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Volume 58 Number 10 | March 11, 2013

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Fixated....

A/SLt Matthew Noiles takes a fix between two points using a horizontal sextant angle. It fixes the ship's position using the traditional method.

He was one of five Maritime Surface and Subsurface (MARS) IV students in the final stages of at-sea training on board PCT Caribou. Read more on page 10.

Shelley Lipke, Lookout

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PHARMASAVE

Four days and counting, Regina's almost home

Shelley Lipke
Staff Writer

After travelling 50,000 nautical miles for Operation Artemis, the ship, and air and naval crew of *HMCS Regina* are only four days away from being home and enjoying the hugs of loved ones.

Hundreds of family and friends will line A jetty the morning of March 14 in anticipation of the warship's return.

The thrill of seeing the shoreline of Victoria, and the smiling faces of nearest and dearest is growing equally on board the ship.

"We can't wait to reunite with our families," said Cdr Jason Boyd, Commanding Officer. "The atmosphere on the ship is one of absolute excitement."

It's been eight months since the warship sailed from Esquimalt harbour on a mission to keep the Arabian Sea secure.

The Canadian ship was part of a multi-national naval force - Combined Task Force 150 - tasked to monitor the area for troublesome activity.

"Our economy floats on salt water and our mission was to promote security, sovereignty, and prosperity across the Arabian

Sea, Indian Ocean, and Gulf of Oman," explained Cdr Boyd in a phone interview. "These are some of the most important shipping lanes in the world. This involves keeping the sea lanes safe and preventing the shipping of illicit cargo."

While at sea in the operational area, *Regina* boarded and examined 19 vessels. Its embarked Sea King helicopter quickly became a familiar sight on the horizon, clocking 388 hours of air time. And the ship's newsiest capability, the unmanned aerial vehicle (UAV) that was manned by four gunners and a small team of civilians was in the air for 545 hours to take surveillance photos.

The peak of this deployment took place Jan. 11 when *Regina* disrupted a drug smuggling operation on the seas. More than 1,000 pounds of narcotics were dropped overboard in an effort to rid the boat of its illegal activity.

"We felt good for intercepting those narcotics and not allowing them to get into the hands they were intended to," said Cdr Boyd. "I can't speculate where the cargo was destined for, but we were happy to make that



Cpl Rick Ayer, Formation Imaging Services Halifax

Members of the Naval Boarding Party from HMCS Regina, deployed in their Rigid Hull Inflatable Boat, approach a fishing dhow in the Arabian Sea during Operation Artemis.

interception."

It wasn't all high seas law-breaking drama though. The ship helped a dhow in distress. The crew had run out of fuel, food and water. *Regina* provided the small crew new rations and water before sending them on their way.

As the ship charted a course for home, they made goodwill visits along the way. Orphanages in Malaysia and the Philippines

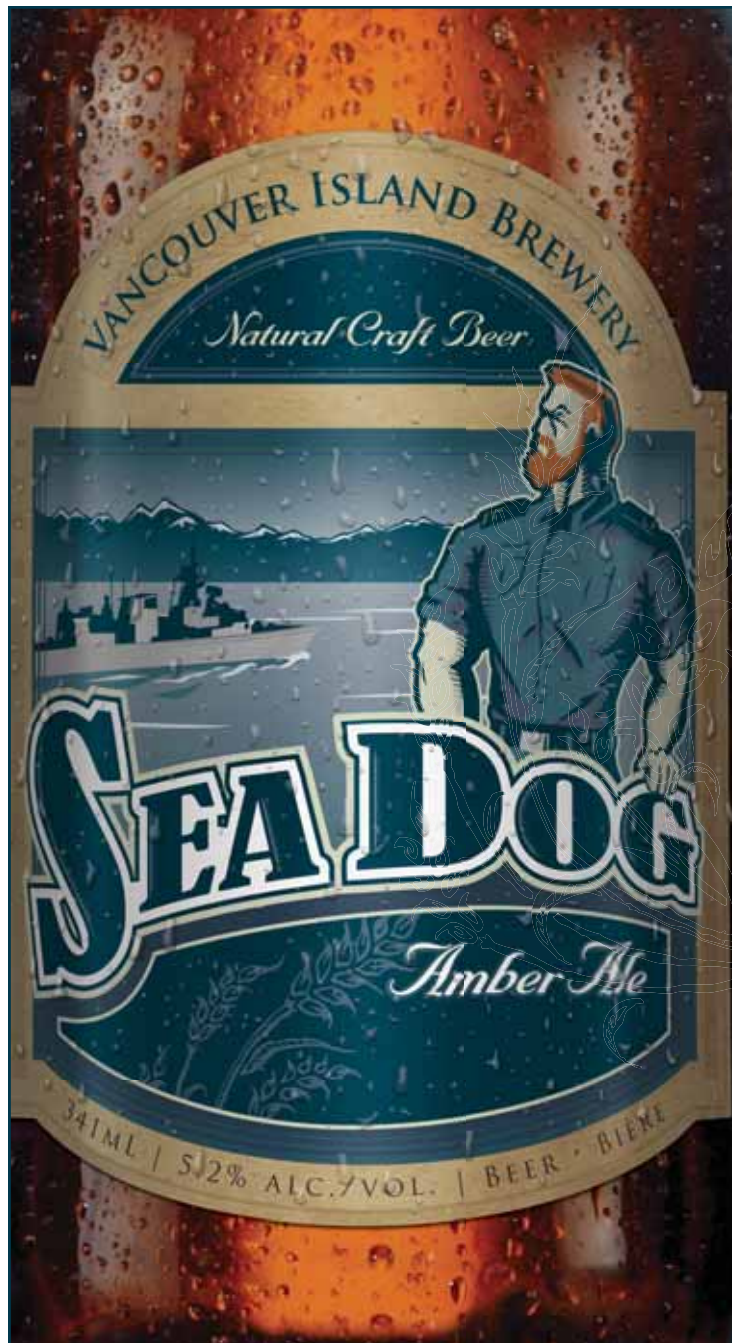
received a helping hand from crew members, who visited with the children and provided a work party to fix up the establishments.

"Our sailors really excel as outstanding representatives of Canada and were great ambassadors in the ports we stopped in. They reached deep in their pockets while visiting kids who had very unfortunate standards of living, and I am really proud

of them," said Cdr Boyd.

Once *Regina* is home, it will undergo a maintenance period, and then eventually enter the Halifax Class Modernization/Frigate Life Extension for a year and a half.

Cdr Boyd will relinquish his bridge chair to Cdr Dan Charlebois this summer for the command position at the Naval Officer Training Centre (NOTC) Venture.



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Voter registration kiosk at Naden

Shelley Lipke
Staff Writer

In order to vote in the upcoming May 14 provincial election, people must be registered as a voter.

For those military and civilian employees who wish to register, enumerators from the provincial elections office will be on base next week to take registrations. Timings and locations of these enumeration booths are as follows:

- Naden Gym, Wednesday March 13, from 8 a.m. until 2 p.m.
- Nelles Block entrance, Thursday March 14 and Friday March 15 from 8 a.m. to 2 p.m.

"This is the first time a voting registration booth has been made available on the base. Not enough people are voting these days; having enumeration booths is one of the ways we are trying to encourage participation," said Capt Tina Verbenkov, Base Personnel Administration Officer. "There is a big push from the Elections office this year to ensure the base

and its members, both military and civilian, are represented in this election."

To register individuals must be 18 years of age, a B.C. resident for six months, and a Canadian citizen. Two enumerators will be at the prescribed locations to register voters, determine if an individual is on the voters' list, hand out information pamphlets, and to answer questions pertaining to registration.

In the event a person is not registered and they wish to vote, they may be asked to provide a valid Driver's License. For those individuals already registered, and where there is no change in their name or address, no further action will be necessary.

Eligible voters can vote at any of the 85 Electoral Districts in B.C.

Voting packages can be mailed to eligible voters absent from B.C. or Canada, but sufficient time is required for this type of voting as packages must be sent and returned to a district office before May 14.

More information can be found at www.elections.bc.ca.

Scientists dive into submariner sleep

Life aboard Canada's submarines can be quite challenging, especially when submariners are hard-pressed to find time to sleep.

However, the Royal Canadian Navy recently implemented a new watch schedule on submarines to improve conditions and allow submarine crews to get more sleep, and in turn, operate more effectively.

Canada's Victoria class submarines have a crew of 48, and most boats followed one work schedule: submariners working a total of 12 hours per day in two shifts.

Cdr Alex Kooiman, Deputy Director of Submarine Operations, says for decades the navy had used a submarine work schedule where submariners would work six hours and then get a six hour rest period, and then repeat.

This schedule, however, caused problems because submariners performed other things during their rest periods, such as eating, administrative work and personal business. The old schedule meant the crew really only got three or four hours of sleep at a time during each off-duty period.

Before developing the new rotation, the navy turned to Defence Research and Development Canada (DRDC) scientist Michael Paul for assistance.

Paul had been studying sleep science for years for the Royal Canadian Air Force when asked by the navy in 2007 to study submarine work sched-



ules. During a 13-day transatlantic trip on board *HMCS Corner Brook*, Paul used small watch-sized devices on the crew's wrists to measure their sleep and activity while on duty. The collected data was inputted into a tool that measured the crew's ability to think and concentrate on tasks.

Results indicated that after 24 hours, the crew were operating at 75 per cent, and this level continued to decline over seven days until it reached 65 per cent.

It was clear the submarine crew were not getting the sleep required to do their job effectively.

"I always suspected people on the back watch would be somewhat

tired, but the study results showed both watches with increased levels of fatigue," stated Cdr Christopher Robinson, who commanded *HMCS Corner Brook* during the transatlantic study.

The results from the study were discussed during a meeting with other allied navies at DRDC Toronto in 2009.

A new watch schedule was developed with one eight-hour rest period per day, ensuring at least a daily single six-hour time for crew to sleep. The new watch schedule was designed to increase attentiveness by making sure the crew were less tired when working.

In 2010, *HMCS Corner Brook* tried the new schedule during training.

"When we implemented it, I noticed it was the most significant improvement in operational effectiveness I had ever seen. The crew was more alert and demonstrated a phenomenal improvement in their ability to do their job. The crew liked it too. As part of the trial, we were supposed to go back to the old schedule after a few days, but they asked to return to the new schedule, they were so impressed with it," said Cdr Kooiman, who commanded the submarine during the trial.

The new watch schedule developed by DRDC has now been adopted by the Canadian Submarine Force for use on board the Victoria class submarines.

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People Talk

Lookout asked players at the Logistics Bonspiel this question:

If you could have one historical figure, living or dead, on your curling team who would it be and why?



I'd pick Oprah. She could make anyone who is just learning today feel like a million bucks!

Capt Tina Verbenkov



Ron Northcott. He was a player in the 60s and was inducted into the Canadian Curling Hall of Fame. When I first started curling that was who I wanted to play like.

Tony Anslow



John Wayne. Even if he didn't make the shot he'd scare the other team into missing theirs.

CPO2 William Slater



Winston Churchill. He's a great strategist.

Cdr Tim Allan



Bruce Lee. He's a martial artist but I think he could do almost anything.

Lt(N) Clifford Burton

SPORTS trivia

by PO1 Bill Sheridan
Contributor

QUESTIONS?

1. What is the Bronco Nagurski Trophy awarded for?
2. Hockey Sock Rock; a song by Alan Thicke and sung by which teams players?
3. In mid February of this year, Australia won the Women's World Cup of which sport?
4. What dog race started in 1973 and is held annually starting from Willow Alaska.
5. How many players have scored more than 150 points in a NHL season?
6. What current Bronco cornerback was selected for the most Pro-Bowls?
7. Which sports use innings as part of their game?
8. Who is the most famous resident of Lovelock Correctional Center in Nevada?
9. What is a spare in bowling?
10. Who retired as the longest-serving captain of any team in North American major league sports history?
11. Which famous boxer, who held the world heavyweight title from 1919 to 1926, has a fish named after him?
12. The Harder They Fall is a book about which sport?
13. Who is the all-time wins leader in baseball?
14. Net Worth is a movie detailing what player's union struggle with their owners?
15. Who was the first pick in the NHL expansion draft in 1967?
16. Who was the first non-American born NBA player?
17. Miguel Poblet, Pierino Baffi and Alessandro Petacchi have all won which three bike races in the same season?

1. Awarded annually to the best defensive player in college football.
2. The Rangers, led by Phil Esposito, Ron Dugway, Pat Hickey, Dave Maloney and John Davidson.
3. They defeated West Indies in Cricket.
4. Iftarad.
5. Gretzky, Lemieux, Yzerman and Esposito, Bernie Nichol scored 150.
6. Champ Bailey.
7. All baseball and softball type games as well as cricket.
8. OJ Simpson.
9. All pins knocked down by the second ball.
10. Steve Yzerman.
11. Jack Dempsey.
12. Boxing, it also became a movie in the 40's.
13. Cy Young.
14. NHL.
15. Terry Sawchuk became the first pick, and was picked by the LA Kings.
16. Hank Bialis; who was born in Italy but grew up in Canada.
17. Giro d'Italia, Vuelta a España and the Tour de France.

ANSWERS

SUDOKU PUZZLE

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

ANSWERS ON PAGE 19

Level: Beginner

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Logistics curling event rock solid



Photos by Shawn O'Hara, Lookout

CPO2 Will Slater Logspiel Committee

It was a strong competition for the overall champion during the 38th Annual Pacific Region Logistics Invitational Logspiel.

When the last rock was thrown, the Lidstone Rink prevailed over the Nichol Rink to claim bragging rights this year.

The RCMP team from Comox edged out the Long Rink to win the B event, and the Pope Rink captured the C event in an extra end dual against the Issel Rink.

A great deal of work was done by the organizing committee and a heartfelt thank you goes out to all of our volunteers.

The Logspiel Committee would like to thank all of our competitors for making the event a resounding success. All participants would like to extend thanks to the sponsors for their generous donations, and specifically Megapower and Seianna Financial Services for being our A and B event sponsors respectively.

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National DIN site to be replaced

Corporate Internal Communications

In order to make the best use of Defence resources, the DIN National will be replaced by the Defence Team Intranet site.

The Defence Team site was selected as the main National site due to its mandate to support Defence business objectives and priorities.

The Defence Team site is the primary online source for information about what's happening within the DND/CF. Although the look is different, it provides similar access to tools and information as the DIN National. This includes everything from the Form Search, A-Z

Index, People Search, and more.

Since this is a National site, content that was not targeted to the majority of DND/CF personnel will be removed and kept on respective L1 sites.

The DIN National is scheduled to be decommissioned on March 11, 2013. This represents the first step to improving the Intranet at National Defence.

Look forward to opportunities to provide feedback and get involved in future improvements.

Visit the Defence Team site today to become familiar with its features and send your questions and comments to Corporate Internal Communications.

Every dollar counts

Capt Amélie Leduc
RCSU (Pac) PAO

On Feb. 19, The Regional Cadet Support Unit (RCSU (Pac)) raised \$70 for the United Way.

This year-round effort to raise money was as simple as a pancake breakfast. The two "cooks for a day", LS Bre Dusome and MCpl Kelly Sprague had this great idea. "Can it get any better?", said LS Dusome, "Start your morning with yummy food and raise money for a charitable organisation, it's perfect."

"Save-on-Food donated a \$25 gift card", said Lt(N) Cyndi Lawless, GCWCC United Way Unit Representative. "We

Start your morning with yummy food and raise money for a charitable organisation, it's perfect.

-Lt(N) Cyndi Lawless

used that money to purchase the pancakes, therefore, the \$70 was pure profit!"

The cadets that recently came back from Québec on an Inter-Provincial Exchange also played their part by donating maple syrup said Lt(N) Lawless.

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Yellowknife's joint operation

SLt Tomlinson
HMCS Yellowknife

At the tail end of February, HMCS *Yellowknife* embarked a sea of green clad military members as part of a joint operation.

Thirty soldiers from CFB Edmonton's 3 Princess Patricia Canadian Light Infantry (PPCLI) were in town Feb. 25 for a RECCE course led by their platoon commander Lt Austin Richardson.

Just south of William Head, *Yellowknife* stood by to receive three boats of army personnel and equipment to transport them to Albert Head for their training.

The transfer was valuable training for both CF branches and an opportunity to practice *Yellowknife's* amphibious capability.

The boats came alongside sequentially, embarking the soldiers who were straddling the pontoons of



Soldiers from 3 Princess Patricia Canadian Light Infantry take a trip in Yellowknife to Albert Head.

their assault boats as they bounced over the waves.

The operation presented many challenges that were expediently overcome by *Yellowknife's* deck department, such as hoisting the boats out of the water and stacking them on the sweep deck.

The transit was short but amicable, and after an hour the platoon fell-in in three ranks on the sweep deck behind their boats. Ropes were rigged quickly and the boats hoisted and brought.

As each boat was stabilized alongside, the soldiers disembarked on a jump ladder, cycling through the three boats efficiently and carrying on to Albert Head to continue their training.

The event was well documented to ensure that future operations of this type can build upon the experience gained by both branches to further enhance the capacity of the CF to utilize available resources in joint operations.

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Q&A with local squadron leader

A/SLt MacDougall
BPAO Trainee

There is no better way to learn about a Royal Canadian Air Force unit than to talk to its Commander. *Lookout* recently had the opportunity to meet Lieutenant-Colonel Steve Maude of 443 Maritime Helicopter Squadron and discuss the unit, its support to naval operations and his command philosophy.

What is the role of 443 Squadron?

443 Squadron, the west coast operational Sea King squadron, provides three helicopter air detachments known as "HELAIRDETS" in support of the Royal Canadian Navy's Pacific Fleet. The squadron is equipped with six CH-124 Sea Kings and has 250 personnel employed here in Patricia Bay at Victoria Airport.

What are some of the highlights of your career in the Canadian Forces?

I joined the Royal Canadian Air Force in 1990 and have been previously posted to 443 Squadron in two different jobs: the Air Detachment Commander of HMCS *Algonquin*, and the Squadron Training and Readiness Officer. I also served as the Operations Officer and the Squadron Executive Officer of 423 Maritime Helicopter Squadron, the sis-



LCol Steve Maude, Commanding Officer of 443 Maritime Helicopter Squadron.

ter squadron of 443, located in Shearwater, NS. I've also had postings at 406 Maritime Training Squadron and Wing Operations in Shearwater. After completing the Canadian Forces Joint Command and Staff Programme in 2010, I held several positions in Ottawa including my most recent posting to Canadian Expeditionary Force Command.

What navy ships have you sailed on?

I have sailed on *Her Majesty's Canadian Ships Fraser, Preserver, Ville de Quebec, Halifax, Iroquois, Algonquin, Ottawa, and Regina.*

What is your personal command philosophy for 443 Squadron?

My command philosophy revolves around the four "F's":

flying, fighting, fitness and family. Flying underlines the importance of having the best aircrew and technicians possible so that the primary task of putting air detachments on the backs of RCN ships can be fulfilled. Fighting indicates the importance of having all the necessary qualifications and training to deploy when the call comes. Fitness shows the strong belief that physical fitness breeds mental fitness which allows us to handle the stress of our jobs. Family represents the cornerstone of our lives. I do everything possible to allow work-life balance for this Squadron.

The squadron's new hangar is being constructed. How is that going?

Yes, the new hangar is scheduled for completion in May 2014. It will replace

our existing hangar and this headquarters building and will be large enough to house and support nine Cyclone helicopters.

What are some of the challenges of being Commander of 443 Squadron?

I have a young squadron and they need time at sea to become experienced, confident aviators and technicians. We are a small stand-alone unit which allows for flexibility and a feeling of family, but the challenges of that is the 5,000 kilometres between myself and my chain of command, which is based in Shearwater, N.S.

What has been the most significant event in your career till now?

I took command of 443 Squadron in March 2012 and it is the high point of my Canadian Armed Forces and Sea King career. I literally jump out of bed in the morning with enthusiasm. I would do this job for the rest of my career if I could! My goal is to be one of those great bosses who mentor subordinates to meet career goals, like those great bosses whose hard work and support have helped me get where I am in my career.

LCol Maude's wife Jennifer, also a CF member, lives in Ottawa with their two sons, Tristan and Riley.

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Op Sculpture ends

LCol William Beaudoin
CJOC

The following is an excerpt from an article written by Major John Egan about his experience entering Sierra Leone some 13 years ago:

The Hercules dove to within 200 feet of the Atlantic as it came up on the coast of Sierra Leone. Tilting left, then right to avoid potential missile or gunfire, the aircraft was not far above the water when it lifted up slightly to pass over two fishing boats and a small freighter. To the south, I could see the capital of Freetown, our home base for the next six months.

After crossing over a beach, the big plane cleared a palm forest before banking hard right. Soon we were on the ground at Lungi airfield: 11 Canadian soldiers ready to take over from the first rotation of 10 Canadian military advisers. It was nearly noon, June 1, 2001, and we had 20 minutes to conduct handovers on the airstrip, during which time the Herc's engines never stopped running. And although we were surrounded by United Nations troops guarding the airfield, we were not serving with the UN. We were part of a British-led initiative to provide advice and training to help the Sierra Leone government rebuild its armed forces.

Fast forward to Thursday, Feb. 14, 2013: the final remaining four members of Task Force Freetown participated in closing ceremonies commemorating the successful completion of the Canadian Forces mission in Sierra Leone – Operation Sculpture.

The small but dignified ceremony was executed in conjunction with the remaining UK members of the International Military Advisory and Training Team (IMATT). IMATT has been a victim of its success and will draw down in March due to the increased capabilities of the Republic of Sierra Leone

Armed Forces (RSLAF).

In the presence of Col J. Martin, Commander IMATT, LCol William Beaudoin, the last Task Force Commander accepted the return of the Canadian Flag from its position in front of IMATT HQ.

During the ceremony, presentations of the Operational Service Medal – Sierra Leone were made to MWO Mike Bolduc (the IMATT/Task Force Freetown Regimental Sergeant Major) and Capt Mark Savard (Deputy Commanding Officer). As a lasting tribute to the service Canada has provided both to IMATT and the people of Sierra Leone, a stone plaque in the shape of a Canadian maple leaf was presented and mounted at Leicester Square.

Since Canadian Forces members first deployed to Sierra Leone in November 2000, peace and security in the country has increased. Sierra Leone has moved away from its past and the devastation of the civil war to a stable, strong, democratic nation possessing a professional and competent military force.

The RSLAF, in concert with and supported by IMATT, have evolved to the point that they have successfully participated in international missions, such as the United Nations-African Union Mission in Darfur (UNAMID), and are ready to participate in African Union (AU) led missions.

Note from the author: In many ways Canadian soldiers have taken away far more from Sierra Leone than we have ever contributed. We have seen the strength of a people forging a nation from the challenges they faced in an extremely short period of time. The smiles of the people and children that all of us who have served in Sierra Leone have met will stay with us forever. Sierra Leone has a bright future filled with all the potential it can muster. In some small way, it is believed that Canadian soldiers have been able to be a little part of that success.

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From March 6 - 23, temporary voter registration opportunities are at hundreds of locations throughout the province. View electoral district voter registration opportunities at: elections.bc.ca/registration-opportunities.

B.C. voters can also register or update their information when they go to vote in the May 2013 Provincial General Election.

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Last practice run for MARS students

Shelley Lipke
Staff Writer

Two weeks ago, officer of the watch A/SLt Matthew Noiles stood on the bridge of Patrol Training Craft Caribou 57, his eye level with the pelorus.

"Recommend come left 20 degrees new course one zero zero at stationing speed," he said to the Captain, LCdr Sam Patchell. LCdr Patchell assessed the speed and course recommended and responded, "Yes please."

The Orca class vessel then veered left in sync with the other five Orcas in the formation sailing off Esquimalt Harbour.

This manoeuvre was part of a training exercise on Feb. 28 for junior officers, which involved the entire fleet of Patrol Craft Training vessels.

For the junior officers it was a stressful time, as it tested the navigation and seamanship in the final stages of their Maritime Surface and Subsurface (MARS) training.

If they misunderstood a signal and turned the wrong way they could easily have a collision between two ships.

"Manoeuvring is about being a team within the ship," says the course training officer, Lt(N) Travis Bain. "They need to use time-management skills, multitasking and have good

This training gives them a controlled environment at sea to practice in.

-Lt(N) Travis Bain
Course Training Officer



Shelley Lipke, Lookout

Above: A/SLt Malcolm Gardiner, officer of the watch, is in charge of the safe movement of the ship. He fixes on a point to get a bearing on the pelorus.

Below: Lt(N) Travis Bain assists A/SLt Matthew Noiles on how to take a fix between two points using a horizontal sextant angle.

direction to support the team. There is a lot happening at once."

Students have learned ship handling in the classroom and in the simulator, so during the exercise they had to receive signals and get the ship in formation safely while giving direction to the team and briefing the Captain.

On board PTC Caribou, five MARS IV students were in the final stages of this intense sea phase training. Each rotated to different positions on the bridge and throughout the day took bearings to advise the captain on navigation.

It has taken these students nearly two years of intense training at the Naval Officer Training Centre (NOTC) Venture to get to



this stage.

"When they join the Fleet they can expect to do manoeuvres like this," says LCdr Patchell. "This training gives them a controlled environment at sea to

practice in."

On March 23, MARS students will graduate and move into bigger hulls when they join the Fleet on either East or West coast as bridge watch keepers.



Shelley Lipke, Lookout

Six Orcas sail in formation while a Cormorant helicopter flies overhead. These manoeuvres were part of the MARS IV course.

Q & A

with MARS students

Lookout asked several students about their MARS training and how they feel to be joining the Fleet.

A/SLt Matthew Noiles
(26 years old)

What attracted you to the MARS trade versus engineering or logistics?

I was attracted to the MARS trade because I didn't want to be behind a desk.

What challenges did you face along the way in MARS training?

It's been challenge after challenge. Academically there have been many tests and I just keep hoping to make it to the next one. At sea we are given constant practical challenges like manoeuvring, navigation, and applying all of the skills as officer of the watch. The officer of the watch is working with his range officer and velocity officer to manoeuvre the ship correctly. There is a lot happening and we are using all the skills we have learned.

In a few weeks from now when you join the Fleet as bridge watch keeper, what will it feel like to achieve this goal?

I'm anxious and nervous and excited at the same time. The bridge watch keeper is responsible for the safety of the ship, and leading the ship and company through operations and safe movements. I think in this role you're always a little nervous as there is so much going on and a lot of pressure.

A/SLt Kent McLeod
(28 years old)

What did you do before you joined the navy and how does it relate to what you are doing now?

I was a forester before joining the navy, but I was also a cadet previously. Being a cadet gave me an insight into the MARS trade. I knew it would be a challenging job and one that I wanted to take on.

What attracts you to the East or West coast?

I was born and raised in Chemainus so I am hoping to be posted to a ship in the west coast fleet.

What did you enjoy most and least about the MARS training?

I really enjoyed watch on deck and being able to finally interact with the crew. It was a lot better than the simulator at Naval Officer Training Centre (NOTC) Venture because we can interact with other people, aside from the junior officers.

What I enjoyed the least would be the pressure and stress put on us throughout the course. We were given tasks that are difficult to the point that you must work as a team to achieve them. This is both frustrating and difficult. It's a vertical learning curve. You have to learn a lot quickly and retain it. They tell you once and you should not have to be told again.

In a few weeks from now when you join the Fleet as bridge watch keeper, what will it feel like to achieve this goal?

It is going to be interesting going from a training facility with peers where everyone is in the same boat, so to speak, to a situation where it's not about me and my training anymore. It's about sailing a ship and that's something you don't want to screw up. The Orcas give you an opportunity to practice, but you don't know if you've got what is required until you actually get there.

It will feel good to finally accomplish what we have worked so hard at for the past couple of years.



Bruno Snow celebrates kit

On March 1, Lt(N) Bruno Snow was re-presented to Esquimalt Mayor Barb Desjardins with a new uniform updated to include the executive curl and War of 1812 pin. Lt(N) Snow represents the close relationship between the base and community and is currently tasked with “standing watch” over the Esquimalt library. During some rare downtime, Lt(N) Snow relaxed at the Wardroom.

Photos by Base Public Affairs



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Personnel Support Programs (PSP) fitness researchers observe a Canadian Forces volunteer perform the sandbag lift during the extensive development phase of the FORCE evaluation. *Inset:* The sand bag drag consists of carrying one 20 kilogram sandbag and pulling four on the floor 20 metres without stopping.

New Forces minimum physical fitness test and standard coming

On April 1, 2013, the Canadian Armed Forces will implement the updated approach to military fitness: the FORCE Program.

The new program has two components: the new fitness test, called the FORCE Evaluation; and the FORCE Exercise Prescription, the operational fitness training system available at www.DFit.ca.

Replacing the 30-year-old Canadian Forces EXPRES Test, the FORCE Evaluation has been scientifically validated and developed specifically for the CAF by the Personnel Support Programs (PSP) Directorate of Fitness. Rather than testing fitness with the traditional push-ups, sit-ups, grip tests and endurance runs, the FORCE Program evaluates members' ability to execute tasks that

are directly linked to true-to-life physical challenges faced on operations.

In a comprehensive analysis of military operational fitness, PSP human performance scientists and fitness experts have looked at more than 400 physical tasks performed by Canadian military personnel in all environments over the past 20 years.

"I am extremely pleased with both the overhaul of the Canadian Armed Forces' fitness evaluation system and the establishment of a common fitness standard," said General Tom Lawson, the Chief of the Defence Staff. "The FORCE Program is not about training to pass a fitness test; it's about training for the variety of military operations we are involved in. As members of the Canadian military, we never know where

we may be called upon to serve, or what form that service will take. The FORCE Program will better help us prepare to meet our fitness readiness challenges head-on."

Four FORCE Evaluation components have been designed to accurately test CAF members' ability to complete six common military tasks encountered on routine, domestic and expeditionary operations: escape to cover; picket and wire carry; sandbag fortification; picking and digging; vehicle extrication; and a stretcher carry.

"The new CAF fitness program is more than just the fitness test. It is about an end-to-end program of all the elements of a healthy lifestyle around physical fitness," said Major-General Dave Millar, Chief of Military Personnel. "The pro-

gram combines nutrition and a tailored and variable workout regime with performance measures to monitor progress, and it is all available online to all CAF members. It has been scientifically designed to ensure it meets the rigors of military life and will help prepare CAF members to meet the challenges of service."

All CAF members will be tested annually and be required to achieve one common minimum standard, regardless of age and gender.

Starting April 1, 2013, PSP fitness staff and local chains of command will schedule FORCE Evaluation familiarization sessions to introduce the new minimum physical fitness standard to local CAF personnel. Throughout the 2013/2014 fiscal year, Army, Navy and Air

Force personnel will have the opportunity attempt the new FORCE Evaluation as their fitness test on a trial basis. As of April 2014, the FORCE Evaluation will fully replace the CF EXPRES test.

"Should some Canadian Armed Forces personnel have difficulties in meeting the new minimum physical standard during a familiarization session, PSP staff will be available to guide them to some training exercises through DFit.ca, in line with the tasks identified through our research," said Daryl Allard, Director of Fitness. "This will help prepare them for the physical rigours of today's complex and demanding operating environments."

Visit www.cfpsa.com/FORCEprogram for complete program information.



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Admiral visits Operation Palaci team

Margaret Campbell
CJOC

Under blue skies in the freshly snow-capped Rocky Mountains, Rear-Admiral Bill Truelove, Commander Joint Task Force Pacific, visited the troops deployed on Operation Palaci - the Canadian Armed Forces (CAF) contribution to avalanche control in Rogers Pass, B.C.

The Commander also met with joint partners at Parks Canada Agency (PCA), who have been working closely with the military for the past 52 years to keep Rogers Pass open during the winter season.

PCA officials continuously monitor weather and avalanche conditions in the Pass while troops from 1 Royal Canadian Horse Artillery

(RCHA), the majority of whom are reservists, stand ready to conduct avalanche control operations in support of PCA. The artillery troop maintain and fire the C3 105-mm Howitzer artillery gun from 17 gun positions strategically located along the eastern and western side of the highway. From these positions they are able to trigger controlled avalanches in specific areas as requested by PCA.

Rear-Admiral Truelove praised the efforts of the team while also highlighting the challenges of the mission and strategic significance of Op Palaci to the Canadian economy. He noted that, "4,000 vehicles and 40 trains travel through the Pass each day, and that for every hour it is closed it costs our economy roughly \$68,000."

The Admiral thanked the troops for their great work noting that the deployment sees them away from their families and operating in a remote location.

Rear-Admiral Truelove also met with Brenda DeMone, the Highway Area Manager/Associate Director of the Parks Canada Highway Service Centre from Revelstoke, as well as Jeff Goodrich, the Senior Avalanche Control Officer.

"We are privileged to work alongside our partners from Parks Canada Agency in the conduct of this important operation," said Rear-Admiral Truelove. "With an average of 14 metres of snow and more than 130 avalanche paths intersecting the Trans Canada Highway and the Canadian Pacific Railway through Glacier

National Park, this collaboration is vital for the safety and economy of Canada." Following their meeting, Rear-Admiral Truelove and Brenda DeMone exchanged coins.

Capt Walker Pryor, gun troop commander for Roto 2 noted that, "It was an honour to have Rear-Admiral Truelove at Operation Palaci. It is good to see that the troops who are separated from friends and family are recognized for their hard work."

He highlighted that "1 RCHA is thrilled to work in close partnership with Parks Canada on a mission that directly supports Canada"

To date, there have been 164 controlled avalanches to date keeping the pass free from danger and major delays.



Above: RAdm Bill Truelove and Brenda DeMone, Highway Area Manager/Associate Director of the Parks Canada Highway Service Centre, exchange coins.

Below: RAdm Truelove chats with Operation Palaci soldiers.





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SLt Daniel Lonsdale (left) sails past ice flows during an exchange with the Australian Navy.

Exchange foreign but fun

Shawn O'Hara
Staff Writer

A local junior officer got a taste of Kiwi life during an extended stay with the Royal New Zealand Navy (RNZN).

SLt Daniel Lonsdale of HMCS *Protecteur* spent seven months with the RNZN from June to January as part of Operation Regulus, a Canadian Forces program that sees Canadian sailors serving in allied navies to build relations and understanding.

"It was really eye opening. I got to see how my job was done in another part of the world," he says. "For the most part things are the same, but there's enough of a difference that it takes some getting used to."

One of these differences was dress protocol. When an RNZN ship is alongside the crew wears their dress uniforms, and as a junior officer SLt Lonsdale was issued some new kit pieces that put the normally shy sailor outside his comfort zone.

"They issued me these white short shorts with knee-high white socks," he says chuckling. "Whenever we were coming into or leaving harbour we were expected to wear them. It

was embarrassing at first, but I got used to it."

In the seven months he spent in New Zealand, SLt Lonsdale served as a watch keeper in five RNZN ships: HMNZ Ships Canterbury, Rotoiti, Otago, Wellington, and Taupo. The quick turn over for SLt Lonsdale was due to a manning crisis facing the RNZN, which has left many ships lacking crew.

"I was needed in so many places it seemed like whenever I got comfortable I was off somewhere else," SLt Lonsdale says. "There can be some awkwardness in working with a new crew, but everyone was so accommodating that I was put to work without a second thought. It made the whole process a lot easier for me."

Serving on that many ships in so short a time exposed SLt Lonsdale to a variety of situations he may not have experienced otherwise. He had the opportunity to navigate the iceberg-infested Antarctic waters, sail around the entirety of New Zealand, and help save the lives of a pair of capsized yachters.

While serving in HMNZS Otago, the ship received a distress call during workups to prepare for the Antarctic trip. The crew responded

without hesitation and after two straight days of sailing finally reached the capsized vessel, pulling the couple on board to safety.

"They were injured and had been hiding out in a compartment with meagre supplies for days," says SLt Lonsdale. "They'd been sailing that yacht around the world for years and it ended up at the bottom of the ocean. If we hadn't gotten there when we did it could have ended very badly."

The rescue mission gave SLt Lonsdale a new perspective on his training and career.

"As part of the military you always hear your job is ultimately to protect people," he says. "I didn't really understand what that meant until it was staring me right in the face. I'll never forget what I learned that day."

The hardship of months away from Canada and his wife was the toughest part he says.

"We emailed, called, and talked on Skype as much as we could, but it was still hard. I was excited to go to New Zealand because I knew I would learn and see so much, and I did, but the best part of a deployment was coming home."

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HMCS Regina crew members receive General Campaign Star

As HMCS Regina sailed into Pearl Harbor, Hawaii, on its way home from an eight-month deployment, crew members received the General Campaign Star - South West Asia, which recognizes those who serve in a theatre of operations in the presence of an armed enemy within the Arabian Sea region. The award was presented by MGen Steve Noonan, Deputy Commander (Operational Support) Canadian Joint Operations Command (CJOC).

Photos by MC3 Diana Quinlan



AB Gregory Andreychuk, a Naval Communicator.



AB Tracey Ann Laroque, the Commanding Officer's Steward.



AB Albert Vlodder, a Naval Communicator.



OS Michael Massé, a junior electrician in Regina's Engineering department.



Cpl Brandon O'Connell, MARPAC Imaging Services Commander of Canadian Fleet Pacific, Cmdre Scott Bishop, on behalf of Senator LGen Romeo Dallaire (Ret'd), presents Major (Ret'd) Philip Charles Lancaster with the Queen's Diamond Jubilee Medal. Lancaster was a Military Assistant to General Dallaire during the Rwandan civil war.



PO2 Burno receives the Operational Service Medal - Expedition from Fleet Maintenance Facility Commanding Officer, Capt(N) Don Smith.

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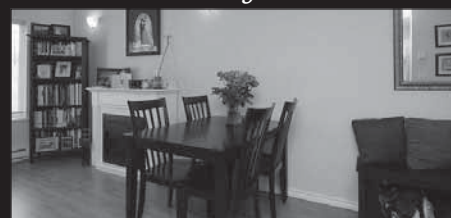
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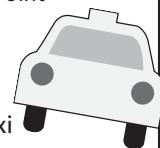
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PUZZLE ON PAGE 4



CPO1 Kelly presents the ship's coin to CPO2 O'Donnell.

Cadet parade night on HMCS Protecteur

SLt Stephen Oxley
HMCS Protecteur

Sea cadets from RCSCC Rainbow had a real treat Feb. 27 when they held their parade night in *HMCS Protecteur*.

Sixty cadets and parents boarded the newly refurbished tanker.

Highlights of the night included ship's captain Cdr Todd Bonnar presiding over the parade, demonstrations on force protection and diving gear, and guided tours of the ship.

CPO2 Olejnik, aided by OS Whelan and LS Halliman, gave force protection demonstrations, its purpose and the equipment involved. The C7, Sig Sauer, shotgun and MP5 in particular drew the attention of the sea cadets. They rifled off question after question about how the weapons function.

Diving was demonstrated by OS Holt. He kept the crowd engaged by allowing them to interact with the equipment, and then dressed himself up to show the youth how divers dress and prepare themselves to perform their underwater duties.

Afterwards, the cadets formed up for parade under the Commanding Officer of RCSCC Rainbow, Lt(N) Jamie Webb.

The reviewing officer, Cdr

Bonnar, then inspected the cadets. He was impressed with their turn out.

"The cadets have exhibited an impressive standard of dress," he said.

During the awards and ceremonies portion of the parade, Cdr Bonnar and the ship's coxswain CPO1 Kelly awarded a ship's coin to two cadets, one for the best dressed and the other for the best deportment.

The recipients were OS Damian Ward and CPO2 Rory O'Donnell.

Both cadets proudly displayed their coins to their peers during "stand easy", which occurred immediately after the parade.

At the end of the awards and ceremonies portion, Cdr Bonnar presented a plaque as a token of appreciation to the sea cadets of RCSCC Rainbow for demonstrating an appreciation of the navy.

Cadets then enjoyed freshly baked cookies and juice in the crew's cafeteria.

Following stand easy, out pipes was piped by RCSCC Rainbow's Chief Boatswain Mate for the tours. Eight tour guides from *Protecteur* took groups of eight cadets and parents and showed them life in a warship.

As the cadets wandered down the brow to the jetty, they left with a greater knowledge about what a career in the navy would hold for them.



Cdr Bonnar presents an HMCS Protecteur plaque to Lt(N) Jamie Webb of Royal Canadian Sea Cadet Corps Rainbow.



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