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Cpl Michael Bastien, MARAPC Imaging Services

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## Year of the Dragon



**Top:** Lt(N) Michael St-Pierre from Fleet Diving Unit (Pacific) presents dive equipment to the crowd. The renowned Chinese New Year Parade returned in the Year of the Dragon to Vancouver's Chinatown on Jan. 29, with CF members as guests.

**Bottom:** Honorary Capt(N) Tung Chang (CEO of S.U.C.C.E.S.S) and Capt(N) Brian Costello, Personnel and Training Maritime Pacific HQ, parade with other Vancouver dignitaries on East Pender St.

Read the full story on page 2.



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Photo by Cpl Michael Bastien, MARAPC Imaging Services  
 Honorary Capt(N) Tung Chang shakes hand with parade talents on Keefer St. The renowned Chinese New Year Parade returned in the Year of the Dragon. On Jan. 29, this signature event of Vancouver's Chinatown featured lion dances, marching bands, martial arts performances and the Canadian Forces.

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Photo by Corporal Michael Bastien, MARAPC Imaging Services  
 Cpl Chih Lin gives model paper planes to the crowd to promote the Canadian Forces.

# Navy joins Vancouver chinese community for New Year's celebrations

**A/SLt Chelsea Howard**  
**Kristina Patterson**  
 Contributors

Amongst the orange lanterns gracefully swinging on rods and the multicoloured dragons zigzagging up a Vancouver street were the salt and pepper uniforms of the Royal Canadian Navy.

Members of the navy, including the Naden Band of Maritime Forces Pacific, took part in the Chinese Spring Festival celebrations in honour of the lunar New Year, following an invitation from Honorary Capt(N) Tung Chan and event organizer Jun Ing.

"It is important to promote awareness of the armed forces because they protect our country," said Ing.

Lead by Capt(N) Brian Costello, sailors manned booths at Sun Yat-Sen and Chinatown Plazas on Jan. 28 and 29. The members, all of Chinese descent, engaged

the community with their stories, experiences, and even an Explosive Ordnance Disposal unit robot.

"Being part of such an event shows our connection to particular communities and helps facilitate greater understanding and empathy," said Capt(N) Costello.

The Naden Band marched in the Sunday parade, and was joined by other members of the CF who handed out navy tattoos in red envelopes to onlookers. Later that evening, Capt(N) Costello represented the Admiral at the Gala Dinner, held at Floata Seafood Restaurant.

"The value of an inclusive multi-cultural society was readily apparent, as the festive air of the Spring Festival easily transcended all generational, cultural, regional and political gaps, and boundaries fell away into irrelevance," said Capt(N) Costello. "For all of the CF participants, it was a truly empowering and rewarding experience."

# HMCS Vancouver within reach of home

**Ben Green**  
Staff Writer

HMCS Vancouver's transit into familiar Pacific waters is the beginning of deployment end for the frigate and crew who haven't seen home since July of last year.

Under the leadership of a new commanding officer, Cdr David Mazur, the ship looks to maintain its vigilance during the five-week sail home, making a quick pit-stop in San Diego before settling in for a well-deserved rest in Esquimalt.

"The team is really focused right now on transiting the Panama Canal, which we will be doing over the next few days," says Cdr Mazur. "It will be a very big thing when Vancouver enters the Pacific, as it represents a major step towards getting home. Once we start heading north from Panama, the plan is to carry on in the same fashion, mixing lots of work with a bit of fun."

Cdr Mazur, who took over from Cdr Bradley Peats on Jan. 13, says maintaining spirits on board during the lengthy transit back has meant maintaining the status quo.

"Morale is very high and we have kept using the same formula to sustain morale that the ship used in the operational theatre," he says. "Work hard, have a bit of fun, and ensure that everyone in the Vancouver shipboard family is looking after one another."

With the operational phase of the deployment complete, Cdr Mazur and his command team have now turned their attention to force generation, training, and maintenance. Various departments on board have been using the transit to certify personnel, while others have been tasked to complete scheduled maintenance on equipment or the ship itself. The frigate even picked up 35 additional sailors in Madeira, Portugal, for much needed sea time to advance their individual training.

"During the day, the entire ship is busy catching up on upper deck maintenance, conducting training, holding lectures, and other work that just isn't possible when the ship must be ready to fight on short notice," says Cdr Mazur. "However, just being underway at sea brings certain risks and I've asked the senior leadership in Vancouver to talk to their people about the importance of being prepared for any situation."

Preparation encompasses fires, floods, or aircraft emergencies, so the ship's company are frequently running through man overboard drills, engineering emergencies, and damage control exercises.

For a handful of Vancouver's personnel, including LS Rex Dela Rosa, the Mediterranean operations marked an initial deployment for them in the Royal Canadian Navy. The junior Weapons Engineering Technician says the seven months at sea gave apprentice-level sailors

like him the opportunity to see what's expected on a daily basis. He says spending day after day in a conflict zone, scouring their patrol box, really bonded the crew together and showed their professionalism.

"I think Vancouver did a very good job on the two operations," he says. "The ship's company was very adaptable to whatever mission we were tasked to do...the contribution Vancouver had in patrolling the coastline of Libya and helping it liberate out of oppression from the dictatorial regime of Ghadaffi, seeing people rejoicing in Malta that their country is free again, I will remember it for years to come."

In a few days, LS Dela Rosa will embrace his wife and daughter on a dockyard jetty. And, while he says being involved in a multi-national humanitarian mission with exotic port visits every few weeks had its excitement, he really can't wait to take a step back, enjoy the company of his family, and sleep.



HMCS Vancouver conducted high speed manoeuvres while on patrol in the Mediterranean Sea during Operation Active Endeavour. The warship is now homeward bound, with an expected arrival in Esquimalt mid February.

Photo by Cpl Brandon O'Connell, MARPAC Imaging Services

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# matters of OPINION

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### Sgt Benoit Rheume Military Police Community Relations

Every year, Military Police Unit Esquimalt (and elsewhere in Canada) receives a number of files about inappropriate or derogatory comments, threats or even distasteful pictures posted on "social network."

Through blogs, Twitter, Facebook, YouTube and other social media, employees (either service members or civilian employees) very often end up in a lot of trouble over a few "harmless" comments.

The loose and often intemperate comments that people used to share with each other over drinks are now freely posted online, with the employees sometimes completely unaware their comments are available

worldwide and archived on countless network servers across the globe.

While it is true a person's off-duty activities are a person's own affair, that works only as long as the person does not interfere with the rights of others. In an employment context, employees are free to do what they will in their own free time, as long as what they do does not adversely affect co-workers, the employer, or the employer's clients or customers. The exact same principle applies for DND employees (service members or not).

Inappropriate comments, pictures or videos posted by employees can result in harm to your organization's reputation, privacy breaches, harassment allegations, disclosure of confidential or proprietary information and damage to workplace morale.

In some instances, these comments, pictures or videos have created strain between countries, government or further violence.

Consequences for the individual are no better: In some instances, people have lost their job, some have been sued and some were even charged under the Criminal Code of Canada.

If you post comments or pictures on the internet, here are a few things to remember (and some examples of what not to do). Before you press "send", pause for a moment and think: a picture of you with a sawed off shotgun is not a good idea; a picture of you surrounded by medical files (left open) is no better; or a comment made on "Facebook" that you made up an excuse to call back a service member because he was cute using his personal file would

be considered "not a very good idea."

It may sound funny but it happens all the time. Think about the consequences for DND, your career or the victims of your comments.

Issues with your chain of command, the base's services or an alleged disrespectful superior, can be resolved through official means. No organization is perfect. Instead of being part of the problem, you have the option to be part of the solution.

As a service member or civilian working for DND, you are ultimately responsible for your words, actions or opinions on social network, "on" or "off" duty.

CFB Esquimalt Military Police: (250) 363-4032 or 9-1-1

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### WHAT SAY WE

## Honour House, a respite during tough times

### LS Susan Hopkinson Contributor

In March 2011, my sister-in-law, Alana, became ill after a severe reaction to her diabetic medication. She spent a month in Victoria General and later transferred to Royal Jubilee. She seemed to be recovering, or so family and friends were hoping.

On June 30, 2011, this all changed. My brother, MS Bill Dennis, received a call that Alana had Leukemia.

On Canada Day she was taken to Vancouver General, and life has been a challenge for both her and my brother since. Alana was diagnosed, after many tests, to have Acute Lymphoblastic Leukemia. She has endured two rounds of aggressive chemotherapy treatments, the ups and downs of being away from home, and the many struggles of living with cancer.

Myself and our families have been overwhelmed with the support of friends, church and our work. We have also been grateful for Honour House, and though they are a new organization they have been a support, not only for my sister-in-law, but for my brother and our families as well. Honour House began back in August 2011 to support military personnel and their families, as well as those of the ambulance, fire, law enforcement services.

Honour House was built for the purpose of housing military members and their families during the stress of a family member's illness. Honour House is truly a home away from home. They offer no charge to the member and their family to stay there, the member is only required to feel at home. It is a spacious character home and built to suit those with disabilities. It is located about 30 minutes from Vancouver General. The web site for Honour House is www.honourhouse.ca for anyone wishing to find out more information or to donate/volunteer.

To show our gratitude and thanks this past Christmas, my Mom, Alana's Mom, and my self all volunteered to cook Christmas dinner for Honour House and the families staying there.

This past Christmas and like previous Christmases our family will be thankful for family and the love and support we receive. Alana has had a rough year, but we know she will be stronger day by day. Sometimes you take for granted the small things in life, and you realize that everyday should be lived to the fullest.



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WHAT SAY YOU

# Spouses count down Vancouver's return

**Hugh Kruzel**  
Contributor

Yes, days are ticking down to the return of *HMCS Vancouver*. It is not the ship we really wait for, but everyone on board: husbands, boyfriends, wives, girlfriends, mums, dads, sons, and daughters.

It has been a long deployment. For those just seven or eight years old keeping the home fires burning, your loved one has been away more than 10 per cent of your life with just this sail.

One family used jelly beans in a jar to watch the days disappear. The bottom of that container is now visible. Most have calendars by the phone to stroke each passing day.

With the homecoming day so close, everyone is making plans for reunion day. While flowers or a spe-

cial dinner are an easy fix, establishing the relationship and family structure can have its hurdles.

The Military Family Resource Centre recently hosted a well attended session at the Colwood Pacific Activity Centre. The "re-establishing your relationship" seminar will also be delivered to ship's crew.

It may be hard for some to switch what has become habit. I can speak with some authority on the subject of child-rearing and meal-planning. Grocery shopping has included things I like, and soon cottage cheese and more fruit will replace some of my predilections. Yes, I am guilty of falling for the bonus-mile specials - buy two and get 10 points on chips, pop, or waffles. It's been too easy to reach for the boxed cereal when I should have been doing real oatmeal. I have also missed

stale dates on yogurt and other dairy products, and there are even a few oddities in the frig that have lingered from July.

Has anyone else considered having a cleaning service in to prepare for inspection? I know my wife won't do the white glove test.... well not on Day One! I think I have kept up with vacuuming, but on the first sunny afternoon there was an illumination of poor dusting habits. And the last time I moved the blender - post wake-up smoothie - the counter had that sticky grip that would not release. To relieve it of all the accumulated crumbs, the toaster - like a snow globe-requires a good shake.

The laundry room needs some attention, and maybe some shirts should be tamed by the iron. There are projects that were started but never finished... is

there time to get it all tidied up? Are my expectations and visions doable? Should I leave a few things for us to tackle together?

The last briefing is on the horizon; the next St. Peter and St. Paul church dinner, and also a barbecue at Goldstream, are on the agenda. A Facebook group, weekly mailings, and coffee evenings have all been available; it has been wonderful the way we came together as a community.

The Halfway Party, and so many activities have been the results of the efforts of a committed core of dedicated individuals.

And then homecoming will be here. The anticipation is high. Emotions are sure to be expressed. Who will win the first kiss? Can't wait!

Some well deserved down-time is coming for our sailors.

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## CFB Esquimalt SPORTS TRIVIA

**Bill Sheridan**  
Contributor

- Duane Rupp was the first defenceman to do this for the Penguins?
- "Katie Casey was baseball mad, had the fever and had it bad." This is the first two lines of what baseball song?
- Ronnie Schell was the voice of this animated hockey cartoon?
- Of all the Olympic stadiums built for the summer games, which is the oldest still in use?
- Who is the sports writer in Slapshot?
- What sports uses a bracer, finger tab and thumb ring?
- Who were the Dayton Arrows?
- Who owns the Carolina Hurricanes?
- What is the Jack Graney Award given for?
- What sporting venue is at 500 South Capitol Avenue in Indianapolis?

- Who were the Pittsburgh Allegheny's?
- What fledging football league filed an antitrust suit against the NFL in 1986?
- Before coaching football and winning the national championship with Miami, what CFL team did Howard Schnellenberger play for?
- What is Barack Obama's favourite baseball team?
- How much does each team receive for playing in a BCS Bowl Game?
- What Canadian born boxer was never knocked out in 93 fights over 23 years?
- Who was the original winner of the New ABA league founded in 2000?
- What is the oldest motor racing track in the world?
- What franchises have won the most National League pennants?
- Alexander Decoteau was chosen to represent Canada at the 1912 Stockholm Olympics in the 5000 metres finishing 8th, which battle in WWI did he not survive?

## Answers

- Canada.
- Take Me Out To The Ball Game 1908 version.
- Peter Puck.
- Panathinaiko Stadium, used in Greece in 1896 made of white marble, original area had stadium circa 566 BC.
- Dickie Dunn, played by M. Emmet Walsh.
- Archery.
- They were an original WHA team which became the Houston Aeros. The Dayton didn't have a proper arena nor any interest from the local residents.
- Peter Karmanos.
- Presented by Canadian Baseball Hall of Fame & Museum to a member of the Canadian media for their contributions to the game of baseball in World Series.
- Fasschendaale.
- Chicago White Sox, he threw the first pitch in the ALCS in 2005 as a Senator.
- 18 Million Dollars.
- George Chualo.
- Detroit Dogs defeated Chicago Skyliners.
- Milwaukee Mile dating to 1903.
- Giants, Cards and Dodgers all won 18 pennants, Cards won 11, Dodgers and Giants each won 6.

- Score a hat-trick.
- Lucas Oil Stadium.
- They became the Pittsburgh Pirates were only \$3.
- USFL, they won but damages were only \$3.
- Argos.
- Chicago White Sox, he threw the first pitch in the ALCS in 2005 as a Senator.
- 18 Million Dollars.
- George Chualo.
- Detroit Dogs defeated Chicago Skyliners.
- Milwaukee Mile dating to 1903.
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# Strategic Planning Update

**Paul Maddison**  
**Vice-Admiral**  
**Commander Royal Canadian Navy**

The aim of this communiqué is to provide you an initial assessment of outcomes of last week's Strategic Planning Meeting (SPM), both to sharpen our evolving collective understanding of the event as well as to help communicate its results.

SPM participants met last week in Halifax to "put a fix on the chart": to assess our

progress against what my predecessor had laid out subsequent to SPM1 in January 2010; to determine how the passage of time and events have required us to adjust our original plans; and to identify new opportunities to realize our plans for a transformed RCN.

SPM3 delivered three equally important outcomes: first, we reaffirmed that we're on the right track and verified that we are well positioned to make 2012 the RCN's year of change.

Second, we placed our plans for Navy transformation in a broader and more affirmative context—not solely to address very important but more immediate institutional challenges, but also to embrace the historic and unprecedented opportunity we have been presented to reach our long-term vision for the RCN.

And third, we reflected upon the meaning of "Ready Aye, Ready" as the touchstone of RCN culture.

## Affirmation We're on the Right Track

First and foremost, SPM3 affirmed that we are on the right track. The principles and concepts of Navy transformation are fundamentally sound. We confirmed that a functional realignment of the institution remains the key to assured and continuing success both today and tomorrow.

I reminded participants of the very real progress we have made already in realigning the RCN, both in structure and behaviour, towards our 'one navy' principle: preparing to bring our school-houses under one

roof; establishing Personnel Coordination Centres on both coasts; implementing the Maritime Component Commander concept; developing a single scheme of manoeuvre that encompassed both fleets; reaffirming the fundamental purpose of the Naval Reserve; and examining blended crewing.

For several years we have studied in great detail options to re-organize ourselves, including a major realignment of the RCN along functional lines. That may well be our ultimate destination in the longer term.

However, the quickening tempo associated with Navy recapitalization and CF trans-

formation led me recently to conclude that we must implement a more measured set of changes to the RCN in the near term, all of which were drawn from our recent NSAT / NTPT work and since placed at the centre of the CF / DND change agenda.

While I cannot yet discuss these initiatives in detail, they are intended to achieve a sustainable realignment of our core readiness and training functions under single pan-navy authorities that will be integrated within the current RCN organization.

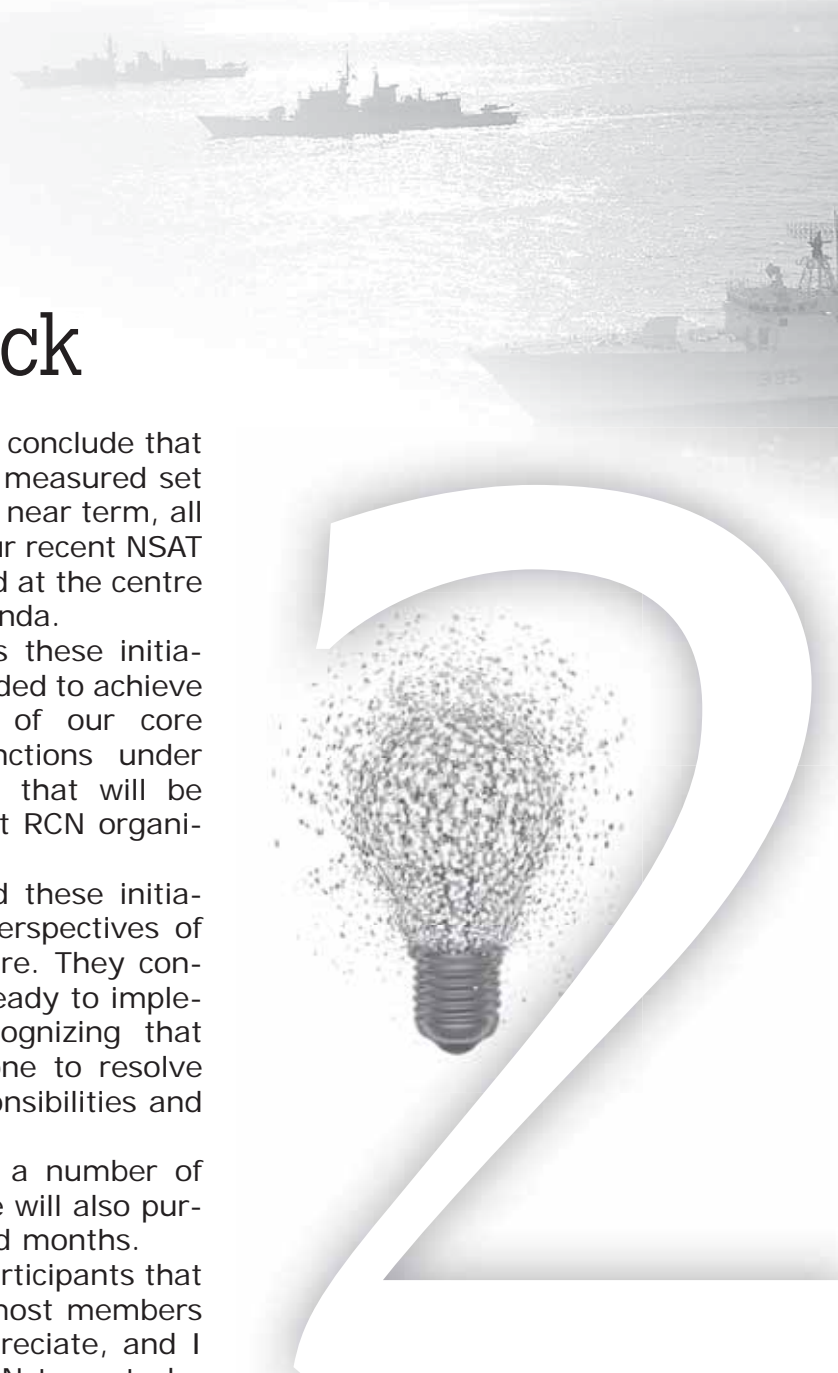
SPM participants examined these initiatives holistically from the perspectives of structure, process and culture. They concluded that we are largely ready to implement these initiatives, recognizing that some work needs to be done to resolve associated authorities, responsibilities and accountabilities.

This work also uncovered a number of promising new ideas that we will also pursue in the coming weeks and months.

Moreover I assured SPM participants that we are further along than most members of the RCN team might appreciate, and I wish all members of the RCN team to be equally assured. Certainly, our work since Cornwall positioned us superbly to support in the most constructive possible way CF transformation and the Department's efficiency-driven strategic change initiatives.

I cannot overstate how important this is. A strong sense of partnership matters in any large and complex organization. In this vein, I especially wish to reassure our civilian members that their role remains essential and is being considered at every step along the way.

It goes without saying, but I will reaffirm it here for all military and civilian members alike: it's only as a 'one navy' team that will we succeed at embracing the unparalleled and historic opportunity that the RCN has been provided by the Government of Canada.



As I stressed to SPM participants throughout the week, two principal factors have converged to present us that opportunity. The first of these is a growing awareness that the world's oceans have never been more important to Canada's prosperity and security than they are now, both at home and abroad. The second is the Government's National Shipbuilding Procurement Strategy, a 21st century industrial policy that not only establishes the conditions for strategic success in delivering the CFDS fleet, but one that promises to liberate us—for the first time in our history—from the institutional and technological trap of "boom or bust".

The Government is fully committed



# Ready Aye Ready – Touchstone of Navy Culture

As I recently explained before Parliament, “Ready, Aye, Ready” defines us as a national institution.

It’s both a descriptor of sea power and one of its most important attributes—the qualities of constant readiness, global deployability, sustained forward presence and inherent flexibility / preparedness for any mission across the spectrum of operations.

It’s a core institutional value, connecting us to our predecessors just as surely as our efforts today to be ready will inspire those who follow us. And, almost needless to say, it’s at the heart of the RCN mission.

For all of these reasons, we determined to consciously place our

motto at the heart of our vision for the RCN: to be ready not just today, but also for tomorrow; individually and collectively; not just for the evolutionary change that the future will bring, but also for the strategic shocks and surprises that assuredly await us in an inherently unpredictable future.

We realized that “Ready, Aye, Ready” is a state of mind, a state of being and a state of becoming.

We came to the conclusion that the latter cannot be achieved through wishful thinking, but rather must be inculcated through intellectual preparation, the development of strategic insight and awareness, continued investment in the education and training of our people and all the other elements that make learning organizations both agile and resilient.

## The RCN’s Unprecedented Opportunity

to our success as a national institution. It understands our role as an instrument of national influence and power at home and abroad, as evidenced by its recent decision to retain a frigate in the Mediterranean. Through CFDS, the Government has provided us their long-term plan for the recapitalization of the fleet. The Government has opened the door for us. We have but to walk through it with purpose.

Seizing that opportunity requires us to succeed in surmounting the real challenges ahead of us. We reminded ourselves during SPM of our capacity limits and the taut fiscal realities projected for the coming mid-decade, each of which will demand discipline and concerted effort, pragmatic and realistic solutions that are “good enough” and governance that will permit us to focus attention upon myriad distinct but highly inter-connected issues.

However, we also came to the realization that something else was needed—an ability not only to focus on our immediate and pressing problems, but also a capacity to look beyond them towards the new RCN we’re building together. The urgency

we had previously created was the one associated with the idea of a “burning platform” which required movement, rather than the more positive urgency associated with the RCN that we want to build for Canada. It’s this latter sense of positive urgency that will propel us forward, not because it’s directed from above to happen, but rather because all members of the RCN will see their place in our future and will work hard to make it happen.

We have done a lot of thinking about how our institution needs to evolve to meet the demands of an increasingly complex, uncertain and unpredictable world. We have studied how future joint and integrated operations are likely to unfold, to determine what type of fleet Canada needs in the future. And we have contemplated deeply the evolving nature of conflict itself to understand how to prepare our sailors and leaders for the challenges that they most assuredly will confront in the coming decades. Each of these three elements—a new Navy, a new Fleet and a new Sailor—are at the heart of an emerging vision for the RCN that I believe will be a key to our renewal.

## Concluding remarks

The momentum stimulated by the previous SPMs is alive and well.

We are on the right track and well positioned to make 2012 the year of decisive RCN change. We have determined to a great extent, with some work remaining to refine at the margins, the organizational solutions we will implement to realign our core readiness and training functions in a manner we can sustain indefinitely, while consolidating and institutionalizing our one-navy culture.

We have changed our perspective. We will no longer focus exclusively on our immediate challenges but rather use them to capitalize on the historic opportunity we have been presented.

I committed myself last week to that opportunity and our vision of the future RCN. I am asking all of you—all members of the RCN team—to commit to that vision as well: a new RCN, a new Fleet, a new Sailor, “Ready, Aye Ready” for the challenges of the 21st century.

I am excited by this prospect, as much as I am proud and confident of our capacity and desire to achieve it.

Much more is to follow this “Quicklook.” Later this week, the Naval Strategic Management Board (NSMB) will meet to identify the key action items that came out of SPM3, which will be reflected in my “Assessment of SPM3 Outcomes” and the subsequent planning directive to be issued by the DComd.

# Mise à jour de la Planification Stratégique

**Paul Maddison**  
vice-amiral  
Commandant de la  
Marine royale canadienne

Le présent communiqué a pour but de vous donner une évaluation initiale des résultats de la réunion de planification stratégique (RPS) de la semaine dernière, tant pour affûter notre compréhension collective et évolutive de l'événement que pour aider à en communiquer les résultats.

Les participants à la RPS se sont réunis

la semaine dernière pour « faire le point » : évaluer nos progrès par rapport à ce que mon prédécesseur avait établi suite à la RPS 1 en janvier 2010; déterminer comment nous avons eu à rajuster nos plans originaux au fil du temps et des événements; cerner de nouvelles possibilités de concrétiser nos plans de transformation de la MRC.

La RPS 3 a livré trois résultats tous d'une importance égale : premièrement, nous avons réaffirmé que nous sommes sur la bonne voie et avons vérifié que nous sommes bien placés pour faire de 2012 l'année

du changement à la MRC. Deuxièmement, nous avons placé nos plans de transformation de la Marine dans un contexte plus large et plus affirmatif — non seulement pour relever des défis institutionnels très importants mais plus immédiats, mais aussi pour saisir l'occasion historique et sans précédent que nous avons de faire de notre vision à long terme de la MRC une réalité. Et troisièmement, nous avons réfléchi à ce que la devise « Toujours là, toujours prêts » veut dire en tant que pierre angulaire de la culture de la MRC.

## Affirmation – Nous sommes sur la bonne voie

**L**a RPS 3 nous a permis, d'abord et avant tout, de confirmer que nous sommes sur la bonne voie. Les principes et les concepts de la transformation de la Marine reposent sur des assises fondamentalement solides. Nous avons confirmé qu'une harmonisation fonctionnelle de l'institution demeure la clé d'un succès assuré et continu tant

aujourd'hui que demain. J'ai rappelé aux participants les progrès très réels que nous avons déjà accomplis en vue d'harmoniser la MRC, tant sur les plans de la structure que du comportement, à notre principe de la « Marine unique » : les préparatifs visant à regrouper nos écoles sous un seul toit; l'établissement de Centres de coordination du personnel sur les deux côtes; la mise en oeuvre du concept du commandant de la composante maritime; l'élaboration d'un seul schéma de manoeuvre qui englobe les deux flottes; la réaffirmation du rôle fondamental de la Réserve navale; l'examen du concept de dotation mixte.

Pendant de nombreuses années, nous avons étudié en grands détails des options pour nous réorganiser, y compris un réaménagement important de la MRC selon les axes fonctionnels. Cela pourrait bien être notre destination ultime à plus long terme. Cependant, l'accélération de la cadence associée à la recapitalisation de la Marine et à la transformation des FC m'ont récemment amené à conclure que nous devons apporter un ensemble plus mesuré de changements à la MRC à court terme, lesquels sont tous tirés de nos travaux récents de l'EASN / EPTM et sont passés depuis à l'avant-plan du programme de changement des FC et du MDN. Bien que je ne puisse pas encore discuter

de ces initiatives en détail, sachez qu'elles visent à nous permettre de procéder à une harmonisation durable de nos fonctions essentielles de disponibilité opérationnelle et d'instruction à la grandeur de la Marine dans des structures uniques qui seront intégrées à l'intérieur de l'organisation actuelle de la MRC.

Les participants à la RPS ont examiné ces initiatives dans une optique holistique des points de vue de la structure, des processus et de la culture. Ils ont conclu que nous sommes en grande partie prêts à mettre en oeuvre ces initiatives, tout en reconnaissant qu'il reste du travail à faire pour régler des questions connexes relatives aux pouvoirs, aux responsabilités et à la reddition de comptes. Ce travail a aussi permis de faire jaillir plusieurs nouvelles idées prometteuses que nous examinerons plus avant au cours des semaines et des mois à venir.

Qui plus est, j'ai bien fait savoir aux participants à la RPS que nous avons fait déjà plus de chemin que ce que semblent en penser la plupart des membres de l'équipe de la RCN à ce sujet, et je veux donner ici à tous les membres de l'équipe de la MRC la même assurance. Il est certain que notre travail depuis Cornwall nous a superbement positionnés pour appuyer de la façon la plus constructive possible la transformation des FC et les initiatives de changement stratégique axées sur l'efficacité du Ministère. Je ne saurais trop insister sur l'importance de ce point. Il est impérieux qu'un sentiment fort de partenariat règne dans toute grande organisation complexe. À cet égard, je désire particulièrement réitérer à nos membres civils que leur rôle demeure essentiel et qu'il est pris en considération à toutes les étapes du processus. Cela va sans dire, mais je le répète quand même ici pour tous les militaires et les civils de l'équipe: ce n'est qu'en formant une « Marine unique » que nous réussirons à saisir l'occasion historique et sans précédent que le gouvernement du Canada offre à la MRC.



Comme je l'ai fait remarquer aux participants à la RPS durant toute la semaine, deux principaux facteurs ont convergé pour nous donner cette occasion à saisir. Le premier est une sensibilisation de plus en plus grande au fait que les océans du monde n'ont jamais été aussi importants pour la prospérité et la sécurité du Canada qu'ils ne le sont maintenant, tant au pays qu'à l'étranger. Le deuxième est la Stratégie nationale d'approvisionnement en matière de construction navale du gouvernement, une politique industrielle pour le XXI<sup>e</sup> siècle qui non seulement établit les conditions du succès stratégique de la réalisation de la flotte de la SDCD, mais promet aussi de nous libérer—pour la première fois de notre histoire—des pièges institutionnels et technologiques que tendent le cycle traditionnel de l'expansion et du ralentissement de la construction navale.

Le gouvernement souscrit pleinement au succès de la Marine en tant qu'institution nationale. Il comprend notre rôle en tant qu'instrument national d'influence et de pouvoir au pays et à l'étranger, comme le montre





# Toujours là, toujours prêts

## La pierre angulaire de notre culture

Comme je l'ai expliqué au Parlement, la devise « Toujours là, toujours prêts », nous définit en tant qu'institution nationale. Elle décrit notre puissance maritime et ses attributs les plus importants—ses qualités de disponibilité opérationnelle constante, de déployabilité mondiale, de présence avancée soutenue et de flexibilité/d'état de préparation inhérents pour toute mission dans toute la gamme des opérations. C'est une valeur institutionnelle essentielle, qui nous relie à nos prédécesseurs tout aussi sûrement que les efforts que nous déployons aujourd'hui pour être prêts inspireront ceux qui nous suivront. Et, cela va presque sans dire, c'est au cœur de la mission de la MRC.

Pour toutes ces raisons, nous avons décidé de placer sciemment notre devise au cœur de notre vision pour la

MRC : être prêts non seulement pour aujourd'hui, mais aussi pour demain; individuellement et collectivement; non seulement pour les changements évolutifs que l'avenir apportera, mais aussi pour les chocs et les surprises stratégiques qui nous attendent fort certainement dans un futur en soi imprévisible. Nous avons constaté que « Toujours là, toujours prêts » est un état d'esprit, un état d'être et un état en devenir. Nous en sommes venus à la conclusion que ce dernier état ne peut s'atteindre par la pensée magique, mais qu'il faut l'inculquer par la préparation intellectuelle, le développement d'une perceptivité et d'une vigilance stratégique, d'un investissement continu dans l'éducation et l'instruction de nos gens et dans tous les autres éléments qui rendent les organisations apprenantes à la fois agiles et résilientes.

## L'occasion sans précédent qui s'offre à la MRC

sa décision récente de garder une frégate en Méditerranée. Par l'entremise de la SDCD, le gouvernement nous a donné son plan à long terme pour la recapitalisation de la flotte. Le gouvernement nous a ouvert la porte. Il nous faut maintenant entrer par cette porte de façon décidée.

Pour saisir cette occasion, nous devons réussir à surmonter les vrais défis qui nous attendent. Nous nous sommes rappelés durant la RPS des limites de nos capacités et des réalités financières tendues qui sont prévues pour la demi-décennie à venir, et du fait que chacun de ces défis nécessitera de la discipline et un effort concerté, des solutions pragmatiques et réalistes qui seront « tout à fait acceptables » et une gouvernance qui nous permettra de nous concentrer sur toute une kyrielle de questions distinctes mais hautement liées entre elles.

Toutefois, nous en sommes venus aussi à constater qu'il fallait quelque chose d'autre—une capacité de se concentrer non seulement sur nos problèmes immédiats et pressants, mais aussi la capacité de voir au-delà de ces derniers pour se pencher sur la nouvelle MRC que nous construisons ensemble. Le sentiment d'urgence que nous avons auparavant suscité était associé à l'idée d'un

« besoin ardent » qui exigeait que quelque chose soit fait, et différait du sentiment d'urgence plus positif associée à la MRC que nous voulons créer pour le Canada. C'est ce sentiment d'urgence positif qui nous fera aller de l'avant, pas parce qu'il nous est ordonné d'en haut, mais plutôt parce que tous les membres de la MRC verront leur place dans notre avenir et travailleront fort pour qu'il se concrétise.

Nous avons beaucoup réfléchi à la façon dont notre institution doit évoluer pour répondre aux demandes d'un monde de plus en plus complexe, incertain et imprévisible. Nous avons étudié comment les futures opérations interarmées et intégrées sont susceptible de se dérouler, afin de déterminer le type de flotte dont le Canada aura besoin à l'avenir. Et nous avons examiné en profondeur la nature en constante évolution de ce qu'est en soi un conflit pour mieux comprendre comment préparer nos marins et nos leaders aux défis qui les attendront à coup sûr au cours des décennies à venir. Chacun de ces trois éléments—une nouvelle Marine, une nouvelle flotte et un nouveau marin—sont au cœur d'une vision en devenir pour la MRC qui, selon moi, sera la clé de notre renouveau.

## Conclusion

L'élan créé par les RPS précédentes se fait encore bien sentir. Nous sommes sur la bonne voie et bien positionnés pour faire de 2012 l'année du changement décisif à la MRC. Nous avons déterminé dans une grande mesure, avec un peu de travail d'affinement qui reste à faire dans les marges, les solutions organisationnelles que nous mettrons en oeuvre pour harmoniser nos fonctions essentielles de disponibilité opérationnelle et d'instruction d'une façon que nous pourrions maintenir indéfiniment, tout en consolidant et en institutionnalisant notre culture d'une Marine unique.

Nous avons changé notre perspective. Nous ne nous concentrerons plus exclusivement sur nos défis immédiats, mais nous nous en servirons plutôt pour profiter de l'occasion historique qui nous est offerte. Je me suis

engagé la semaine dernière à saisir cette occasion et à faire de notre vision de la MRC du futur une réalité. Je vous demande à vous tous—tous les membres de l'équipe de la MRC—de faire également vôtre cette vision : une nouvelle MRC, une nouvelle flotte, un nouveau marin, « Toujours là, toujours prêts » pour relever les défis du XXI<sup>e</sup> siècle. Je suis excité à cette idée, je suis tout aussi fier de notre capacité et de notre désir de la réaliser, et je suis certain que nous y arriverons.

Bien d'autres choses suivront ce bref aperçu. Plus tard cette semaine, le CGSM se réunira pour déterminer les mesures clés qui découleront de la RPS 3, lesquelles seront reflétées dans mon « Évaluation des résultats de la RPS 3 » et dans la directive de planification subséquente que diffusera le CmdtA.

## EAP: HERE FOR YOU

## Assistance is available for base workers

**Nora Johnson**  
EAP manager

The holidays are over and it's time to get back in the swing of things.

However, getting back into the swing can emphasize the stresses of everyday life.

If you are overwhelmed, frustrated, sad or having trouble dealing with an issue, the Employee Assistance Program (EAP) can help.

EAP is a referral service for employees of the Department of National Defence. Help from trained EAP peer referral agents is free. Referral agents can help with a variety of work related or personal problems.

The program is completely confidential and directs employees to appropriate resources.

Check out the EAP resource library in Building D 29 room 107. It is

equipped with books, videos and a variety of informational pamphlets.

Effective Jan. 1, 2012, the DND EAP was enhanced and now allows employees and their family members to directly access the services found at the 1-800-268-7708 Health Canada line at any time.

Employees or family members receive up to eight counselling sessions per issue, per fiscal year. This service is

in addition to the \$1,000/ calendar year available for services provided by a registered psychologist, already covered by the Public Service Health Care Plan.

For more information, and to find contact information for peer referral agents, refer to the MARPAC EAP website <http://esquimalt.mil.ca/eap/index.htm>, or contact the HC EAS at 1-800-268-7708; hearing impaired dial 1-800-567-5803.

## Separation & divorce, you're not alone

**Heidi Bada**  
EAP

Separation and divorce can affect living arrangements, financial decisions, and child custody. The situation can bring on feelings of loneliness, confusion, and frustration. The future can seem uncertain, and thoughts of loss or failure may arise. Life may seem like an emotional roller coaster. Divorce and separation are common; however, we can take steps to cope well, despite the upheaval.

If you, or someone you know, is going through a separation or divorce, here are a few things to keep in mind:

- Try to learn new, healthy ways to cope with stress
- Stay active and eat healthy, to improve your energy levels and immune system to handle stress effectively
- Keep a familiar routine – consistency and stability are extremely helpful during major life changes
- Remember to take one day at a time and take small steps to solve issues as they arise

- If you have children, remember it may be a confusing time for them
- Give yourself the time you need to accept what has happened

Base and community resources are available to help you along the way. The Employee Assistance Program is available to help you cope with difficult times. The EAP provides a telephone help line and local Referral Agents who can listen and help you find professional resources that suit your needs. A resource room is located at Dockyard, building D 29 room 105, stocked with brochures and a lending library.

Drop by the resource room or talk to a Referral Agent. Contact information for Referral Agents can be found on EAP posters around the Base, or the MARPAC EAP website <http://esquimalt.mil.ca/eap/index.htm>. For more information, contact the MARPAC EAP manager: Nora.johnson@forces.gc.ca or 250-363-7968.

Information in this article is for guidance purposes only. It is not intended to replace professional counselling.

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# LITTLE GNOME FACT



Jacob's Ladder is a portable ladder, usually constructed of rope or metal, that is used primarily as an aid in boarding a ship. Originally, Jacob's Ladder was a network of lines leading to the skysail on wooden ships. The name refers to the biblical Jacob who was said to have dreamed that he climbed a ladder to the sky.

Speaking with many of my shipmates after attempting the climb, one can appreciate the allusion – it does seem to take long enough to reach up far into the clouds. Now I, of course, never had to experience the physical duress of the ladder. It was much more efficient for one of the crew to lower a bucket or piece of line and hoist me up on deck, and if that wasn't possible, an unlucky seadog had the pleasure of hoisting me up on his shoulders while he made the ascent.



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# What's the WAT in DCWAT?

**LCdr K.E. (Kathryn) Hodgson**  
Contributor

The Defence Committee Wellness Advisory Team's (DCWAT) purpose is to advise the Commander Maritime Forces Pacific (MARPAAC) about the wellness of DND personnel within the MARPAAC community, and to support members of MARPAAC to the best of their ability.

But what does that really mean to you, the DND personnel team?

In other words, what is "wellness" and how do members of DCWAT work to ensure they meet your wellness needs?

Wellness is hard to define and if you asked 10 people for their definition, you'd probably hear 10 different responses. In essence, wellness is your state of being that is affected by many dimensions, all of which contribute to your quality of life.

The most common dimensions of wellness are: social, occupational, spiritual, physical, medical, mental, financial, intellectual, emotional, and environmental. Much like any fascinating multi-functioning machine, the human being's strength comes when all of its components are functioning at their best. Of course, when any one particular component is stressed, it will impact upon one or more of the other components of the machine.

Consider your own self when you're feeling stressed about any one of the above-mentioned dimensions.

For example, if you're working in

a harsh environment, it more than likely shows up in your physical, mental, and maybe even your occupational well-being. Think about how being constantly seasick would affect a sailor's ability to do his or her job in the short and long term, and if they weren't able to continue to serve as a sailor that would most definitely have a social and financial impact.

Think of when you have something relatively simple wrong in the

*...DCWAT was created: to bring together representatives from all MARPAAC organizations responsible for a wellness dimension to ensure they do their best to support the individual as a whole*

medical dimension such as the cold or flu. Your social dimension is easily affected in this scenario when friends and family avoid you to prevent themselves from "catching" the same bug.

Regardless of the definition, the common element is that dimensions are interrelated. It is for this reason

the DCWAT was created: to bring together representatives from all MARPAAC organizations responsible for a wellness dimension to ensure they do their best to support the individual as a whole, and not just the separate parts.

DCWAT is comprised of representatives from the chain of command, Health Services, Chaplains, MFRC, MPs, PSP, BPSO, Civilian HR, Military HR, VAC, IPSC, SISIP, and the military training establishments. They work together as a team to determine how to best support the DND community in Esquimalt.

To do so, they absolutely do not discuss individual cases, but do look at trends identified by their respective sections to identify related issues, such as does a flood of behavioural problems from folks living in Nelles Block have anything to do with boredom from awaiting training and/or the environmental living conditions?

Once these trends have been identified, they work together to resolve the issues and hopefully improve the quality of life of personnel, thus improving their overall wellbeing.

Over the coming months, each of the DCWAT members will write an article describing their role on the DCWAT and how you can access their support if necessary.

It will start with the Chain of Command, because most often the chain of command is your best starting point to accessing support and assistance in your path towards overall wellness.



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# MARPAC EXPO - FEB. 8 - NAC GYMS



Photos by Arnold Lim

Jason Heit throws a left to the head of Elmer Waterhen in a recent King of the Cage fight. Heit will be on hand at the Feb. 8 MARPAC Expo as part of Island MMA's demonstration.

## MARPAC Expo brings the octagon to CFB Esquimalt

**Ben Green**  
Staff Writer

This Wednesday, the Maritime Forces Pacific Expo will showcase more than 110 community vendors to base personnel at the Naden Athletic Centre. Hoping to make the event a total knockout, Island MMA (Mixed Martial Arts) will be on hand to run interactive demonstrations and promote the ever-growing popularity of their sport.

"Island MMA will be at the Expo working with people who want to get a clearer understanding of the sport of MMA and learn some of its moves from professional athletes that compete in MMA," says

Jason Heit, long-time martial arts standout and co-founder of the local Armageddon Fighting Championships. "We will also have some athletes on hand doing some sparring as a demonstration."

Heit, who will be one of the representatives at the Expo, has spent the past 20 years travelling the world as a professional boxer, kickboxer, and mixed martial artist, amassing a record of 42 wins and five losses with 34 knockouts. Back in 1997, he even won a first round knockout in the first-ever sanctioned MMA bout in Canada.

Heit has since moved into a role of trainer, but has spent his career learning from fighting legends such as Randy Couture, Bas Rutten, Mac Danzig, and Jason Miller. He was even managed for a time by actor

Burt Young who played Paulie from the *Rocky* films. Come Feb. 8, he hopes to pass on some of this knowledge to the sailors turned fight-fans in attendance.

"I'm excited to be at the Expo, it will be my first one," he says. "We are excited to showcase our skills and try and spread the sport."

Heit says CF personnel and professional fighters share a challenging work environment, which he hopes will allow Expo attendees to comprehend what they do and why they do it. He also hopes the demonstrations will show a non-traditional avenue to strength and conditioning training that might peak the interests of those watching.

"I think MMA athletes and military per-

sonnel have a lot of similarities," he says. "I have a great respect towards those who serve. I have been on base many times to promote the Armageddon Fighting Championships and it has always been a pleasure."

Although the sport is violent, with blood and bruises often equated to a hard day's work, he wants to make sure people don't let the rough-stuff fool them.

"People are usually surprised at how calm and nice we are," he adds. "The cage is our outlet to be mean, outside of that we are really peaceful."

The Expo will be in Naden's upper and lower gyms from 10:30 a.m. to 3 p.m. Food is available for purchase and more than \$5,000 in door prizes will be given away.

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# NEWS *Nuggets*

## Parking restrictions Feb. 7-8

On Feb. 7 and 8, the parking lot behind the Naden gym will be unavailable for parking due to the unloading of freight in support of the MARPAC Expo. The Expo will take place the following day, Feb. 8, which means parking restrictions will be in effect. General and assigned parking around NAC and the east side of Drill Hall will be closed to normal use from 8 a.m. to 4 p.m. in order to provide parking for event exhibitors and attend-

ees. For inquiries contact the Base Parking Control Office at 250-363-2218.

### Open House

On Feb. 11 from 1-4 p.m. the Canadian Forces Sailing Association (CFSA) will be holding an open house. Attendees can come tour the floats, training rooms, work shops, sailboats for sale, and inquire about any sailing programs. This is a family event and there will be lots of free parking. More information can be found at the CFSA booth

at the MARPAC Expo on Feb. 8.

### Child Ball Hockey League

The Greater Victoria Minor Ball Hockey season is preparing to start this spring as registration continues until Feb. 15. The league is for players aged five to 17 and games will be held at Panorama, Parkes, and Eagle Ridge recreation centres. For more information, visit [www.vmbh.ca](http://www.vmbh.ca) or to register email [vmbhregistrar@hotmail.com](mailto:vmbhregistrar@hotmail.com).

## Buy a brick and celebrate 100

The Esquimalt Centennial Committee encourages everyone to participate in the Centennial Memorial Walkway Project at Memorial Park.

Your inscribed paving brick and donation may pay tribute to a pioneer family, those who answered our country's call, special loved ones, or acknowledge individual contributions to Esquimalt.

You can reserve your paver for the walkway by completing an application form. Application forms can be found on the centennial portion of the website: [www.esquimalt.ca](http://www.esquimalt.ca) or be picked up at the Municipal Hall, 1229 Esquimalt Road, and the Esquimalt Recreation Centre, 527 Fraser Street.

\$100 will reserve a 4"x8" small brick with 3 lines of

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# Cadets return to Work point

**Ben Green**  
Staff Writer

In front of local military and civilian representatives, the 2483 Princess Patricia's Canadian Light Infantry Royal Canadian Army Cadet Corps (PPCLI RCACC) officially relocated to their new accommodations in Work Point last week.

The Corps cut the ribbon on their lease of the historic 121-year-old Guardhouse that stands just outside the gate of the current Work Point perimeter.

For the past three-and-a-half years, the Corps had been conducting their activities at the Highpoint Community Church in Vic West, but with their numbers quadrupling to 50 cadets this year, they needed more room.

"The church kindly took us in when we were homeless," says Capt Madeleine Dahl, the Corps' commanding officer. "We had a great relationship with them, but we outgrew the space."

The ribbon-cutting ceremony took place under clear and crisp night skies as representatives from the Township of Esquimalt, Esquimalt and Songhees Nations, the Army Cadet League of Canada, the Regional Cadet Support Unit (Pacific), the PPCLI Association, several representatives of various Royal Canadian Legions as well as other service associations, the Naval Officers' Training Centre, and other friends and families of the Corps attentively looked on.

Following an inspection of the Corps by Esquimalt-native and Second World War veteran, LCol (ret'd) George Wilkinson, a handful of representatives gave monetary donations to Capt Dahl on behalf of various groups and organizations. With the formal portion of the ceremony

complete, the Corps awarded a few of its personnel with medals and promotions before everyone entered the building for a tour.

As the large crowd socialized over cake and other goodies, LCol (ret'd) Wilkinson shared the significance of an organization such as the cadets for younger generations, relating it to the tight-knit groups he fought with in wartime.

"They get to mix with other kids and learn how to take a knock in the nose maybe," says the former member of "B" Coy PPCLI with a laugh. "You've got to get them away from mom [for a bit]. It's a good life for a kid."

The one-story, wood-framed Guardhouse provides the Corps with adequate space to hold weekly meetings. Being a stones throw away from Work Point means they also have access to additional facilities to host their larger events.

"We have a great relationship with the Naval Officers' Training Centre, so we use the Nixon gym as well as their seamanship classrooms," says Capt Dahl. "We do our training over there, so the cadets have to march back and forth a little bit, but we appreciate the support from the navy tremendously."

Built in 1891 by Ontario contractor George McFarland, the Guardhouse became unoccupied in 1994 when the 3<sup>rd</sup> Battalion PPCLI was relocated away from Work Point. In 2005, it was sold by Transport Canada, who had acquired it from the Department of National Defence, to Xhamasung Holdings LLP, a company comprised of the Esquimalt and Songhees Nations.

After the sale, Jack Bates from the Organization for Preservation of Canadian Military Heritage, was given permission by Esquimalt and Songhees' representatives to adopt the facility and perform routine maintenance.

When Bates heard the Corps needed a new home, he arranged through proper authorities for the building to have a new tenant.

Before being sold, the Guardhouse was one of three military guardhouses in Canada's Federal Heritage Registry. When it sold and was no longer a federal building, it lost the designation. Currently it's listed in the Esquimalt Community Heritage Registry and applications are being prepared to apply for Provincial Heritage Recognition and reinstatement to the Federal Historic Places registry once again.

When originally constructed, the Guardhouse at Work Point coincided with a main gate, fencing, a cook house, married quarters and a canteen for "C" Battery, Regiment of Canadian Artillery. Although minor exterior modifications had been previously made, the building remained intact until about 1940 when it was modified with guards' sleeping quarters in the rear, new cells, and a washroom. Imperial and Canadian military personnel have been filing past the building from Work Point to fight in conflicts dating back to the Boer War.

The PPCLI Army cadets are accepting new recruits between the ages of 12-18 and meet on Tuesday evenings at the Work Point Guardhouse from 6:30-9:30 p.m. weekly.



**Above:** On Jan. 31, 2483 Princess Patricia's Canadian Light Infantry Royal Canadian Cadet Corps officially moved into their new accommodations at the historic Guardhouse at Work Point. In front of a throng of invited military, veteran, and civilian guests, the ribbon was cut on their home marking their return to Esquimalt for the first time since 2008. Here Cdt Lemieux, C/CWO Worth, Chief Andy Thomas from Esquimalt Nation, Lynda Hundleby, Acting Mayor of Esquimalt, and Capt Madeleine Dahl, commanding officer of the Corps cut the ribbon at the Guardhouse's front entrance.

**Right:** Capt Madeleine Dahl, commanding officer of the Corps, and Chief Andy Thomas from Esquimalt Nation, cut a cake that was made for the night's festivities.

Photos by Ben Green, Lookout



**Above:** C/CWO Worth stands at attention with LCol (ret'd) George Wilkinson, a former member of PPCLI, a Second World War veteran, and Reviewing Officer for the Inspection of the Corps.



## MFRC: services adjusted

### CPAC MFRC limited service this week

The MFRC office at the Colwood Pacific Activity Centre (CPAC) will be closed from Feb. 6 -10 and will relocate that week to the Personnel Support Programs (PSP) office at CPAC. The closure is the first part of a renovation of the centre that will see carpet replaced with linoleum. Limited on-site services will be available from the MFRC in Colwood. Clients will not be able to access the resource library or the internet workstation, and staff will not be able to produce Military Family ID Cards. The 24 Hour Information Line is accessible throughout these renovations.

### New hours at MFRC in Colwood

There are new on-site

hours at the MFRC office at the Colwood Pacific Activity Centre (CPAC) as of February. From Monday to Thursday, the office will now close from 5:45 - 6:30 p.m. for a dinner break. On Saturday, the office will now close at 4:30 p.m. For a full list of hours, visit [www.esquimaltmfrc.com](http://www.esquimaltmfrc.com).

### New procedure to access CPAC on Saturdays

On Saturdays, there will be limited access to the Colwood Pacific Activity Centre (CPAC). MFRC clients are asked to call 250-363-2640 (toll free: 1-800-353-3329) or email [mfrc@shawcable.com](mailto:mfrc@shawcable.com) to make an appointment to use on-site services such as the internet, the resource library, to get a Military Family ID Card or drop off a mail package.

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## HMCS Vancouver Achievement Deck

The Captain and crew of HMCS Vancouver congratulate the following members of the Vancouver family on their career achievements during the month of January. Bravo Zulu!

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MS Dallen Woodward (Marine Engineer) promoted to PO2

### Qualifications:

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PO2 Jeremy Helm (then MS) achieved his Cert. 3 Qualification  
PO2 Dallen Woodward (then MS) achieved his Cert. 3 Qualification  
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‡ For best results, use in conjunction with a reduced-calorie diet and exercise.  
1. Leigh E Norris, Angela L Collene, Michelle L Asp, Jason C Hsu, Li-Fen Liu, Julia R Richardson, Dongmei Li, Doris Bell, Kwame Osei, Rebecca D Jackson, and Martha A Belury. Comparison of dietary conjugated linoleic acid with safflower oil on body composition in obese postmenopausal women with type 2 diabetes mellitus-4. Am J Clin Nutr 2009;90:468-76.  
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# February is Black History Month

**Steve Fortin**  
Contributor

Black citizens played an important role in the colonial militia and were active in the defence of Canada during the War of 1812 between Great Britain and the U.S.

Since December 1995, Canada has been celebrating the legacy and contribution of its Black citizens, past and present, during Black History Month.

As Canada gets ready to commemorate the War of 1812, the contribution of Black Canadians to this conflict should not be forgotten. Black citizens played an important role in the colonial militia and were very active in the defence of Canada during this conflict.

During the two great wars of the past century, Black Canadians contributed to the war effort despite the racial prejudices, notably of some army recruiting officers. During the First World War, many commanding officers feared it would be difficult to integrate Blacks into White units. This led to segregated Black units being formed so that Blacks could participate in the war.

On July 5, 1916, the military command authorized the creation of the No. 2 Construction Battalion, which served with the Canadian Forestry Corps. It was the only Canadian Black battalion in the First World War.

During Black History Month, many ceremonies are held throughout the

country. It is also a time to remember the sacrifices of our personnel, past and present, including the five Carty brothers, who defended our country during the Second World War, and Montréal's Corporal Ainsworth Dyer, who served with 3rd Battalion, Princess Patricia's Canadian Light Infantry, and made the supreme sacrifice in Afghanistan in April 2002.

Still today, as a proud witness and pioneer of respect for the Canadian social and cultural mosaic, DND makes a point of valuing diversity, viewing it as a source of creativity and strength that contributes to the CF's operational capacity. It is an asset to all civilian and military personnel in every way.

#### Local Events

The BC Black History Awareness Society (BCBHAS) has a great lineup of events for February 2012 to celebrate the history and achievements of Black Canadians, and provide opportunities to learn about the contributions they have made to our shared history and culture.

#### Wednesday, Feb. 1

7 to 8:30 p.m.

Screening of the documentary film "Go Do Some Great Thing" at Bruce Hutchinson Library Arbutus Room, Commonwealth Place 4636 Elk Lake Drive.

Free admission but you must pre-register for this event by calling 250-727-0104 or register online by clicking Programs and Events at www.gvpl.ca

#### Friday, Feb. 10

Doors open at 7:30 p.m. for "Tribute to Mahalia Jackson", a gospel performance by Gergana Velinova, and 8:45 p.m. "Son of Africville", a monologue play by Justin Carter. Metro Studio Theatre, 1411 Quadra Street at Johnston.

\$15 for students/\$10 for seniors. You can purchase tickets in advance through ticketrocket.org or call 250-590-6291. There will be cash only sales at the door.

#### Sunday, Feb. 19

2 to 3:30 p.m.

#### "Ross Bay Cemetery Tour"

\$5/person. Meet in front of Starbucks Coffee Fairfield Plaza, 1516 Fairfield Road

#### Sunday Feb. 19

Join us in a service of celebration of Black History Month at St. Peter's Chapel at Belmont Park 10:30 a.m. and at the CFFSE theatre on Feb 22, noon.

#### Saturday, Feb. 25

1 to 4 p.m.

#### "Heritage Day"

James Bay New Horizons Community Centre, 234 Menzies Street. Includes screening of the film "Mighty Jerome: The Greatest Comeback Ever" with producer Selwyn Jacob attending. Also wonderful and informative displays by members of BCBHAS, Old Cemeteries Society, Saanich Pioneers Society, United Empire Loyalists, Victoria Genealogical Society, Victoria Historical Society. Admission by donation.

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Photo by Cpl Ronnie Kinnie, Formation Imaging Services, Halifax

Commodore Ben Bekkering of the Netherlands Navy, Commander Standing NATO Maritime Group 1, addresses the crew of HMCS Charlottetown on the jetty during a visit to the ship in Taranto, Italy. Operation Active Endeavour is a NATO maritime operation. It operates in the Mediterranean Sea to prevent the movement of terrorists or weapons of mass destruction, and enhance the security of shipping in general.

# Charlottetown now in "the box"

**Lt(N) Jessica MacDonald**  
HMCS Charlottetown

The Strait of Gibraltar was a magnificent sight as it stretched out before the bow of HMCS Charlottetown. The moon rode high in the sky, highlighting the gentle profile of Africa to starboard and the curves of Europe to port. Lights from shore and other vessels in the Strait illuminated the water. And somewhere along her way, Charlottetown entered the Mediterranean Sea and crossed the boundary of the NATO Joint Operational Area.

At that moment, the Halifax-based frigate officially became part of the task force of Operation Active Endeavour, the NATO counter-terrorism mission in the Mediterranean Sea.

From Gibraltar, Charlottetown continued east to the naval base in Taranto, Italy, where, on Jan. 24, she would join the NATO surface fleet. During this deployment — conducted by the Canadian Forces under Operation Metric — Charlottetown will patrol her area of responsibility in the Mediterranean Sea to detect, deter, and protect against terrorist activity.

"This operation is important because it represents Canada's continuing commitment to international security and cooperation," said Cdr Wade Carter, Commanding Officer of Charlottetown. "Having a presence in the Mediterranean Sea will give Canada and the Canadian Forces the flexibility and capability to respond to crises that may arise in the region."

Operation Active Endeavour is conducted by Vice-

Admiral Rinaldo Veri of the Italian Navy, the Maritime Component Commander at NATO Joint Forces Command in Naples, Italy. The surface fleet includes ships from Italy, the Netherlands, Germany, and the United Kingdom, as well as Charlottetown from Canada. The task group into which Charlottetown is currently integrated is commanded by Commodore Ben Bekkering of the Netherlands, with his flag in the Dutch destroyer HMLNS De Ruyter.

"The crew has undergone months of intense preparation of get ready for this deployment," said Cdr Carter. "We are well trained, prepared, and eager to take on the challenges that lay ahead."

On the way from Gibraltar to Taranto, Charlottetown also continued down the road towards high readiness. Working with sea trainers from Halifax, the crew completed a week of mission workups, the exercises that test the ship and ship's company in a wide range of emergency scenarios — missile inbound, fire, flood, man overboard — in preparation for whatever they might encounter during their deployment. Alarm bells rang at all hours, day and night, as the crew worked as one to save and fight the ship.

"Ninety per cent of global trade is conducted by sea. The world depends on maritime shipping to transport vital supplies such as food and fuel," said Cdr Carter. "Operations such as these help ensure that world trade does not get disrupted."

Charlottetown left her home port of Halifax, Nova Scotia, Jan. 8. She will remain in the Mediterranean region until July 2012.

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Sailors in bunker gear enter a space during a fire-fighting exercise conducted as part of HMCS Charlottetown's mission workups.  
Photo Courtesy SLt Emily Todd



# Mission work-ups: the finishing touch

**SLt Emily Todd**  
HMCS Charlottetown

The shrill blast of a whistle in the Operations Room echoes throughout the fore part of the ship, and the Operation Room Officer tells the Officer of the Watch to bring the ship to action stations for a missile heading for *HMCS Charlottetown*.

Without a second's hesitation, the Officer of the Watch makes the pipe on all circuits: "Brace for shock!" These three words can change everything — but not today.

This is workups. Train as you'll fight, they say, because you'll fight as you trained.

*Charlottetown* finished mission workups in the Mediterranean Sea in mid-January,

working with the crack team from Sea Training Atlantic that accompanied the ship throughout the journey across the Atlantic Ocean. Standard readiness workups were completed back in Halifax, just before Christmas.

Sea trainers play a vital role in preparing the ship for deployment. The team is made up of subject-matter experts in all the functions and activities of a warship on operations. They filter through the ship during exercises to monitor performance and offer mentorship, constructive critique and guidance to key members of the ship's company.

"Mission workups are designed to take ships from standard readiness to fully oper-

ational readiness," said Cdr Robert Clark, leader of *Charlottetown's* sea trainers and Commander Sea Training.

Standard readiness workups — typically four weeks long — deliver training that ranges from fire and floods to collisions and missile damage at sea. Mission workups take the game to a whole new level.

"[Mission workups] are tuned for the mission, and designed to leave the ship prepared to be deployed in a full range of operations," said Cdr Clark.

Exercises at this stage include countering submarine and mine threats, human assistance, disaster relief, non-combat evacuations, boarding party operations, and war scenarios.

"My favourite part of [mission workups] are the drills and scenarios we are put through by sea training staff," said OS Chris Nash, a junior naval communicator who is deploying for the first time. His enthusiasm can be heard in his words and seen on his face.

The ship's company clearly feels immense pride and accomplishment after standard workups. Finishing mission workups is even more exciting.

The intense training bonds the crew members to each other and to the ship, preparing them to protect it and accomplish the tasks set out in Operation Active Endeavour, the NATO counter-terrorism mission in the Mediterranean Sea.

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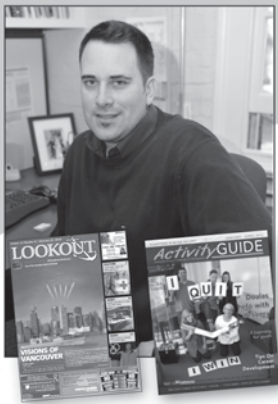
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**Sudoku Answers**

7	8	9	4	2	1	5	8	6
8	4	5	7	9	6	2	1	3
1	6	2	3	8	5	7	9	4
9	8	1	6	7	2	4	3	5
6	5	7	1	4	3	8	2	9
3	2	4	8	9	6	7	1	5
2	7	3	9	1	4	9	6	8
5	9	6	2	3	8	1	4	7
4	1	8	9	6	7	3	5	2

**ON THE OCEAN**



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**SUDOKU**

			7					
7	4		8					
		6	4	5				
1		9						3
	2							9
	3						8	6
4						2		1
3	1			6		5		
	8			4				

Answer on page 26 Level: Beginner

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8AM MORNING RUN



1PM SHOPPING IN THE NEIGHBOURHOOD



3PM MEETING FRIENDS OVER COFFEE

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