcade. Above on the overpass a fire truck and ambulance are parked with crews saluting and people draped in Canadian flags. Only 25,000 Highway of Heroes coins will be minted and each will sell for \$69.95.

Contest Battles Bullying

Metropolis at Metrotown, the massive shopping centre in Burnaby, B.C., is taking action against bullying by inviting provincial residents to do the same by expressing their creativity through an online t-shirt design contest. Open until Feb. 15, people can visit the Metropolis at Metrotown Facebook page to compete. The contest is in conjunction with Pink Shirt Day on Feb. 29 which is recognized province-wide as anti-bullying day.

Film Honours Pioneer Athlete

On Feb. 25, the National Film Board's new documentary, *Mighty Jerome*, will be screened in honour of February's B.C. Black History Month. The film highlights Harry Jerome, a Vancouverite who set seven track and field world records and competed in three Olympic Games, the Commonwealth Games, and the Pan American Games. The screening will be from 1-4 p.m. at the James Bay New Horizons Centre. Admission will be by donation.

MFRC ready to help family reunion

Kristina Patterson
Contributor

HMCS Vancouver is now on its way home from the Mediterranean after six months of active NATO operations. Waiting for her homecoming are the families of the 225 crew members and Air Detachment on board. During the six-month deployment, the families have waited anxiously for the safe return of their loved ones, and supporting them throughout the period has been the Esquimalt Military Family Resource Centre (MFRC).

Nearly every month since *Vancouver's* deployment, the MFRC has held Sunday information sessions for the families of the crew. The info sessions are a way for families to get together, stay informed on the deployment, and connect via video link-up with the ship's Commanding Officer. The sessions have been quite popular during this deployment, with as many as 50 adults attending one session plus an equal number of children.

The MFRC has also organized adult workshops, and provided childminding services for parents who need a relief session.

The last Sunday meeting will be Feb. 5, at the Colwood Pacific Activity Centre at 11 a.m. and will begin with Welcome Home Banner making, with a catered lunch provided by *HMCS Vancouver* to follow at noon. At 1 p.m. the Commanding Officer will begin his final presentation via video link-up, and the afternoon will continue with two adult workshops, "Return and Reunion," and "Returning to Children."

If you are interested in attending, please register ahead by calling the MFRC 24-hour info line 250-363-2640 or 1-800-353-3329.

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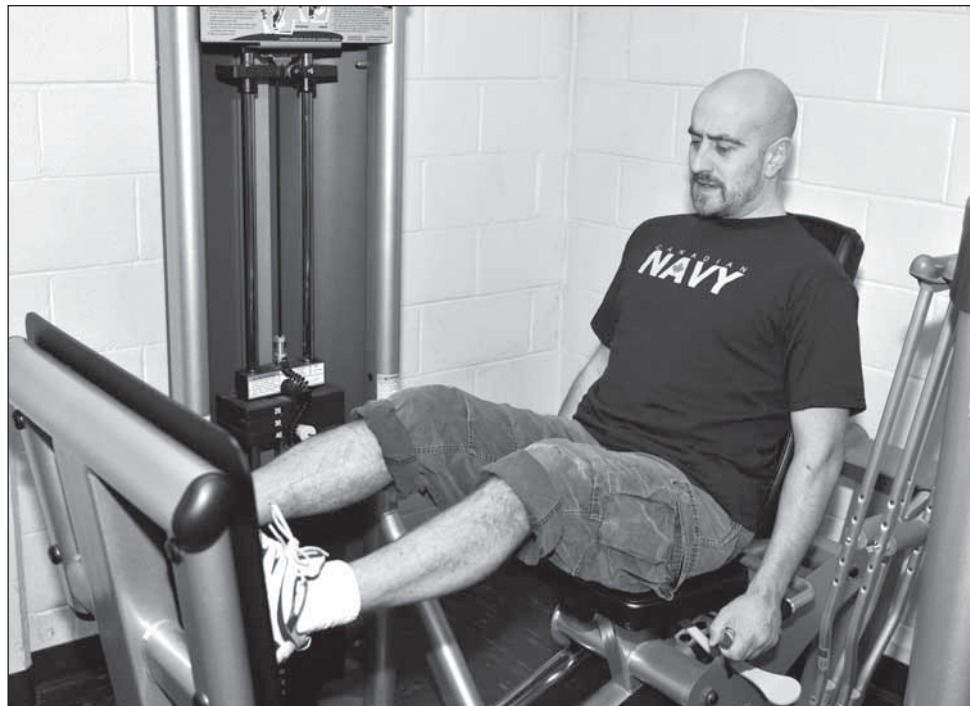


Photo Ben Green, Lookout

A/SLt Christopher Mackie, a reservist with HMCS Malahat, uses the Naden Athletic Centre weight room as part of his ongoing rehabilitation following a devastating accident. He is working to recover much of the muscle mass he lost while convalescing for more than two months.

Sailor on road to recovery

Ben Green
Staff Writer

It only took a few paces into the crosswalk for part-time reservist A/SLt Christopher Mackie's life to radically change.

In mid-September, the Deputy Planning Officer from HMCS Malahat was walking to a bus stop when he was struck by a school bus at the intersection of Admirals and Craigflower. His injuries were so catastrophic that emergency responders gave him five hits of morphine at the scene.

"It broke the femur, a compound fracture in the tibia and fibula, so those bones came through the leg; I could see the femur within the leg," he recalls. "It broke the pelvis, fractured it in at least five places. I was in the hospital for two and a half months."

The bruises, breaks, and internal injuries meant weeks in acute care at hospitals all over Greater Victoria. The expected support of friends and loved ones poured in to keep his spirits up, but it was the encouragement from his military family that provided light at the end of the arduous tunnel to recovery.

A/SLt Mackie says there was no formal obligation for the Canadian Forces to become involved with his rehabilitation to the extent they did, as the incident occurred outside of his Reserve duties. However, shortly after being admitted to hospital, personnel from both Malahat and the Soldier On Program were at his bedside showing him unwavering support.

Malahat's chaplain, Lt(N) Andrew Hewlett, was the first to contact him, followed shortly by Lt(N) Tim Downey, the unit's Administration Officer. They visited regularly, often bringing some cheer-me-up treats, paperwork that he needed assistance with, or simply to chat. Cdr Steven Pokotylo, the unit's commanding officer, even made it priority to see he was being properly cared for.

"Cdr Pokotylo called my hospital room soon after the accident, and he also came to visit me and arrange for a sort of care package he put together from the ship's fund," he says.

As if Malahat's support wasn't enough, A/SLt Mackie says he was visited by LCol Chris Linford from the Soldier On Program. LCol Linford works closely with military personnel affected by post traumatic stress disorder and took the lead to see what specialized care they could get for him.

"They [the Soldier On Program] became aware of me through private channels, a friend-of-a-friend type thing," he says. "But once they heard I was in the military they took an interest in me and were trying to find ways to support my recovery."

On Nov. 30, A/SLt Mackie was finally discharged from hospital and allowed to return home. Although his breaks and fractures were fusing, his muscles had atrophied dramatically, meaning even the most basic movements were foreign.

"When you go from living a normal life to two seconds later not being able to walk and there's a tremendous

amount of pain, it's life-shattering," he says.

The relief of leaving the hospital for familiar surroundings has come with moments of intense disappointment. He's still dependant on crutches four months later, and finding simple tasks difficult.

"Certainly it's been a long road, but now that I'm home there's actually more frustration because I'm back in a 'normal setting', but I can't do things normally," he says.

Despite his obstacles, A/SLt Mackie is determined to return to his life prior to the incident, or at least as close as possible. To aid this goal, he's been attending a new "part-time job" - physiotherapy sessions, doctor follow-ups, and specialist appointments - on a daily basis.

"There's no real firm indication to what the recovery time is going to be, at least I'm up on my feet again," he says. "I'm learning right now to walk again."

The split second it took to transform A/SLt Mackie's life will translate into months, if not years, of recovery before he can resume both his civilian and military careers. But he says having his fellow sailors behind him has given him an all-important nudge forward towards normalcy.

"Having their support made the experience much different for me, and a more positive one if there can be a positive spin on it," he adds. "I was thankful for being a reservist and having undergone that kind of incident; the support was much appreciated."

First female Globemaster pilot - just 25 years old

Ross Lees
Contributor

Little did a young Elizabeth Crosier realize her dream of flying would eventually translate into her being the first Canadian female pilot of the CC-177 Globemaster III, the Canadian Forces' largest cargo aircraft.

Now just 25 years old, Capt Crosier has about 40 hours flying time on the giant aircraft. As her training continues, she is scheduled to fly some legs of a flight into Kabul, Afghanistan, in February.

"There's a lot more mission planning involved in a theatre flight," she says.

Capt Crosier plies her trade with 429 Transport Squadron at 8 Wing Trenton, ON, perhaps a natural step for this child of a navigator father also employed by the military. She joined the Air Force in 2004 and received her wings Nov. 19, 2010.

A life in the military was not always a certainty for Capt Crosier, although she always wanted to fly.

"I always wanted to be a pilot, although not necessarily in the Forces," Capt Crosier says. "My dad eventually convinced me to go into the military where I could get my education and pilot

training paid for by the military."

Capt Crosier's father, Brian, was a huge influence on her decision to join the Royal Canadian Air Force, but she laughs and adds, "But so was Top Gun. I loved that movie and it looked like it would be a lot of fun."

Growing up on military bases meant a lot of moving for the Crosier family. Elizabeth spent her formative years in Trenton, attending school there until Grade 9. She graduated high school in Hamilton, ON., before moving on to the Royal Military College in Kingston, ON, where she graduated in 2008. She then flipped back and forth across the country taking her flight training before landing in Trenton on Dec. 12, 2011.

Capt Crosier took the RCAF flight training and feels blessed that it all worked out in her favour.

"I was fortunate an opening came up in Trenton just when I needed it to. Trenton was my first choice and I wouldn't want to be anywhere else right now," she says. "Timing had a lot to do with it," adding she also has to do well in the training courses to keep advancing.



Photo by Ross Lees

Capt Elizabeth Crosier stands proudly in front of the gigantic CC-177 Globemaster III. She flies this amazing aircraft for the 429 Squadron in Trenton. She is one of the youngest pilots in the squadron.

"There's also a lot of hard work involved."

What's it like to fly an aircraft the size of the CC-177?

"It's an amazing aircraft," Capt Crosier says. "In the air, it doesn't seem too different [from other aircraft], but on the ground, you really find out what a massive aircraft you're flying. Flight basics are the same, although manoeuvring is

a little different. But I'm really out of my element on the ground. All the wheels are behind you so it's hard getting on the taxi lines and parking spots. It's really different."

But for one of the youngest pilots in the squadron, there is still time for familiarity to develop with additional training, which she will get plenty of in the next few months as she learns to fly over

the ocean and in different parts of the world.

Each flight forces the pilot to think about different things – planning, the crew, the cargo – and every flight brings out her two most familiar emotions, nervousness and excitement.

"I'm always equally nervous and excited," she said. "I'm just another pilot with a lot still to learn."

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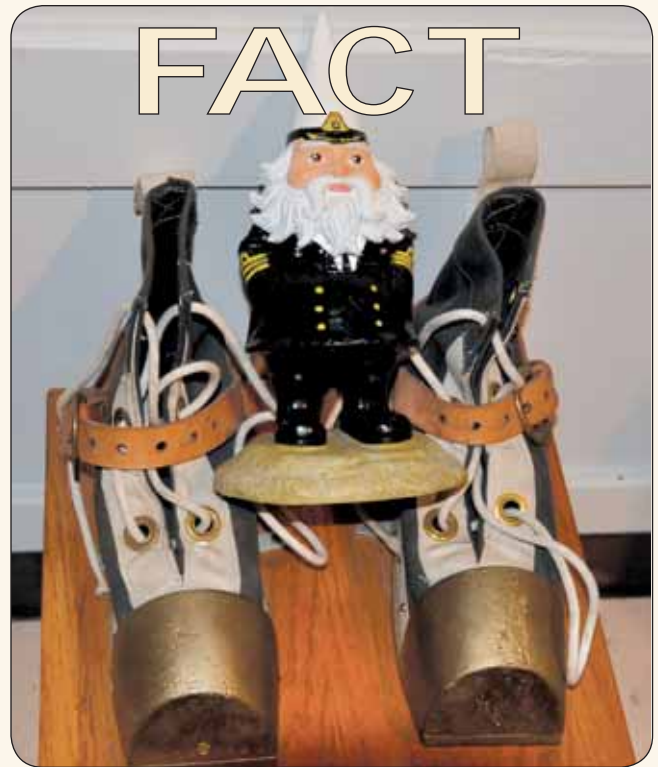
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- BPSO - Base Personnel Selection Office
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- Leave Dockyard Main Gate: 10:50 a.m.
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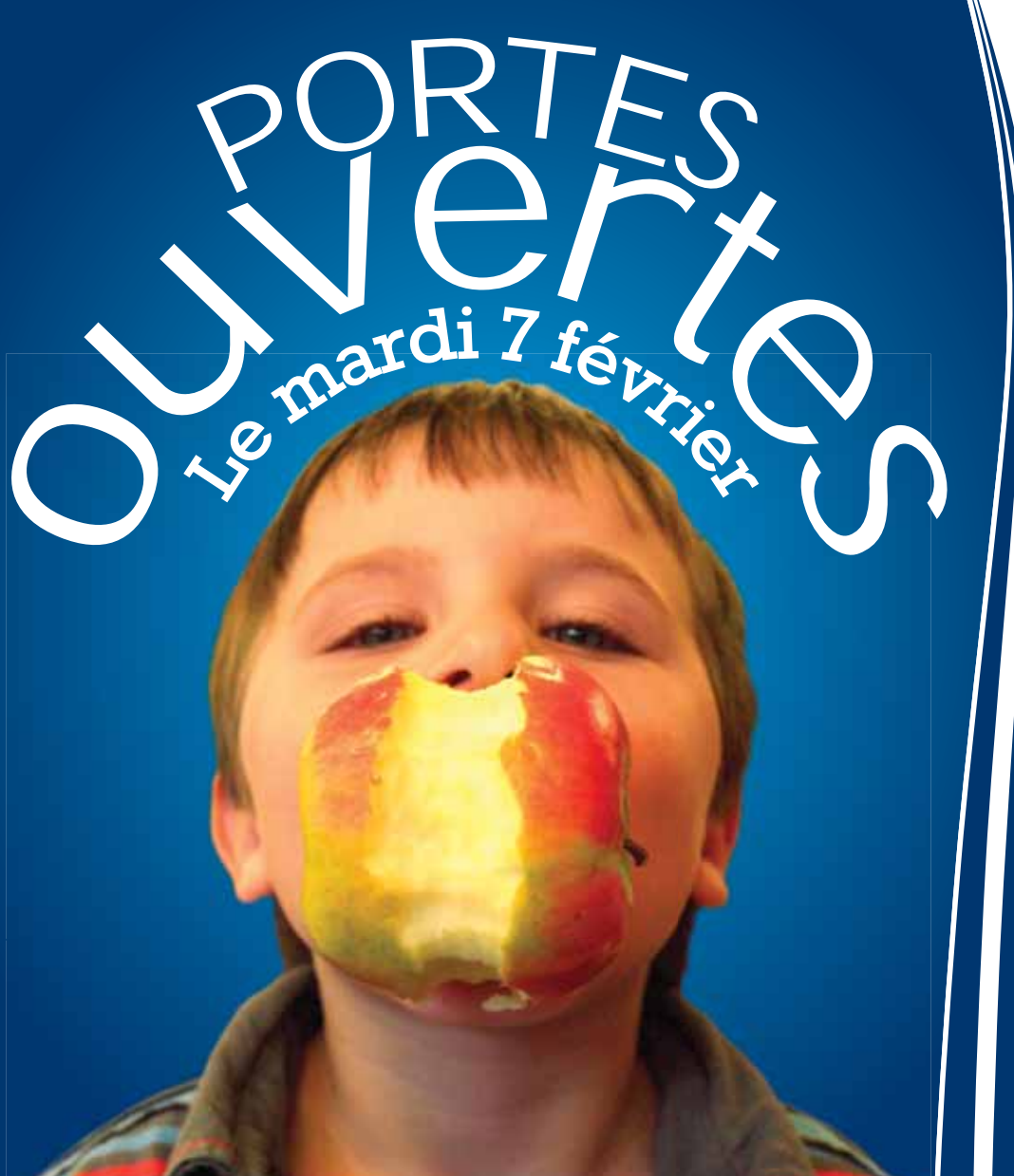

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Adrienne Clarkson, Colonel-in-Chief of the Princess Patricia's Canadian Light Infantry, shakes hands with Afghan National Army Brig-Gen. Aminullah Patyani, Commander of the Kabul Military Training Centre. Clarkson visited Kabul from Jan. 21 to 23. During her visit, she met with officials at Canada's Embassy to Afghanistan and with Canadian Forces personnel serving as advisors and support staff at bases in Kabul.



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A Cormorant helicopter from 442 Transport and Rescue Squadron lands at Williams Lake airport to transfer a plane crash casualty to the B.C. ambulance.

Plane crash puts SAR Techs to the test

Lt Trevor Reid
19 Wing Comox PAO

Canadian Forces Search and Rescue personnel from 442 Transport and Rescue Squadron responded to a small plane crash 130 kilometres south-west of Williams Lake, British Columbia, on Sunday morning, Jan. 22.

The Cessna 210 failed to give a routine radio check-in (known as a flight tracker system) to the Cariboo Fire Centre at approximately 9:30 a.m. After a search for the plane by local aircraft, Joint Rescue Coordination Centre Victoria dispatched a CC-115 Buffalo from 19 Wing Comox, to the Big Creek Provincial Park region. The aircraft arrived on scene at approximately 1 p.m.

The crew of the Buffalo homed-in on the downed plane's Emergency Locator Transmitter (ELT) and two Search and Rescue Technicians (SAR techs) parachuted into the wind-swept area. Once on the ground, they met up with a civilian helicopter already searching for the plane. The SAR Techs and civilian helicopter arrived near the crash scene to provide medical help to the four people who were on board the aircraft. Three

of the less-severely injured people were evacuated on the private helicopter, while the most seriously injured person was evacuated on a 442 Squadron Cormorant helicopter. All were taken to hospital in Williams Lake in stable condition.

"The jump was challenging due to the high winds and turbulence," said lead SAR Tech Sgt Dave Knubley. "Once on the ground, we stabilized the most seriously injured person, loaded him onto a litter and prepared the landing zone for the Cormorant with flares." Winds on the surface were more than 40 kilometres per hour, demanding the pilots' skill and attention while landing.

Aircraft Commander of the Buffalo, Capt John Edwards, noted that this rescue highlights the importance of having proper safety and lifesaving systems on board aircraft. "The ELT, the flight tracking system and a schedule were all keys to survival in this case," said Capt Edwards.

The medical condition of those evacuated is unknown at this time. A team from the Transportation Safety Board will investigate the cause of the incident.



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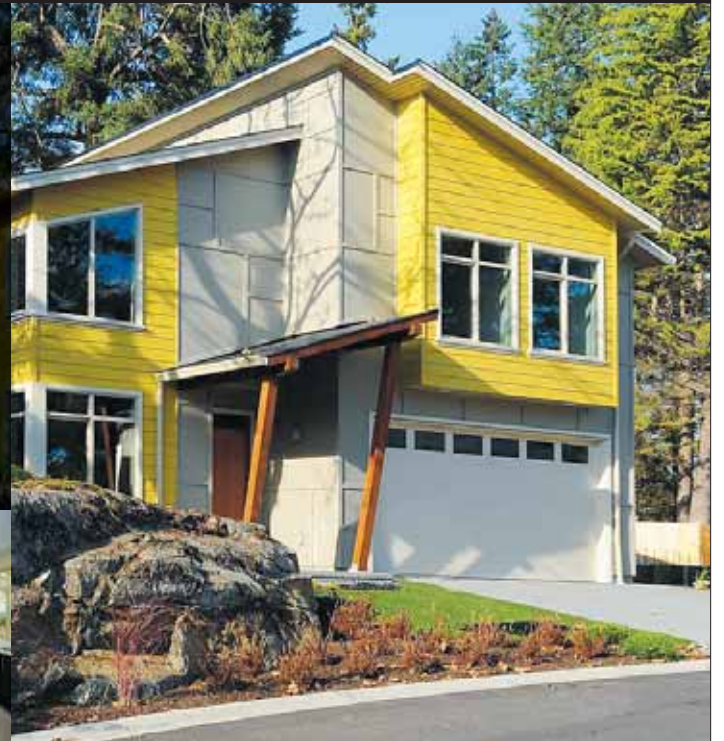
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Toronto Blue Jays visit CFB Halifax and get a sense of military life

Benjamin J. DeLong
Trident

You could spot the fans from the look in their eyes.

Fifty lucky individuals got the chance to meet players from the Toronto Blue Jays baseball team Jan. 12.

They were lined up around the Fleet Gym in HMC Dockyard, each with a piece of baseball memorabilia to have signed.

Three current players for the Blue Jays—J.P. Arencibia, Brett Cecil, Eric Thames—and retired hall of famer Roberto Alomar visited as part of the Blue Jays Winter Tour, consisting of a visit to Montreal, Ottawa, Toronto, Halifax, and St. John's.

During their time at CFB Halifax, they visited the Officer's Mess at Juno Tower, and presented the FAdmO, Cdr Lin Paddock with a signed Blue Jays jersey. Cdr Paddock says he intends to put the jersey in a shadow box and have it mounted beside the big screen in the sports bar.

"It is truly great to have the Blue Jays here," said Cdr Paddock. "These guys are the future world series champions for 2012. I am absolutely a Toronto Blue Jays fan; they are Canada's baseball team at the major league baseball level. It's great to have them out here to visit."

The Blue Jays then had lunch aboard their namesake ship *HMCS Toronto*. They were warmly welcomed by ship's company, and captain, Cdr Paul Forget, who also accepted a Blue Jays jersey, and gave the players *Toronto* ball caps.

"These ball caps are part of our uniform," said Cdr Forget to the players, as he handed them out, and made a special mention of the hat he gave to Alomar, which was the skipper's hat. "Just because you are in the hall of fame. When the rest of you get in the hall of fame, you can come back."

The players donned the caps as they toured the ship, and had a seat on the bridge. They were able to ask questions from the tour guide, and other ship's company.

The Blue Jays said they were quite surprised at the structure of a military ship, remarking on the narrow passageways and inclined ladders to get from floor to floor.

"You get a lot of respect for what they do, just seeing what it's like here," said Alomar. The tour ended with a photo of the players and the ship's company on the flight deck.

Baseball caps were given to the crew from the Blue Jays.

Finally, they arrived at the Fleet Gym where the 50 fans from the base were eagerly waiting. LS John Brooks, lab staff at the E&T division of CFNCS, was a little nervous to meet with Alomar.

"I'm a huge fan," said LS Brook. "And he's a hall of famer now. He was one of the reasons I pursued a job for two seasons at the Rogers Centre."

LS Brooks was there to get his baseball hat signed.

"When I got the email that the guys were coming, I thought, 'what can I get signed?' It was either my limited edition bat, or the baseball I got from a pitching

coach from when I proposed to my wife at the ballpark, or this hat."

LS Brooks is hoping to keep the hat as a family heirloom, and that it will increase in value over the years.

The Blue Jays ended the trip to the base with a game of ball hockey with PSP Halifax staff, before they headed out to prepare for their appearance at the Halifax Metro Centre.



Photo by Benjamin J. DeLong, Trident Staff

The Toronto Blue Jays were treated to a tour of HMCS Toronto during their visit to CFB Halifax. Three current players, JP Arencibia, Brett Cecil, Eric Thames, and hall of famer, Roberto Alomar visited as part of their Winter Tour with the Blue Jays.



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Sailor receives a career refit and finds himself in a new vocation

Veteran transitions to BIS following a medical release.



Ben Green
Staff Writer

For 27 years, Keith Petsche had done it all sailing under the Canadian Navy Ensign. A cook by trade, he served in vessels on both sides of the country, taking him from the bone-chilling waters of our great white north to the sweat-inducing temperatures of the Middle East.

But after almost three decades in uniform, Petsche's body had enough. A host of injuries were becoming chronic, making the physical demands of the job near impossible, and hindering him from being universally employable within the military.

In 2009, he signed a three-year accommodation contract that would allow him a grace period to transition out of the military on a medical release – possibly to a career in the civilian sector on base, or to just find employment in the

Greater Victoria area.

"I bailed out after nine months [of the contract]," he says. "I had the opportunity to come to Base Information Services (BIS) and start vocational rehabilitation. I had to integrate back to civilian life, get my feet wet and better prepare for what was going to happen."

Vocational rehabilitation sees military members spend up to a half-year learning new skills and gaining valuable work experience on base, downtown or back at school doing education upgrading. Vocational rehabilitation allows a releasing service person many options: on-the-job training within DND, employment downtown while still keeping active CF pay for the duration of their six-month employment, or return to school for upgrading or to acquire new skills. At the end of the term, they have the option of being priority listed with the Public Service Commission for a possible position if any is available, and if they are suitable for employment.

Petsche's vocational period at BIS

began with him assigned to be a civilian storesman. However, the loading and unloading of equipment and gear was painful with his bad back, so after a few months he was reassigned to clerical work with client services and telecommunication accounts.

"I definitely got a better appreciation of what BIS does and offers for the Formation and the defence community," says Petsche.

The vocational period saw him complete an intense, hands-on routine of on-the-job training, which included prioritizing phone calls on a daily basis, completing trouble tickets, and looking after a multitude of clerical duties.

Although he placed himself on the priority hiring list after completing his six month training, Petsche says getting a job at course's end was anything but certain. To increase his stock, he completed additional courses during the six months to update his computer and typing skills. He also made sure his resume was current and ran through mock interviews, something he hadn't done in more than 27 years. He understood he wasn't entitled to a new career, but instead would only be offered a job if he had the tools suitable for a position.

In April 2010, he completed his job training and took off the uniform for good.

"At the end of six months, I retired from the military and was offered a full-time, indeterminate job with BIS doing clerical work," he says.

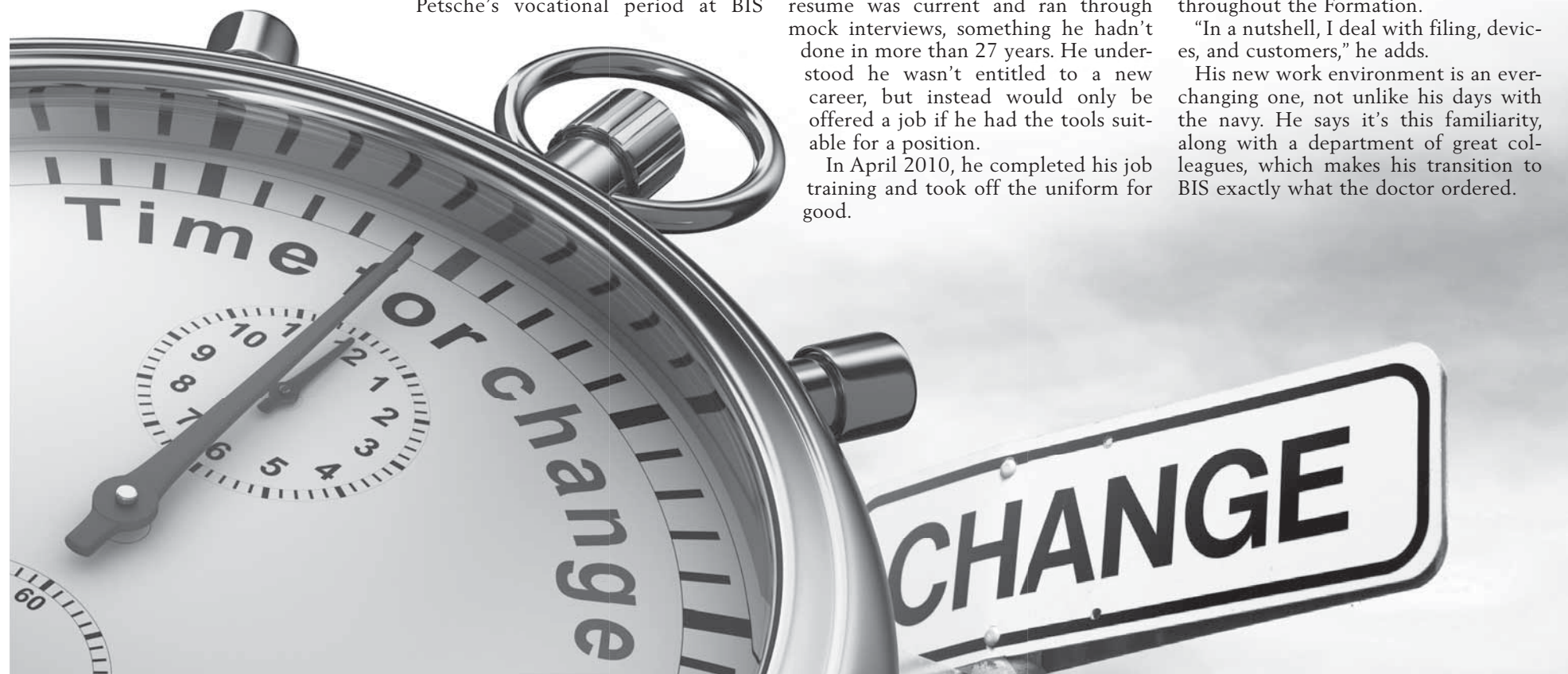
Petsche says the first year was a nice transition from the stricter guidelines adhered to in daily military life; for the first time since he was 23, he could literally "let his hair down."

"During the first year you've got to step back, there are lots of things you're not responsible for anymore," he says. "The stress level is a lot less, you're still responsible for things, but the stress level is way down."


This spring will mark two years since Petsche joined BIS. He says his years in a supervising position with the navy allowed him to fit into his current role at telecommunication accounts quite seamlessly. He now orders office supplies, maintains spreadsheets for all the communication devices, sends out monthly billing information, and deals with vendors and Node managers throughout the Formation.

"In a nutshell, I deal with filing, devices, and customers," he adds.

His new work environment is an ever-changing one, not unlike his days with the navy. He says it's this familiarity, along with a department of great colleagues, which makes his transition to BIS exactly what the doctor ordered.



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Veteran awards

On Tuesday, Jan. 17, a group of Veterans received the Minister of Veterans Affairs Commendation. This is awarded to individuals who have performed commendable service to the Veteran community and/or individuals who represent commendable role models for their fellow Veterans.



Barbara Fosdick, Victoria, British Columbia

Barbara Fosdick is a Veteran of the Second World War who served as a gunner attached to the Royal Artillery in England. She was among the first women to help bring down a German plane as it dive-bombed ships in Newcastle Harbour. She is a past president of the Ex-Service Women's Branch 182, which is part of the Royal Canadian Legion in Victoria. Barbara Fosdick is an active volunteer in commemorating Veterans in her community. She has served many years on the God's Acre Cemetery Candlelight Committee and speaks to youth about her experience during the war. Barbara Fosdick delivers speeches annually at the Royal British Columbia Museum and at local schools. During her tenure as branch president, significant funds were donated as seed money to set up Cockrell House, a residence in Victoria for homeless Veterans. A larger donation was raised to support British Columbia's only clinic for returning Veterans with post traumatic stress disorder. In 2010, at the age of 86, Mrs. Fosdick was invited to be an Olympic relay torch-bearer representing the Royal Canadian Legion, a role she proudly accepted.



Velma Emberly, Victoria, British Columbia

Mrs. Emberly is a Second World War Veteran and the spouse of a Merchant Navy Veteran. She is an active member of the Canadian Merchant Navy Veterans Association and, for the past nine years, has been Membership Chairperson, where she collects dues, returns membership cards and sends along a personal note to each member. Mrs. Emberly organizes an annual dinner for her local branch, which consists of approximately 105 members, and she personally makes a gift for each person. Mrs. Emberly compiles "The Red Duster" newsletter for Merchant Navy Veterans, which is produced three times per year. In 2002, Mrs. Emberly assisted in assembling the materials and art work of a book containing photos and histories of 16 Merchant Navy memorial sites from the region. She is now working on additional memorials to be included with this publication. Mrs. Emberly has acted in many positions within the Branch and is currently the Secretary. She raises funds for the Association and canvasses local merchants for donations to be distributed to Veterans at their annual meetings. Mrs. Emberly's computer and artistic skills are invaluable to the national organization and the local branch.



John Bishop, Cobble Hill, British Columbia

Mr. Bishop is a Veteran of the Korean War as well as a retired Canadian Forces Veteran, having served a total of 41 years. He served overseas in ten countries. Since his retirement, Mr. Bishop has devoted his time and energy to the needs of Korea War Veterans. He joined the Korea Veterans Association (KVA) of Canada in 1980 and he is currently serving as National President, having previously served as Pacific president and Unit 27 president. Mr. Bishop often takes the lead in ceremonies due to his military experience in protocol and etiquette. Mr. Bishop has had more than a dozen articles published and has written a book on the Korean War entitled "The King's Bishop." Mr. Bishop is a member of the Royal Canadian Legion, the Canadian Peacekeeping Veterans Association, the United Services Institute, the Princess Patricia's Canadian Light Infantry Association and the Canadian Guards Association.



Gerard Ratchford, Esquimalt, British Columbia

Mr. Ratchford is a Merchant Navy Veteran, a Korea War Veteran and a Canadian Forces Veteran. He is an active member of the Korea Veterans Association, Unit 27, where he held the positions of sergeant-at-arms, vice-president, president, as well as sergeant-at-arms of the Pacific Region. He is the Sergeant-at-Arms for the MCpl Mark Isfeld Memorial Chapter of the Canadian Association of Veterans in United Nations Peacekeeping. Mr. Ratchford organizes attendance at the annual candlelight ceremonies held at the God's Little Acre Cemetery and on Remembrance Day. From 1972 to 1993, Mr. Ratchford was a cadet instructor. He works with the cadets on citizenship training. In addition to the numerous honours and awards Mr. Ratchford received during his military service, he is the recipient of

Photos by Vincent L.Chan, Invisionation 2012

Bravo ZULU



Sgt Don Fraser was promoted to his current rank effective Jan. 1, 2012 by the BCEO, LCol Darlene Quinn, at a brief ceremony held in the Base Construction Engineering office.



Cdr Richard Dowker, Commanding Officer of Sea Training Pacific, presents Lcdr Mark Schaaf his first clasp to his CD



Cdr Dowker promotes CPO1 Colin Brown to his new rank.

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