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LOOKOUT

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Heavy lifting

RAdm Bill Truelove, Commander Maritime Forces Pacific, Joint Task Force Pacific, performs the sandbag lift evaluation as part of the new Force Fitness test. He and 14 other members of the Command team familiarized themselves with the test at the Naden Athletic Centre last Monday.

Inset: CPO1 Paul Helston carries a sand bag across the gymnasium.

Read the full story on page 3.

Photos by Shelley Lipke, Lookout

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Andrew A Bryant, Contributor

Residents of Powell River were treated to a rare sight last week. HMCS Victoria was in the area performing exercises with other naval vessels as part of Exercise Trident Fury.

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MARPAC leadership out in full force

Shelley Lipke
Staff Writer

Last Monday morning, 15 senior leaders, including RAdm Bill Truelove, donned their PT attire and trialed components of the new FORCE Fitness Evaluation at the Naden Athletic Centre.

With stopwatches in hand, Personnel Support Programs fitness instructors coached and timed them on all four components of the FORCE evaluation.

"It's demanding and reflective of the challenges one could face in any element we encounter in the Canadian Forces," said RAdm Truelove, Commander of Maritime Forces Pacific. "It will be great to see the Formation rise to this new challenge. I found it used different muscle groups and interesting techniques with rushes and lots of lower body strength. Well done to the PSP staff for rolling it out. It's nice to be here today with senior leadership doing this test."

The evaluation has four components including a sandbag lift (30 lifts in three minutes and 30 seconds or less), intermittent loaded shuttles (five loaded and five unloaded in five minutes and 21 seconds or less), 20 metre rushes (dropping to the prone position every 10 metre and completed in

I found it used different muscle groups and interesting techniques with rushes and lots of lower body strength.

-RAdm Bill Truelove
Commander Maritime Forces Pacific/Joint Task Force Pacific

51 seconds or less) and the sandbag drag (continuous test with no time frame).

Between each component there is a five minute rest and typically the test must be completed in the order noted above; however, members may start at any point.

"Today we had quite a range of age, demographics, and fitness levels and everybody made it," said Base Commander, Capt (N) Bob Auchterlonie. "The common task approach is great. I think all the folks in the defence team will be pleased with it."

MARPAC Chief of Staff, Capt(N) Mike Knippel also liked it.

"It's more about short bursts than prolonged shuttle runs. I found the prone position running was a challenge. I did it in two seconds under the required challenge time. Dragging



Photos by Shelley Lipke, Lookout
Fitness instructor Alicia Whyte coaches RAdm Bill Truelove on the drag pull.

the weight was easy for me as I am 240 pounds, but a 110 pound person must drag the same weight. That said, I think it is doable for them as well, and it was nice to take part in this today with senior leadership."

Military members are welcome to try the Force evaluation in order to famil-

iarize themselves – opportunities are Monday and Tuesday mornings from 8 a.m. on a drop in basis. The Force Evaluation officially began as the new method of testing May 1. PSP fitness instructors said the feedback from those who have taken the test has been very positive.



CPO1 Paul Helston, Capt(N) Bob Auchterlonie, and Capt(N) Mike Knippel are in prone position awaiting the start of the intermittent shuttle run.

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Gnaval Gnome enjoys R&R in Europe

It's been a while since we've heard from our friend Gnaval Gnome. Lookout recently connected with him while on the road in Europe.

Lookout (LO): Welcome again Gnaval Gnome. I understand you've recently taken some leave?

Gnaval Gnome (GG): Yes. "The Laws of the Navy" remind us to take leave "as much and as oft as may be." "The Laws of the Navy," by the bye, is my very favourite poem. It's the Bee's Gknees.

LO: I see. And where did you go on your leave?

GG: Well, since all roads lead there, I went to Rome. The one in Italy. It was a Gnoman Holiday.

LO: And what did you do in Rome?

GG: Gnaturally, while in Rome I did as the Romans do. Rome, of course, is ever so historic, dating back weeks and weeks. When I took the shuttle bus from the airport to my hotel downtown, I thought to myself "Caesar's legions must have marched along this very route, on their way to and from the airport."

LO: Uh...yes, but...anyway, what did you see in Rome?

GG: Mostly columns and arches; they're quite big on those there. And pizza. I visited the Coliseum too. An ancestor of mine, Gnomius Maximus, used to do a stand up routine there, back in the day. His stage name was "Lion Chow"; they ate him up. I also went to St. Peter's Square, but kept getting mistaken for the new Pope. I think it was the hat.

LO: Fascinating.

GG: Of course, we gnomes have a long association with Rome. Gnero was a gnome, and perhaps the most famous Gnoman leader. Rome burned down on his watch and he got blamed. He was trying to create an early version of the Yule log video, and it got away from him. He's said to have fiddled while Rome burned. That's gnonsense, of course. He played the flugelhorn with a kazoo accompaniment.

LO: I see. And what else did you do on your leave?

GG: Well, being a Gnaval

Gnome, I went to sea on a cruise ship, sailing through the Mediterranean and Black Seas to Turkey, the Ukraine, Greece, and back to Italy.

LO: And how was that?

GG: Well, first, let's talk Turkey. Turkey was a delight...a delight. Did you see what I did there? Turkish...delight...

LO: I see.

GG: Anyhoo, after visiting Constantinople we made our way through the Bosphorus into the Black Sea. Turns out it's actually

blue. Who knew?

LO: I don't know...

GG: In Yalta and Odessa in the Ukraine they had beautiful gardens. Did you know that another relative of mine, Gnikita Gnome, was a garden gnome at the palace where Churchill, Roosevelt, and Stalin held the Yalta conference in 1945? The Soviets asked Gnikita Gnome to join the Communist Party, but he said "Gnyet". Little gnome fact.

LO: I did not know that.

Columbus, and sailed with him to the New World. A lot of people think they were looking for a route to India, but in actual fact, Gnorberto convinced Columbus they should go for a donair.

LO: And how was the "at sea" portion of your vacation?

GG: It was very gnautical. The best part was how often I was able to strap on the ol' feedbag. At least, until the Purser on board said I had to stop bringing my old feedbag into the restaurants and buffets on board.



GG: In Athens there were more columns and arches, and Souvlaki instead of pizza. I tried reading a local newspaper there, but it was all Greek to me. Then in Sorrento, Italy, they were growing lemons as big as pudding fenders...mmmm, pudding...

LO: You were saying?

GG: Oh yes. In Genoa, you can visit Christopher Columbus' boyhood home. My great-great-uncle, Gnorberto Gnome, was a good friend of

LO: Did you get to relax in the sun?

GG: Oh my, yes! Though we gnomes have to be particularly careful. Did you know it was my cousin Gned Gnome who invented sun block? Mind you, his sun block was just a large box he'd hide in. But it kept him out of the sun. He wound up marrying a gal who made moonshine, but he loved her still.

LO: Um, very interesting.

GG: Well, it was gnice chatting with you, but I should be shoving off gnaw. Please remind your readers they can see more shots from my gnoman holiday on my Facebook page. Just look up Gnaval Gnome. Arrivederci!

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Charges laid

On May 2 the Canadian Forces National Investigation Service charged a member of the Canadian Armed Forces with offences related to sexual assault, disgraceful conduct and drunkenness.

Major David Yurczyszyn, former Commanding Officer of CFB Wainwright, AB, has been charged with one count of sexual assault in accordance with Section 271(a) of the Criminal Code of Canada and pursuant to Section 130 of the National Defence Act, one count of disgraceful conduct, in accordance with Section 93 of the National Defence Act, and one count of drunkenness, in accordance with Section 97 of the National Defence Act.

The offences are alleged to have occurred on Nov. 11, 2012.

"All members of the Canadian Armed Forces are expected to conduct themselves in an appropriate and professional manner at all times," said Major Kevin Cadman, Deputy Commanding Officer of the Canadian Forces National Investigation Service. "The Canadian Forces National Investigation Service and the Military Police consider these charges to be significant and have taken action accordingly."

NORAD celebrates 55th anniversary

May 14 marked the 55th anniversary of the North American Aerospace Defence Command (NORAD).

In 1958, the NORAD Agreement was first signed by the governments of Canada and the United States. Since then NORAD has served the citizens of both countries as the first line of defence against air attack on their homelands.

"NORAD has proven itself highly effective in its roles of deterring, detecting and defending against potential threats by monitoring and tracking man-made

objects in space including aircrafts, missiles, satellites and space debris," said Peter McKay, Minister of Defence. "Canada's strong defence relationship with the U.S. is extremely important, and through mutual partnerships such as NORAD Canada receives enhanced protection from direct military attack by sharing responsibility for the defence of North America."

Exercise Maple Resolve begins

More than 3,000 military personnel are converging at the Canadian Manoeuvre Training Centre (CMTC) at CFB Wainwright for one of the largest and most complex Canadian Army exercises of the year.

Exercise Maple Resolve runs from May 13 to June 13 and focuses on combined arms groupings, employing a scenario to create a force-on-force conventional fight with a challenging enemy.

This is done within an environment where the realities of a deployment are replicated as accurately as possible.

"Training at this level saves lives on operation; this is why we conduct these events," says Col Jocelyn Paul, CMTC Commander. "The complexity of this exercise mirrors that which we find in real operations. It's not an easy task to replicate, but the end result is phenomenal."

The integrated approach of Exercise Maple Resolve is in synch with JOINTTEX, a series of joint training events designed to further the Canadian Armed Forces' capability to conduct complex missions where land, sea, air and Special Forces work together under a single command.

The PGA Tour Canada and the CF Appreciation Program have recently partnered to provide members of the **CF with free access** to all stops on the Canadian Tour through their Military Outreach Program. The special offer goes out to all currently serving members and their families*, as well as veterans and their families (offer is available for up to 2 accompanying family members). In order to receive your complimentary admission to the Tour, simply show up to the host course and present your CF Appreciation Program Membership Card at the ticketing kiosk. For those without our card, the NDI 10, 20 and 75 ID cards will be accepted.

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Sept. 2-8 Cape Breton Celtic Classic The Lakes Golf Club, Ben Eoin, Nova Scotia

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GOODYEAR **DUNLOP**

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Surviving naval environmental training

Capt Jenn Jackson
CFB Esquimalt Public
Affairs Officer

For those, like me, who are uninitiated to life at sea on one of Her Majesty's Canadian Ships, coming aboard and performing as a member of the ship's crew may seem to be as easy as crossing the brow and finding your bunk.

After spending a morning in *HMCS Nanaimo*, and watching the crew perform emergency response drills, it quickly became apparent to me that without even a basic understanding of seamanship, the ship and how to combat issues that may occur, I was essentially useless and helpless.

Thankfully, to help members prepare for joining a ship's company, the Canadian Forces Fleet School teaches the Naval Environmental Training Program (NETP), which provides students a basic preparation, understanding and foundation for life at sea. The shore portion of NETP consists of instruction in naval tradition, terminology, basic seamanship, procedures for protecting the ship, damage control, and sea survival. The approximately one month shore portion is then followed by a final training package to be completed on ship.

I wasn't quite sure what to expect my first day on the course. To begin with, I was wearing Naval Combat Dress, a new uniform to me, and I was praying I was wearing it properly. Upon arrival, it was immediately apparent that our instructor was experienced and knowledgeable, and quickly information was passed on like a fire hose was opened as we jumped right into learning about life at sea.

I was thankful I had had the opportunity to spend a little bit of time on the smaller ships in the fleet. Even that little bit of time helped me to understand what I was learning and see how those ship's companies were able to work like fine-oiled machines. It also helped highlight how much more I still have to learn.

After basic seamanship and lessons on protecting the ship, my course shifted over to the Damage Control Training Facility (DCTF) Galiano in Colwood for almost two weeks of dam-



Photos by Capt Jenn Jackson
Above: LS Shawn McIntosh instructs students in how to deflate an emergency life raft during the Sea Survival phase of the course at the Naden Pool.

Left: LS Danny Stansall uses basic rescue swimmer technique to tow OS Steven Hartling.

age control (DC) training including flood and fire-fighting. One of the most useful things I learned at the beginning of this portion of the training was how to name compartments. It may sound silly, but that understanding will hopefully keep me from becoming lost on a ship, a theory I hope to test in the future.

During the DC training, the members of my course really gelled together as a team. We all come from different backgrounds and there was a variety of trades represented, but when it

comes to protecting your ship from flood or fire, every member of the company has the same goal: keep the ship afloat.

The training facilities at DCTF Galiano are amazing instructional aids that provide extremely realistic conditions for applying all that we learned during the theoretical portion of the course. Although only a taste of what could be faced on ship, the training was more than enough to drive home how big a threat both floods and fires are to the ship and her company if

they are not dealt with swiftly and decisively.

The final portion of the course involved sea survival training, ending again with practical training in the pool using a life raft, personal floatation devices and done while dressed in Naval Combat Dress (without boots). Again this practical training was useful in providing a taste of what could be encountered in a sea survival situation—if you are lucky enough to be in warm calm seas.

Now that I have completed the shore portion of NETP, I feel much better prepared to work aboard a Royal Canadian Navy ship. Although I need more experience on ship and still have a lot to learn to build on the small foundation I just received, I am hopeful that when given a chance to sail I will be able to come aboard, not get lost trying to find my bunk, and know where to find out where I should be if an emergency happens. Building on the small but sturdy foundation is something only time and experience will bring.

What's next for me? Perhaps some time at sea to complete the sea portion of the course.



Instructor MS Matthew Lovejoy demonstrates how to properly fold a smoke screen to members of the Naval Environmental Training Program 0164 during the firefighting phase at the Damage Control Training Facility Galiano in Colwood.

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Toastmasters comes to the base Build your courage, find your voice

Shawn O'Hara
Staff Writer

A group of CFB Esquimalt personnel are providing their fellow employees with an opportunity to hone their public speaking skills.

The group, called Westcoast Toastmasters, is an independently run branch of an international organization that seeks to empower people with the skills they need to confidently speak in public.

"Some people think communication skills are only important when you're higher up in a job, but that's just not true," says Ashley Milburn, a research analyst in the International Engagement Office and a member of the Westcoast Toastmasters Executive Board. "No matter what you do, the ability to clearly and confidently communicate is very important."

In Toastmasters, members give presentations, provide feedback for speakers, and learn to work in and lead group discussions and proj-

ects. Through these activities members sharpen the skills needed to effectively communicate on a personal or group level.

"We try to promote a positive and welcoming atmosphere for people to practice their skills," says Milburn. "Everyone in the group is there for the same reason, so you don't have to worry about embarrassing

Esquimalt personnel to attend," says Milburn. "We thought with a more central location it would be more attractive to personnel who maybe held off because it was inconvenient."

The meetings take place during the lunch hour every Thursday at D199. Since access to dockyard is necessary, the group is only open to Department of National Defence personnel.

The CFB Esquimalt group is Milburn's first experience with Toastmasters and she says the program is a tremendous aid to people of all skill levels.

"Whether you're petrified of public speaking or a seasoned presenter you'll get something out of this program," she says.

There is a one-time membership fee of \$21 for Toastmasters, and membership costs \$41 every six months.

For more information contact Ashley Milburn at ashley.milburn@forces.gc.ca or 250-363-5997.



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Sgt Norm McLean, Combat Camera



Sgt Norm McLean, Combat Camera

Above left: Pte Emanuel Defresne positions his C9 light machine gun on the rigid hull inflatable boat as he and his section move toward shore to conduct a beach landing exercise near CFB Esquimalt.

Above right: Pte Rafael St-Hilaire jumps down a muddy slope towards the beach where rigid hull inflatable boats wait to extract him and his section during a beach extraction exercise.



Major exercise wraps up

Shawn O'Hara
Staff writer

The largest joint Canadian-United States military exercise on the West Coast wrapped up over the weekend, breaking new ground in the process. Trident Fury 2013 featured cooperative training exercises between the Canadian Armed Forces (CAF) and the United States Navy (USN) and Coast Guard up and down the waters off the coast of Vancouver Island. Exercises included ship to shore assaults, littoral exercises, shoreline infantry extractions, and various maritime and aerial exercises focusing on the interplay between US and Canadian military assets and personnel. Exercises like the littoral operations included composite military teams never before seen in the Canadian military, which included teams made up Royal Canadian Navy Clearance

Divers and Royal Canadian Army Patrol Pathfinders. A total of 2000 personnel from both the Canadian and American militaries participated in Trident Fury including five Canadian warships, along with four United States Navy (USN) ships, and two US Coast Guard vessels. HMCS Algonquin, Ottawa, Nanaimo, Saskatoon and Edmonton, and Her Majesty's Canadian Submarine Victoria were joined for the exercise by United States Naval Ships (USNS) Carl Brashear, and United States Ships (USS) Ford, Lake Champlain, and Spruance, and United States Coast Guard Cutters (USCGC) Rush and Orcas. Trident Fury also featured a large air component including the CP-140 Aurora, CC-130 Hercules, CH-124 Sea King, CF-18 Hornet, F-15 Eagle, Alpha Jets, the EA- 6B Prowler, and the EA-18G Growler were all integral air components of the multi-branch exercises that typified Trident Fury.



Top right: A Canadian CH-124 Sea King helicopter prepares to land on HMCS Algonquin during Exercise Trident Fury. **Left:** Soldiers from the Royal 22nd Regiment race down the beach to board rigid hull inflatable boats driven by sailors from CFB Esquimalt. **Below left:** Diver LS Marcel Croteau prepares for a shallow water dive. **Below centre:** SLt Alex Fast takes notes during the departure of HMCS Algonquin. **Below right:** Ordinary Seaman Jordan Galpin (centre) and MS Dan Johnston load ammunition into a 20mm Phalanx Close-in Weapon System aboard HMCS Algonquin.



HMCS Ottawa passes by HMCS Victoria during maritime manoeuvre practice.

MCpl Patrick Blanchard, Canadian Forces Combat Camera

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Cpl Malcolm Byers, HMCS Toronto

Narcotics are piled high awaiting transport to HMCS Toronto during a narcotics seizure in the Indian Ocean.

HMCS Toronto makes third drug bust

DND

On May 10, *HMCS Toronto* successfully disrupted its third narcotics shipment in six weeks, and second during the week of May 10, as part of ongoing counter-terrorism operations in the Indian Ocean.

During the search and inspection of a vessel by the ship's naval boarding team, *Toronto's* crew recovered approximately 195 kilograms of heroin. The narcotics were recovered without incident and will be destroyed.

To date, *Toronto* has interdicted more than a ton of narcotics. On March 29, a massive narcotics shipment

in the Indian Ocean was disrupted when the naval boarding team recovered approximately 500 kilograms of heroin. On May 6, the crew recovered another 317 kilograms of heroin, and a small amount of hashish.

"I am extremely proud of *HMCS Toronto* and its crew. Their efforts over the last six weeks to detect, deter, and protect the high seas from terrorist activity have been a significant contribution to international efforts to combat terrorism," said Peter MacKay, Minister of National Defence. "Their continued success deters and denies terrorists the use of the maritime environment, and contributes to

safeguarding Canada and Canadians"

Narcotics smuggling in the Indian Ocean and surrounding region is a recognized source of funding for terrorist organizations. By interrupting these activities, coalition ships are denying financial resources to extremist groups, and helping to keep drugs off of Canada's streets.

"The success of this operation demonstrates the professionalism and tenacity of *Toronto's* crew," said Cdr Jeff Hamilton, Commanding Officer of *HMCS Toronto*. "Our operations are achieving effects by helping to disrupt terrorist networks, and to enhance coordinated, multinational efforts to understand and map the way these groups resource themselves. Our presence in the region also gives our country the flexibility and capability to respond quickly to emerging crises in the

region."

Toronto is deployed on Operation Artemis, Canada's contribution to Combined Task Force 150, a multinational maritime task force combating terrorism across the Red Sea, Gulf of Aden, Indian Ocean, and the Gulf of Oman.

As part of this multinational force, *Toronto* works alongside coalition partners to promote security, stability, and prosperity in an area that spans over two million square miles, and encompasses some of the world's most important shipping routes connecting the Far East to Africa, Europe, and North America.

The region hosts more than 23,000 shipping movements per year, and Combined Task Force 150 is one of three task forces commanded by Combined Maritime Forces, a naval partnership composed of 28 nations.



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New JAG lawyers are sworn in

Shawn O'Hara
Staff Writer

In a small ceremony in the courtroom located in the AJAG office, two naval lawyers were sworn into the practise of law in British Columbia.

Lt(N) Carl Monk and Lt(N) Mike Baker, who both attended law school under the Military Law Training Plan, have passed their bar exams and finished their period as articulated students. They took an oath and were sworn in as lawyers on May 14, and are now legal officers within the Office of the JAG.

"It's been a long road, but a satisfying one," says Lt(N) Monk. "Becoming a lawyer is just one more milestone in our training. We've still got more JAG specific training to complete before we're truly qualified. Nevertheless, today is very rewarding."

The ceremony signifies that Lt(N) Monk and Lt(N) Baker are now legally able to practice law anywhere in British Columbia, or in CAF JAG positions across the country or elsewhere.

The next phase of their training will involve attending several courses in Kingston, Ontario, providing legal advice on exercises, and getting more court-



Shawn O'Hara, Lookout

Above: Lt(N) Carl Monk takes his oath as lawyer with the office of the Judge Advocate General, administered by Cdr Sheila Archer of the JAG office.
Below: Cdr Archer with Lt(N) Mike Baker, who also took his oath.

room experience. All the while, they will both garner experience in other areas of military legal practice, such as administrative law, military justice, and operational law.

Only once all their intermediate training is finished will they be considered fully trained JAG officers.



Becoming a lawyer is the culmination of over four years of effort, so it's a big day for me.

-Lt(N) Carl Monk

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Got the entrepreneurial spirit? A helping hand is here

Shelley Lipke
Staff Writer

Thinking of making a move from the Canadian Forces into owning and operating your own business?

The Prince's Operation Entrepreneur is a program designed to improve your chance of business success.

Applications close on May 26 for this initiative that gives transitioning Canadian service men and women a jumpstart in their own business initiatives.

The Prince's Operation Entrepreneur provides: entrepreneurial education and business planning support; up to \$45,000 in start up financing; one-on-one business mentoring; networking and community support, and a week-long summer boot camp.

"This program provides participants with the tools, mentoring and guidance to help make their dreams of starting their own business a reality," says Canadian and Youth Business Foundation's marketing director, Lesley Wilmot. "We hear again

and again how the advice and direction has helped get transitioning members of the military set up for entrepreneurial success."

The program began last year. Seeking a way for His Royal Highness, The Prince of Wales to help transitioning Canadian servicemen and women, Prince's Charities Canada looked to the Canadian Youth Business Foundation and Enactus Memorial to provide an option to those who see business ownership as their next career step.

The award-winning Based in Business entrepreneurial boot camp is the flagship component of the program. Participants have access to corporate experts while working with university professors and business students to develop their business plan. After the course, participants may also receive vital support through Canadian Youth Business Foundation.

This year Based in Business will be held at Memorial University of Newfoundland (July 21-27), Université Laval in



Quebec (Aug. 11-17 held in French), or University of Regina (Aug. 18-24)

The Prince's Operation Entrepreneur builds on the successful track

record of key partners: Canadian Youth Business Foundation, Prince's Charities Canada and Enactus Memorial, and is supported by the

Department of National Defence, Veterans Affairs Canada and Enactus Canada.

Former Personnel Selection Officer, LCdr

Kathryn Hodgson recently retired after 21 years in the Canadian Forces and took advantage of The Prince's Operation Entrepreneur program for her new Registered Massage Therapy business.

"At first I couldn't understand why non-Canadian Forces agencies and people were committed to offering such an incredible transition opportunity to aspiring entrepreneurs for free. As participants in the program, we were blessed with this incredible opportunity to be taught, supported, mentored and inspired by the best," she said. "The entire team has helped us realize our passion, potential, skills and energy, and we can now amplify these attributes within our individual areas of expertise within our own communities," she said.

Canadian Forces members of any age who are within 12 months of voluntarily releasing, have been voluntarily released or medically released can learn more about this program by visiting www.cybf.ca/poe.

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Lt(N) Schofield is promoted to LCdr by LCdr Murray, HMCS Protecteur's Executive Officer, and Cdr Bonnar, HMCS Protecteur's Commanding Officer.



A/SLt Chagnon promoted to SLt by Lt(N) Beaudoin, HMCS Protecteur's Combat Officer, and Cdr Bonnar, HMCS Protecteur's Commanding Officer.



MS Sheehy of the Canadian Forces Fleet School Esquimalt Sea division receives his promotion from LCdr W.M. Ansell (left) and CPO2 C.W. Fox (right).



Lt Monette-Saillant (right) receives his new rank from Base Construction Engineering Officer, LCol Matt Johnsen.



WO Bob Cochrane (right) receives his new rank from LCol Johnsen.

Marking Mental Health Awareness Week



More than 400 mental health ribbons were given out during Mental Health Awareness Week, as well as 200 cups of coffee, donated by Serious Coffee to kick-off the Mental Health Week campaign.

Left to Right: Base Chief CPO1 Shawn Taylor; Commander Maritime Forces Pacific/Joint Task Force Pacific, RAdm Bill Truelove; Employee Assistance Program (EAP) representative, Deanne Miller; Michael Holt, (CHRSC(P) Director); EAP representative, Nora Johnson; MARPAC Business Manager, Margo Cutcher; and Fleet Maintenance Facility Cape Breton Commanding Officer, Capt(N) Don Smith.

Candlelight tribute recognizes World War One veterans

Shelley Lipke
Staff Writer

On May 30, more than 800 people will gather at God's Acre Cemetery in Esquimalt for a candlelight vigil honouring veterans who fought in the First World War.

This November marks the 95th anniversary of the First World War armistice that involved 30 nations including 619,636 Canadians, of which 66,655 were killed and 172,950 wounded.

"Each year we hold this ceremony in remembrance of the sacrifices of these veterans," said Bob Haldane, Chair of the Veterans Candlelight Committee. "We want to pass the torch to the youth today. We want them to remember these sacrifices, so they can enjoy their freedom today."

God's Acre Cemetery is 145 years old and is located between the 12th and 17th fairways at Gorge Vale Golf Club. This historic cemetery contains more than 1,000 graves from First World War veterans, as well as the graves of modern day veterans such as Bombardier Miles Mansell, the first Afghanistan veteran to be buried there.

The ceremony starts at 6:45 p.m. with buses leaving the Esquimalt Legion parking lot at 6:15 p.m. and returning after the 50-minute ceremony.

After 6 p.m. people can park in the B.C. Liquor Store parking lot



Shelley Lipke, Lookout

For the past five years the Esquimalt Legion has taken over the planning of the annual Candlelight Tribute honouring veterans at God's Acre Cemetery in Esquimalt. Each year the effort of these volunteers pays off when more than 800 people attend the ceremony. Seen here left to right, front to back is: Vic Mumford, Gary Hall, John Bond, Keith Hunter, Bill Emberly, Anna Appleby, RAdm (Ret'd) Bob Yanno, Bob Haldane, Jim MacMillan-Murphy, Robert Weissmann, Ed Emerick, Kevin Carle, Jen McFarlane, Kevin Walsh, David Smith, Sara Helmecki, Don Bendall, and CPO2 Patrick O'Hara.

beside the Esquimalt Legion for overflow parking. For those driving to the event, parking is available above the ball diamond, or on Colville Street.

Speakers during the service include RAdm Bill Truelove, Esquimalt Mayor Barb Desjardins

and Bridget Preston, director of Veterans Affairs Vancouver Island. The Victoria Children's Choir directed by Madeleine Humer will perform with the Naden Band of the Royal Canadian Forces, and the Canadian Scottish Regimental Association Pipe Band will lead

the marching contingent and flag party.

Representatives from Cadets, Brownies, Girl Guides, Cubs and Scouts will join First Nations, federal officials and members of the public to place more than 3,000 candles on the graves in the his-

toric cemetery.

Last year eight-year-old vocalist Zoe Garson amazed the crowd with "I vow to thee my country".

"She knocked the heart out of that song, and this year she will be singing it again," said co-chair RAdm (Ret'd) Bob Yano.

"I very much enjoyed singing it," said Garson. "I found that my voice carried very well and people said I had a great future ahead of me. It is a hymn describing being devoted to your country and loving your country. I am looking forward to singing this year again," she said.

After the ceremony Thrifty Foods will provide hot dogs and pop for children and coffee and cake for the adults in attendance.

"There are about 110 veterans who attend this ceremony each year," said RAdm Yano. "This is one of the few military cemeteries we have in Canada. I counted more than 1,000 World War One graves and there are more than 2,500 grave sites in total at God's Acre. It's a well kept secret."

The God's Acre Candlelight Tribute has been held for 15 years.

The Veterans' Cemetery was consecrated on July 14, 1868, and was established by the Royal Navy to replace the cemetery on Brothers Island at the mouth of Esquimalt Harbour. The annual Candlelight ceremony was started by Veteran's Affairs Canada and then taken over by the Esquimalt Legion about five years ago.

Chief Mungo Martin honoured with special display

Shawn O'Hara
Staff Writer

A legendary and respected First Nations chief is being honoured at the CFB Esquimalt Naval and Military Museum May 21 to June 21.

The exhibit, which opens at the beginning of Aboriginal Awareness Week, highlights the life and legacy of Aboriginal leader Chief Mungo Martin.

"We wanted to bring attention to this incredible man and all that he did," says Kim Cameron, a Classification Officer with Civilian Human Resources and member of the Manitoba Anishinabe Long Plain First Nation. "He really was a remarkable person who was an integral part of First Nations relations in Victoria."

Chief Martin was born in 1879 to parents of the Kwakwaka'wakw First Nation. A student of traditional First Nations carving techniques since childhood, Chief Martin became a master of the craft.

In 1959 he carved a totem pole at the request of the Royal Canadian Navy's Pacific Command. The finished work, called "Hosaqami" (which means an instructor) was pre-

sented to the Royal Gunnery School HMS Excellent in the United Kingdom, where it remained on display for 50 years.

"His art was an inspiration, and his interactions with the Navy in his time did a lot for relations between the two groups," says Cameron. "We wanted to present that story to people, so they're aware of the work he did."

The exhibit will also display local artifacts such as blankets, baskets, and works of art on loan from First Nations families within the DND community.

"Especially in the navy we always talk about being aware of our history. Well, there's more history than most know," says Cameron. "The First Nations have been in this area for a very long time. It's important that we remember that."

The exhibit is part of Aboriginal Awareness Week, which will also feature daily drumming at Duntze Head, from May 21-24 at 6:30 a.m. The drumming is lead by Ahousaht First Nation drummer, and Technical Information Specialist, Bill Stewart, whom Cameron says drums as part of his every day routine.



Capt. E.T.G. Madgwick makes the first chop on the totem pole for Whale Island, B.C. Left to right: Capt Madgwick, Chief Mungo Martin, his great-granddaughter Shirley Hunt, and A.E. MacFayden, RCN.

"I've been down to join him a few times before and it's a really amazing experience,"

she says. "He sings the song his family taught him as a way to welcome the day. Anyone

is welcome and I recommend everyone experience it at least once."

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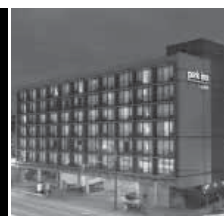
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