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LOOKOUT

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Great Navy Day!



Photo by Corporal Charles A. Stephen, MARPAC Imaging Services

Senior military staff were on hand last week to witness the change over of leadership at Maritime Forces Pacific (MARPAC). Left to right: Outgoing MARPAC Commander, Rear Admiral (RAdm) Nigel Greenwood; Commander Royal Canadian Navy, Vice Admiral Paul Maddison; Commander Canada Command, Lieutenant General Walter Semianiw; and incoming Commander MARPAC, RAdm Bill Truelove sign change of command certificates during the ceremony held at Duntze Head June 4. Read the full story on page 12-13.

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Freedom of the Township



As part of Esquimalt's centennial celebrations, Maritime Forces Pacific (MARPAF) was granted Freedom of the Township of Esquimalt by Mayor Barbara Desjardins. Base Commander, Capt(N) Craig Baines led a parade of 500 Navy, Army and Air Force personnel with the Guard of Honour and the Naden Band through Esquimalt on Thursday, June 7.

At the municipal hall, a short ceremony was held in which the Base Commander approached the front door of the town hall, and knocked three times with the hilt of his sword. Mayor Desjardins opened the door and invited the Base Commander inside.

Freedom of the City is an honour dating back to the laws of ancient Rome and is one of the most prized privileges that a community can bestow upon a military unit. The last time MARPAF was granted Freedom of the Township of Esquimalt was in 1972.



Photos by Cpl Alex. W. Croskery, DND

MARPAC AND ESQUIMALT

RELATIONSHIP STILL STRONG AFTER A CENTURY

Shawn O'Hara
Staff Writer

Ominous clouds and warm drizzle couldn't dampen the mood at the Freedom of the City ceremony last Thursday.

Adults, children, and retired service members lined the rain slick sidewalk to get a view of the assembled guard of nearly 500 Canadian Forces personnel as they marched down Esquimalt Road with colours flying, bayonets fixed, and the drums of the Naden Band pounding.

The ceremony was in recognition of the centennial of the Township of Esquimalt, and the relationship between the township and the Canadian Forces.

Assembled forces gathered on the steps of Esquimalt Municipal Hall where they were stopped by Police Chief Jamie Graham of the Victoria Police Department and asked to identify themselves before approaching municipal hall, as the tradition dictates.

Capt(N) Craig Baines, Base Commander for CFB Esquimalt, identified their intention to exercise their right of Freedom of the Township, and approached the doors of the municipal hall, striking them three times with the pommel of his sword to gain audience with Mayor Barbara Desjardins. Desjardins then inspected the guard of 100 CF personnel before approaching the podium to address those gathered.

"During these past 100 years, the fabric of Esquimalt and that of our military partners have been one and the same. I could not think of a better partner for us to celebrate our centennial year with. Our township is proud

of you, our region is proud of you, our province is proud of you, and our nation is proud of you," she said.

Desjardins then read the Freedom of the Township Proclamation, granting the military freedom to march the streets of Esquimalt in full regalia.

Capt(N) Baines then addressed those assembled. He spoke of the close relationship Maritime Forces Pacific has with the Township of Esquimalt.

"We've been through two world wars together, we have seen numerous conflicts, and through all of this the township of Esquimalt has been a stalwart supporter of not only CFB Esquimalt and the navy, but the Canadian Forces writ large."

The rain began to let up as Capt(N) Baines concluded his speech.

"We have grown alongside one another, faced and overcome challenges together, and, for the last two years, celebrated a centennial of achievement together," concluded Capt(N) Baines. "May the next 100 years be as strong and fruitful as the last 100."

With that, the parade began their march back to dockyard.



Photo by Shelley Lipke, Lookout
The Guard of Honour, 440 strong, marched through the Township of Esquimalt in the Freedom of the City Parade.



Mayor Desjardins inspected the Guard of Honour and the Naden Band during the ceremony.

Photos by Cpl Alex. W. Croskery, DND

matters of OPINION

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WHAT SAY YOU

HMCS Charlottetown: from Killick to Captain

Captain Steve Barnes
HMCS Charlottetown

"Be careful what you ask for in life, because you just might get it."

These were the words, now so true, that PO2 Norm Carmichael offered me 11 years ago as I put pen to paper.

The memo I was about to sign was asking to end my nine-year career as a Naval Weapons Technician (NWT) and request a re-muster to the Air Force.

The plan: to become a Sea King pilot, return to the East Coast, and land on the very flight deck(s) I had become so familiar with over my many years at sea.

My transition began after completing my NWT training; I was immediately sent to HMCS Iroquois to deploy on Operation Apollo following Sept. 11, 2001.

It was shortly thereafter I began to mull over the idea of a career change. My academic training as an NWT was now complete; but I felt I had something more within my skill set to offer the military. I was highly motivated to find a new challenge that would further my scholastic background, but also keep me "hands on" with something.

The path to that challenge was found in CFAO 9-13, the University Training Program for Non Commissioned Members (UTPNCM).

Now, I just had to find the challenge. In reality it found me, and in the most unlikely place and time.

It was during the early morning transit through the Suez Canal when a lanky, but cheerful, Sea King pilot (now Major Andy Haddow) accidentally kicked my coffee cup off the port side top-part bollard, over the side, and straight to the bottom of the canal.

I can still clearly recall the pose he struck that resulted in the loss of that coffee cup. One foot on the bollard, both hands locked firmly on the hips, chest out, and peering off into the horizon as if to read tomorrow's weather. I stood there, brow raised, and



Photo by Cpl Ronnie Kinnie, Formation Imaging Services

Captain Steven Barnes, a Sea King pilot onboard HMCS Charlottetown flies during a patrol in the Gulf of Aden while on Operation Artemis on May 15, 2012.

thought for a brief moment that he looked the part of some colorful super hero, dressed all in blue, countless zippers, and bright yellow patches affixed everywhere. Perhaps it was my long face, watching the warbling cup sink out of sight, which prompted his offer.

"Oh, I'm sorry little buddy. Hey, how would you like to come for up for a flight in the Sea King and be a pilot for a day?"

I paused briefly, thought how I would just rather have my coffee cup back, but instead replied, "Sure, I can do that."

Following that single Sea King flight, the seed was planted, and I had indisputably locked horns with the challenge.

Approval for my re-muster came shortly following the post-deployment. Soon after, I was attending night classes at Mount Saint Vincent University and was then off to Initial Assessment Period in St. Jean, Quebec.

The next phase of training was Primary Flight Training in Portage La Prairie, MB. I remember my very first flight instructor, Mr. Eric "Speedy" Fast. Speedy had been a Snowbird; naturally, his favourite obsession was aerobatics (aeros).

Phase II was Basic Flight Training at the Canadian Forces Flight Training School in Moose Jaw, Saskatchewan, where I received the bulk of my pilot training. There was a massive leap from the spindly Slingsby Fire Fly (T67C) to the brawny Harvard II (CT-156).

The biggest challenge during my yearlong stretch was not the aircraft but my age. Compared to the average "youngster" straight out of university, I was "the old guy."

However, my age was also my greatest advantage. I believe that had I attempted the pilot program when I initially joined the military I would not be here today. The UTPNCM program afforded me the opportunity to take advantage of my maturity and my developed skills.

Upon completion of Phase II, I was selected to fly helicopters. So far, the plan was holding up.

Next, back to Portage for Phase III to learn to hover. While some people learn to hover quickly, others take much longer in comparison. What is considered longer? About four minutes.

Following flying the Harvard II, the mystery of staying aloft is gone, hands and feet have been

proven, and we have the skills to get in and out of busy airports, perform clover-leaves, and fly formation at 200 knots within six feet of one another. But this hovering thing is pure magic.

Never have I slipped across the asphalt, floating at four feet, on what felt an awful lot like a calm water bed. Of course, my first hover felt more like sea state six.

Having tamed the once wobbly Bell Jet Ranger (CH-139) I then moved up to the much larger Outlaw (CH-146). Now it all came down to learning a completely new aircraft, becoming familiar with working as a crew, and raising all the bars to a winged pilot standard.

At long last, with the final check ride complete, came our wings graduation. For me, this was the pinnacle achievement for which I had strived eight long, unforgettable years.

My goal was at last realized when I received the word that I would indeed be posted back to the East Coast to fly the CH-124 Sea King helicopter.

Finally, upon completion of Phase IV on the Sea King in November 2011, I was posted to 423 Squadron, 12 Wing Shearwater.

Three days later I was posted to HMCS Charlottetown and returned to sea once again after nine years of dry feet. I have since regained my sea legs and spread my wings.

Currently, I am still aboard HMCS Charlottetown deployed with Combined Task Force 150, which has an area of operation that spans more than million square miles, covering the Red Sea, Gulf of Aden, Indian Ocean and Gulf of Oman. The flying is more dynamic than anything I have experienced and the challenges are non-stop.

Now, with my pose practiced, zippers up, and patches adorned, I'm off to kick an unsuspecting person's cup over the side.

Thank you to my friends, my instructors and staff, and my family for all of your support and encouragement. Without all of you I would be reading this, instead of writing it!

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Police impersonation is when a citizen portrays himself or herself as a member of the police force or another law enforcement agency. This is usually meant for deceptive purposes. Typically, people who commit this crime do so in order to assert authority in a manner similar to that of a police officer.

Along with simply dressing as a police officer, it is illegal for citizens to use equipment that is normally associated with law enforcement, such as flashing blue or red lights inside of a car or using stickers or paint to change your car's appearance. In addition, you may be accused of this crime if you simply identify yourself as a police officer, without having any visible indicators at all.

Over the years, people have obtained/used fake police officers' identities for various reasons: feeling of empowerment, challenging authority, financial gain, gaining access to usually restricted areas etc.

Four "steps" are usually observed when such crime is committed:

Verbal identification: The

imposter announces to the unsuspecting victim that they are a police officer.

Fake badge or credential card: the imposter, though not in any special clothes, displays a police-like badge or identification card to the victim. Sometimes a real police officer will not even be able to differentiate between the real and fake badge, as some duplicates are very, if not exactly, alike.

Fake uniform: The imposter wears a uniform that looks very much like that of a police officer.

Fake vehicle: The imposter places lights, decals, or other equipment on a personal vehicle to disguise it as a police car and enable the

offender to make arrests or traffic stops.

If you ever get pulled over by an unmarked police vehicle, or someone knocks at your front door, you may ask to see proper department ID and badge. That being said, there's no need to be rude, impolite or aggressive when asking such questions. Any real police officer will gladly show proper credentials and carry on.

Pretending to be a police officer may get you up to five years in jail, and carrying a concealed weapon another five years.

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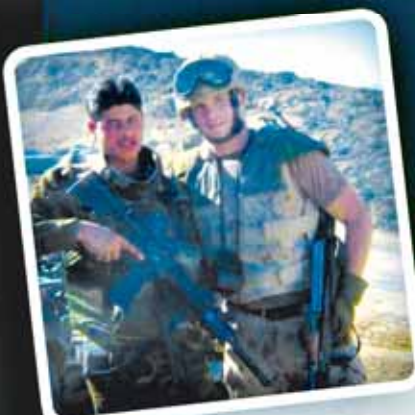


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Photo by Shelley Lipke, Lookout

Base Commander, Capt(N) Craig Baines hands Gary Fisher and other employees from D199 a certificate for winning a conservation challenge. Seen here from left to right: Jon Burbee, Cliff Bayer, Danielle Smith, Natalie McCallum, Capt(N) Baines, Gary Fisher, Derek Knudsen and Dave Tabernor.

Operation Conserve - saving the base cash and energy

Shelley Lipke
Staff Writer

Imagine a time where CFB Esquimalt could save 10 per cent of its energy bill.

These savings would equate to \$900,000 a year.

It is totally doable, says energy management technical advisor Derek Knudsen.

"Think of how that money could be used. We could enhance training, or invest it in more energy efficient measures or facility improvements on base," said Knudsen.

Jon Burbee, Manager of Real Estate Services who oversees the energy program, calls conserved energy the greenest type of energy.

The month of May proved the idea was not wasted energy. During a pilot launch of Operation Conserve, an energy efficiency contest held on base, the numbers lined up. Dockyard buildings D100 (Maritime Forces Pacific Headquarters) and D199 (Base Information Services/Formation Safety Environment and Dockyard Labs) competed

against each other to see who could conserve the most energy within their buildings.

D199 emerged the winner saving 10 per cent over D100's seven per cent. Any way you look at it the potential to save is there, says Knudsen.

"We picked these buildings as they are similar in size, they both have office functions and also have 24/7 operational functions," said Knudsen. "We also had to choose buildings that were already metered. We started with a building walk through making suggestions of what people might focus on, like turning off lights, unplugging bigger pieces of equipment like printers or fridges they don't use, or unplugging dormant equipment."

Each week Knudsen and Burbee would check in with the staff in the buildings and give them updates on their meter readings compared to what it would normally read.

"Part of any good strategic energy management plan is a behavioural component. These plans focus in two areas: the technology, or

hard wired side, and the people, or behavioural side.

A typical occupant would turn off lights, but keep their computers going all night and have too many fridges and printers they are running and not using. Maybe they keep the window open while the thermostat is set too high. All these things will have an impact on energy use," said Knudsen. "We also handed out Kill-o-watt meters so people could see how much energy a piece of equipment is drawing to make real time choices."

By focusing on two buildings initially, Knudsen and Burbee learned how to make the program better before rolling it out base wide.

"Now the idea is to involve more buildings progressively, either competing with themselves or with each other in terms of how much energy they can save."

"Watch for us and get ready," he says. "If people come out with some good ideas we will definitely put them to work. Op Conserve is being done without any adverse operational impacts. It's all about saving energy."



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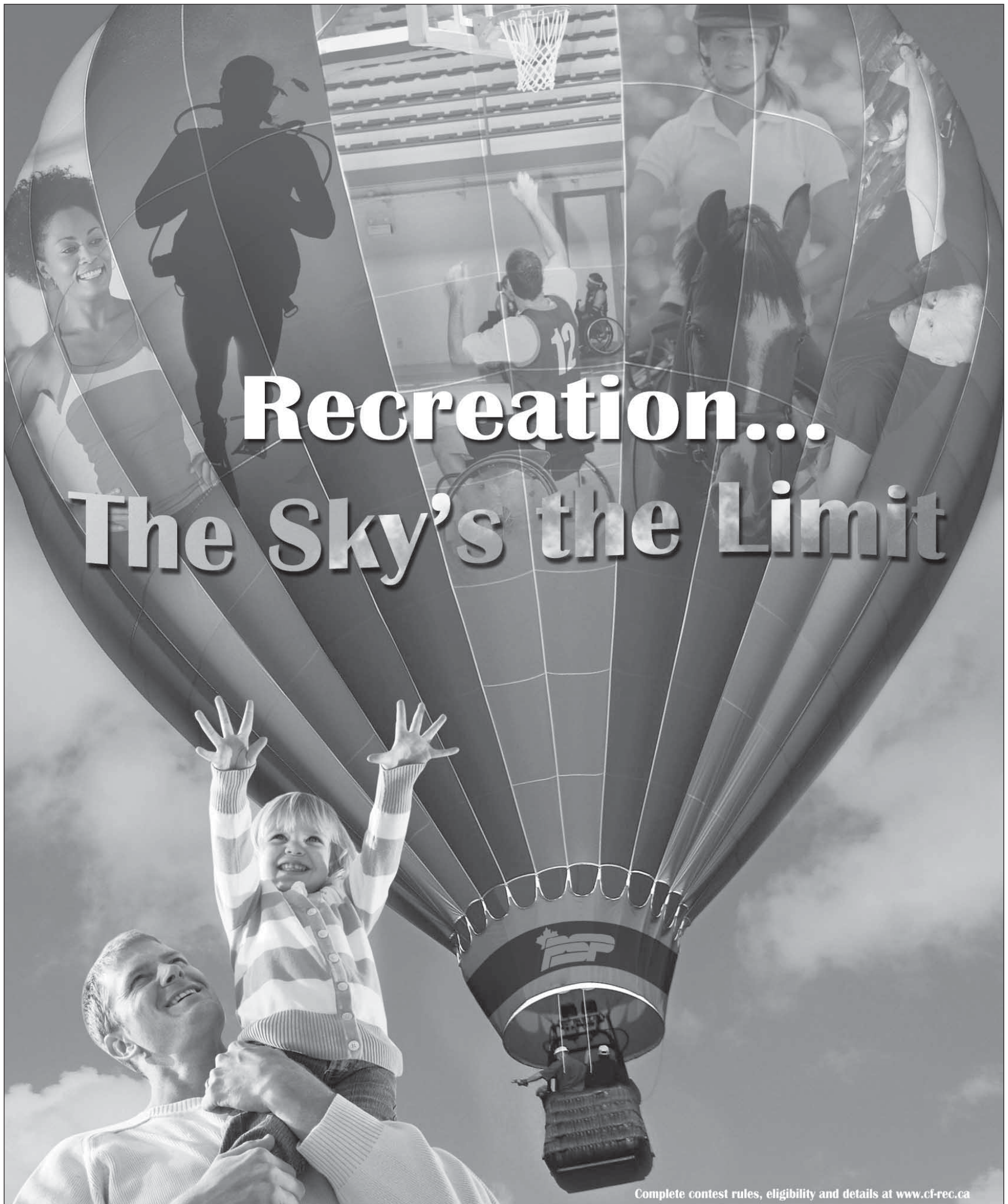
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Badminton gets better with age

Shelley Lipke
Staff Writer

Back in 1965, 33-year-old Sgt (Ret'd) Jim Duberry picked up his first badminton racket and birdie while posted in Newfoundland.

It wasn't long before he was hooked.

Forty-seven years later, and now at age 80, he won gold in the Canadian Masters Badminton Championships in Ottawa May 7-12.

"I think the secret of the game is to continue to play as long as you can. I love playing because it's so social and a great way to exercise cardio," he says.

Competing in the 75-79 age category, Duberry was a tough match for his opponents just days before his 80th birthday.

First up he contended with Canada's first astronaut – 77-year-old Maj (Ret'd) Ken Money, and was victorious with a 2-3 game win.

Then he won three games against 77-year-old Japanese Tosh Uyida, advancing to the finals against competitor Jim Carnwath.

"I have lost to Jim for the past 15 years. If someone told me I would win against him I wouldn't have believed it. Jim

is a very skilled player," he says.

Duberry considers himself a late starter in the game, but practicing almost 365 days this year made up for it, and he won the game against Carnwath.

"Jim has been playing since he was about eight years old. He was surprised when I beat him, and I was surprised to win. He congratulated me."

Each year Duberry embraces the badminton season, traveling to competitions all over, venturing as far as Brisbane, Australia, with birdies in hand.

"September to April is badminton season and each year I play in the Victoria Masters, Port Alberni Masters, Vancouver Masters and Ogoogo Masters in Kelowna.

He won bronze in the World Senior Games at the Richmond Olympic Centre last September and was the oldest competitor, playing people from around the world. During the 2011 U.S. Masters, he won gold for singles and doubles in his age category.

It seems he's getting better with age.

"I love the sport," he says. "When I'm playing I think about staying fit and enjoying the company of the people I play with. I can go from Vancouver Island to Newfoundland and

run into people who play the same tournaments annually. It's like an old home. We meet and greet and enjoy conversation across the world. It's a very social sport."

Since 1977 he's been a daily fixture at the Naden Gym playing badminton over lunch hour.

Like clockwork, he's there from 10:30 a.m. to 1 p.m.

Everybody at the gym knows him. "I've been coming here before many of these people were born. I'm a face everybody sees here all the time," he says.

Duberry enjoys playing the military members and usually beats them.

"As you get older your timing and reflexes slow down, but my shots are more accurate than theirs are seeing as I've been playing so long. I never met anyone I didn't like playing and it's great to work out with them," he says.

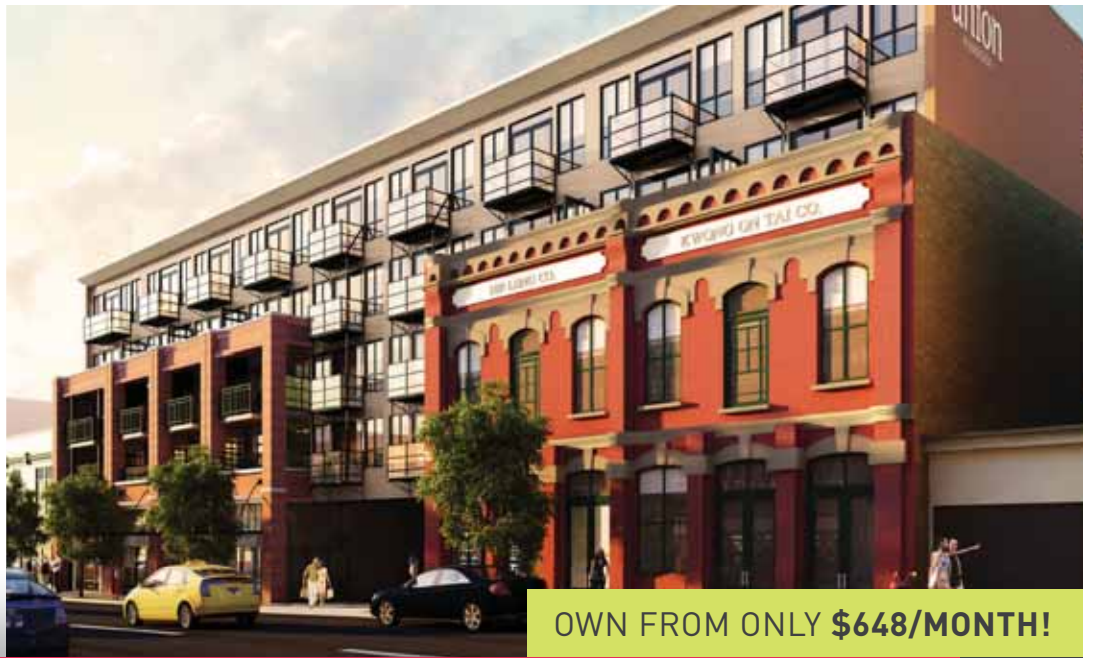
Very few people play the game after 75 to 80.

"I expect to play as long as I can. Injuries are one of the things to think about, but I will play as long as I can. My friend is turning 86 and he is still playing. If I can offer advice to the sailors it is to exercise an hour a day. It will make a difference in their lives."



Photo by Shelley Lipke, Lookout

Sgt (Ret'd) Jim Duberry just turned 80 years old and is peaking in his love of badminton. He just won gold in the Canadian Master's Badminton Championships in Ottawa. He's a fixture at the Naden Gym where he is known by anyone who frequents over the lunch hour.



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NAVY CFB ESQUIMALT 10K

Brings out Record Numbers!

Shawn O'Hara
Staff Writer

The 6th annual Navy 10K run held June 3 was far and away the biggest and best.

Danielle Sutherland, Recreation Director for Personnel Support Programs, says one contributing factor to the overwhelming success was the outstanding support from the chain of command.

"The Fleet Chief, CPO1 Dave Bliss came to us and said he wanted to promote the run to the fleet, that he wanted their sailors participating," said Sutherland. "He was constantly sending out emails to all the ships and Commanding Officers promoting this race as much as he could."

The end result, more than 500 CF personnel and civilians participated, with many senior staff taking part in the 5 and 10K. Among them, RAdm Bill Truelove, Capt(N) Craig Baines, and the Fleet Chief himself.

The focus of the annual run in years past has been to increase participation within the civilian community. This showed mild success from year to year. This year, the shift was made to promote the active lifestyle within the military community, and the results were surprising.

"The focus right now is really on being healthy and stay-

ing active," said Sutherland. "I think this is a great event to promote healthy lifestyle, and it's a great opportunity for the units to run as a team."

While there was a large military presence, the event was open to all, regardless of skill or fitness level.

"You could do the 5K run or 10K run. You could run or walk, whatever you wanted to do," said Sutherland. "It was more about the participation and the promotion of healthy lifestyles and healthy living, rather than the racing."

Sutherland is thrilled with the turnout for the event, and what it means for the military community.

"That's what Personnel Support Programs is here for; to provide services to the military community," says Sutherland. "When we have an event that brings out more than 500 people, that's a huge success."

The male runner with the best time in the 10K was Jonathon Gendron, with a time of 34:26, while the best female time was Sarah-Mae Pyndus, with a completion time of 41:39. For the 5K, the best time for a male runner was Matt Carlson with a time of 19:13, while Kimberly Chaisson set the best female completion time at 26:12.



All photos courtesy
Stephanie Lee Photography.

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Construction begins on utility corridor

Shelley Lipke
Staff writer

In the next week, people can expect to see a traffic change in dockyard due to a major construction project.

Over the next year and a half, a passageway will be dug underneath Transport, Hospital and Rainbow Roads in order to unify the ad-hoc collection of buried municipal services, which includes water, sanitary sewer, storm sewer, steam, electrical and communications.

The utilities corridor project begins at Transport Road near the auxiliary fleet floats and will extend 800 metres throughout dockyard to B-Jetty.

Scansa Construction has been awarded the \$19.7 million contract.

"The work will be conducted in phases, from cutting roads to building the tunnel, and then alignment changes to the roads," says Scansa's president Kory Gronnestad. "It will be a challenging job. We will come across things that we won't be expecting, as there are a lot of unknowns in the ground in Dockyard."

People can expect to be re-routed over the next 18 months as they travel beyond the gates.

The upgrade was prompted by the planned replacement of A and B jetties, and the ongoing Fleet Maintenance Facility (FMF) Cape Breton shop consolidation project.

The corridor will be

approximately three metres square and will be visible only by the presence of six maintenance access kiosks that will be accessible to electricians, plumbers, water fuel environment, steam fitters, and communication technicians.

"This is our opportunity to reinstate the utilities in an orderly and efficient man-

ner for better maintenance and future expandability," says Base Development Engineer, Marcel Gingras.

After construction is finished, there will be new, wider, smoother Hospital and Rainbow Roads, complete with bicycle lanes and sidewalks on each side.

"For Construction Engineering and communications maintenance personnel, it greatly reduces the burden to maintain these buried services and to install new service feeds as new construction evolves. It also eliminates the confusion of buried cables," adds Gingras.

During construction there will be minimal service disruptions as the old utilities are cut over to the new, and a traffic plan will be in place to re-route traffic through Dockyard.

This utility corridor will run from the east end of Ship Repair Zone and continue on the east side of Transport Road to Hospital Road, then along Hospital Road to follow Rainbow Road and end at building D270 Oily Water Waste Treatment Plant adjacent to B jetty.



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Photo by Shelley Lipke, Lookout

ESTEEMED LEADER RETIRES

Shelley Lipke
Staff writer

After a 37-year naval career involving sea and shore postings, and commands from coast to coast, RAdm Nigel Greenwood has hung up his uniform.

Last Monday, with well-wishers and guests looking on, he officially handed over his watch to RAdm Bill Truelove, the final ending to a very long and distinguished career.

"Being Admiral was a great opportunity to bring everything in my career together," he said. "I feel like I'm finishing on a high note with the honour and privilege of commanding the Formation. It was also really great to round out my career in home waters, so that I could retire in this community."

With a corner office that overlooks Esquimalt Harbour and the jetties in Dockyard, he's been able to watch the Pacific Fleet, especially the move to sea for *HMCS Victoria* and preparations for the upcoming Rim of the Pacific exercise.

"It was great to be in a position where I could see the results of our efforts here. As ships pass my windows it really brings a sense of reward and satisfaction to me.

"*HMCS Victoria's* sailing is very representative of what we have accomplished as a Formation. The sailors in the fleet, FMF, and everyone who was involved made it a Formation achievement and I'm proud of that," he says. "Although RIMPAC will happen after my watch, I'm very proud of what the Commodore has achieved. He and his staff have set the conditions of historic leadership assignments for Canada. We will cover off the Deputy Commander for the exercise and play a much more significant role. This high watermark of participation is something to be

proud of."

Pulling highlights from 13,505 days in uniform is a near impossibility. But like all naval leaders, the at-sea adventures always rank at the top.

"It was such a singular objective as a MARS officer to learn navigation and other things involved in a ship, and then compete with my peers to be XO and then CO. It was very rewarding."

It's been 11 years since he reached the pinnacle command of *HMCS Ottawa*, which helped propel him up the career ladder to Rear-Admiral. For those aspiring to senior leadership positions, he offers one bit of advice – be yourself.

"Be ambitious, reach for opportunities that the service will offer, and strive to succeed, but don't be frustrated if you think you're not advancing, because all of that washes out in the end. People who deserve to advance will advance. But if I had been complacent about my progress, I may not have done things that enhanced my qualifications and experience," he says.

With his retirement party over, the command relinquished, and his belongings moved out of the Admiral's residence, he won't be driving toward HMC Dockyard very often now.

"I will miss the base itself. I love the sense of being surrounded by history. As you drive into the Dockyard, with the brick buildings with old dates on them, it's such a sense of connection to all the history. It's a visual reminder each day."

The summer sun, his 1983 BMW collector motorcycle and his wife Deborah will help him ease into the slower pace of retirement, but not for too long. In the fall he's heading to France for a jet set vacation.



Photo by Daniel Mallette Photography

RAdm Nigel Greenwood has officially left his watch after 37 years of service with the Royal Canadian Navy. He leaves with a great sense of satisfaction and says he will miss the base itself. His future plans include his 1983 BMW R100RS (seen above), relaxing with his wife and a much anticipated trip to France this fall.



A Change of Command for MARPAC

Shawn O'Hara
Staff Writer

Amidst grey skies and the rocky outcrop at Duntze Head, with musical accompaniment from the Naden Band and a sail past from submarine *HMCS Victoria*, the reigns of command for Maritime Forces Pacific were passed from one leader to the next.

Friends, family and distinguished guests gathered to bid farewell to RAdm Nigel Greenwood, and welcome RAdm Bill Truelove as he accepted command of the most senior naval position on the West Coast last Monday.

Among the assembled dignitaries were representatives from the Esquimalt and Salish First Nations, visiting officers of allied fleets, and the LGov of British Columbia, Steven Point.

During the change of command ceremony, the Guard of Honour offered salutes to the official party, consisting of RAdm Greenwood, RAdm Truelove, and LGov Point, as well as presiding officers VAdm Paul Maddison, Commander of the Royal Canadian Navy, and LGen Walter Semianiw, Commander of Canada Command.

During his final address, RAdm Greenwood drew upon the sentiments of truth, duty, and valour.

"The truth of it is, I feel like a very lucky guy," said RAdm Greenwood. "To be here, to have had this experience with the Navy, all the way from cadets, to Royal Roads, to my present position."

To RAdm Truelove he said, "Our careers have intersected at different times. I know you're going to be warmly welcomed, well respected, and you're going to have a heap of fun in this position."

For valour, he focused on *HMCS Victoria*. "It's such a pleasure to see *Victoria* sailing out of this harbour, on cue, and that's how it's going to be

from this day on. In my mind *Victoria* represents our navy: small, powerful, deployable and potent."

Following his address, those gathered watched as RAdm Greenwood issued his last order, and CPO1 Paul Helston hauled down the Admiral's distinguishing flag and presented it to the outgoing commander, officially signaling his departure from the post of Commander of Maritime Forces Pacific and Joint Task Force Pacific.

Along with a bouquet of flowers, RAdm Greenwood handed his flag to wife Deborah, who sat teary-eyed in the front row. The day before the change of command, RAdm Greenwood renewed his vows with his wife of 25 years, whom he met through her father – Rear Admiral Yanow, who he served as a flag lieutenant. RAdm Greenwood and his wife plan to take a short break after his retirement before travelling to France.

As is customary, the official party signed over command to RAdm Truelove, who then took the podium to address the crowd as the incoming commander.

"I'm excited to be taking the helm as we move through the next phase of transformation across the Canadian Forces, while also navigating a complex period of fleet renewal, and at the same time ensuring this formation remains as it always has, ready aye ready to respond when called upon by our nation."

RAdm Truelove recently returned from a one year tour in Afghanistan, and both he and his family are glad to be back on the West Coast.

"I'm excited to be rejoining this great community at a time when this formation continues to move forward," said RAdm Truelove. "To see these great soldiers, sailors, air men and women doing what they do so well each and every day, as they serve their country: as we all do. It's just really great to be back."



Top left: Outgoing Commander of MARPAC/JTFP, RAdm Nigel Greenwood looks to RAdm Bill Truelove and offers his parting thoughts.

Top right: RAdm Greenwood's distinguishing flag is hauled down and presented to him by Formation Chief Petty Officer, CPO1 Paul Helston.

Middle right: Outgoing Admiral, RAdm Nigel Greenwood; VAdm Paul Maddison, Commander Royal Canadian Navy; and incoming Admiral, RAdm William Truelove stand in front of the Admiral's house after the change of command ceremony.

Above: RAdm Greenwood and wife Deborah leave the ceremony arm in arm.



Left: The crew of *HMCS Victoria* offer a salute as the boat passes Duntze Head during the change of command ceremony.

Base runners rock nationals

Shelley Lipke
Staff Writer

Elite runners from CFB Esquimalt showed stellar performances during the Canadian Forces National Running Championships in Ottawa May 24 – 27.

This event saw 42,000 runners tackling distances of 5k, 10k, half and full marathons, and CFB Esquimalt runners rose to the top with winning results.

Of the 120 military members participating, 24 were from Esquimalt.

Winning the Master's Marathon was HMCS Vancouver's Combat Chief, CPO2 Howard Manderson.

Although he won gold last year, he was able to beat his time by three minutes with a run of 3:10:16.

He said the Esquimalt runners were elated with their results.

MS Kimberly Chaisson placed gold in the female 10k Masters at 51:34:7 while Lt(N) Ryan McKenzie won gold in the open 5k run at 16:00:6.

LS Mary McGregor won silver

in the female 5k and also was fifth in the entire race out of more than 6,000 runners.

Lt(N) Isabelle Fillion won silver in the open female 10k division with 40:34:0.

Also of note, the navy succeeded against the army and air force winning the Environmental Shield Award – an award given for fastest combined run time in each distance.

LS McGregor ran for the navy team in her 5k race and accepted the award.

"I think the results this year show the Pacific Region is becoming more and more competitive. I think we are seeing the effects of the 5k Fleet Runs starting to show," said CPO2 Manderson.

"It's nice to meet 120 focused runners who are sharing their stories from all walks of life and different running backgrounds. It was also really great to spend time with CFB Esquimalt runners. I think they are one of the most competitive groups I've seen over the years and definitely had the most enthusiasm. The camaraderie was the best that I've seen in

the five years I've competed at Nationals.

"We were elated about our results and this feeling carried on to the airport and even on the plane. It means a lot to represent the base and the Formation, and we all wanted a return on the investment that they sent us on. I think we achieved that," he said.



CPO2 Howard Manderson wins gold and is presented his medal by CF Running Chief Official, Col Alain Pelletier.

Photo by Cpl William White, Imaging Services Ottawa



Photo by Corporal Heather JL MacRae

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Photo by MCpl Marc-Andre Gaudreault, Canadian Forces Combat Camera
 Captain Ryan McCullum (left), medical officer for the Canadian Forces Health Services Centre (Atlantic), provides immediate medical response to a simulated migrant (actor) onboard a mock migrant vessel during Exercise Frontier Sentinel in Sydney, Nova Scotia, on May 8. The Frontier Sentinel Exercises series was initiated in 2006 to collaborate on information exchange, planning and coordinated responses between the operational commands, their tactical elements, and government and non-government agencies, to secure and defend threats in the maritime domain of Canada and the U.S.

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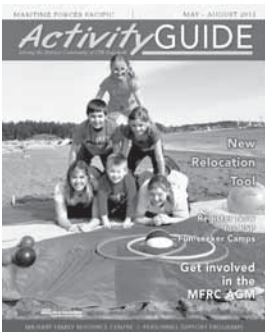


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COMMUNITY NEWS: HEALTH FOR ALL

Mental Health Week thanks

Thanks to all who helped to make the week a success.

In May, the Canadian Mental Health Association celebrated 61 years of improving people's understanding of mental health through the annual Mental Health Week; this year's theme was "Mental Health for All." Since 2009, the MARPAC Employee Assistance Program (EAP) has celebrated mental health week.

This year, EAP launched celebrations at the Dockyard main gate with coffee and goodies donated by Serious Coffee from Esquimalt. RAdm Greenwood and other senior leaders attended the event and handed out ribbons in support of mental health awareness. By wearing the ribbon, individuals helped to raise awareness and show support for individuals suffering with mental health concerns.

A lunch hour barbecue hosted in conjunction with the base fire hall netted a profit of

\$321.50, which was donated directly to Esquimalt Neighbourhood House.

In conjunction with Health Promotion and the Military Family Resource Centre, EAP distributed approximately 800 green ribbons at booths and lunch sessions throughout the week.

EAP would like thank senior management, union leaders and employees for their involvement. Additionally, we want to express our appreciation for all individuals who showed support by wearing the green ribbons.

The EAP will continue to provide information and work towards reducing the stigma associated with mental health.

If you would like more information about the EAP or Mental Health, please drop by the EAP resource room in D 29 - room 105, visit the EAP website at <http://esquimalt.mil.ca/eap> or call the EAP manager at 250-363-7968.

Linking past with present - Intelligence Branch Reunion

In September, the Intelligence Branch Association will host a week-end long program of reunion events and activities in honour of the 30th anniversary of the Intelligence Branch.

Activities and events have been designed to promote camaraderie between former and current members of the Branch, recognize the history and establish an atmosphere of pride in belonging to a larger family.

Moreover, the theme - "Linking the Past with the Present" - provides an opportunity for old friends to reconnect and for those who have served to link with those currently serving.

Of course, the Intelligence Branch could not have achieved the status currently enjoyed without the support of other professionals who have worked with, and alongside the Military

Intelligence function.

Furthermore, our lineage is founded upon a long history and the successful foundation established by our predecessors.

For this reason, the event is open to everyone who has served in the Canadian Army Intelligence Corps, RCAF and RCN Intelligence in the decades preceding the formation of the Branch; everyone who has ever served or is currently serving in the Intelligence Branch (Regular and Reserve); and every current and past civil servant, Allied Intelligence Liaison Staff, and other professionals who have worked within the Canadian Military Intelligence function.

All spouses, partners and guests are also welcome. Note there is absolutely no requirement to be a member of the CF Intelligence Branch Association to attend.

Anniversary events will

be held Sept. 28 to 30 at the Delta Ottawa City Centre (former Crown Plaza). Events include a meet and greet and reunion registration on Friday evening; a buffet breakfast, CF Intelligence Branch Association Annual General Meeting, industry displays, golf, and an informal buffet dinner and dance on Saturday, and finally a farewell breakfast with a guest speaker on Sunday.

For additional details on the 30th Anniversary Reunion events see www.silverstarkit.ca. Registration is open until Aug. 30. Register early to avoid disappointment. Cost is \$125 per person, which includes access to all of the weekend events (except golf and specialty tours).

Other queries can be forwarded to the Intelligence Branch Association organizing committee at cfintann@gmail.com

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Merchant Navy veteran receives prestigious Diamond Jubilee medal

MS Philippe Burton
JPSU/MARPAC

One would not expect a coffee shop to be the venue for a medal presentation, but that is exactly what took place Thursday May 31.

Merchant Navy Third Officer (Ret'd) Alexander Burton was presented the Queen's Diamond Jubilee Medal at a West Shore Tim Horton's by the National President of the Canadian Merchant Navy Veterans Association, Bruce Ferguson.

Burton was selected to receive this honour as a direct result of his service to Canada during the Battle of the Atlantic.

In the spring of 1942, the Cable Ship (C/S) John W. Mackay sailed from Halifax under orders from the British Admiralty to "steal"

450 miles of enemy undersea cable. This became a crucial mission because British cable manufacturers were being bombed out, all other undersea cable was either damaged or destroyed, and no other ally had this production capability.

After proceeding to a location near the Cape Verde Islands, C/S John W. Mackay began the incredibly dangerous task of slowly recovering the cable that linked Italy and Brazil from the sea floor.

The Atlantic at that time was teaming with German U-Boats, hunting in their infamous "Wolf Packs." Their success rate in sinking merchant and allied shipping at that point was referred to by U-Boat crews as "the happy time."

"What we were doing was absolutely foolish," says

Burton. "We were only moving at about one knot, no faster than a man might walk."

Finding the cable and bringing it up to the ship was the easy part (after putting in a decoy, so as not to alert the operator on either end that the message was interrupted); the real challenge became coiling it by hand into the ship's holding tanks. The ship became vulnerable because the deck lighting was on constantly, and, as a result of the cabling operation, there was much noise.

"We were scared and began sleeping on deck, as well as storing small rations into the life boats," recalled Burton.

Fortunately, C/S John W. Mackay was successful and proceeded to Freetown to

deliver the precious cargo.

It is difficult to imagine that for so long Canadian Merchant sailors were not recognized for their sacrifices or even entitled to the term "veteran" until the mid 1990s.

"I feel very proud to be directly recognised for my Merchant Navy service," says Burton.

After the medal ceremony, stories were exchanged between Burton and Ferguson. It was discovered that even though these two Merchant sailors never crossed paths, they were linked by a similar shipping company.

My father has always been my inspiration for my own service and I was truly honoured to be on hand for this presentation, even if it was at a Tim Horton's coffee shop.



Merchant Navy Third Officer (Ret'd) Alexander Burton received the Queen's Diamond Jubilee Medal from Bruce Ferguson, National President of the Canadian Merchant Navy Veterans Association. Burton was awarded this honour for "stealing" 450 miles of enemy undersea cable under orders from the British Admiralty.



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Brett Witthoeft
Office of Asia-Pacific

Royal Roads University, the Asia Pacific Centre for Security Studies, and Maritime Forces Pacific will be holding the biennial Maritime Security Challenges conference in Victoria, B.C. from Oct. 1-3, 2012. More information on MSC 2012 can be accessed at www.msc-conference.com

China's economic growth since Mao's death in 1976 has been unprecedented, moving from a poor, mainly agrarian economy to the second-largest economy in the world in 2011.

These three decades of rapid economic growth have had mixed results. Corruption is endemic, with Communist Party officials at all levels involved, prompting regular mass protests.

One of the major stories to come out of China recently is that of Chongqing Communist Party boss Bo Xilai, who reportedly ran the city like his own personal empire while his son lived a very lavish lifestyle at Harvard, including driving a Ferrari despite his father's annual salary of USD \$22,000.

On the other hand, successes include the fact that 660 million Chinese have been lifted out of poverty, while many more have taken former leader Deng Xiaoping's saying – "to get rich is glorious" – to heart: there are 271 billionaires and a million millionaires in China today.



Not all is well with these newly-rich Chinese, an increasing number of whom have been recently looking to emigrate. For example, the U.S. EB-5 special immigration program, which grants potential immigrants a green card if they invest at least \$500,000 in an U.S.-based business that employs at least 10 Americans, has seen Chinese applicants to the program increase from 787 people in 2010 to 2,969 people in 2011.

Similarly, Canada's Federal Immigrant Investor Program, which requires candidates to have a legal net worth of CAD \$1.6 million and invest \$800,000 in Canada in exchange for a permanent resident visa, saw 697 Chinese apply for the capped amount of 700 applicants this year, with the quota filled in a week.

Singapore and the U.K. are also favourite destinations for affluent Chinese,

and Australia has a similar immigration program beginning in July, with the minimum investment amount at USD \$4.9 million.

Chinese interest in such emigration opportunities is not likely to slow in the near future. Studies by American polling companies and Chinese government organization indicate that 60 percent of rich Chinese are in the process of or strongly considering emigrating.

Reasons for wanting to leave China include poor quality of life, corruption, and insufficient social services.

The increasing number of well-to-do Chinese heading for the exits is a potentially critical problem for China's future development. The people that are leaving are most often smart and well-educated, with deep knowledge of the Chinese political and economic sys-

tem, including its problems. These Chinese heading overseas also shrink China's relative innovation advantage: for example, one-third of founders or senior executives in Silicon Valley are Chinese.

For the most part, the central government has done little to turn this situation around; in January, southern Guangdong province, a rich manufacturing region with a GDP of the same size as Spain's, declared that officials who have moved their families abroad to begin the emigration process are barred from high-level jobs, but the province is an exception to the rule.

At the moment, the matter is not a serious problem, but if the trend of well-off Chinese seeking the exit continues to rise as their concerns are not addressed by Beijing, it could become a serious brain and money drain.

Furthermore, if the number of in-the-know, prosperous Chinese leaving the country increases dramatically in a short time, it could be an indication of deep problems ahead for China.

As the manufacturing centre of the world, in many ways what is bad for China is bad for everyone.

The views expressed in this article are those of the author only and do not reflect the policy of Canada's Department of National Defence or the Royal Canadian Navy. This article may be disseminated and/or reproduced free of charge, but only in its entirety.

Now that's refreshing!



Bravo ZULU



CPO2 Saunders is promoted by LCdr Godbout, MARPAC Deputy Comptroller, and CPO1 Graham-Smith.



PO1 Lefranc receives his promotion to PO1 from Cdr Drews and CPO2 Torcov, May 17 at CFFSE.



PO2 Whyte receives his promotion to PO2 from Cdr Drews and PO1 Dixon, May 30 at CFFSE.



Capt McConnell receives her promotion to Captain from Cdr Drews and LCdr St-Pierre, May 25 at CFFSE.



MS Welda receives his promotion to MS from Cdr Drews and PO2 Zinkowski, May 30 at CFFSE.

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for Phil Peterson

Phil passed away in October 2011. He had a long and dedicated service working for BCEO, more than 30 years.

He was also a well known and well respected member of the Base DAAG committee.

His Celebration of Life will be held:

Location: CPO's Mess - Rainbow Room

Date: June 25, 2012

Time: 1400-1630

Come celebrate our friend Phil.

Boileau Family Extends Thanks



Boileau, Richard Leon

The family of the late CPO2 Richard Boileau would like to thank everyone for their many expressions of love and support; the phone calls, cards, flowers, visits and care packages were greatly appreciated.

Thank you also to our kind neighbours for the help with yard maintenance and other acts of kindness.

A special thank you to the military community who took care of everything that needed to be done and lent me their expertise on all the details.

A very, very special Thank You to Dakota Darling and family and the Rosset family who were in the boat that came to my husband's and friends' assistance that day off Brentwood Bay. Your heroic acts will be remembered.

Brenda, Danielle and Craig

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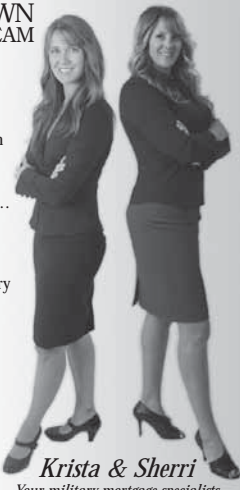
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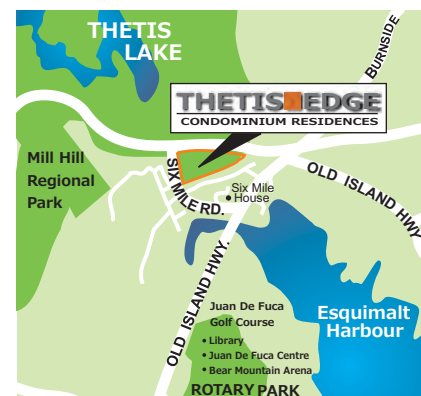
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