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Draining work

Photo by Ben Green, Lookout

Keith Hodgkin, a weapons fitter at Fleet Maintenance Facility Cape Breton, bleeds oil from a BAK-12 Energy Absorber. In another lifetime the absorber, or brakes, were on B-52 Bombers, but have been re-purposed as portable devices to help stop Royal Canadian Air Force jets, much like those used on an aircraft carrier.

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Dipped and kissed, sailor smooches for contest

Ben Green
Staff Writer

With the illuminated streets of Victoria's Inner Harbour providing a romantic backdrop, MS Matt Lovejoy and girlfriend Amy McGeachy publically puckered up recently in a bid to top this year's A Kiss in the City photography contest.

Sponsored by the Downtown Victoria Business Association (DVBA), the contest challenged starry-eyed couples to submit a photo, lips locked, that would romantically and creatively best encapsulate the city.

After throwing around a few ideas, and getting their friend Celeste Magnusson from Celeste Magnusson Photography on board, the couple decided a unique angle would be to take the shot with the sailor in his Number 1's.

"We thought it would be a neat thing to do that kind of fit [the criteria]," says MS Lovejoy, a hull technician at Colwood's Damage Control School.

The idea was to take two photos – one colour, one black and white – and then decide their favourite for submission. On a crisp and clear night in early February, the couple made their way downtown to shoot.

The first photo, shot in black and white, is at the water's edge with the Parliament buildings glowing in the background. Paying homage to perhaps the most famous sailor photo of all time, MS Lovejoy dips Amy like the 1945 shot in Time Square.

The second photo, shot in colour, is of a similar pose but this time in the middle of Government Street with the Bay Centre in behind. MS Lovejoy says this photo was slightly more difficult to coordinate than the first.

"We had to wait for traffic to stop, and then run out there," he says with a laugh. "My girlfriend was freezing without a coat

on. People were hooting and hollering on their way by; they were loving it."

With the photos finished, it came time to choose between the two. Unfortunately, MS Lovejoy loved the ageless quality of the black and white photo while his co-kisser preferred the vivid colours highlighted by her stunning red dress. Unable to reach an agreement, they left the final decision to Facebook.

The couple posted the two photos on the social networking site and asked for their friends to vote. After almost 100 people had their say, the black and white photo squeaked by with about 52 per cent of the votes.

"The older generation [voting] appreciated the black and white one because it felt nostalgic, while the younger generation enjoyed the colour one more because of the depth of the photo," says MS Lovejoy.

The couple eventually submitted their photo with 46 other participants. Submissions were judged on a score out of 10 with the winning kissers receiving a prize package courtesy of the Fairmont Empress, Violette Boutique, Poppies Floral Art, Roger's Chocolates, the Bengal Lounge, and Cineplex Odeon. Second and third place finishers received dinner for two plus Roger's Chocolates and Cineplex Odeon gift cards.

Unfortunately, MS Lovejoy and Amy's photo didn't win. However, he says the experience can't be considered a disappointment as it was a romantic activity that strengthened their relationship. And in spite of some good-natured ribbing he's received around the office, he's already planning ahead for next year.

"I'm sure we'll go in again next year," he adds. "We'll give it shot, it was fun."

To view the three winning photos and the rest of the contest gallery, visit DVBA's website at www.downtownvictoria.ca/kissinthecity.

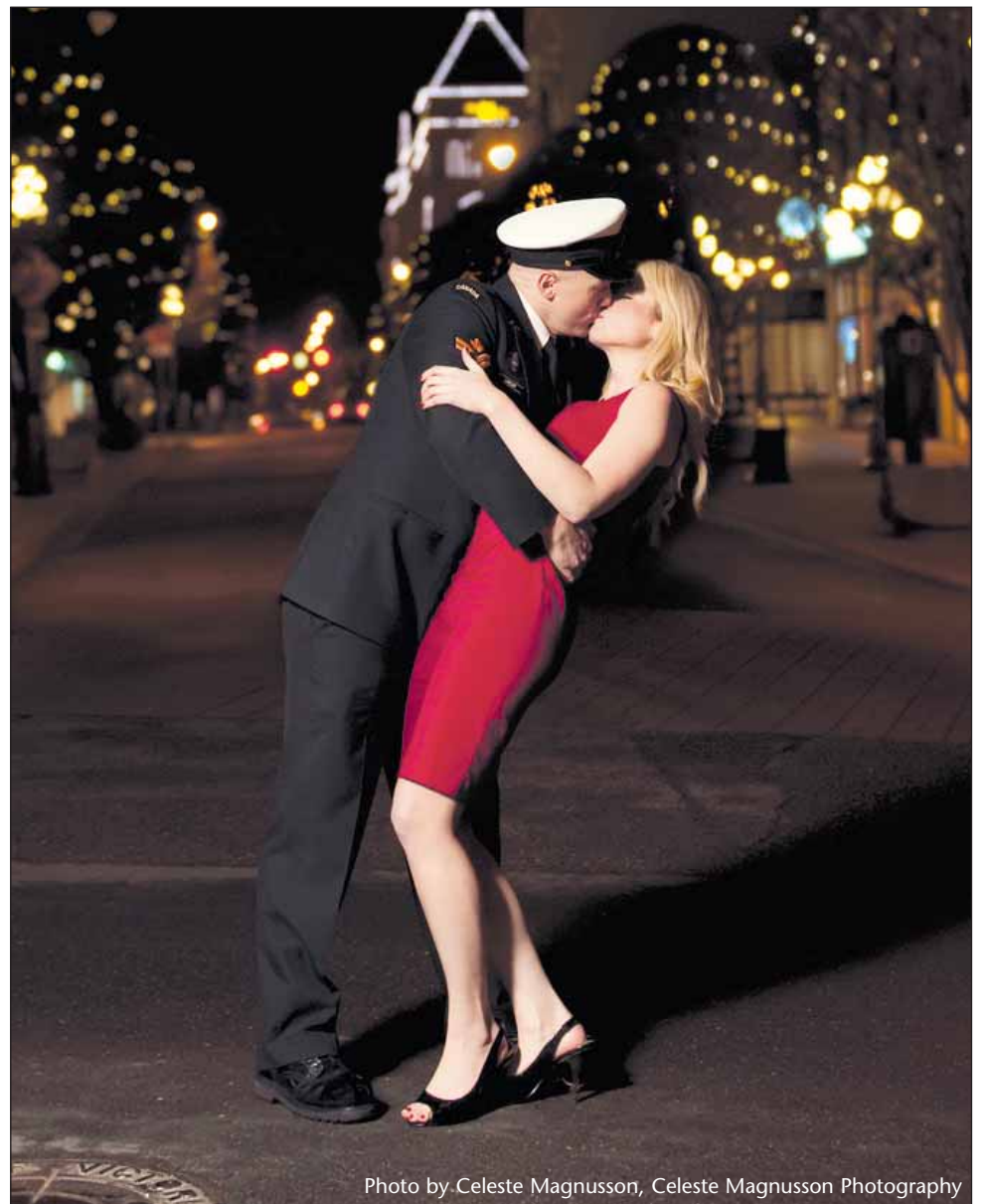


Photo by Celeste Magnusson, Celeste Magnusson Photography

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Soldier On program aids the injured

Ben Green
Staff Writer

Since its inception in 2006, the Soldier On program has supported scores of veterans who've returned from the Afghanistan battlefield and other operational missions with physical injuries.

Through organized sports days such as wheelchair basketball and sledge hockey, the program offers injured personnel an avenue to return to an active lifestyle.

In recent years, Soldier On has adjusted its focus to include personnel suffering from operational stress injuries (OSI), or invisible injuries as they're sometimes referred to. These injuries include Post Traumatic Stress Disorder (PTSD) and can often correlate with more apparent physical issues.

LCol Chris Linford, from the Soldier On Program and Joint Personnel Support Unit (Pacific), says the warrior mentality of CF personnel, combined with a stigma of weakness associated with needing help, often leads many to suffer OSIs in agonizing silence.

"[This stigma] has likely prevented vets from coming forward to ask for help with their injury," he says. "An OSI war injury is the same as a physical injury."

LCol Linford should know; he's been suffering from PTSD for almost 20 years.

In 1994, he deployed to Rwanda as a member of Operation Passage. He came back scarred and burdened.

For eight years he battled the disorder until finally seeking psychological treatment in the form of "talk therapy,"

after which he was able to return to full duties and carry on with his career. In 2009, 15 years after his African deployment, he was assigned the executive officer position of Role 3 Combat Surgical Hospital in Afghanistan. A daily routine of soldier and civilian amputations, surgeries, and deaths made his PTSD return with a vengeance. Upon tour's end he returned to CFB Esquimalt to command the Base Clinic. It wasn't long before he came to the realization that he needed help.

"I realized after a couple of months that it wasn't possible [commanding]," he says. "I had to prioritize getting well."

Now posted to JPSU and Soldier On, he's instilling his personal experiences with PTSD, depression, and OSIs to make the program more relevant for personnel suffering from similar disorders.

Last year, with the blessings of CFHS, he participated in a backcountry skiing trek to Lake Louise, AB, put on by the Outward Bound Veterans Program. The austere, multi-day, demanding journey coaxed him out of isolation, connected him with peers suffering similar disorders, and gave him a blueprint to transfer over to Soldier On events.

Since the trek, LCol Linford has been passionately organizing Soldier On activities in B.C. and nationwide that offer soldiers inflicted with both physical and mental disorders the opportunity to connect with each other. Last month, he took 17 injured soldiers to Mt. Washington for five days of skiing. Mirrored on his experience in Lake Louise, the trip provided participants with a challenge for both mind and

body, while introducing them to peers waging similar struggles. This event, sponsored by the Vancouver Island Adaptive Skiing Association, supplied instructors for all participants, four of whom were visiting from Australia.

"It was a fantastic event," says LCol Linford. "It was well hosted and well run. The instructors and participants were incredibly focused. We had several meals in the evenings with guest speakers who donated money to help fund events in the future."

While feedback from the event has been nothing but positive, he says he'd like Soldier On to improve its promotion of upcoming events to guarantee maximum participation from injured veterans, both those still serving and those who've already left the Canadian Forces.

In the coming months, Soldier On will host a variety of activities, both indoor and outdoor, that LCol Linford hopes to have fully booked.

On March 11, they will be hosting their Family Event at Langford Lanes, which aims to honour the perseverance of families of injured veterans, as they often suffer alongside their loved ones through recovery. Six lanes have been reserved from 1-4 p.m. and both bowling and shoe rentals will be covered.

Also, in June they will be taking 10 personnel on a sea kayaking trip around the Tofino/Ucluelet area. Interested participants for either event can contact LCol Linford for more information at 250-363-4214.

For more information on the Soldier On program, visit their website at www.soldieron.ca.

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Group shot of all Soldier On ski trip participants.

Photo by Oscar Grubwieser

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MPCORNER: Caution considerations for the summer

Sgt Benoit Rheume Military Police Community Relations

As spring and summer are quickly approaching, there are a few important issues which should be emphasized to drivers concerning their safety and the safety of others.

Watch for Children Playing
Vacation time (summer time) is exciting for kids. They like to enjoy the good weather by playing outdoors. When they're having fun, they may forget to watch for traffic.

Be extra careful when passing children who are on bicycles, roller skates or just playing at the side of the road.

If you're driving toward parked vehicles on residential roads, always watch for youngsters running out from behind them.

You need to be extra care-

ful around school zones. Drive slowly and be aware of your surroundings.

Vehicle Maintenance

The coming warm weather is a good opportunity to prepare your vehicle for summer driving and to rectify any problems.

Make sure your vehicle is ready by checking all fluid levels, taking care of those squeaky brakes, replacing worn tires/belts/wipers, checking spare tires for functionality, ensuring your first aid kit is stocked and so forth. A mechanically sound vehicle will work better in an emergency situation and you will save on gas too. Also, be sure to have your sunglasses handy, or use your sun visor, when your vision is impaired by brightness. Too often people are blinded by the sun and drive erratically because of it.

Emergency Vehicles

The motoring public should

be aware that when a driver sees any emergency vehicle stopped on a roadway displaying flashing lights, Motor Vehicle Act Regulations Division 47 (aka "slow down and move over") takes effect. This regulation requires a drivers to reduce their speed to 70 km/h where speed limit is 80 km/h or more, and to drive at no more than 40 km/h where the speed limit is less than 80 km/h, when he or she is approaching or passing an official vehicle with flashing red, blue, amber or white lights stopped on a highway.

A tow truck is an official vehicle under the regulations. In addition to slowing down, if a driver travels in the adjacent lane, or the same lane of the stopped official vehicle, then a driver is required to move his or her vehicle into another available lane if it is safe to do so. This legislation gives emergency personnel such as

police, ambulance, fire and tow truck drivers a safe zone when working on a roadway responding to people in need of assistance.

MPs have recently received numerous complaints from concerned citizens, as well as civilian police concerning DND and personal vehicles operated by "people in uniform" speeding on DND property or its proximity. MPs have been tasked to step-up enforcement in an effort to reduce speeding. Tickets will be issued accordingly and 404s will be suspended. If you require your 404s to work, serious consequences may arise from having your license removed. Please drive safely.

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FILM *friday* Wanderlust, somewhat desirable

Jennifer Fielding Contributor

Producer Judd Apatow takes us further down the twisted trail of hilarity that he first blazed (pun intended) with such films as *Knocked Up*, *Get Him to the Greek*, and *Pineapple Express*, this time stopping at Elysium for his latest film, *Wanderlust*.

Paul Rudd and Jennifer Aniston star as George and Linda, a married New York couple who can no longer afford to live in the city when they lose their jobs.

They pack up their car and head for Atlanta, Georgia, to live with George's awful brother Rick, a distasteful option but the only one they have, as Rick has offered him a job.

They stop for the night at the Elysium Bed and Breakfast, which is in fact part of a commune, and meet a "family" of assorted eccentrics, including unofficial leader Seth (Justin Theroux, Aniston's real-life boyfriend), the interracial couple of Rodney (Jordan Peele, from the new series *Key & Peele*) and his pregnant girlfriend, sweet Almond (Lauren Ambrose), nudist winemaker and aspiring novelist Wayne (Joe Lo Truglio), and aging hippie Carvin (Alan Alda in a wonderful turn), the only founder of the commune still in residence. After a surreal evening and an invitation to stay, George and Linda decide to continue on to Rick's. However, after only a short time at Rick's, a successful businessman who makes everyone around him miserable,

George and Linda retreat to Elysium to see if commune life is right for them. But the real question is: are they right for commune life?

They soon realize that while Elysium abounds with opportunities for self-awareness and enlightenment, often through substances, which is pure Apatow, they can only achieve these by facing their own issues, dependencies and inhibitions head on, with no privacy, no meat, no coffee, no monogamy, and brutal honesty.

Linda is initially hesitant, but comes to embrace their new lifestyle, truly shining with empowerment when protesting the proposed building of a casino on their property.

"Free love", however, proves to be the biggest challenge for the couple; since their arrival at Elysium, Seth has gone out of his way to displace George in Linda's affections, although George seems to be the only one to notice.

George finally loses his patience with everything he must share in order to live in Elysium – most importantly, Linda, whom he thinks he has lost because she is blossoming in a world which is not his. George leaves, paying the way for Seth to do what he thinks will win Linda's heart, even though this will be at the expense of all of the commune's ideals. When Seth shows his true colours, George returns to save the day.

I felt that the film couldn't decide whether to be a raunchy romp or an intelligent satire of social mores: it tries to be both, and

because of this, it never goes far enough in either direction. The movie sells itself as the couple's story, but George is the true main character. It comes down to a power struggle between two men: George and Seth, for Linda's affections and for the very commune itself.

Rating: 8/10

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World War mortar destroyed

Lt Trevor Reid

19 Wing Public Affairs Officer

Personnel from 19 Explosives Disposal Flight (19 EDF) safely destroyed a Second World War mortar round in the Long Beach area of Pacific Rim National Park Reserve, Sunday, Feb. 29.

The unexploded mortar round was discovered in the Wickaninnish Sand Dunes by a Parks Canada volunteer who was helping staff with the restoration of the sand dune ecosystem. Upon discovering the two-inch high explosive round, they immediately marked its position with GPS coordinates and called 19 Wing Comox Operations Centre to report the find.

The EDF members arrived to deal with the device, a dangerous reminder of when the area was used for training during the Second World War. Because the mortar round was found in an area that has since been declared "ecologically sensitive", sand-

bags were stacked around the object to protect EDF members and minimize the spray of shrapnel into the environment.

Once all bystanders were moved to a safe distance, the mortar round was detonated on the beach and the remains of the sandbags and shrapnel removed.

Recovering and destroying old ammunition is of great importance to the Canadian Forces. Unexploded ordnance must be treated with extreme caution and should be reported to local police or the nearest Canadian Forces base when found.

Members of 19 EDF are specially trained to identify and dispose of a wide range of ammunition and explosives. Regionally, members of 19 EDF are the first responders to deal with any military explosives and are regularly called upon to dispose of hazards such as unearthed or souvenir munitions and Marine Locator Markers washing up on the beach. To report findings, please contact local law enforcement or the 19 Wing Operations Centre at 1-866-488-0889.



An unexploded two inch mortar round, a remnant from training activities during Second World War, lies in the sand on the Wickaninnish Sand Dunes in Pacific Rim National Park Reserve after being discovered by Parks Canada staff and volunteers who were doing a survey of the area.

Photo by DND

Royal Canadian Navy announces new wind - rain suit for sailors

Linda Feather

NDHQ Ottawa

The Naval Improved Clothing and Equipment (NICE) project has announced the procurement of the Naval Wind Rain (NWR) gear.

It provides a moisture vapour, permeable ensemble with inherent flame resistant shell, protecting against wind, rain, mist, fog and other inclement weather in temperatures above +10°C.

The NWR is derived from

the Converged CADPAT™ Rain Suit (CCR) worn by the Canadian Army and the Royal Canadian Air Force. However, the NWR has been designed to meet naval requirements. The modifications to the CCR are limited to colour – navy black vice CADPAT™ – as well as incorporating a flame resistant shell exterior to complement the similar flame resistant capability inherent in naval combat dress. As part of the options analysis to determine if

the CCR could be adopted or modified, a limited production of 90 NWR were tested and successfully met naval operational clothing requirements. The much anticipated contract has been awarded to Peerless Garments of Winnipeg, Manitoba. The 19,000 naval personnel who wear the Distinct Environmental Uniform (DEU) will each receive one ensemble. This includes members of the Regular Force, the Reserve Force and the Cadet Instructor Cadre.

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- E. To ski over cliff drops

If you see a sign with a blue square at the top of a run, what does it mean?

- A. Beginner run
- B. Intermediate run
- C. Advanced run
- D. ski patrol
- E. this run closed

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GOODYEAR **DUNLOP**

EAST COAST NEWS: WISHES COME TRUE

Disney dream come to life for family

Sadie Toulany
MARLANT PA

Imagine a village that resembles a life-size version of Candy Land – the dining hall is located in a jumbo gingerbread house, the ice cream parlour opens at daybreak, Halloween is celebrated in January, there is unlimited access to the Enchanted Carousel, and themed events enthrall each evening.

For eight-year-old Parker, son of Formation Halifax members Sgt Jason and Cpl Charlene Dunfield, this fantasy world does exist. Mayor Clayton, a gigantic bunny, watches over the fun land also known as, Give Kids The World, a resort designed specifically for children with life-threatening illnesses.

"Parker was diagnosed with a heart condition when he was three, and was placed in intensive care for a month," explains his mom, Cpl Dunfield, a Supply Technician based out of Willow Park. "In 2011, Parker's cardiologist and grandmother both encouraged us to apply with the Children's Wish Foundation. All he wanted was to meet a specific Disney character, Handy Manny, but what we experienced was more than we

could have asked for."

Thanks to the foundation, the Dunfield family, along with Parker's grandmother, travelled to Florida, bound for Walt Disney World on Jan. 20, 2012. They were greeted by an Ambassador tour bus that transported them to the airport for Parker's first plane ride. "We really had to grasp the scale of the Wish," says Sgt Dunfield, an Aircraft Structure Technician at 12 Wing Shearwater. "We hadn't even arrived to Florida yet and we were already taken away."

What came next were eight days filled with excitement and smiles that Parker will never forget. Parker not only met one Disney character, he nearly filled his signature book with Disney's favourite personalities. The family ventured to a different park each day, from dawn till dusk, and the entertainment continued at the Give Kids The World Resort.

"Whatever they think can make the children happy they do it. They never say no to the kids. There's never enough fun, or M&Ms and whipped cream on pancakes. It's all about the kids, and they deserve it," explains Sgt Dunfield.

The theme parks are familiar with the Give Kids

The World button. This special button grants kids front line access to all of the rides, and immediate recognition from the Disney characters, who often visit the village for children who are unable to travel to the parks. Volunteers help run the resort. Mayor Clayton makes personal requests, and he even tucked Parker and his grandmother, each into their own bed one night.

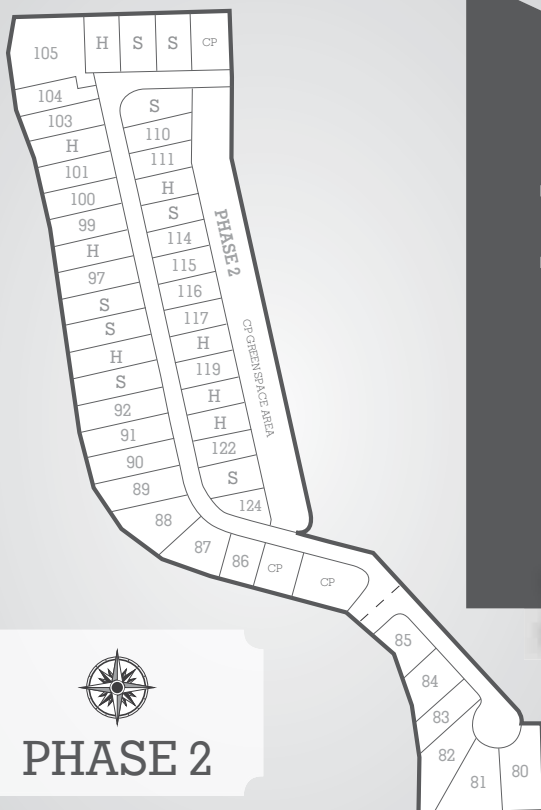
"Parker made friends with most of the staff. He really enjoyed hanging out with

the mayor and all of the other characters. As soon as a character showed up, we didn't exist any more," laughs his mom.

The Dunfields are so grateful for the Children's Wish Foundation for giving Parker and all of the other kids like him the opportunity to make their dreams come true. "Parker had the time of his life, we all did. But the trip was all about him, and we have 1,500 pictures to prove it," says his mom.



Photo by Give Kids The World volunteer photographer **Mickey Mouse, Debra Dunfield, Charlene Dunfield, Jason Dunfield, Parker Dunfield and Minnie Mouse** meet during the Dunfield family's visit to Walt Disney World. The Children's Wish Foundation made possible the family's trip to Florida.



PHASE 2

H - Home 4 Sale S - Sold



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International Women's Day

A day to honour women

This Thursday is International Women's Day, a moment in the year where women are spotlighted around the world. The day has been celebrated for more than 100 years. In that time, substantial progress has been made in advancing equality for women.

In Canada, there are 17.4 million women and girls.

The following are Canadian women who have made incredible accomplishments in a predominately male world.

Dr. Roberta Lynn Bondar is Canada's first female astronaut. In 1992, she took her favourite food into space, Girl Guide cookies. She has several university degrees, and is a neurologist MD. She was inducted into Canada's Walk of Fame in October 2011.

Molly Kool learned about sailing from her father, and quickly learned how to repair engines, run the winch, handle the lines, set sails, cook, and sew canvas. In 1939, she received notice she had passed Navigation School, and became the first registered female sea captain in North America, and the second in the world. She was a Sea Captain for five years before she married in 1944. She never sailed for money again, but continued to sail for pleasure.

Elizabeth Muriel Gregory (Elsie) MacGill was Canada's first woman to graduate with a degree in electrical engineering. She also earned a master's degree in aeronautical engineering in the U.S. During the Second World War, Elsie MacGill was responsible for the production of the Hawker Hurricane fighter airplane. Her staff of 4,500 people produced more than 2,000 aircraft. She is a member of Canada's Aviation Hall of fame, and is considered the first female designer of airplanes. She died in 1980.

Theresa Helen McNeil married Burt McNeil, and was a stay-at-home mother to the couple's 17 children. When Burt died suddenly in 1973, Theresa was left with seven children under age 10 at home. She was hired by Annapolis County, Nova Scotia, as High Sheriff, the first woman to hold such a position. In 1992, she received the Canada 125 Medal, and in 2002, the Queen's Jubilee Medal. In 2005

she was named to the Order of Nova Scotia. Theresa McNeil died in March 2009.

Elizabeth Lawrie Smellie served in both World Wars as a nurse, and helped create the Victoria Order of Nurses into a nationwide organization. She served as Matron-in-Chief in the Royal Canadian Army Medical Corp from 1941 to 1955. In 1944, she was the first woman to become a colonel in the Canadian Army. Elizabeth laid the foundation of the establishment of the Canadian Women's Army Corps. She died in 1968.

Did you know?

- Only eight countries in the world draft women into the armed forces: China, Eritrea, Israel, Libya, Malaysia, North Korea, Peru, and Taiwan.
- The Canadian Forces opened all occupations, including combat roles, to women in 1989. Submarine service was excluded, until 2000 when it opened up to women.
- 14.9 per cent of Canadian Forces personnel are women.
- About two per cent of Canadian regular force combat troops are women.
- There are 99 female combat officers in the regular force.



LS Holly Kearney-Furfaro, shown deployed in Afghanistan, comprises one of the 14.9 per cent of women that make up the Canadian Forces.

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Les militaires se joignent au Festival franco

Le 15ème festival annuel de la Francophonie de Victoria aura lieu du jeudi 8 mars au dimanche 11 mars, de midi à 16:00 au Parc du Centenaire dans le centre-ville de Victoria. Le Naden Band jouera le samedi 10 mars et pour la seconde année consécutive, l'Unité de Plongée de la Flotte fera une représentation incluant une démonstration du robot d'enlèvement et de désamorçage d'explosifs ainsi qu'un présentoir de plongée, tous deux interactifs pour la plus grande joie de tous. Samedi 10 et dimanche 11 mars, les marins de l'École de la Flotte et la Division de Formation des Langues apporteront leur aide lors d'une démonstration de nœuds de cordes et distribueront des tatouages temporaires de la Marine ainsi que des stylos.

« C'est parfois difficile pour les familles francophones qui sont nouvelles dans une région majoritairement anglophone, encore plus si elles ne sont pas entièrement bilingues, » fait remarquer le Lieutenant de Vaisseau André Bard de l'Unité de Plongée de la

Flotte. « Le fait d'appuyer et de divertir notre petite communauté de francophones est un gage de reconnaissance vis à vis de la Société Francophone de Victoria qui soutient les nouvelles familles francophones, tant militaires que civiles. »

Il y a 422 militaires francophones à Esquimalt (approximativement 10% de la population militaire à Esquimalt) et 540 anglophones bilingues (13.3%). 962 membres militaires (23.7%) sont entièrement bilingues à Esquimalt.

« Chaque année, cinq à six mille personnes assistent à cet événement qui dure 4 jours » déclare l'organisatrice du festival Marie-Pier Courbron de la Société Francophone de Victoria à but non lucratif. « Il est primordial d'intégrer au mieux cette communauté significative au sein des Forces Canadiennes, et de reconnaître l'importance de l'influence de la communauté francophone. »

Il y aura des activités françaises, de la nourriture et de la musique à partager! Venez et profitez des festivités!

Military joins French Festival

The 15th Annual Victoria French Festival runs Thursday, March 8 to Sunday, March 11 from 12 – 4 p.m. in Centennial Square in downtown Victoria.

Saturday will see the Naden Band perform, and for the second year in a row, special presentations by Fleet Diving Unit, including the Explosive Ordinance Disposal robot and diving displays, both interactive crowd pleasers.

On both Saturday and Sunday, Fleet School and Language Training Division will be on hand to give knot-tying demonstrations and hand out navy tattoos and pens.

"It is sometimes difficult for Francophone families who are new to an area that is primarily Anglophone, especially if they are not fully bilingual," notes Lt(N) Andre Bard of FDU. "To be able to support and entertain the small French community is a small token of

the appreciation we have for the Victoria Francophone Society that supports newly arrived French families, military and civilian."

At CFB Esquimalt there are 422 military Francophones (approximately 10% of the Esquimalt military population), and 540 bilingual Anglophones (13.3%). 962 military personnel (23.7%) at CFB Esquimalt speak French fluently.

"Five to six thousand people attend the event over four days each year," says festival organizer Marie-Pier Courbron of the non profit Victoria Francophone Society. "It is important to include the significant Francophone community within the CF, and to acknowledge the strong influence of the French community."

There will be French activities, food and music to partake in! Come and enjoy the festivities!

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Photo by MCpl Chris Ward, Canadian Forces

Canadian Forces medical technician, Cpl Christine Borkowski measures the blood pressure of a soldier stationed at Camp Alamo in Kabul, Afghanistan,

Med tech from B.C. on the ground in Afghanistan

Gary Hengstler
Op Attention

With a reassuring smile, she places the thermometer in a soldier's mouth and tightens the blood-pressure cuff around his arm.

"Most likely, you've got the virus that is going around the camp," she says. "But we'll check you out."

Medical technician Cpl Christine Borkowski of 150 Mile House, B.C., is living the twin goals she set for herself in her youth — a medical career in a military context.

A member of 1 Field Ambulance in Edmonton, Cpl Borkowski is deployed in Afghanistan on Operation Attention, Canada's participation in the NATO Training Mission-Afghanistan (NTM-A).

Cpl Borkowski works in the Unit Medical Station at Camp Alamo, the NTM-A camp co-located with the Kabul Military Training Centre, the Afghan National Army's primary training base. Although she wears a Royal Canadian Air Force uniform, she has served with the Canadian Army for four years. She plans to make a career in the Canadian Forces.

Her formal introduction to medicine was the First Aid component of a babysitting course she took at the age of 12.

"I always enjoyed the medical field," said Cpl Borkowski. "I kept up with my First Aid training all through high school, and I took some athletic First Aid courses. I was part of a volunteer fire department back home for four years, both as a first responder and as a firefighter."

Working with animals gave her extra

experience.

"I grew up near my grandfather's ranch where I had to do a lot of veterinary-type stuff for the horses and cows," she says. "It was great."

Her family encouraged her interest in a military career. "Both of my grandfathers were in the Royal Canadian Air Force. With my interest in medicine, I just sort of fell into combining the two."

Cpl Borkowski is not the only Canadian Forces medic on Operation Attention; most are training advisors working with Afghan National Army medical and support staff at the Armed Forces Academy of Medical Sciences. Cpl Borkowski is not a training advisor, however.

"I serve in an integral support role, supporting our troops," she said.

"This deployment has been different from what I had expected," she said, commenting on the workload. "I came prepared to treat injuries like they had seen in southern Afghanistan battling insurgents, but our mission is now in a training role. That means we see things like viruses and sprains — things you normally see back in Canada in a walk-in clinic on a base."

Her smile these days likely seems even brighter because she is nearing the end of her five-month deployment. By the end of March she will be back in Edmonton where she and her fiancé will finish planning their summer wedding. Like Cpl Borkowski, Private Adam Blackwell of St. Thomas, Ontario, is a medical technician in the Canadian Forces. It will be a mixed marriage however. He's Army.

Sailor goes back to school, but as a presenter on clean energy

Ben Green
Staff Writer

In late January, Lt(N) Sarah Roberge, the Deputy Marine Systems Engineering Officer at Fleet Maintenance Facility Cape Breton, took her knowledge of complex shipboard mechanical systems and applied it to a younger demographic at a Beaver Lake-area middle school.

Invited by Island-based Energy Educators' Network, Lt(N) Roberge was on hand to help students at the South Island Distance Education School (SIDES) begin their newly created Engineering Energy Program. The program, a collaboration between the Energy Educators' Network and the Association of Professional Engineers and Geoscientists, matches volunteer professional engineers with educa-

tors and looks to promote alternative energy sources through engineering problem solving.

"The students I saw were a wide age group: Grades seven, eight, and nine," says Lt(N) Roberge, who holds a civil engineering degree from the Royal Military College.

The Beaver Lake campus is one of two SIDES has in Victoria where distributed learning students from across the province, many of them homeschooled, can explore curriculum not readily accessible through their normal lessons. Originally, Lt(N) Roberge says the program's founders were specifically looking for female professionals from the field to volunteer as the school's core enrichment students were all girls.

"There's maybe 10 students from the core enrichment group that meet every

week," she says. "It was originally for them, but then Patsy [a teacher at SIDES] opened up the program for all the students."

Facing a teenage audience of almost 30 students, many of whom were unfamiliar with a formal classroom setting, Lt(N) Roberge began her visit by explaining her background, her profession, and her experience with tidal energy conservation, which happened to be the program's introductory topic.

"It's not the first time I've talked about it," she says with a smile. "I was pretty comfortable. Knowing what level to break things down to was the most difficult."

After speaking for about 25 minutes, Lt(N) Roberge joined two SIDES faculty in overseeing a project the students had scheduled. Originally, students were to assemble wave action gen-

erators to tie in with their discussion of tidal energy conservation. However, with materials needed for the project still undelivered, the students instead assembled sets of series and parallel circuits through workbooks provided by B.C. Hydro.

Breaking into small groups of two or three, the students experimented by attaching batteries to different resistors (buzzers or lights) via wires and alligator clips. If the lights came on or the buzzers sounded, their series were correct. As the afternoon progressed, the students added more batteries in series circuits, in a row, or parallel circuits, off to the sides, to increase the light's strength or the buzzer's sound.

Lt(N) Roberge says initially some of the students, one boy in particular, had difficulty connecting with others and were uncomfort-

able in group discussions. But by the time she left three hours later, she says all the students were becoming enthralled in the project; especially the one boy who had lined up a sequence of batteries to try and explode his light.

"[The teacher] sent me an email saying since then [my visit], they've really enjoyed the program," she says. "Just seeing that one kid, it made all the stress worth it."

The program hit close to home for Lt(N) Roberge who remembers constructing wave action generators for projects during her engineering training. She also says she had siblings who weren't challenged enough in school and could have benefited from advanced initiatives such as the Engineering Energy Program.

"I just saw that with my own family how children

get bored and can negatively associate with school," she adds. "I was really impressed with the group. When I was in high school I wouldn't have been that engaged in a project like this."

The program is not just offered through SIDES as the Saanich School District is also implementing it into district curriculum. Lt(N) Roberge says she is contemplating volunteering again, but this time with one of Victoria's French-speaking schools.

Energy Educators' Network is a non-for-profit that aims to promote renewable energy education through learning partnerships with local companies, educator support/training, and real-world projects for students. They want to inspire students to enter technology, engineering, and science careers.



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Military wife turns TV star

Vanessa Roman is used to seeing her husband Major Jason Roman fly off in his Sea King helicopter with the Canadian Armed Forces. But now she's doing her own bit of moving - to the small screen.

The mom of three and Halifax real estate agent hosts "Reno vs Relocate" which will begin airing on HGTV network in May. In the show, Vanessa helps families decide whether they should renovate their existing home, or find a new one.

But for military families, the decision is often far more straight forward: which house will be home in a new community. The complications come from the short window in which to find property and the unique requirements for service families.

Vanessa says being a Forces wife gives her first-hand experience making these moves go smoothly, and she puts in the effort to make sure that's the case. "I come from a military family, I'm married to a military guy - so if you're coming

to Halifax, I'm the agent you need to have for your house hunting trip," says Vanessa. "I understand the challenges of moving to a new city and integrating the family within an existing community. There are a lot of hoops to jump through and you generally get just seven days to find a house."

Military transfers are a unique way to move, she says, and the process can be time consuming and complicated. Vanessa is a registered real estate agent with Brookfield Global Relocation and has been through the relocation process herself.

She is also an active member of the Nova Scotia Association of Realtors® and a member

of the Canadian Real Estate Association. She holds degrees in Economics from Dalhousie University and Journalism from the University of King's College.

That mixed background, combined with the flair you need on TV and her military family experience, means Vanessa knows what these moves demand. "I dedicate myself fully to the family for the week they are here," she explains. "They get

exclusive access to me."

"Having grown up in Halifax, I'm extremely familiar with the area and its amenities, with particular focus on the military lifestyle."

"I saw that other agents were not able to understand the unique prospect of buying a home for a military family. This is your single biggest investment as a family and you need to select an agent carefully or you will lose money."

So do you want a TV star as your real estate agent?

"In Nova Scotia you can become a licensed real estate agent in only three months,"

says Vanessa. "That's why it's extremely important for you to interview agents."

"Mistakes in real estate are costly, so if you are ill advised it can cost you thousands or hundreds of thousands of dollars. So even if my advice just helps people to pick a better agent, I think it's worthwhile." She adds, jokingly: "Hosting a national TV show hopefully means someone thinks I know what I'm talking about when it comes to buying and selling real estate."

"Reno vs Relocate" will start airing on the HGTV network in May and you can contact Vanessa through her website at www.vanessaroman.ca.

In Memoriam

**Master Corporal Alain Paulin**

It is 443 Maritime Helicopter Squadron's sad duty to inform the public that our good friend and squadron member, MCpl Alain Paulin died suddenly on Feb. 29 from injuries incurred in a vehicle accident on the night of Feb. 24. Alain served with the RCAF from Aug. 25, 2002, as an Aviation technician until his death. He had worked with the Sea King fleet in Shearwater, Pat Bay Victoria, and around the world while deployed. He was an integral member of the HMCS Ville de Quebec in the Arabian Sea and was instrumental in his role as a member of the HELAIRDET during pirate interdiction off the coast of Somalia. MCpl Paulin was a respected and well liked member of 12 Wing and the Sea King community, and he will be sorely missed by his family and comrades. He is survived by his father Clarence, mother Marie, brother Gaetan, sister Monique and loving fiancée Tara.

A memorial service was held March 2 at 443 (MH) Sqn and a funeral will be in his home town of Caraquet, New Brunswick.

NEWS Nuggets

Go Green for St. Patty

St. Patty's Day Party

On Mar. 9, the Pacific Fleet Club will host their St. Patrick's Day party. Doors will open at 7 p.m. with live music and door prizes. Tickets are \$5 and can be purchased at the Fleet Club. Call 250-363-3146 for more information.

RCN ships getting 57mm MK III guns

HMCS Regina is the first Royal Canadian Navy ship fitted with the 57mm MKIII gun.

Under the National Shipbuilding Procurement Strategy (NSPS), the Government of Canada has committed to rebuilding the RCN to enable them to overcome the challenges of naval operations now and into the future. One of the major projects under the strategy is the modernization of the RCN's Halifax-class ships.

The frigates have had 57mm MK II guns since they entered service in the early 1990s. Because these guns had reached their planned service life expect-

tancy, rising supportability costs no longer made their continued operation and maintenance financially feasible.

In February 2009, the government awarded a contract for the conversion of 14 57mm MK II guns - one on board each of the 12 Halifax-class frigates, one at CF Naval Engineering School and one operational spare. The project involves an extensive mechanical overhaul of all components and a complete electronics component conversion to the new MK III configuration. The new 57mm gun has a high rate of fire and the capability of switching rapidly between ammunition types, including the new smart 3P (pre-fragmented/programmable/proximity-fused) all-target ammunition.

The gun is a vital part of the ship's layered self-defence system. In the coming year, additional MK III guns will be installed in ships on both coasts.

**You can follow Vanessa Roman on Twitter at VanessaRomanTV**



Base Administration

Supporting Maritime Forces Pacific with top-notch service

In many ways, as the Base Administration Officer (BAdminO), I feel like the luckiest Branch Head of the lot. Why? Because we have great people and a tremendous variety of activities for which the Base Administration Branch is responsible. The bonus is there is never a dull moment.

Cdr Tim Allan

BAdminO - This is the 1st in a seven-part series profiling the Base Branches at CFB Esquimalt.

When Napoleon said, "The moral is to the physical as three to one", he summed up what Commanders have known for a long time - that unit cohesion and nurturing the fighting spirit is best achieved when we look after the needs of member.

So whether it's knowing that your pay is being handled properly, there is a Padre to chat with, or that the intersection hockey league is up and skating, we have you covered, mind, spirit, and body.

I was posted back to CFB Esquimalt this summer and am still getting my feet under me. But, it did not take long to figure out the staff of Base Administration (BAdmin) takes great pride in providing you with top-notch service.

Let me offer a few examples:

One a Friday afternoon in August, the Base Orderly Room (BOR) was contacted by Fleet Maintenance Facility as they were preparing to dispatch a Mobile Repair Party; they needed cash. The Cashier Staff stayed at work until midnight to ensure they attended to every detail, plus they came back to work at 0500 on the Saturday morning to issue claims.

Another example of top-notch service:

The Lookout newspaper punches well above its weight class in delivering community focused news and advertising, in addition to arranging some excellent events. Cast your mind back to the recent CFB Esquimalt Industrial Trade Show and MARPAC Expo organized by the Lookout. They were the best yet with over 100 exhibitors. It's therefore no surprise that the Lookout has been awarded the top CF Newspaper for past two years.

These are just two examples of how the BAdmin supports MARPAC/JTFP.

As I mentioned, the Base Administration branch cuts across a wide range of activities. Moreover, we have a number of linkages with other groups, but the overarching mandate remains focussed in Personnel Support:

- When you see Base Personnel Administration you may think only of the BOR and its Pay, Records, Claims, and Releases sections. Additionally, it includes the Naval Reserve Coordination Centre (NRCC) and it also is the mainstay of the Return to Work and Training Centre (RWTC). I am delighted to report that the RWTC has evolved to the point that we work hand in glove with Integrated Personnel Support Centre (a joint DND/Veterans Affairs program). That way our personnel get the help they need without interruption.
- Base Personnel Selection Office provides career counselling and education services. For people looking to take advantage of CF's generous education benefits, seeking a change of occupation, or getting ready for a new career upon release, the staff has all the answers you need. A little known fact is they are also the University Liaison Office for over 40 students attending post-secondary institutions in the area.
- Chaplains – We have robust team of "Sin Boatswains" serving the military community across the Formation, with a solid presence in the Fleet. Of course the Chaplains are also closely linked with Health Services and the Military Family Resource Centre.
- Official Languages and Language Training – The Base Language Training Centre (BLTC) operates from a heritage building leased from Victoria School Board and it offers a range of language training programs, both on a fulltime and part time basis. On Nov. 1, 2011, Command of the BLTC will move to the Fleet School. However, the Official Languages Section will remain with BAdmin and continue to conduct language testing, translation services and language policy advice.
- In my mind, the most interesting and challenging sections of BAdmin are the Base Personnel Services (BPSvcs) and the Personnel Support Programs (PSP). BPSvcs is responsible for our creature comforts through our messes, accommodations and food services. As we head into the future, I see great potential for synergies amongst these three sections that will only benefit those we serve. The entrepreneurial side of the Base is realized through the PSP organization and Non-Public Property. Look beyond the gym and appreciate the numerous health promotion events and recreation programs, such the Formation Fun Day and the various clubs, all of which operate under the auspices of the Base Fund.
- Finally, I would be remiss if I overlooked the partnerships we have with a number of external groups: The Military Family Resource Centre, the Canadian Forces Housing Agency, Brookfield Relocation Services, SISIP, and the Joint Personnel Support Unit. They certainly are professional, supportive, and in synch with the Base's priorities.

"Mission First, People Always" is a familiar mantra. The Base Administration Branch remains committed deliver on it.



Above: AB Natasha Mackinnon gets help from Stephanie Dempsey on the bosu ball during Personnel Support Program's Passport to Health and Fitness event on March 31, 2011.



Top Left: Padre Lt(N) Jennifer Gosse recites the Naval Prayer to approximately 80 members of the ships company during a Remembrance Day Ceremony.

Above: Delectable offerings at Nelles Pacific Galley.



Shelley Fox, Lookout
The CFB Esquimalt Industrial Trade Show, hosted by Lookout, held on Wednesday, Sept. 22, 2011, at the Naden Drill Shed was a big draw for business owners and DND personnel alike.

2011 Sailor of the year

Commander Canadian Fleet Pacific, Cmdre Peter Ellis has announced that LS Lisa Wilcox, a Supply Technician in HMCS *Protecteur* is the recipient of the Sailor of the Year award for 2011.

LS Wilcox was selected from eight nominations by a panel of Chiefs from the Fleet; she had just recently been named Sailor of the Fourth Quarter of 2011.

LS Wilcox, who is currently attending the residential OPME session at NOTC Venture, was surprised to learn she had been selected from amongst the deserving nominees. However, her selection as Sailor of the Year came as little surprise to her peers and supervisors, as she is known throughout her ship as a dedicated supply technician with a positive can-do attitude.

She was raised in a military family and considers Trenton, ON, her hometown. LS Wilcox attributes her strong work ethic and motivation to her parents. After graduating high school her love for supply developed when she joined the YMCA Supply internship program at 10 Hangar Supply in Trenton. From there, she was hired by IMP Aerospace to support the contract for the Cormorant Search and Rescue helicopters. In 2007, as a supervisor at IMP, LS Wilcox realized it was time for a change and decided to follow her family roots and join the CF. With an already developed skill-set in supply and a yearning to see the world, becoming a Naval Supply Technician was an easy choice.

In 2008, after finishing her QL3 course in Borden, LS Wilcox was posted to *Protecteur* and deployed for Operation Altair. During this deployment she learned how to be a

sailor, as well as a competent Supply Tech at sea. LS Wilcox enjoys the ever changing challenges and tasks involved with the supply system. She contributes her personal growth and professional pride to the mentorship she has received on board *Protecteur* over the last four years.

LS Wilcox's supervisors commended her dedication to the ship and the crew, and highlighted the many occasions on which she sacrificed her evenings or weekends to ensure *Protecteur* was fully stocked and ready to go to sea. Last fall, LS Wilcox became the unit's GCWCC Coordinator, stating she was extremely grateful to be part of an organization that had such a far-reaching positive effect on the Greater Victoria community. She remembers how intimidating it was at first to take on this huge responsibility, but now encourages everyone to jump right in and get involved.

With five years in the Royal Canadian Navy, LS Wilcox still lists travelling as her favourite part of the Navy and looks forward to visiting new and interesting places. When asked about her overall experience in the Navy, she stated that it has opened her eyes and mind to the wonders of the world and that she would never have had this opportunity elsewhere.

To recognize LS Wilcox's selection as Sailor of the Year, a special presentation will be made by the Fleet Commander followed by a luncheon. In addition the Sailor of the Year receives a parking spot in Dockyard for one year and gift from iBoutique.

See '2011 Sailor of the year' french text on page 14



LS Lisa Wilcox

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Charlottetown in the hub of exercise

Lt(N) Jessica MacDonald
HMCS Charlottetown

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In action, they are responsible for fire control — directing and controlling the ship's weapons — and electronic warfare. Under the distinctive red lighting that preserves night vision, they work around the clock while the ship is at sea.

It was here in the Ops Room, over the continuous crackle of the radio and flicker of radar screens, that the crew of HMCS Charlottetown made its primary contribution to Proud Manta 2012, the largest NATO anti-submarine warfare exercise to date.

Conducted from the NATO naval air base at Sigonella, Italy, over 13 days beginning Feb. 14, Proud Manta 2012 was the latest in an annual series of anti-submarine warfare

(ASW) exercises organized by Allied Maritime Command Naples, and led by Commander Submarines, Allied Naval Forces South, and Commander Maritime Air Naples. Exercise Proud Manta demonstrates NATO's determination to maintain proficiency and improve interoperability in all kinds of coordinated multinational maritime operations, especially anti-submarine warfare, surface warfare and coastal surveillance.

Eleven participating NATO nations — Canada, France, Germany, Greece, Italy, Netherlands, Norway, Spain, Turkey, the United Kingdom and the United States — contributed five submarines, 12 surface ships and 15 aircraft. The surface fleet included two auxiliaries from Italy, a NATO research vessel and, among the frigates, Charlottetown. The air armada engaged in the exercise included two CP-140 Aurora maritime patrol aircraft that deployed from Canada with four crews and a maintenance detachment, and "Osprey", the CH-124 Sea King helicopter embarked in Charlottetown.

"[Charlottetown's] role

throughout the exercise [was] to support NATO forces as an effective ASW platform," said Under-Water Warfare Officer Lt (N) Mark McShane. "In particular, Standing NATO Maritime Group 1 used Charlottetown as a Towed Array Sonar Unit, to sweep and sanitize waters well ahead of the main body in protection of mission-essential units."

Osprey took an active role in the exercise. Designed and built primarily for anti-submarine warfare, the CH-124 Sea King helicopter vastly extends the frigate's effective range.

"During Proud Manta 2012, Charlottetown's air detachment will be on a 30 minute standby to launch," said helicopter pilot Capt Chris Cole before the exercise began. "When called upon, we will be asked to use the helo's variety of sensors — such as sonar, forward-looking infra-red radar, sonobuoys, and its latest addition, an augmented surface plot — to search, localize, detect and track the five submarines involved. The helo will work in conjunction with the ship's sensors and operators to accomplish the various tasks the exercise may present."

"This is a challenging exercise for both surface and subsurface contacts," said Lt(N) McShane. "There are five very effective subs participating, and all provide significant challenges to the fleet, both as individual units and in coordinated attacks. The sheer number of surface and air assets provides a very demanding environment."

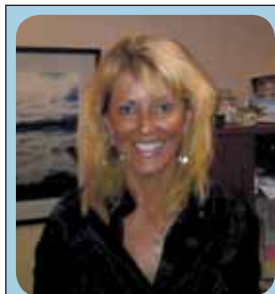
The CP-140 Aurora flight went into Exercise Proud Manta 2012 with a plan for 24 long-range patrol sorties that would demonstrate Canada's proficiency in anti-submarine and air-to-surface warfare, and intelligence-gathering, surveillance and reconnaissance operations. The aircrew also had force-generation objectives to complete, and seven qualification check rides were also on the agenda.

Charlottetown is currently deployed on Operation Metric, Canada's participation in international efforts to enhance security in and around the Mediterranean Sea. Since mid-January, the Halifax-based frigate has been integrated into Standing NATO Maritime Group 1, and assigned to Operation Active Endeavour.



On Feb. 14, Flight Engineer WO Dave Pawulski inspects a propeller on a CP-140 Aurora during his pre-flight inspection. Exercise Proud Manta 2012 is NATO's largest reoccurring anti-submarine warfare exercise.

Photo by Sgt Pete Nicholson, 14 Wing HQ



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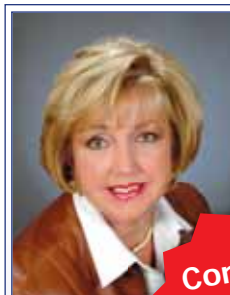
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2011 Marin de l'année - LS Lisa Wilcox

From page 12

Le commandant de la Flotte canadienne du Pacifique, le commodore Peter Ellis, a annoncé que le mat 1 Lisa Wilcox, technicienne en approvisionnement à bord du NCSM *Protecteur*, a été nommée Marin de l'année pour 2011. Sélectionnée parmi huit candidats par un jury de dirigeants de la Flotte, le mat 1 Lisa Wilcox avait récemment été nommée Marin du quatrième trimestre de 2011. Le mat 1 Wilcox suit actuellement le cours PEMPO en résidence au CIOM Venture, et a été incroyablement surprise lorsqu'elle a appris qu'elle avait été sélectionnée parmi les candidats méritants. Connue à bord de son navire comme une technicienne en approvisionnement dévouée avec une attitude volontariste et positive, sa sélection en tant que Marin de l'année ne surprend ses pairs et ses supérieurs.

La vie de membre des

Forces canadiennes n'est pas étrangère au mat 1 Wilcox. Elle a en effet grandi dans une famille de militaires et considère Trenton, en Ontario, sa ville natale. Issue d'une famille de dur labeur dévouée aux FC, le mat 1 Wilcox attribue son éthique de travail solide et sa motivation à ses parents. Après avoir terminé ses études secondaires, l'amour du mat 1 Wilcox pour l'approvisionnement a commencé à se développer quand elle a rejoint le programme de stage interne en approvisionnement du YMCA au Hangar d'approvisionnement n° 10 de Trenton. Par la suite, elle a été embauchée par IMP Aerospace pour soutenir le contrat des hélicoptères de recherche et sauvetage Cormorant. En 2007, à titre de superviseur chez IMP, le mat 1 Wilcox a réalisé qu'il était temps pour un changement et a décidé de suivre ses racines familiales et de rejoindre les FC. Ayant déjà développé

un ensemble de compétences en approvisionnement et un désir de voir le monde, devenir technicienne en approvisionnement naval a été un choix facile.

En 2008, après avoir terminé son cours NQ3 à Borden, le mat 1 Wilcox a été affectée au NCSM *Protecteur* lors du déploiement de l'op *Altair*. Au cours de ce déploiement, elle a appris à être un marin ainsi qu'une technicienne en approvisionnement compétente en mer. Le mat 1 Wilcox aime les défis en constante évolution et les tâches du système d'approvisionnement. Elle attribue sa croissance personnelle et sa fierté professionnelle à l'encadrement qu'elle a reçu à bord du *Protecteur* au cours des quatre dernières années.

Les superviseurs du mat 1 Wilcox saluent son dévouement envers le navire et l'équipage, et soulignent les nombreuses occasions où elle a sacrifié ses soirées et ses

fins de semaines pour s'assurer que le *Protecteur* était bien approvisionné et prêt à aller en mer. L'automne dernier, le mat 1 Wilcox est devenue coordonnatrice de l'unité pour la campagne de Centraide, indiquant qu'elle était extrêmement reconnaissante de faire partie d'une organisation qui a eu un tel effet positif à long terme sur la communauté du Grand Victoria. Elle se rappelle comment il était intimidant au premier abord de prendre cette énorme responsabilité, mais elle encourage maintenant tout le monde à participer et s'impliquer.

Après cinq ans dans la Marine royale canadienne, le mat 1 Wilcox pense toujours que voyager est ce qu'elle aime le plus de la Marine et elle attend avec impatience de visiter de nouveaux lieux intéressants. Lorsqu'interrogée sur l'ensemble de son expérience dans la Marine, elle déclare qu'elle lui a ouvert les yeux et l'esprit aux merveilles du monde et qu'elle n'aurait jamais eu cette occasion ailleurs.

La sélection du mat 1 Wilcox comme Marin de l'année aura lieu lors d'une présentation spéciale du commandant de la Flotte suivie d'un repas. Le Marin de l'année reçoit également une place de stationnement à l'arsenal pour 1 an et un cadeau de iBoutique.

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French film crew visit Ville de Quebec

LS Gino Dt-Gelais
HMCS Ville de Québec

Back in September, a filming crew from the Québec show *Job de bras*, featuring humorist Patrick Groulx, unloaded their equipment on board HMCS Ville de Québec in Halifax.

The shoot was to promote the Royal Canadian Navy to the French-speaking people of Canada. While sailing towards Bedford Basin, the film team visited the engine spaces and rescue stations for a man overboard exercise. The host took the diver's spot in the zodiac and rescued the mannequin Oscar.

On completion of the day sail, the crew of Ville de

Québec anchored the ship at a mooring buoy. Making the most of the opportunity, the host took part in this seamanship evolution by first climbing the buoy covered in bird excrement, then aiding in the mooring process itself.

Poor weather throughout the day, and the difficulty of shooting a show in confined spaces made the shoot one of the most difficult the film crew had ever done. But the end result was by far the best in the series that started in 2008.

This show centered on the hard, demanding, exhausting and sometimes extreme trades, was broadcast on the ZTélé channel in January 2012.

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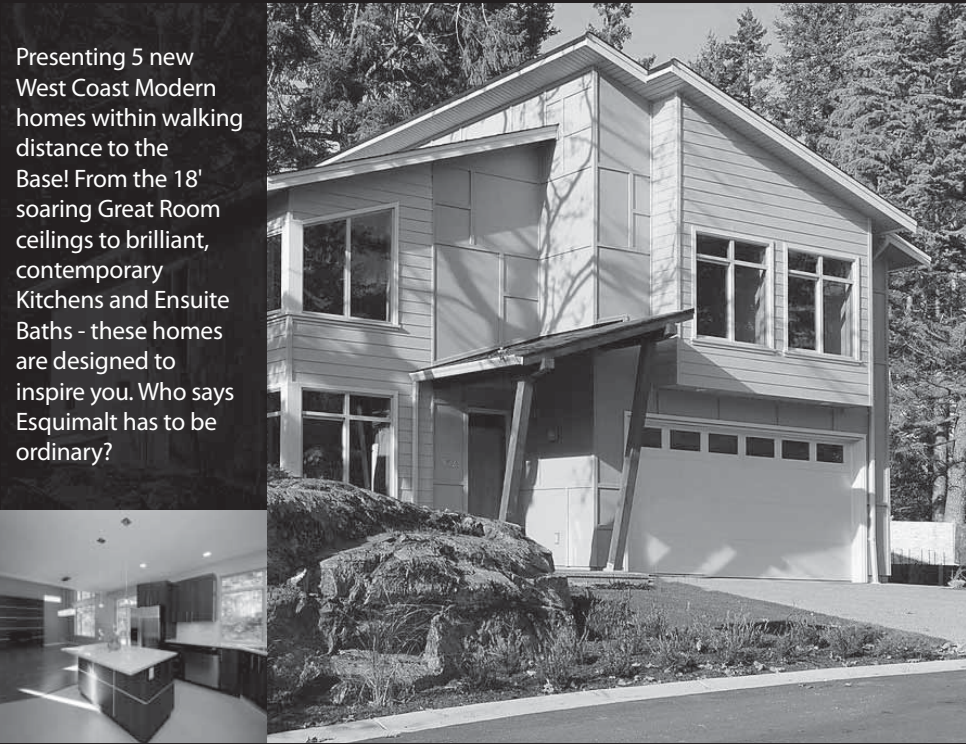
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Bravo ZULU

Change of Command



On Jan. 23, Canadian Forces Fleet School (Esquimalt) held a Change of Command ceremony. LCdr Aaron Gyorkos (left), outgoing commandant, Capt(N) Simon Page (centre), reviewing officer, and Cdr Martin Drews (right), incoming commandant, officially sign the Change of Command documents.



MS L. Olsen is promoted to his current rank by CFFSE Division Commander, LCdr K. Thaler, assisted by Communications Training Chief, CPO2 S. Lesperance. MS Olsen, from HMCS Regina, is currently on the NAV COMM CISN ADMIN course at Computer Generated Solutions IT College downtown Victoria.





MS Wood receives his CD from Base Administration Officer Cdr Tim Allan.



LS Ogunniya is presented her second chevron by the Base Administration Officer, Cdr Tim Allan.

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For his innovative efforts to establish a Marine Habitat Bank and his work to complete an artificial reef complex in Esquimalt Harbour, Mike Waters from Formation Safety and Environment was presented with the Base Commander's Commendation Award by Capt(N) Craig Baines Feb. 17.

Left to Right: Capt(N) Craig Baines, Base Commander; Dave Tabbernor, Formation Safety & Environment Officer; Mike Waters and Danielle Smith from Formation Safety and Environment pose with Mike Waters Commendation Award.

Habitat Home Dedication



Above: Last Thursday, Habitat for Humanity's latest project at 409 and 411 Ker Avenue had its official home dedication. The duplex near Tillicum Mall was constructed with volunteer support from the Pacific Naval Construction Troop (PNCT) at Base Construction Engineering. Various PCNT personnel who worked on the project were on hand to welcome the two families into their new homes, including LCol Darlene Quinn, commanding officer of BCE.

Left: LCol Quinn shares a few words at the unveiling, thanking Habitat for Humanity for allowing her personnel the opportunity to help with the project.

Photos by Ben Green, Lookout

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