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Volume 57 Number 13 | March 26, 2012

# LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

www.lookoutnewspaper.com



The Naden Wardroom presents

**CASINO ROYALE**

Super Weepers  
Friday April 13  
6:30 - 9:30pm

More info page 3



## Sailing into Spring

A pair of cadets sail into open water on their Echo-class dinghy as the scaffolding from HMCS Calgary looms behind. On March 21, approximately 80 naval cadets from northern and interior regions of the province took to Esquimalt harbour in search of earning various sailing qualifications that aren't readily available at sail stations near their hometowns.

Photo by Ben Green, Lookout

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HMCS Victoria sails off the coast of Nanoose Bay during towed array exercises with HMCS Saskatoon at the CF Maritime Experimental Test Range on March 20.

Photo by Cpl Charles A. Stephen, MARPAC Imaging Services

## SUBMARINES EYE OPERATIONAL GOAL LINE

**Ben Green**  
Staff Writer

The next chapter in the Victoria-class submarine's journey is set to be filled with positive achievements. Three of the four long-range patrol submarines will become fully operational and ready for deployment in both domestic and foreign waters in 2013.

Since their arrival on Canadian soil from the United Kingdom, all four submarines – HMCS *Victoria*, *Chicoutimi*, *Windsor*, and *Corner Brook* – have undergone “Canadianization” in the form of Extended Docking Work Periods (EDWP).

These extensive maintenance periods have repaired and modernized the 200-plus systems on board, to give Canada a submarine presence not had since retiring the three Oberon-class vessels of Ojibwa, Okanagan, and Onondaga.

Each submarine is at various stages of their work period or subsequent tests and trials; here's a look at their current status:

### HMCS Windsor

Currently completing its EDWP this year at Fleet Maintenance Facility Cape Scott in Halifax where it will advance to complete in-harbour and at-sea tests, training, and qualifications. Expected to commence operations in the fall of 2012.

### HMCS Chicoutimi

Currently completing its EDWP at Victoria Shipyard Co. Ltd. in Esquimalt. Following the same procedures as *Windsor*, expected to commence operations in 2013.

### HMCS Corner Brook

On June 4, 2011, *Corner Brook* ran aground while conducting submerged manoeuvres during subma-

rine officer training near Nootka Sound. The damage incurred to date includes the rupture of the sonar dome, and minor leakage in a forward ballast tank.

The full extent of the damage will be verified during its scheduled EDWP, which has been extended from 24 to 36 months. Under the Department of National Defence In-Service Support Contract, only one submarine can be in an EDWP at a time, therefore *Corner Brook* won't begin until January, 2013, at Victoria Shipyard Co. Ltd. With this schedule, work will be completed and the vessel ready to test and trial by 2016.

### HMCS Victoria

In April, 2011, *Victoria* undocked from Esquimalt and completed a series of in-harbour tests and personnel training exercises. It progressed through its EDWP to sea for equipment trials and crew training, completing the Surfaced Safety phase of readiness certification.

In February 2012, it completed the first dive of its operational cycle and the Dived Safety phase of workups.

Currently, it's working on the Tiered Readiness Program, which will see it authorized to fire the MK-48 torpedoes and have its crew fully certified.

With *Victoria* the farthest along in its progressions, Capt(N) Luc Cassivi, Director Canadian Submarine Forces, says from now until Easter, the submarine will continue to undergo equipment trials and operations. After a short maintenance period in April and May, *Victoria* and its crew will participate in Exercise Rim of the Pacific (RIMPAC) in late June. The biennial exercise held in the waters off Hawaii is the largest multi-national mari-

time exercise in the world.

“It'll provide a great environment to demonstrate its [*Victoria's*] capability and provide a rich environment to enhance the crew experience,” says Capt(N) Cassivi, the navy's lead on coordinating all aspects relating to submarine specific, force generation, force employment, and sustainment.

### Recruitment

As the submarines progress towards full readiness, navy leadership is beginning to focus on supplying the vessels with a steady stream of recruits. Until recently, the need for submariners was at a minimum, causing a backlog for prospective trainees. However, after years of patience, Capt(N) Cassivi encourages those who considered applying, but waited, to reconsider as the timing is now more appropriate.

“After a long wait, come next year we'll have three submarines operating,” he says. “We'll be at a normal capacity to train and generate submariners.”

Submarine training starts with a three-month Basic Submarine Course, something all trades and ranks must take. Following this, technical personnel will undergo technical class packages that vary from a few weeks to a few months in length. Personnel then undergo watch keeper training, ranging from two or three months for technicians, longer for officers.

All occupations are required to complete on-the-job-training once they've joined a specific submarine. However, they won't have to return to the CF Submarine Naval Operations School unless they need refresher training, new equipment training, or they receive a promotion.

“We need a few good men

and women,” adds Capt(N) Cassivi. “People who want a challenging, interesting environment should not hesitate to visit *Victoria* and talk to the crew to determine if it's a right fit for them.”

The RCN is looking to recruit around 60 submariners a year to meet their demands.

### Quick Sub Specs:

- To date, the four Victoria-class submarines have accumulated about 900 days at sea since being purchased.
- The submarines can operate more than 45 days without needing to be refuelled or re-supplied.
- The submarine's diesel-electric engines provide a surfaced speed of 12 knots, a submerged speed of 20 knots, and stealth and flexibility in all weather conditions.
- One submarine can conduct covert surveillance of 125,000 square kilometres of ocean.
- One submarine possesses a crew of 48 with five additional trainees and can dive to a maximum depth of 200 metres.



PO2 David Johnston, a senior weapons technician and torpedo instructor, prepares the exercise version of the MK48 Heavyweight Torpedo to be fired from the submarine.

Photo by David Malysheff, DND-MDN Canada



Members of the towed array handling team attach HMCS Victoria's stub cable to the tow cable on the sweep deck of HMCS Saskatoon during towed array training at the Maritime Experimental Test Range near Nanoose Bay.

Photo by Cpl Charles A. Stephen, MARPAC Imaging Services

# Maritime Museum of B.C. offers 57 cents admission

**Ben Green**  
Staff Writer

Historical rates are coming to the Maritime Museum of B.C. just for military families.

In celebration of 57 years in operation, the museum is charging just 57 cents per person for those in the military community, and \$5.57 per person for the general public.

Two children under 12 years old accompanied by an adult get in free.

Coinciding with the festivities, the museum will run its famed pirate school between 11 a.m. and 3 p.m. where youngsters create wanted posters, get "tattooed", and learn the skills to become a swash-buckling buccaneer of old.

"By celebrating our 57<sup>th</sup> anniversary with the community and offering a reduced admission, we are hoping to reach out to everyone and inspire those who visit to become members," says Gaylia Lassner, the museum's Membership and Development Coordinator.

The Maritime Museum's four floors are packed with artefacts ranging in size, origin, and historical significance. Featured exhibits vary from pirates to explorers, ship wrecks to ship models. Their collection even boasts specific pieces such as a replica crow's nest, the legendary Tilikum boat, and

the Bird Cage Elevator, the oldest working birdcage elevator in North America.

Lassner says the museum provides an important platform for people to connect to our region's maritime heritage, especially for families with direct ties to it. She cites a recent visit by a young mother of two who uses the museum to highlight the important work the children's father does for community and country while deployed on a naval vessel.

Along with the anniversary at month's end, the museum has a few upcoming spring and summer events that are sure to peak the interests of people possessing some nautical knowhow. Beginning April 5, the museum will display 22 paintings by renowned marine artist Robert McVittie. Donated by his family, the works depict navy life from McVittie's perspective starting when he first went to sea in 1985.

Also the museum hosts Salty Sundays on every second Sunday of the month. As this April marks the 100<sup>th</sup> anniversary of the Titanic sinking, these themed days will centre on shipwrecks of the Pacific Northwest.

Finally, the museum hosts their Adventure at Sea programs for children. These five-day programs see children guided through a number of maritime-themed activities such as creating trea-

sure maps, building/sailing model boats at Beacon Hill park, seeing an IMAX film, learning about pirates, taking a ghost tour, and taking a Harbour Ferry trip up the Gorge waterway to the Discovery Centre.

"We're trying to ramp up our children's programs here, make it a more family-friendly place," says Shalini Kennedy, the museum's programs coordinator.

With the addition of these new exhibits and initiatives, a need for more volunteers is also becoming

more prevalent. The museum currently has about 50 regulars, but Kennedy says they're always seeking additional people who can donate their time and energy to the multitude of tasks available.

"We need more gallery interpreters to do tours or crafts with children," she adds. "We're looking for all sorts of people that we can have on call."

For more information about the museum's exhibits or a full schedule of upcoming programs,

visit their website at [www.mmbc.bc.ca](http://www.mmbc.bc.ca). Those inquiring about the museum's anniversary celebration or volunteer opportunities can speak with Lassner at 250-385-4222 ext. 115.

Stood up in 1955, the Maritime Museum was originally housed in the brick buildings along Signal Hill leading to CFB Esquimalt's dockyard. However, 10 years later it moved to its current spot, a 19<sup>th</sup> century courthouse in Bastion Square, when it expanded beyond displaying solely naval artefacts.



Remy (left) Grace (right) admire a model of a ship that was made entirely from bones.

Photo by Ben Green, Lookout

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# matters of OPINION

## MPCORNER: Lock it or lose it

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### Sgt Benoit Rheume Military Police Community Relations

About a week ago, our Military Police Unit received, within a 24 hour period, six complaints of vehicle B&E (break and enter) from service members living in Belmont Park. Their vehicles were left un-locked and items were stolen: GPS, cell phones, CDs etc.

Living on CFB Esquimalt is pretty safe, especially since our MPs patrol quite a bit to make sure "bad people" don't come too close to our base.

But our second line of defence is you.

Lock your belongings - home, vehicle and bicycle. It is not

paranoia; it is common sense. If you don't do it, chances are you are going to lose some items.

Most of the time these thefts are done by teenagers from your neighbourhood that are bored, and have too much time on their hands.

Our third line of defence is reporting suspicious activities and persons roaming around your neighbourhood.

Unless people are a "guest" to a service member family living on base, there is no reason for people to just "hang out" on base. Why would they hang out on base if they are from Victoria or Saanich? There is no shopping mall, no ice rink, no dirt track or skate board park.

That brings me to another

fact. If your teenager comes back home with a GPS, but doesn't have a car, uses a cell phone but doesn't have the money to buy one, or CDs piling up that are from "friends", you might want to consider inquiring about it.

If your teenager has lots of money but doesn't have a job, I would be asking questions. As a parent, you are responsible for your teenagers' actions. If they get caught, and they will, the MP's report will go to your chain of command (CoC), and they'll go downtown to proceed with charges.

In an effort to fight these crimes, I suggest taking down serial numbers of your items. When police show up to take

your complaint, they will ask you for serial numbers. We use the serial number to track down stolen goods that have been sold to pawn shops, from the back of a vehicle or when we serve a search warrant.

People trying to sell items (legal or not) have to provide "pawn shops" with proper ID and therefore are "traceable" by us.

Help us help you. Be vigilant and make our neighbourhood a better place to live.

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

To report information relating to any crime, visit: www.victoriacrimestoppers.com or call 1-800-222-8477

## FILM Review: Friends with Kids, a few good laughs

### Jennifer Fielding Contributor

*Friends With Kids* is the directorial debut for Jennifer Westfeldt, which she also co-produced with her real-life partner Jon Hamm (*Mad Men*). She also stars in the flick.

Think *Friends* (the TV series) with kids, indeed - four friends are couples and two are just friends. It's also a *Bridesmaids* reunion of sorts, as Hamm, Kristen Wiig, Maya Rudolph and Chris O'Dowd round out the group of friends.

Lead characters, Julie (Westfeldt) and Jason (Adam Scott of TV's *Parks and Recreation*) are BFFs in the strictest sense of the word - they are "just friends" and their friendship is cemented in the brutal honesty they use to analyze each other and the most intimate details of their lives.

Julie and Jason look at their married friends and see the toll stress and exhaustion of parenting has taken on their relationships and general happiness. Since they both want to have children but are not in serious relationships, they agree to conceive a child together and share custody.

They expect this will make parenting easier because caring for a child half the time will allow both of them to pursue "The One" and, because their eventual partner is not their child's parent, having a child will not drain the romance from their relationships.

Problem is after they become parents, they soon find out they don't know each other as well as they thought.

The Julie-and-Jason relationship is not the strength of this film, because their chemistry is non-existent. In fact, I wondered how they got to be best friends in the first place.

Although, Scott was terrific as Jason, the

quintessential Peter Pan, whose goal in life is to sleep with as many women as possible. But I didn't find him likable in the traditional sense; he was believable in the role and his raunchy over-the-top humour comes naturally and is definitely one of the strengths of this film. But Westfeldt was miscast as Julie. Motherhood did not become this actor or this character, as it did nothing to transform her from the vapid and insecure person we saw at the start of the film.

Aside from Scott, members of the supporting cast and their visceral humour are what truly shined. Rudolph was absolutely hilarious and spot on as a sleep-deprived mom in a continuous state of exasperation with O'Dowd, who was wonderfully comic (*sans* accent this time) as her hapless and unrepentantly honest husband.

I was expecting a lot more from Wiig after her tour de force as the lead in *Bridesmaids*, but she spent the movie looking miserable hunched over her wine glass. I felt she could have kept up the unhappy vibe and still have thrown out a few zingers in her husband's direction (Hamm), especially as he often richly deserved it.

Hamm himself, somewhat reminiscent of Don Draper, did a great job as a man at a turning point in his relationship with his wife. I was also pleasantly surprised to see Edward Burns play a grownup very convincingly, as Julie's new love interest, a single father himself, who questioned the effect that Julie and Jason's parenting arrangement would have on their son. Megan Fox also proved to be more than just eye candy with a worthy comedic (and often eye-rolling) performance as Jason's younger girlfriend.

I found the ending to be lame, but I can't judge it too harshly because it was entirely

predictable for a movie such as this, a very funny comedy that was not terribly hampered by realism.

Rating: 8.5/10

## Sudoku

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

Level: Beginner

### Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

### Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Answers on page 19.

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## Cyber security: Do your part

**Khang Pham**

The Maple Leaf, ADM (PA)/DGPASP

Have you ever received an e-mail saying that you won a large sum of money through some miracle lottery, and all you have to do is send them a small amount of money to claim your winnings?

How about one from a major Canadian bank telling you that your account information is compromised and that you have to click on a link in order to verify your personal information?

These are both common online scams that are used to access your personal information, and they are evolving to be more clever and sophisticated by the minute. Not only are victims receiving fake messages from mysterious senders from overseas, but they are now made to believe that they are getting e-mail from trusted institutions such as Canada Post, eBay™, TELUS®, and even major Canadian banks such as the Bank of Montreal.

Phishing scams are just one of many threats on the ever-expanding world of the Internet. In February 2011, Defence Research and Development Canada, Department of Finance Canada, and Treasury Board were the targets of a major attack. Hackers took control of the computers of senior government executives at Finance and Treasury Board in an effort to steal passwords and unlock entire government data systems. And, of course, who could forget the massive PotashCorp takeover bid attack, where hackers broke into the computers of several government departments and law firms, resulting in one of the largest cyber attacks ever conducted.

### Canada's Cyber Security Strategy

In 2010, the Government of Canada's Speech from the Throne committed to implement a cyber strategy to protect our digital infrastructure, requiring that we plan and prepare for how best to respond to cyber threats. This resulted in the launch of Canada's Cyber Security Strategy, which is led by Public Safety Canada. Its mandate is to strengthen cyber systems and critical infrastructure while supporting economic growth and protecting Canadians as their presence increases on the Internet.

Within DND/CF, the Information Management Group is the lead in the planning, development, delivery and support of innovative IM/IT capabilities that enable successful CF operations and the achievement of DND and Government of Canada objectives. Furthermore, the CF Network

Operations Centre (CFNOC) conducts computer network defence. Looking into the future, there is a new organization within the Chief of Force Development, Director General Cyber (DG Cyber) whose mandate is to develop future cyber capabilities. The CF Cyber Task Force is a small dedicated team within DG Cyber that is developing ways to optimize, conceive, design and build cyber capabilities in support of CF operations.

Cyber security is especially important to DND/CF because we have a significant investment in information holdings and information technology that directly contribute to the operational effectiveness of the CF.

### Possible threats to DND/CF:

There are numerous threats on the Internet, and as members of the Defence Team and employees of the Government of Canada, we must be more vigilant and aware of possible exploitations of our work and home computers. Some of the threats include but are not limited to:

**State sponsored espionage:** These attacks are the most sophisticated threats and come from the intelligence and military services of foreign states. In most cases, these are well resourced, patient and persistent. Their purpose is to gain political, economic, commercial and/or military advantage. China has been an alleged perpetrator in recent attacks.

**Terrorist use of the Internet:** Terrorist networks are using the Internet to support their recruiting, fundraising and propagandizing activities. They are aware of the Western world's dependence on cyber systems and will work to exploit its vulnerability.

**Cybercrime:** Organized criminals are also focusing their efforts on online operations. They are turning to skilled programmers to pursue many of their traditional activities such as identity theft, money laundering and extortion. Criminals now sell information stolen online, such as credit and debit card numbers, and login passwords for computer servers, and implement malicious software designed to infiltrate and damage targeted systems.

**Internet fraud:** This is a crime in which the perpetrator uses the Internet to deprive persons of their property, estate, identity, or rights by providing misleading information or by concealment of information.

**Phishing:** A request of confidential information over the Internet under false pretences in order to fraudulently obtain

credit card numbers, passwords, or other personal data. This is usually done in the form of a fraudulent e-mail that appears to come from a trusted establishment, asking the intended victim to give personal information or to open attached files that will secretly collect information.

These are just a few threats of which you should be aware as a member of the Defence Team. Defending our Defence infrastructure falls squarely under the purview of the Canada First Defence Strategy, and we must all do our part to ensure the continued security of our assets and networks.

### Social Networking

Imagine adding someone who you thought was a friend on Facebook, and finding out later that he or she is actually a foreign spy! This is exactly what happened to a DND employee just this past November. He received an e-mail from someone who claimed to be a new employee who had seen him at a soccer game over the weekend. The supposed new employee then asked for sensitive information about a project the DND employee was working on. Fortunately, the DND employee alerted investigators before sending out any sensitive information.

This is just one of many examples of how social media, while very useful for sharing information, can be used to collect sensitive information. While there is no initiative or intent to ban the use of social media within DND/CF, you must keep in mind that the Internet is constantly being monitored by those who may seek to harm CF personnel or their families, or attempt to glean information that they may use to negatively impact CF operations.

### Your responsibilities!

As a member of the Defence Team, it is your duty to do your part in safeguarding our networks and promoting cyber security. Measures that you can take include:

**Change your passwords regularly and do not share them with others:** Make sure that you create a password that is hard to guess, and change it on a regular basis. Do not use the same password for more than one account, and avoid reusing old passwords. Do not share them, even if it is

with a friend. Fraudsters have been known to take over an e-mail account or identity in an effort to get information from their contacts.

**Check with your supervisor and/or the chain of command before posting any DND/CF-related information online (CANFORGEN 136/06):** In 2011, more than 42% of leaks were a result of employees mishandling data. Always check with your supervisor or superior before disseminating any information online, no matter how innocuous the information may seem. There are expert advisors at DND/CF who can help determine what information can be safely posted online.

**Do NOT open attachments from suspicious e-mail:** The unfortunate reality is that employees are largely responsible for successful malicious attacks on the networks of major organizations. In 2011, 42% of attacks reported were the result of unknowing employees who opened an e-mail attachment that contained a virus. Take extra care when dealing with external e-mail, and NEVER open an attachment unless you are sure that it is coming from a trusted source.

**Safeguard your mobile devices:** In 2011, 34% of security breaches in the federal public service were a result of employees losing their laptop or mobile device. Always keep track of your laptop or mobile device, and ensure that it is password-protected. Where possible, use a physical lock to protect your laptop from theft. Report a loss or misplacement immediately in order to minimize the impact.

**Report any suspicious activities immediately:** Threats such as cyber espionage, online fraud, identity theft and phishing scams are very real and present. They have successfully attacked government organizations in the past, and can happen again if we are not vigilant. If you see or hear any suspicious activities, report it immediately to your supervisor.

**Do your part:** It is everyone's job to protect our networks and maintain the integrity of the Defence infrastructure. Taking the simple steps outlined here will help safeguard our information systems and data from present and future threats.

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## Free legal advice available for veterans

VAC

The Government of Canada is reminding veterans, Canadian Forces members and their families that there is free help available to them to access disability benefits from Veterans Affairs Canada.

"One of the things that makes Canada unique in the world is we provide legal services to ill and injured veterans and other applicants free of charge," says Brian McKenna, executive director and chief pensions advocate of the Bureau of Pension Advocates. "There's no rea-

son why anyone seeking veterans' benefits should have to pay for legal help."

The Bureau, which is celebrating its 40th year, is funded by Veterans Affairs Canada, but it is otherwise like any other private law firm.

"We have lawyers based in 14 offices across the country and they follow all the codes of professional conduct, including the same solicitor-client relationship as a lawyer in private practice," says McKenna. "That means our lawyers' first priority is serving Veterans."

The Bureau's legal services are free to a variety of

potential clients, including war-service veterans, current and former members of the Canadian Forces, the RCMP, the merchant navy and their families.

In providing this service, the Bureau also works closely with the Royal Canadian Legion, other veterans organizations and private lawyers to ensure the best representation possible.

The approach is clearly working. Surveys consistently show the Bureau gets high marks from more than 95 per cent of the men and women it helps.

For further informa-

tion about the Bureau of Pensions Advocates, please visit the department's Web site at veterans.gc.ca or call the Bureau, toll-free, at 1-877-228-2250.

Veterans should also know that Veterans Affairs Canada offers free help with submitting an application to the department for disability benefits.

For this assistance, please contact Veterans Affairs Canada by telephone, toll free at 1-866-522-2122, or visit one of the Department's 32 district offices or 24 Integrated Personnel Support Centres across the country.

## Hospital Comfort Fund provides consistency of care

**Ben Green**  
Staff Writer

In the absence of centralized Canadian Forces hospitals, many military personnel injured during operations/exercises, suffering illness, or undergoing surgery have to recover in civilian hospitals in Canada and around the world.

To ensure that all hospitalized CF members are receiving consistent support, the Canadian Forces Personnel Support Agency (CFPSA) provides the Hospital Comforts Fund to cover a small amount of amenities during extended stays.

"It's really meant to provide a small amount of incidentals and make their hospital stay a little more comfortable in a period of difficulty," says Danny Branchflower, Resources Manager at Personnel Support Programs, and Hospital Comforts Fund point of contact at CFB Esquimalt.

In 2006, a single donation of \$100,000 was given to CFPSA with the intent to provide hospital comforts to hospitalized military

personnel. In December of that year, the fund was created to ensure consistency of care as support for members was sometimes provided by their units, but remained inconsistent across the CF.

Under the Hospital Comforts Fund, a hospitalized member is entitled to \$10 per day to put towards items such as newspapers, magazines, books, DVD rentals, electronic game rentals, snacks, toiletries, and calling cards.

Additionally, members can also apply for reimbursement for TV and phone rentals, as well as parking costs for family members up to \$50 per month.

The \$10 per day amenities do not need receipts, but for the TV, phone, and parking members must submit their receipts and provide their service number, hospital admission forms and hospital discharge forms for reimbursement.

All Regular Force personnel and Class B and C Reservists are eligible for the Hospital Comforts Fund if hospitalization exceeds 48 hours. Class A Reservists are also

eligible if they're injured on duty or during periods of training.

It's a unit's individual responsibility to ensure its injured member has hospital comforts available to them. Units must also ensure the member is visited by a representative and that a point of contact is established for the member to request support.

In the seven months Branchflower has been involved with the program, he says he's had about 30 claims ranging from injured personnel to a member hospitalized for her pregnancy. He urges those who are eligible for Hospital Comforts Fund to take advantage as the cost of even small incidentals can add up over an extended hospital visit.

For those wishing to donate into the fund, a tax receipt is provided for donations over \$10.

For more information on Hospital Comforts Fund, or to submit a claim, Esquimalt-based military personnel can contact Branchflower by phone 250-363-8485 or by email danny.branchflower@forces.gc.ca.

# Now that's refreshing!



# NEWS Nuggets

## Gather your friends for a Big Bike Ride

DND is looking for teams to participate in this year's The Heart and Stroke Big Bike event on June 26. Last year, six teams from CFB Esquimalt participated raising more than \$15,000. This year the goal is to have nine teams, 30 riders on the bike at a time, during which the riders have 20 minutes to ride the bike and help raise awareness and funds for the organization. To register, visit [www.bigbike.ca](http://www.bigbike.ca). For more information, contact Jeremy Loveday ([jloveday@hsf.bc.ca](mailto:jloveday@hsf.bc.ca)) or Vicki.laidlaw@forces.gc.ca

### Women's Slo-Pitch Team

The Esquimalt Women's Slo-Pitch team is looking for players to join the base team. Canadian Forces women (regular force and class B and C reservists) are encouraged to tryout and must submit their name no later than March 30. Starting early April, practices will be held Tuesdays and/or Thursdays from 4:15-6 p.m. at Colville Field. League games will begin every Friday night

starting April 13. For more information, or to submit your full name, rank, unit, and phone number, contact Switch Rousseau at 250-363-0978 or switch.rousseau@forces.gc.ca.

### CF Running Championships

From May 25-27, in conjunction with the Ottawa Race Weekend, the 2012 CF National Running Championship will be held. All military members and class A reservists are able to participate. Interested runners must submit their date of birth, SIN, qualifying times, proof of times, and the name of race participated in to the Sports Office by April 1. For more information contact Meghan Kelly at 250-363-4540 or [meghan.kelly@forces.gc.ca](mailto:meghan.kelly@forces.gc.ca). The PSP Sports cell can also be reached at 250-363-4068 or 4069.

### War of 1812 Projects Announced

The Canadian government has announced almost \$5 million in funding for 24 projects to commemorate this year's

bicentennial of the War of 1812, including almost \$1 million for a series of interactive exhibits at Vancouver's Canada Place. The attraction at Canada Place is described as combining an outdoor exhibit celebrating the war's naval battles, an indoor exhibit capturing the conflict's place in history, and an interpretive studio with stations for large groups. The money will be spread out to projects across the country, and the government also announced commemorative coins, stamps, educational programs, and a major travelling exhibit on the conflict by the Canadian War Museum.

### Annual Fund Raiser and Penny Drive

- April 14
- The Tudor House Pub, 533 Admirals Rd, Victoria (Esquimalt), BC
- 6 - 9pm
- Ticket Price: \$20 - includes food and beverages.

There will be door prizes, 50/50 draw, live auction and a penny drive. Upon

completion of the auction the "Shorty Parker Band" will play live for your entertainment starting at 9 p.m.

Part of the proceeds will be donated to Kid Sport Victoria.

So come out and have some fun, tickets can be purchased from Nicky Hadwell at [Nichola.Hadwell@forces.gc.ca](mailto:Nichola.Hadwell@forces.gc.ca) or call 250-363-5434.

### BMO Seminars

Bank of Montreal will be hosting a series of seminars in Victoria dedicated to military members being posted and surrounding mortgage issues. The seminars will take place:

- April 3, 12-1 p.m., Naden Athletic Centre conference room
- April 4, 4-5 p.m., CPAC Regina Room
- April 9, 12-1 p.m., Naden Athletic Centre conference room

RSVPs aren't mandatory, but seating will be limited. To RSVP contact Mark Phillips, Mobile Mortgage Specialist, at 250-818-9650 or [mark.phillips@bmo.com](mailto:mark.phillips@bmo.com).



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# Fitness at sea, no easy feat but really worth it

**LS Korey Tynes**  
HMCS Charlottetown

I walk up to the flight deck and call the bridge to open the hangar door. It always brings a smile to my face looking at the picturesque view of the Mediterranean Sea. The background of my fitness class is endless water upon the horizon.

My role as EXPRES Test Coordinator makes the crew's fitness a subject that I hold close to my heart. Ultimately, I want to see everyone be successful and to achieve the benefits that come with leading a physically active lifestyle – that is what drives me to want to help everyone in whatever way I can.

As the Basic Fitness Training Assistant (BFTA) in HMCS Charlottetown, it's my job to help people stay fit and active. Staying physically active is challenging at sea. Sailors don't have access to a conventional gym.

Sometimes you're working out in confined spaces, and the pitch and roll of the sea can add an interesting dynamic to any treadmill workout. There's a makeshift fitness room with weights and exercise equipment. There's cardio equipment scattered throughout the ship; but my favourite spot for fitness class is on the flight deck.

I teach two types of fitness classes: one which is open to the entire ship's

company and one for members of the Naval Boarding Party.

For the ship's company fitness class, I lay out the mats, dumbbells, kettlebells and medicine balls for the circuit class.

Class ability ranges from sailors with basic fitness or exercise experience to sailors who lead very active lifestyles. These classes take place on Monday, Wednesday and Friday from 2:30 to 3:30 p.m., which works well with varying watches on a warship.

Charlottetown has a high number of physically fit personnel, which is evident as I walk through the ship and see the cardio equipment being used at all times of the day. The gym on board is always crowded with people wanting to maintain or become more active.

My training from the BFTA course has given me a tremendous foundation for the tools that I use for each of the classes I put on. I attribute this to excellent instruction during my BFTA course from PSP instructors such as Duane Farrell, which takes place in Borden, ON.

As a member of the Naval Boarding Party and with my fitness trainer background, I apply these skills to instruct physical training classes for the Naval Boarding Party in the mornings with PO2 Chris White. PO2 White leads an extremely active lifestyle and is very knowl-

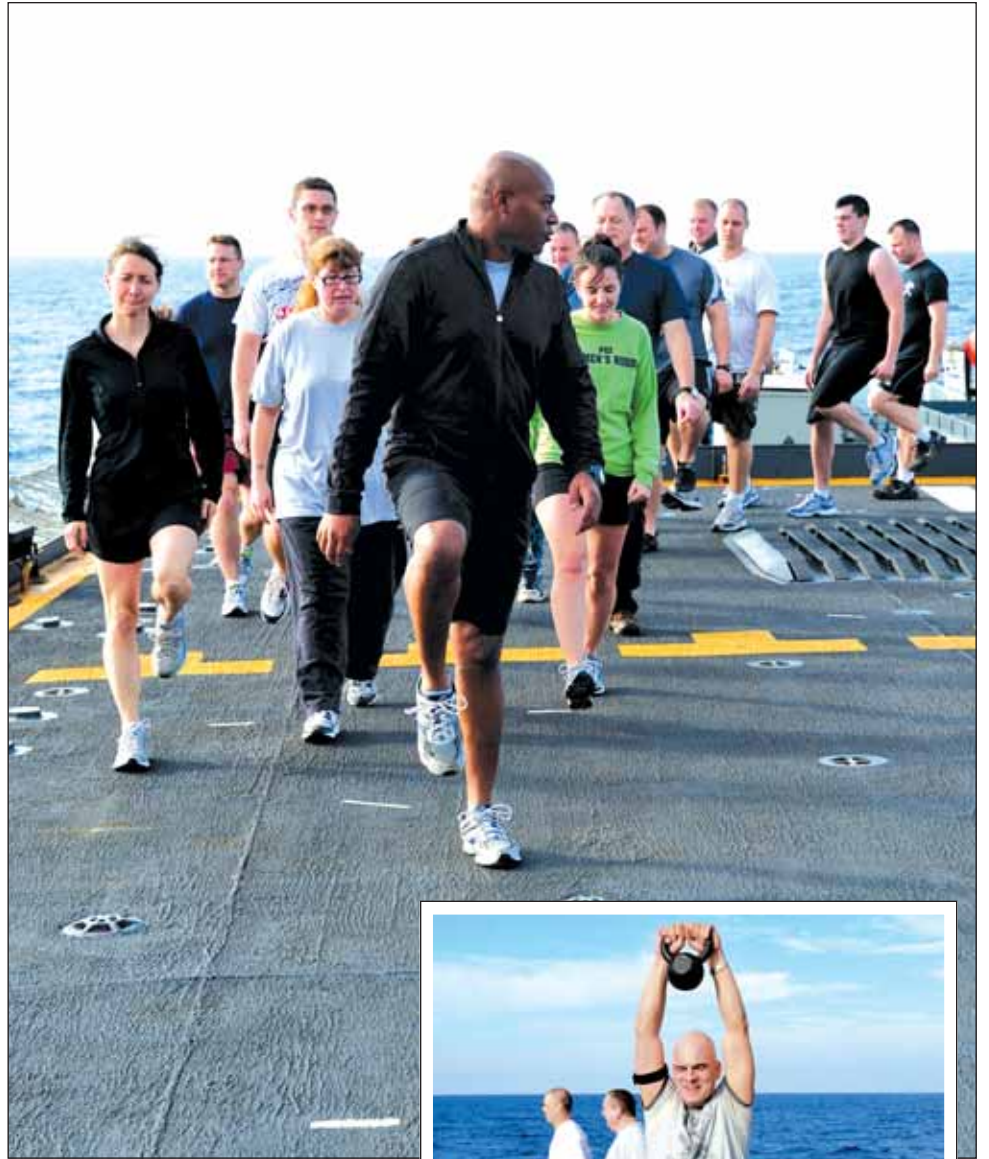
edgeable about fitness.

We are able to provide the needed – and some mornings, unwanted – rigorous workouts. The Boarding Party class has an increased intensity level because we need to be a well prepared team. The ship's company fitness class versus the Naval Boarding Party fitness class has major differences. One is more physically demanding than the other depending what PO2 White and myself see in the effort put forth and it can be reminiscent of Basic Training. Most days we decide to go with the "Good cop/Bad cop" approach.

"Korey puts together a good program that has enough variety to be challenging for a beginner or advanced fitness level," said LS Sean Hemeon, member of the Naval Boarding Party.

He is someone who attends both classes. He's one example of a crew member that spends a lot of time on his physical fitness and works out everyday whether it is weights or core stabilizing exercises.

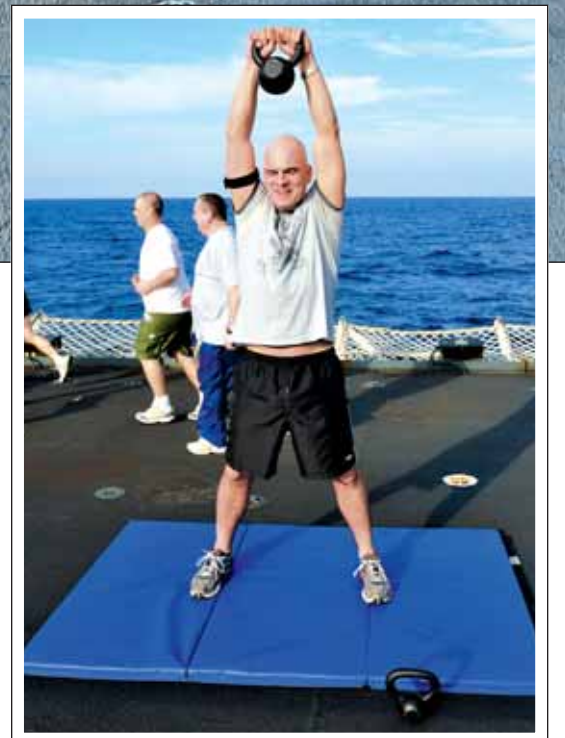
"I like it [attending both classes] because it changes all the time; you're not doing the same thing everyday," said LS Hemeon. "Exercises are more dynamic than static and there is a lot of motivation to push yourself when you see others pushing themselves."



**Above:** LS Korey Tynes (front) conducts a fitness training class on the flight deck of HMCS Charlottetown during Operation Active Endeavour with Standing NATO maritime Group 1 in the Mediterranean Sea.

**Right:** LS Matthew Stark participates in a fitness training class on the flight deck.

Photos by Cpl Ronnie Kinnie, Formation Imaging Services



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## Little Gnome Fact

It's common knowledge that marooning has deep ties with maritime life. This old punishment for mutineers consisted of placing them on an island with a musket, cutlass, a beaker of water, and leaving them to their fate.

It got its name from the Ci-maroon Indians who had been transplanted in the West Indies as cheap labour and, after being deserted by the Spanish, had been left to starve to death. The famous Captain Drake discovered them in terrible condition and gained their lasting gratitude by returning them to their far-off home.

Now, for most of us gnomes, marooning was never a worry because the ship kept us fat and happy by providing us with all the cured beef we could eat. However, there were stories of gnomes that had been handed down this fate. Passing merchant vessels would come across them weeks later, lying on the beach in a jolly mood, suntanned, relaxed, and a few pounds lighter. What would've killed a normal man allowed gnomes to shake the extra weight we harbour around the midsection, often leading to a healthier and better prepared sailor. Not the point of being stranded, but us gnomes always seem to make the best out of dire situations!

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# Helicopters in Japan were a critical element in disaster relief operations

## Earthquake Facts:

March 11 • 11, a powerful, magnitude 9.0 quake hit northeastern Japan triggering a tsunami with 10 meter high waves.

**Georgina Nicoll**  
Office of the Asia-Pacific Advisor

When the triple disaster of the earthquake, tsunami and Fukushima nuclear meltdown hit Japan in March 2011, the recovery effort underscored the importance of military assets in humanitarian assistance and disaster relief operations.

Helicopter capability proved to be a key piece of equipment in the immediate aftermath of the catastrophe, and since then Japan has been investing in its helicopter fleet in order to increase its relief capabilities in the wake of future natural disasters.

When the tsunami struck the northeast of the country, hundreds of roads were washed out, and the debris-littered landscape made it impossible to reach thousands of stranded civilians by land, many of whom had lost their houses, belongings, and needed medical care, food and water supplies.

In total, more than 25,000 people were killed and more than 500,000 lost their homes. In this situation, helicopters provided a vital means of transporting supplies, bringing the wounded to hospital, and searching for survivors both on land and amidst the floating islands of debris that were washed out into the Pacific Ocean.

Helicopters also played a key role in the Fukushima disaster response. When the nuclear power plant was damaged by the tsunami and lost its power supply, the coolant system stopped functioning, making it necessary to use cold seawater to cool the facility. While pumps were used at ground level, emergency teams used helicopters to drop water on the reactor towers from above. Unmanned helicopters were also deployed to measure air radiation levels around the nuclear plant. The United States provided remote-control Honeywell T-Hawk micro air vehicles, which are 17-pound mini

helicopters outfitted with monitoring equipment. The French unmanned aerial vehicle company Helipse supplied three autonomous HE300 helicopter drones, which are about 10 feet long and have radiation sensors, cameras and infrared thermometers.

During the tsunami, one of the Japan Self-Defense Forces' (JSDF) Eurocopter EC225 heavy twin-engine helicopters was knocked out of service when it was submerged in seawater, leaving the forces with two EC225s.

One of the coast guard's four AS332 L1 Super Puma helicopters was also damaged in the relief effort. To rebuild the Japanese aerial response capacity, various public agencies in the country, including the JSDF, the Japan Coast Guard (JCG), and the Tokyo Fire Department have been boosting their rotary-wing aircraft fleet.

This month, the Japanese Ministry of Defence signed a contract with Eurocopter

for a new EC225 that can seat 25 passengers. Last month, the JCG ordered four Sikorsky S-76D helicopters - a medium sized aircraft ideal for search and rescue missions - while the National Police Agency ordered two AgustaWestland AW139 medium twin helicopters. The JCG previously ordered three EC225s in August 2011, and in March 2011, eight new AW139s were ordered for the JCG and the Japanese Fire Fighting and Disaster Relief Organisation.

The unfortunate truth is that Japan is extremely prone to earthquakes, and will likely face similar disaster relief challenges in the future. Building a strong helicopter force is a key part of the nation's preparation strategy.

*The Office of the Asia Pacific Advisor provides unclassified daily news summaries on security events around the world. Email Ashley.Milburn@forces.gc.ca to sign up.*



Photos.com

A boat discarded on land after being hit by the earthquake/tsunami. Shot in Ishinomaki, Japan.

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# Training advisors at ANA Signal School, improving skills

**Sergeant Andrew MacAlister**  
Op Attention/CCTM-A

When you work as a training advisor at the Afghan National Army (ANA) Signals School, you feel like you're building a plane that's already airborne and outward bound.

The ANA Signals School is located in the eastern suburbs of Kabul on the same military reserve as the Kabul Military Training Centre. The Signals School Advisory Team comprises 42 NATO military personnel: 28 from Canada, and the rest from Sweden, Norway, Finland and Belgium. Our role is to help the Signals School command team and instructor cadre improve the quality and effectiveness of the training they deliver. The long-term objective is to help the ANA Signals Branch become more capable and professional. We are achieving this mission by developing curriculum and doctrine, improving the quality of instruction, developing leaders and enhancing logistics.

When the ANA Signals School opened in November 2010, it concentrated on training ANA signalers and officers to use military radios. The school has evolved so fast that today, less than 18 months later, it offers a range of courses

for senior NCOs, trains the signals staff of ANA corps headquarters, and teaches specialist skills such as cabling, computer networking, satellite systems, equipment maintenance, and communications planning.

The 28 Canadian members of the ANA Signals School advisory team arrived in October 2011, and our first task was helping the Afghan instructor cadre revamp their curriculum. We immediately realized that Afghan trainers work with students who are only marginally literate, so they rely on diagrams, word pictures and hands-on training to convey knowledge and skills, and they need training materials that accommodate this teaching style. Training materials also must meet the unique doctrinal needs of the ANA.

After the curriculum update, we shifted our focus to enabling the ANA to lead the signals institution.

The first priority was improving the Afghan instructors' teaching skills, a challenge we met by means of "train the trainer" courses that build confidence, strengthen abilities and expand technical knowledge. In this program, the 'explain, demonstrate, imitate' method of teaching proved its worth. These sessions were so effective that the ANA instructors are now running their own "train

the trainer" courses.

"We spent considerable time with staff to create a vested interest and a sense of accountability in the school's projects," said Major Bayode Ajayi, the senior Canadian at the ANA Signals School. "Having the ANA execute their own plan, however different it may be from our western standards, is far better than having coalition forces plan for the ANA."

Our most crucial task as training advisors, however, was fostering a positive rapport and mutual trust with the school's Afghan staff. We enjoyed learning about the instructors' backgrounds and families, and their reasons for serving in the ANA.

Every improvement matters, however small it may seem. By working with the ANA and helping Afghan soldiers grow as members of the profession of arms, we instil an ideal of stewardship that starts with soldiers and equipment and develops to include facilities, management and governance.

Canadian training advisors understand that Afghanistan has its own ways to measure progress, and the many small successes of our Afghan counterparts have provided us with immeasurable job satisfaction. The airplane is on course, and it's our job to help keep it flying straight and level to its destination.



Soldiers in training at the ANA Signals School work with an AN/PRC 77 field radio.

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EAST COAST NEWS:

# Hockey community honors fallen member

**Sgt Lance Wade**  
CFB Halifax

Warm memories and the cool chill of a hockey rink brought together a Maritime community this month to honour Corporal Paul Davis.

Cpl Davis was killed in a vehicle accident in Afghanistan on March 2, 2006, while serving with the 2nd Battalion, Princess Patricia's Canadian Light Infantry.

Players, coaches and community members watched as Davis' hockey jersey was raised to the rafters of a Sackville arena to kick off the annual hockey tournament named in his honour.

The banner embroidered with Davis' number nine was unveiled as members of the 36 Canadian Brigade Group Band played "Maple Leaf Forever."

"The number nine is a fitting number for Cpl Davis because nine or niner represents the commanding officer's call sign, who is indeed the team leader," said Colonel Joseph Shipley, Chief of Staff of Land Force Atlantic Area, who attended the ceremony. "Cpl Davis was a team leader on and off the ice."

Born in Bridgewater, N.S., Cpl Davis spent much of his childhood playing hockey in Sackville.

"His speed is what I remembered most about him. He was a fast skater," said Davis' former coach

John Carr, who initiated the idea to name the annual tournament in the soldier's honour. The Sackville Minor Hockey Association raised a banner in memory of Cpl Paul Davis, who was killed in Afghanistan in 2006.

The tournament, now in its fourth year, drew approximately 550 players and coaches representing 28 Maritime teams from as far away as Cape Breton. The tournament took place March 9 to 11.

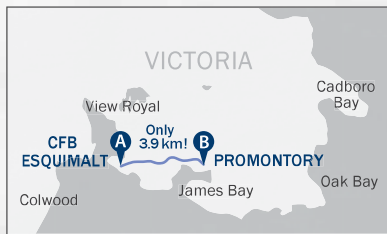
"We are honouring Cpl Davis and highlighting the significance of his sacrifice so the young players realize and understand why we have retired his number and the impact he has made on the community," said Sheridan Curnew, vice president of recreation for the Sackville Minor Hockey Association.

"I show my support because I am a hockey player like him," said 12-year-old A.J. Stewart, who played in the tournament. "I have family that was active in the military. I also feel really sorry for his family and I respect what he gave to his country."

Cpl Davis is survived by his wife Melanie, their two daughters, Julia and Malia; father James (Sharon) Davis; mother Connie (Avery) Davis; brother Rick Davis; sister Tanya Dampsey; niece Jessica and nephew Joshua; grandmother Garneta Ryan and other family members.

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Quinn McCullough, a machinist apprentice at Fleet Maintenance Facility Cape Breton, carefully measures and cuts 90 degree pieces of aluminum for projects around the base.

Photo by Ben Green, Lookout



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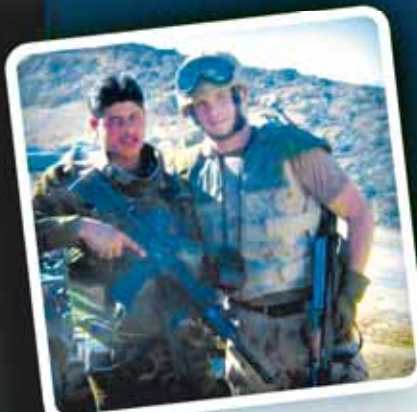


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Left to right: Heidi, Lynette, Jacob, Kelsey, Matika, and Natasha (Leader) watch as their maple taco chips appear after being grilled.



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# Kids get breakfast thanks to Vancouver

**PO2 Jarrett Taylor**  
HMCS Vancouver

On July 10, 2011, *HMCS Vancouver* left the shores of Esquimalt and headed to the coast of Libya for Operation Mobile, which later turned into a second mission Nov. 1 as part of Operation Unified Protector.

While we were deployed on these missions, the ship's crew came up with many ideas to raise money for various organizations. One idea was a breakfast program for the Victoria West Elementary school.

I was once a kid that used a similar program when I was living in a lower income

family in Vancouver, and I was eager to help out. The ship held a Hot Dog night, where our Coxswain and Executive officer walked around selling them, and for a donation we got to have a hot dog or three depending on how empty our belly was. The buns were always fresh as one of our cooks (Sgt Leclair) made them.

Another way the ship raised funds was to stop shaving between long patrols. So for minimum 5 Euro donation, we didn't have to shave while on patrols.

I returned home from the deployment Jan. 13 to be part of the one-in-four duty

watch, so when the ship arrived home Feb. 19, I was back to work for their leave period.

During my leave, I contacted the Vic West School Principal Joe Cardle and offered to help out with the Breakfast Program.

I soon found out that no matter what the temperature, or the weather, kids love to eat their breakfast outside. This allows them to play quickly after they eat. On average 35 kids per day get breakfast. This consists of a juice box, some toast or a half bagel with jam.

I emailed my Executive Officer about the day. He emailed back some great

news; the ship's committee had decided to fund the kids for their following school year. I was the one who got to share the great news with the staff and students of Victoria West Elementary School.

The principal asked if I could come to the school's next assembly, and on March 2 the kids gave me more than 100 cards and thank you notes for *Vancouver's* crew. They are now proudly on display within the ship on three deck.

Once my ship mates are done their well deserved leave, they will be back to work to see the heart-felt warmth from all those kids.

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Tel 363-4495, megan.larsen@forces.gc.ca

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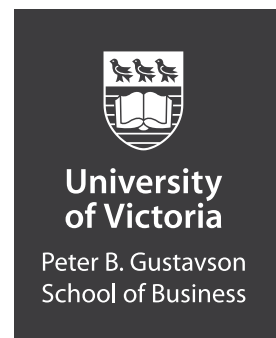
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EXECUTIVE PROGRAMS

# Change: Moving from DENIAL to COMMITMENT

Whether the change is wanted or inevitable, if we take the time to examine how we felt during those periods, we can see that the emotional patterns we went through were probably similar.

As many of us know, dealing with change—any kind of change—can be difficult. We can look to our own lives as examples of this, since nearly every person can recall some upheaval that sent their world spinning. Whether the change is wanted or inevitable, if we take the time to examine how we felt during those periods, we can see that the emotional patterns we went through were probably similar in each example.

In fact, experts say that most people move through the four phases of the change process in stages, and that each stage has distinguishing features. Progressing through the four stages is normal, even if the change is a desired thing, says Marie Drapeau, a transformational change strategist at Assistant Deputy Minister (Human Resources – Civilian).

## THE CHANGE TRANSITION CURVE

During times of change within the workplace, also called organizational change, individuals at all levels normally experience the following four stages:

1. Denial
2. Resistance
3. Exploration
4. Commitment

In these two phases people begin to explore the future.

However, for some people, getting stuck in the denial or resistance phases can be problematic. Resistance to change is often thought of as a negative thing which should be avoided. The reality is, however, that you cannot circumvent resistance, as it is a natural and necessary part of any change effort. In order to move past resistance, we must understand where it is coming from, and learn how to handle it properly.

“Resisting something new is a natural self-preservation tool that all humans use,” Ms. Drapeau says.

Change triggers a subconscious core human need, which then triggers resistance. Ms. Drapeau notes that human beings have five core emotional needs – meaning, security, recognition, connectedness and action. When these core emotional needs are threatened, people react in predictable ways, which culminate in resisting the change.

“Whether you are an employee, a manager or a senior leader, everyone will resist in an organization,” she says. “The thing to remember is that everyone will not go through the same phases at the same time.”

## THE MARATHON EFFECT

Ms. Drapeau explains that senior managers go through these same four phases of change, just like everyone else. However, because they have likely worked on the change initiative itself for some time before its announcement, they have already entered the commitment stage by the time it becomes official. Although the manager is already committed, the rest of the staff are just at the beginning of the earlier stages.

## A TWO-WAY STREET

Moving through these phases is a shared responsibility, as well as necessary in order to attain success. It is the manager's role to coach and listen to resistance, but it is the employee's responsibility to explain what need is being threatened, and the fear behind it.

If you have concerns, discuss them with your manager and encourage your manager to keep an open line of communication throughout the process. “Once the issue is out in the open, it can be discussed and the manager can support the person going through the phase,” she says.

In order to move forward, you must first recognize that you are indeed in denial or are resisting. At that point you can begin to move towards thriving in the change.

## HOW DO YOU RECOGNIZE THESE STAGES?

Take a look at the following signs and see if you can recognize how you are feeling. Chances are, you can find yourself in one of the four following stages or perhaps straddling two. Consciously understanding what phase you are in can empower you to move through the change process.

- Denial
- Minimizing
- Ignoring
- Carrying on as before
- Resistance
- Anger, resentment
- Fear, anxiety
- Withdrawal, numbness
- Confusion
- Sadness, depression, guilt
- Exploration
- Energized but unfocused

- Trying new things
- Enthusiasm
- Making plans
- Commitment
- Making decisions
- Taking action
- Clarity

## FOLLOWING THROUGH ON PLANS

Fostering open discussion, no matter what phase each team member is in, is a good thing. It allows each employee to better understand where he or she is in the process, as well as where other team members are. Silence is much more difficult since no discussion means that feelings are left to fester, and that shifts in behaviour end up being the only way to recognize the phases that people are in.

## KEEPING OPEN COMMUNICATION THROUGH THESE PHASES

Managing change means dealing with uncertainties, Ms. Drapeau says. Most leaders wait until an announcement is made to talk to their employees. But waiting until the official announcement can mean that the rumour mill is allowed to swirl unchecked, or that the announcement comes as a shock to employees who feel they've been kept in the dark.

Ms. Drapeau advises managers to constantly keep the “change dialogue” open with employees. Even if there is nothing new, talk about the generalities of change. Talk about the change process, as it will establish a climate of trust and open dialogue. Allow employees to raise questions. If you don't have all the answers, let them know that. This helps prepare them for the changes and supports them through the denial phase, she says.

It is important to understand that during

because they are still reacting, she notes. “In times of change, you have to repeat the same message 13 times before it can really be heard.”

The best way to communicate during transition is face-to-face. “This allows your staff to pick up on the tone and the nonverbal [cues], and at the same time it allows you to pick up on the nonverbal reactions of your staff, so you can address their concerns from the start.”

When communicating, it's not just your words that are sending a message. In fact, people weigh your non-verbal cues significantly higher than words when communicating a message face-to-face. “Fifty-five percent of messages are communicated through the nonverbal communication, 38 percent of messages are communicated through the tone and seven percent is through words,” she says.

## SUPPORT EACH OTHER THROUGH THE PROCESS

Many people will be in a phase without knowing it, Ms. Drapeau says, noting that open communication is not just a management responsibility but also a way for all staff to support each other throughout the whole process. “It may be people around you that will notice a difference in your behaviour,” she says.

Bringing people together is vital because it allows each person to see the change process through different lenses, during different phases. “The support that we can give to each other going through the different phases is contagious,” she says.

To stay informed about the changes happening within DND/CF visit the Focus on Change section of the Defence Team site.





## 2012 CANADIAN FORCES NATIONAL OLD TIMERS CHAMPIONSHIP 24-30 MARCH

1. PACIFIC CFB Esquimalt    2. QUEBEC CFB Ottawa    3. PRAIRIE CFB Edmonton    4. ONTARIO 8 Wing Trenton    5. ATLANTIC 12 Wing Shearwater

### SUNDAY 25 MARCH

TIME			LOCATION
0900 hrs	Opening Ceremonies		ARENA
0920 hrs	Team Photos		ARENA
	All Must Attend		ARENA
	Playing Team		ARENA

TIME	HOME	VS	AWAY	ARENA
1000 hrs	PRAIRIE	VS	QUEBEC	ARENA
1430 hrs	PACIFIC	VS	ONTARIO	ARENA
1900 hrs	ATLANTIC	VS	PRAIRIE	ARENA

### MONDAY 26 MARCH

0800 hrs	ONTARIO	VS	QUEBEC	ARENA
1015 hrs	ATLANTIC	VS	PACIFIC	ARENA
1430 hrs	PRAIRIE	VS	ONTARIO	ARENA
1900 hrs	QUEBEC	VS	ATLANTIC	ARENA

### TUESDAY 27 MARCH

1000 hrs	PACIFIC	VS	PRAIRIE	ARENA
1430 hrs	ONTARIO	VS	ATLANTIC	ARENA
1900 hrs	QUEBEC	VS	PACIFIC	ARENA

### WEDNESDAY 28 MARCH

1000 hrs	Semi-Final 1st	VS	4th	ARENA
1430 hrs	Semi-Final 2nd	VS	3rd	ARENA

### THURSDAY 29 MARCH

1000 hrs	Championship Game		ARENA
1330 hrs	Closing Banquet	All Must Attend	CPO's MESS

## CHAMPIONNAT NATIONAL DE HOCKEY DES VÉTÉRANS DES FC DE 2012 DU 24 AU 30 MARS

1. PACIFIQUE BFC Esquimalt    2. QUÉBEC BFC Ottawa    3. PRAIRIES BFC Edmonton    4. ONTARIO 8 Ere Trenton    5. ATLANTIQUE 12 Ere Shearwater

### LE DIMANCHE 25 MARS

HEURE			ENDROIT
9 h	Cérémonies d'ouverture		ARÉNA
9 h 20	Photos des équipes qui disputent le premier match		ARÉNA

	ÉQUIPE LOCALE	CONTRE	ÉQUIPE VISITEUSE	ARÉNA
10 h	PRAIRIES	contre	QUÉBEC	ARÉNA
14 h 30	PACIFIQUE	contre	ONTARIO	ARÉNA
19 h	ATLANTIQUE	contre	PRAIRIES	ARÉNA

### LE LUNDI 26 MARS

8 h	ONTARIO	contre	QUÉBEC	ARÉNA
10 h 15	ATLANTIQUE	contre	PACIFIQUE	ARÉNA
14 h 30	PRAIRIES	contre	ONTARIO	ARÉNA
19 h	QUÉBEC	contre	ATLANTIQUE	ARÉNA

### LE MARDI 27 MARS

10 h	PACIFIQUE	contre	PRAIRIES	ARÉNA
14 h 30	ONTARIO	contre	ATLANTIQUE	ARÉNA
19 h	QUÉBEC	contre	PACIFIQUE	ARÉNA

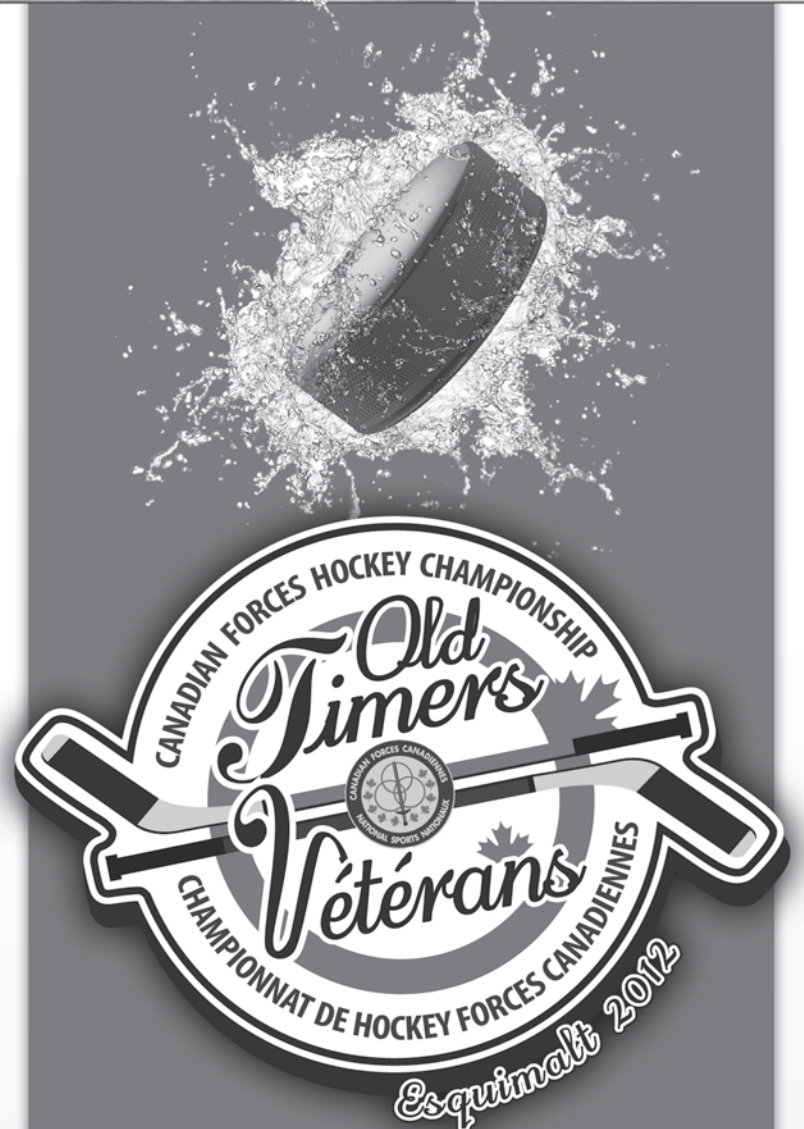
### LE MERCREDI 28 MARS

10 h	Demi-finale 1 <sup>e</sup>	contre	4 <sup>e</sup>	ARÉNA
14 h 30	Demi-finale 2 <sup>e</sup>	contre	3 <sup>e</sup>	ARÉNA

### LE JEUDI 29 MARS

10 h	Partie de championnat		ARÉNA
13 h 30	Banquet de clôture	Présence obligatoire	Mess des maîtres et des premiers maîtres

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ALZHEIMER SOCIETY OF B.C. Family caregiver series in Esquimalt on Saturdays, March 3rd through 31st, 10 a.m. to 12:30 p.m. each day at Esquimalt Recreation Centre, 527 Fraser St. Contact the centre at 250-412-8500 and cite course 35338.

CAREGIVING FOR SOMEONE with dementia? The Alzheimer Society of B.C. has support groups for caregivers, Contact the Alzheimer Resource Centre at 250-382-2052 for info and to register.

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**PRAYER**

O most beautiful flower of Mount Carmel, fruitful vine, splendor of heaven, blessed mother of the son of God, immaculate virgin, assist me in my necessity. O Star of the Sea, help me and show me that you are my mother. O, Holy Mary Mother of God, Queen of heaven and earth, I humbly beseech you from the bottom of my heart to help me in my necessity. (Make your request.) There are none that can withstand your power. "O Mary conceived without sin, pray for us who have recourse to you." (Three times). "Holy Mary place this prayer in your hands." Say this prayer three consecutive days and then publish it and it will be granted you. JK

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Sudoku answer from page 4.

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

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A pair of cadets manoeuvre their Echo-class dinghy in Esquimalt harbour as an empty HMCS Protecteur protrudes from the water behind them. On March 21, approximately 80 naval cadets aged 12-18 took to Esquimalt harbour in search of earning various sailing qualifications. Coming to Victoria from cadet corps in northern and interior regions of the province, the cadets used the opportunity to earn valuable sea-time, which isn't readily available at sail stations near their hometowns.

Photo by Ben Green, Lookout

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