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## Welcome home Ottawa & Regina

Mary Ellen Green, Lookout

It was happy homecoming for Leading Seaman Jeremy Snider of HMCS Ottawa as his son Eric, 3, gives a big hug just moments after the ship came alongside C jetty. Ottawa and HMCS Regina returned home last Friday from a four-month deployment that took them first to the Far East, and then to the Rim of the Pacific exercise in the coastal waters off Hawaii.

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### NAVY 10K: FROM SEA LEGS TO RUNNING LEGS

## Free trip to Ottawa for top runners

Alexander Jones  
Staff writer

The CFB Esquimalt Navy 10K is less than a week away, and the folks at Personnel Support Programs (PSP) are hoping this year's event is an even bigger success than last year's.

And there's even more reason for CF personnel to sign up – a free trip to Ottawa.

The Base Commander has approved sending the top five female and top five male CF runners from the Navy 10K to compete in the first-ever five kilometre half marathon Canada Army Run, to be held in Ottawa on Sept 21. All costs are covered including the registration fee. Proceeds from the run will go to the "Soldier On" program, which provides support to disabled CF personnel to allow them to excel as a disabled athlete, and to the Military Families Fund.

The Navy 10K run kicks off at 8:30 am on Aug. 17

from the back parking lot of the Naden Athletic Centre. Check in begins at 7:30.

The route starts at the corner of Woodway and Sturdee, leaving the base proper through the Sturdee gate and winding through the town of Esquimalt before returning back to the base for closing festivities.

Resurrected in 2007 after a 10-year hiatus, the Navy 10K run is held in conjunction with CFB Halifax's run. This year's event includes the Formation community, with an invitation extended to Victorians to come out, have fun, stay fit, and meet their military community.

"The theme of this year's race is definitely focusing on fitness, and the new Canadian Forces Health Strategy," explains Kelly Binette, Personnel Support Program's Recreation Director. "It's a continuation of our drive to encourage all Formation members to stay in shape, and have fun doing it. This is

another event, like the CF 5K Walk /Run, that they can utilize in their training regimen."

The race is open to both military members and their families 15 years and older, and DND civilian, with a registration fee of \$15, and \$20 for the non-DND community. The entry fee includes a race package, and all registered runners receive a participation ribbon.

In addition to the race package, there will be prizes for each gender and age group, including medals and plaques for the over all male / female and male /female masters.

Door prizes are from:

- Laurel Point Inn
- Executive House Hotel
- Hotel Grand Pacific
- Butchart Gardens
- Panago Pizza
- Penzoil
- Great Canadian Oil Change
- Vintage Car rental
- Tudor House
- Gorge Point Pub
- Great Canadian Beer Festival

Light refreshment, sponsored by Save on Foods and Serious Coffee will be available to keep runners fuelled after the run, and the Military Police have committed a MP vehicle escort to follow the runners throughout the route.

PSP is looking for race marshals to direct traffic and ensure the race stays within the designated route.

"We are still looking for about another 20 or so volunteers," says Binette. "It's important to get as many volunteers to help as possible, to make things run smoothly."

To register for the CFB Esquimalt Navy 10K Run go online at [www.eventsonline.ca](http://www.eventsonline.ca) or pick up a registration form at the Naden Athletic Centre main desk.

Race packages will be available on race day beginning at 7:30 a.m. at the registration desk. For more information about volunteering or about the event, personnel can contact Kelly Binette at 363-1008, or via e-mail at [binette.kj@forces.gc.ca](mailto:binette.kj@forces.gc.ca).

### EAST COAST NEWS: MISSION CHANGE

## Warship to escort supply ships to Somalia

National Defence

The Canadian government is deploying the frigate *HMCS Ville de Québec* to the coastal region of Somalia for the next few weeks to conduct naval escorts of World Food Programme ships carrying life-saving supplies to the area.

The government is acting on a request from the UN World Food Programme (WFP) and UN International Maritime Organization.

"Food supplies are urgently needed in Somalia but deteriorating security has made delivery difficult by land and sea," said Peter MacKay,

Minister of National Defence. "Canada is stepping up to the plate by tasking *Ville de Québec* with the role of escorting World Food Programme ships to ensure their safe arrival at designated ports."

The WFP is responding to an urgent humanitarian need in Somalia. Over 2.4 million Somalis rely on food aid, of which, 80 per cent arrives by sea. While pirates have launched 31 attacks on vessels off Somalia's eastern and northern coasts, to date no escorted WFP ships have been targeted. Naval escorts have been provided by France, Denmark and the Netherlands over

the last eight months. A Dutch frigate escorted the last ship loaded with food for beneficiaries in Somalia at the end of June.

Somalia has been beset by instability and insecurity for almost 20 years and is further affected by the regional drought and increasing world food prices.

"The Canadian Forces' contribution to this mission highlights our flexibility and determination in supporting international relief efforts," said General Walt Natynczyk, Chief of the Defence Staff.

*Ville de Québec* originally deployed on Operation Sextant, Canada's maritime contribution to the

Standing NATO Maritime Group 1 (SNMG1), on July 17. With this new task, which facilitates humanitarian operations, *Ville de Québec* will operate under Operation Altair for about one month in direct support of WFP shipments to Somalia. Following this mission in September, the ship will return to its original tasking with SNMG1, scheduled to end in December.

Canada currently has three ships deployed with Operation Altair: *Her Majesty's Canadian Ships Iroquois*, a destroyer acting as the command ship, *Calgary*, a frigate, and *Protecteur*, an auxiliary oil replenishment ship.

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Sgt Eileen Redding, 19 Wing Public Affairs  
**LS Angela Hildrum, Marine Engineer Technician (Stoker), adds varnish to protect her mural in HMCS Ottawa. Using acrylic paints, she depicted Ottawa coming into the waters of Ottawa, ON, with the Parliament Buildings in the background and a Sea King flying overhead.**

# Sailor spices up cooks' view

**Mary Ellen Green**  
 Staff writer

Tucked away in the lower deck of *HMCS Ottawa*, the cooks working in the ship's galley have new view.

From the vantage of the steam line, they can see a brightly coloured mural depicting *HMCS Ottawa*, its embarked Sea King helicopter in flight, and the Parliament Buildings as back drop, all in the glow of a beautiful sunset.

Before the ship head-

ed out to WestPloy four months ago, the wall was a blank canvas.

But through the artistic endeavours of LS Angela Hildrum, a marine engineer technician, the wall outside the ship's galley was transformed.

"It was just a white wall and not interesting for the cooks and crew, so this brightened up the blank canvas," said LS Hildrum.

The idea for the mural's illustration came from the ship's company at the

request of the artist. Once she'd sketched it out, LS Hildrum purchased paints in Kagoshima, Japan, and began to paint in her off watch time, and between maintenance, volunteering, duties and sleep.

She purchased more paint in Hawaii to complete mural.

"I ran into a few problems with the painting because the paint from Japan would not mix well with the paint from Hawaii. I had to redo some

areas so the sealer would accept it," she said.

LS Hildrum put her talent for painting to other good uses during the WestPloy deployment. She helped paint a fence at the Cerecare, a home for children with cerebral palsy in China, and a mural in the children's hospital playground in the Philippines with four local artists.

She called all three of these projects the highlights of her trip.

# Onondaga departs Halifax for last time

**LCdr Marc Pallard**  
 Trident

Three weeks ago, the submarine *Onondaga* was towed out of Halifax harbour destined for its final resting place at Site historique maritime de la Pointe-au-Père, Rimouski, Québec.

A slipping party tended the lines and landed the brow. Worthy of note, the slipping party task

is normally assigned to a Leading Seaman and two Ordinary Seamen, but as this was an historical event a highly experienced team was required to slip the unmanned submarine.

Gaetan Tremblay and his wife represented Site historique maritime.

A film crew from Discovery Channel recorded the occasion from the jetty and from the tug for

an upcoming documentary of mega moves. An automatic camera mounted on *Onondaga's* starboard foreplane provided another camera angle.

The submarine arrived safely at Pointe-au-Père on July 17 and was dry-docked on Aug. 3. Once it is solidly on dry land, doors will be cut into the forward and after torpedo rooms to allow easy access for museum visitors.

*Onondaga* is due to open its doors to the public in summer 2009.

A gallant warrior of the cold war, *Onondaga* silently served Canada below the waves for decades. Though the efforts of Site maritime, the history of the Canadian Oberon class submarines and the submariners who served on these vessels will be preserved.

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# matters of OPINION

## WHO WE ARE

**MANAGING EDITOR**  
Melissa Atkinson 363-3372  
atkinson.m@forces.gc.ca

**STAFF WRITER**  
Mary Ellen Green 363-3672  
Alexander Jones 363-3130

**PRODUCTION**  
Carmel Ecker 363-8033  
Myrna Proulx

**ADMINISTRATIVE ASSISTANT**  
Kate King 363-3014  
frontoffice@lookoutnewspaper.com

**ACCOUNTS**  
Kerri Waye 363-3127  
waye.klr@forces.gc.ca

**SALES REPRESENTATIVE**  
Ivan Groth 363-3133  
groth.i@forces.gc.ca

**SALES REPRESENTATIVE**  
Joshua Buck 363-8602  
buck.jj@forces.gc.ca

**EDITORIAL ADVISOR**  
Capt Darin Guenette 363-4006

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A Division of Personnel Support Programs  
CFB Esquimalt, PO Box 17000 Stn. Forces,  
Victoria, BC V9A 7N2

E-mail: frontoffice@lookoutnewspaper.com

Web: www.lookoutnewspaper.com

Fax: 363-3015

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## WHAT SAY YOU

### People Talk

Lookout asked this question of the Aboriginal youth Raven summer program recruits: *What aspect of the Raven Program are you most looking forward to in the upcoming weeks?*



I'm looking forward to learning self-discipline while participating in a unique experience.

**OS Darryl-Anne Campbell**



Finding out who I am, challenging myself to the fullest, making myself work for what I want, learning teamwork, self-discipline, and becoming a better me.

**OS Jehan Mustafa**



I've joined the program to gain leadership skills and learn the skill of hard work.

**OS Kendall Ward**



Discipline, teamwork, experience rifle-handling, and leadership.

**OS Martina Whonnock**



Rifle training, field training, and a chance to tour a navy ship during the day sail.

**OS Lloyd Hicks**

## FILM *friday*

### Ride the 'Pineapple Express'

**W. Andrew Powell**  
The GATE

This week the stoners are running for their lives in the *Pineapple Express*, while those well-patched jeans are back for another summer as *The Sisterhood of the Traveling Pants 2* ventures into the girlie hamper. Other new arrivals this week include the documentary *Roman Polanski: Wanted and Desired*, and the based-on-a-true-story wine drama *Bottle Shock*.

#### *Pineapple Express*

Tired of hearing about this Judd Apatow guy? Since 2004 the man has produced or written (and in some cases, both) 10 big budget comedies. Of those, five of his films pulled in over \$100 million at the North American box office alone. And yet, it seems like every time he comes out with a new film we have to hear the same tired, old line: "From the guys who brought you *Superbad*..."

I get it, that was a successful film, but do you have any other good films up your sleeves, Mr. Apatow?

The answer is finally yes.

Seth Rogen and James Franco star in this action comedy as two lovable pot smokers who get caught up in a murder cover-up that has a crooked cop and a drug kingpin ready to put them out of their misery.

Directed by the well-respected David Gordon Green, who wrote and directed *All the Real*

*Girls* and *Undertow*, the film nevertheless has Apatow's usual wit written all over it with crazy action sequences, silly jokes, and of course, Seth Rogen.

With *The Dark Knight* still claiming a strong hold on the top box office bucks, the final question is whether *Pineapple Express* can dismount the charging behemoth. Considering that Apatow's most recent film debuts have snagged respectable openings in the \$30 million range, *The Dark Knight* is bound to lose at least a few million off of last weekend's \$42 million take.

#### *The Sisterhood of the Traveling Pants 2*

Sporting one of the clunkiest titles of the year, *SOTP 2* reunites fans with the four young women who first shared their jeans three years ago. All four original stars return for the sequel, America Ferrara, Rachel Nichols, Alexis Bledel and Amber Tamblyn, which has them heading off to college and drifting apart. With the jeans only in tow for some of the film, the focus is on how these women are growing up, and how the issues of adulthood are affecting them.

While the story is sweet and ready to tug at heartstrings, it is the cast getting the praise for making the audience care.

#### Other new arrivals in select cities:

##### *Roman Polanski: Wanted And Desired*

Director Roman Polanski's fall from grace gets the documentary treatment in this notable film that not only examines the man's trial, but the people who shaped the events. Blending modern



**Dale Denton (Seth Rogen, left) and Saul Silver (James Franco, right) are two lazy stoners running for their lives in Columbia Pictures' action-comedy Pineapple Express.**

day interviews with historical footage, the film avoids pointing fingers at Polanski's wrongdoing and instead focuses on the people involved, especially on the way judge Laurence Rittenban took advantage of the case to cast the spotlight his way.

#### *Bottle Shock*

Loosely chronicling the first big breakthrough for California's wine industry, *Bottle Shock* is an earthy drama that juggles real events with drama and heart.

Bill Pullman and Chris Pine star as the father and son duo behind the deeply indebted Chateau Montelena vineyard. Through a plucky Frenchman, played by Alan Rickman, a blind taste test is devised that will set some of the best French wine against the American usurpers.

The outcome is predictable, but that shouldn't really detract from the story.

#### Opening next week:

*Star Wars: The Clone Wars*

*Tropic Thunder*

*Vicky Cristina Barcelona*

*Fly Me to the Moon*

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# Navy life: be proud of what we do

**LCdr Todd Brayman**  
Task Force Arabian Sea's  
Logistic Coordinator

Some time ago, I was out for an afternoon jog and started to think about why I had chosen to join the navy; why had I stayed with it for the past 25 years?

Funny thing about this jog, I was on the flight-deck of the warship *HMCS Iroquois*, en route for the Arabian Sea and Canada's command role with Combined Task Force 150. This deployment is charged with the responsibility to patrol 2.4 million square miles of hot and humid water in the middle of the monsoon season, and represents my third tour of duty in the Gulf region.

With the first Persian Gulf War in 1989 and the War on Terrorism in 2001 behind me, this also represented another half year away from my wife and two wonderful boys. This meant missing another wedding anniversary, my wife's birthday, and as my oldest boy Josh pointed out, missing his third birthday in a row – he'll be 11 this year and counting is his strong suit. My youngest Noah just wants to know when Dad's coming home; he's six.

So why miss so much? Why keep sacrificing?

Running circles on a flight-deck can be very repetitive, it's only 50 or so feet wide and maybe 100 feet long – for those who have run the "steel beach" you know what I mean. At 30 or 40 seconds a lap, the scenery becomes very mundane after 30 or 40 minutes – water and ship, water and ship...

Regardless of which way you run, you always see the Ensign flying from the mast-head every time you do the circuit. The great thing at sea is the proud red and white of our national flag stands at attention against a 14 knot wind quite nicely.

As I continued my laps looking up at the Maple Leaf each time I came around, I was reminded of the ramp ceremonies in Kandahar, of the burials at sea I have witnessed, and that for many, this national symbol we cherish is a pillar that binds the sacrifice of all three Canadian military services. Navy, army, or air force, those who have served before us and those that still serve today have saluted the same flag, and I would suggest had the same proud feeling in their hearts when they did.

But why keep sacrificing?

Each sailor or soldier has his or her own story and motivations, but much like the collective pride we feel when we stand at attention in front of our flag, be it on parade or

at a hockey game, we share a common thread. Whether it was growing up in a family steeped in military tradition, or growing up having learned about the military through others, at some point we all decided to walk in and "sign our lives away" as is often said. Did we realize what we were truly choosing? Maybe not, but we were all well aware of the adventure we sought.

For me it was the lure of the ocean and warships steaming off to far away ports and the fun my brother and father often talked about. My Dad, a retired naval aviator, and brother, a proud serving naval officer at the time, would share their stories of high seas antics and perilous challenges; it was captivating. I was soon to find out about these challenges after recruitment, deploying for 226 days in *HMCS Athabaskan* to counter Iraq's invasion of Kuwait in 1989. How excited was I to open one of those "letters to a sailor" at Christmas that trip? Even more so when I realized it was from a Grade nine student from my high school, North Grenville, home of the Knights!

Seven months later, a veteran by definition, I was proud to have made that special hometown connection back to Kemptville, ON. I was proud to have been part of the coalition effort that resulted in a free Kuwait. In some way, I was part of something that restored a small Gulf nation to its rightful path.

Shortly there after, I was to marry the girl of my dreams; the girl who would stand by me to this day regardless of where I was serving. "Navy wife, toughest job in the navy" read a banner held over the side of *HMCS Terra Nova* on her return from the Gulf War. So true – Michele understands!

Not long after this deployment, I was posted ashore and was soon to find out that a rest was not in store there either. My boss at the time said I was required in the Golan Heights as part of a team to bring logistical support services to Polish and Austrian battalions on the Syrian side of the Area of Separation.

One hundred and eighty days later I was home with a good tan and gifts of gold and silk for that fine wife. Again, I walked away knowing I had been part of something, something that made a difference. Maybe it was the impression that was left on the little kids we encountered in the mud huts – hello U.N. meant the armoured personnel carrier would stop and the smiling peacekeepers would hand out chocolates and gum. Maybe it was the



LCdr Marie-Claude Gagne, JTFA

**LCdr Todd Brayman, (forefront), observes a replenishment at sea conducted by *HMCS Protecteur*. LCdr Brayman is the Formation Logistic Coordinator assigned to Task Force Arabian Sea.**

impression left on the Syrian border guards who often commented that Canadians always stopped for tea to just chat. "Canadians, they're so polite" they would say. Maybe it was both; but was it worth it?

Fast forward to 911 and the War on Terrorism and it was back to the Persian Gulf, this time as the Logistics Officer in *HMCS Toronto*, and as a member of the naval boarding team. We all deployed after 911 with visions of catching Osama himself. While this may not have transpired, we did make a difference. As it would happen, *Toronto's* naval boarding team made quite the catch – a fishing vessel with two tons of drugs that if sold on the street would have had an estimated value of \$72 million.

Years later we better understand the linkages between drug-trafficking and terrorism and we also understand that any amount of drugs taken off the streets of a North American city means more than safer streets; it also means we were attacking a source of funding for terrorism – that's part of the reason why we are still deploying ships to this area of the world and why I can answer the question posed above without hesitation.

Yes, it's worth it.

Roughly calculated, drugs seized by Combined Task Force 150 in the Arabian Sea equals cash; cash equals weapons and weapons equal terror. Deploying ships and soldiers to this part of the world can be parallel to rushing troops to the front in any war. While the front line is not so easily identified

on a map as in past wars, Canada is still waging a war, still trying to make the world a little safer, still trying to defend our right to raise our children on safe streets. Safe streets for my boys

Yes, it's worth it.

*HMCS Charlottetown's* recent six-month tour in the Arabian Sea brought in a total of six tons of hashish seized from trafficking dhows, a reflection of the continued success our naval presence has on this war.

It's late afternoon in *Iroquois* on July 29 and it's almost time for my run. I am reminded of not only the sacrifice my family has endured over the past quarter century, and of the sacrifice that all military families endure every day, but of the future generation that will carry the torch forward, that might believe in what all service men and women do.

As I go out for my run today I will do so knowing three things. First, that the service of our sailors, soldiers, and air men and women is an invaluable contribution to a safe Canada, as it always has been. Second, each and every one of them makes a significant difference in their own way be it at home providing assistance during a flood or ice storm, or overseas defending our way of life. Finally, the support of a loving family and grateful nation will fuel the hearts of the young men and women who believe quite simply in the adventure, and this is what we do; that's what all 850 of us do right now in Task Force Arabian Sea, on board *Calgary*, *Iroquois* and *Protecteur*.

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<b>01 HONDA S2000 ROADSTER</b> Met red/black leather, 6 speed, power top, CD, A/C, start button, power group, alloys, 4 cyl. cruise. Stk. #X6440. Was \$24,995 <b>\$500 Gas Card</b> <b>\$21,888</b>	<b>05 TOYOTA COROLLA CE</b> B pack, beige/tan cloth, 1.8L 4 cyl. auto, A/C, CD, tilt, power locks/mirrors, keyless entry, immobilizer. Stk. #X6419. Was \$14,995 <b>\$500 Gas Card</b> <b>\$12,888</b>	<b>02 ACURA 3.2 TL</b> Met/tan leather, V6, auto, ABS, immobilizer, CD player, premium audio, full power eqp, heater power front seats, sunroof, tilt/cruise 60/40 rear seat. Was \$15,995 Stk. #X6378 <b>\$1,000 Gas Card</b> <b>\$12,888</b>
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Deanne Gillespie, Contributor

MCpl Adam Wise, representing Canadian Forces Maritime Experimental and Test Ranges, Nanoose Bay, speeds through the waters off Nanaimo during the "bath rub" race. He finished in 17th place in the Stock Division, and 27th overall in the race, with a time of two hours 17 minutes.

## Terry Fox head shave, a hair's breadth away from a record

Alexander Jones  
Staff writer

If organizers of the 2008 Terry Fox Foundation Great Canadian Head Shave have their way, come September 12 there may well be a record-setting number of freshly shaven heads wandering the city.

That's because the Victoria chapter of the annual cancer-battling fundraiser are hoping the number of "shavees" breaks the Guinness Book of World Records' current tally for most heads shaved in a single event.

Among those going under the razor for the event are Personnel Support Programs (PSP) Manager Dave Molinari and his son Marc, who, with the help of PSP Sports Director Tom Campbell, have registered CFB Esquimalt on the event's official website. Molinari's mother died from cancer, and he says battling the disease is something everyone can get behind.

"Many people are directly affected by cancer, whether they have it or know someone who does," Molinari says. "It doesn't discriminate. I'm coming out to the event to remember my mother, and remember Terry and his significant contribution."

The Terry Fox Foundation is an independent trust established in the memory of Terry Fox, which distributes monies raised to the National Cancer Institute of Canada. The Great Canadian Head Shave is a fundraiser that precedes the annual Terry Fox run, and has participants from all across Canada collecting pledges and losing their

locks for cancer research in workplaces, salons, and community head shave locations. The Victoria event takes place 4 p.m. Friday, Sept. 12 at the Terry Fox monument at Mile Zero on Dallas Road.

The existing Guinness record for heads shaved at a single two-hour event is 393. To accomplish the task of beating this record, Great Canadian Head Shave organizer and Terry Fox Foundation volunteer Lynda Johnson is enlisting the services of 40 shavers from various hair styling salons throughout the city. Also shaving heads will be Judy Alder, Terry's sister.

CFB Esquimalt military and civilian personnel interested in signing on to gather pledges and offer up their heads for shaving can do so under the base registered group by contacting Tom Campbell, PSP Sports Director, at

363-4068. People interested in making a donation to the fundraiser can do so at terryfoxrun.org, under the Terry Fox Works heading.

Terry Fox is nationally and internationally known for his work raising money for cancer research. Diagnosed with cancer in 1977 at the age of 18, Terry's right leg was amputated in an attempt to eliminate the cancerous growth in his knee. Recognizing the need for improved cancer research, Terry began his Marathon of Hope run in 1980, intended as a run across Canada to raise awareness and funding from fellow Canadians.

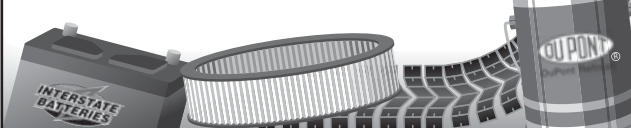
Fox had to cut the tour short due to further complications of cancer, including a newly diagnosed lung cancer. He died in 1981 from those complications. 2008 would have marked Terry's 50th birthday.

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**Cenotaph to honour fallen medical members**

**Alexander Jones**  
Staff writer

If you walked by the base hospital on Friday, July 25, you may have noticed staff had traded in their CF uniforms and medical garb for a wacky assortment of Hawaiian-themed summer t-shirts, shorts, and hats.

It was all part of the clinic's fundraising efforts to help CFB Borden create a memorial honouring health services personnel killed in active duty since the Boer War.

Spearheading the construction of the monument is Sergeant Monica Phillips, an instructor at CFB Borden's Canadian Forces Medical Service School/Canadian Forces Dental Services School (CFMSS/CFDSS). Her mindset regarding the monument is a simple one: "We will remember them."

The monument will feature a fresh granite foundation, and list 1,260 names of health services personnel killed in active duty to date, including five CF medical technicians killed in Afghanistan.

A committee has been formed, supported by Brigadier-General Hilary Jaeger, Surgeon General and Commander of the Canadian Forces Health Services Group, to raise \$25,000 to cover construction costs and allow for on-going maintenance of the cenotaph and the grounds. The cenotaph will be bordered with bricks and the committee is selling these bricks for \$100 each. Unveiling is planned for Nov. 11, 2008.

CF Health Services Centre Pacific are planning another fundraising event tentatively slated for mid-to-late August.

"I've started reaching out to members of the community already, and we've already got some important donations and sponsorships from local businesses," says 2Lt Hans Krauch. "We're just trying to line up the date and find a venue large enough to hold a bigger event."

For more information on the CFB Esquimalt health services fundraising efforts for the CFMSS/CFDSS memorial, contact 2Lt Krauch at 363-5961.

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# Software simulates air crashes

**Holly Bridges**  
The Maple Leaf

When Major Adam Cybanski joined the air force 20 years ago to become a tactical helicopter pilot, little did he know his degree in computer mathematics would one day lead him to modernize the way aircraft incidents are viewed by investigators and communicated to the field.

The pilot created the Flight Data Recorder Visualization System for the Directorate of Flight Safety. It is part computer game and part moviemaking with a sobering realism that helps investigators "see" what went wrong when disaster has struck.

By wearing virtual reality goggles connected to a laptop, and inputting data into the program, investigators can see from inside an aircraft's cockpit.

"By inputting data we receive from all the sources at our disposal during an investigation, such as a black box, eyewitness accounts or other sources, we can replicate closely what the pilots saw prior to, during and after the incident – the weather, approach, lighting, traffic and the physical layout of the cockpit. This program gives investigators an integrated picture of everything that was going on during an incident – be it a near miss, a crash or an equipment malfunction."

Maj Cybanski recently created a 3-D video of a CF-18 near miss.

"This allowed the incident to be viewed from any angle, including head tracking virtual reality inside the cockpits of the two aircraft. The resulting simulation video was found to match



Cpl Kevin Sauvé, DND

**Maj Cybanski has taken the basic elements of a flight simulator computer game and modified it to create the Flight Data Recorder Visualization System. Here, a CF-18 approaches CFS Alert.**

the head-up display footage from the actual aircraft. This kind of immersive, real-time 3-D simulation of an aircraft incident hasn't existed before now. It can make the job of analyzing what went wrong easier. It can also be very effective in communicating lessons learned to personnel in order to prevent the same thing from happening again."

The idea for the system started when Maj Cybanski took a second look at the flight simulation games he was playing on his home computer.

"I thought, if we could use the same technology that goes into these flight simulator games, with the incredible graphics they have nowadays, and build on that, we could just have something usable for replicating flight safety incidents."

And it's not just aircraft graphics – virtually every city, town, road, airport and ground elevation in the world is available in the simulator, so the incident can be accurately pinpointed.

"We even have towns like Lac-Etchemin, southeast of Québec, in there, which are normally very difficult to find."

Maj Cybanski studied filmmaking in order to develop as realistic a picture as possible.

"I produce a storyline based on the incident narrative, develop a shooting script, set up different cameras in the software to film the simulation, do a rehearsal and then record the final performance. It's complicated, but it's interesting and effective."

He does this from his desk at NDHQ.

One other benefit of the program is it helps investigators analyze incidents on aircraft unfamiliar to them.

"Investigators can get inside the cockpits, see the displays, and get the visual picture," Maj Cybanski says. "For pilots, it's about more than data – visual is everything. Everyone can understand a situation better if they can see it." To view one of Maj Cybanski's videos, visit <http://airforce.mil.ca>

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Module 3 > 2 DAYS <b>Personal &amp; Team Communication in a Project Environment</b>	Friday-Saturday, Dec. 12 - 13, 2008
Module 4 > 2 DAYS <b>Project Quality Management</b>	Friday-Saturday, Jan. 16-17, 2009
Module 5 > 2 DAYS <b>Effective Project Cost Management</b>	Friday-Saturday, Jan. 30-31, 2009
Module 6 > 2 DAYS <b>Procurement &amp; Contracting Management</b>	Friday-Saturday, Feb. 13-14, 2009
Module 7 > 2 DAYS <b>Assessing &amp; Managing Project Risk</b>	Friday-Saturday, Mar. 6-7, 2009
Module 8 > 2 DAYS <b>Filling in the Gaps</b>	Friday-Saturday, Mar. 27-28, 2009
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# Sonar operators hone undersea ears

**LS Alex Greer**  
Lookout Contributor

To enhance the skills and knowledge of Canadian Forces sonar operators, and their counterparts in allied navies and air forces, the training section at Esquimalt's Acoustics Data Analysis Centre, Pacific, (ADAC (P)), periodically runs the Advanced Acoustics Analysis Course (AAAC).

Sonar operators are first trained in Jezebel (Jez) on their quality level 3 course, and then in their QL4 packages. On their QL5, their levels of Jez proficiency increases.

A Jez analyst, whether at sea, under the sea, or on shore, first receives

information about contacts from the varied sonar sensors. This information can be from passive audio listening (or PAL), or it can be from a computer-generated visual gram, or from both.

Then the analyst tries to identify the contact and pass the information up the chain of command.

On a ship or submarine, the proper identification of friend and/or foe can mean life or death. On shore, analysts conduct in-depth studies of the tapes and grams to help the wider acoustics community better understand common patterns, features, and dynamics of various contacts in the perpetually changing world of under-

sea warfare.

While on ship, the acoustics departments continue to sharpen their Jez skills by way of a monthly pack prepared by ADAC (P) and/or ADAC (A). The AAAC has carried Jez knowledge and skills to higher levels with the use of the Australian-designed Osprey II computer program.

The Advanced Acoustics Analysis Course combines passive audio listening and the interpretation of visual grams. Class lectures dealt with the audio and visual gram features found in the categories of diesel submarines, nuclear submarines and surface ships. After each class the course moves on to mixed labs where one's skills as an operator

are really tested. Students have 40 minutes to classify and analyze six contacts. Along with analysis skills, the students also hone time management skills.

In September, there will be an upgraded AAAC. New lesson plans are being prepared for this course, which will include new contact information from the Australian, British, Dutch and U.S. navies.

In line with the challenging British and Australian AAACs, the instructors are planning to shorten the student's time allotted to analyze and classify each gram. In the military profession change is a constant. This is especially so in the realm of undersea warfare.

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**Mel Hunt** practises military law, criminal law, and personal injury law, and is a former member of the Judge Advocate General's Branch in The Canadian Forces.

**Leigh Gagnon** practises family law, real estate law, and in the area of wills and estates.

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## Need help adjusting to post-deployment life?



The Esquimalt MFRC and 39 Canadian Brigade Group are offering Reintegration Briefings for families, loved ones and partners of military members scheduled to return home from Afghanistan between August and October, 2008.

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**Aug. 21, 2008 • 6 to 6:30pm** at Brigadier DR Sargent Armoury, 709 Nanaimo Lakes Rd, Nanaimo

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Myrna Proulx, Lookout

Terrice Spahan, Francine Spahan and Phoena Spahan welcome HMCS Regina home as it sails past Duntze Head. Terrice's boyfriend is an electrician in Regina.



Cpl Ward, Base Imaging Services

Lt(N) Chris Rochon of HMCS Ottawa shares a passionate kiss with his wife Wendy. Lt(N) Rochon was the winner of the Military Family Resource Centre's First Kiss raffle.



Cpl Ward, Base Imaging Services

PO Sean Lambert of HMCS Ottawa chats with his daughter Katlyn upon arriving home after journey.



Myrna Proulx, Lookout

Svetlana Chapman and children Alina, 18 months, Steve, 14, and Justin, 28, anxiously wait for Regina to dock so they can welcome home PO1 Chapman, a weapons director in Regina.

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# Special housing keeps CF families connected

Alexander Jones  
Staff writer

There's no question life in the military can be taxing on a serving member's personal life. Deployments and course obligations separate personnel from their loved ones, sometimes for months at a time. In a country with almost 10 million square kilometres of land, the distance from those personal ties can seem insurmountable.

To assist base personnel in maintaining their connection with spouses, significant others, and children are CFB Esquimalt's Quality of Life initiatives, which provide base personnel unique access to a variety of specialized accommodations for certain purposes.

In recognition of the unique challenges parents face when separated from their young ones, custodial and visitation accommodations have been developed at CFB Esquimalt to allow serving members to stay with their children for a short time.

The Raynor Suite in the Admiral's Cottage is available through application to Maritime Forces Pacific Visits and Protocol office, and Base Accommodations has designated and equipped rooms in Work Point barracks building 1093 for visitation privileges. Members can apply for use of up to

two rooms for a period of seven days.

"We need to acknowledge that in some instances a parent may only be given access to their children on certain designated days, as is the case of separated or divorced parents," says Lt(N) Stephen Milne, Base Accommodations Officer. "If a parent is on a training course or posted on base, they may be missing out on that opportunity to spend time with their child."

Personal visitation by spouses and significant others go along way to help CF members maintain their close relationships. Opportunity accommodation has been established in Bernay's Block in Naden for junior non-commissioned members re-uniting with the significant others. They may apply for these rooms, and, at a modest daily rate, can house their loved one for up to seven days. Applications for extended stays may also be submitted for approval.

"Many of our personnel staying in Bernay's, or Nelle's Block, are just beginning their military lives," Lt(N) Milne explains. "They might not be used to the transient nature of a career with the Canadian Forces, and these postings can be stressful for them, and their significant others. Quality of life rooms are a great way for us to support these personnel as they learn to balance their com-

mitments to the Canadian Forces and their personal commitments. It is a great tool for morale."

Also available are accommodations to assist personnel in emergency situations, personal problems such as domestic disputes, and loss of home due to fire or other calamities.

While Victoria doesn't offer many opportunities for bad weather, Lt(N) Milne says personnel who commute long distances, for example along the Malahat in winter, should be aware of the accommodations available to them should they need it during winter storms.

"Many of the situations that call for emergency accommodation spring up suddenly," Lt(N) Milne explains. "Our goal is to provide a safe, comfortable place for our personnel to come if they need it. In many situations, knowing that you have somewhere to live and sleep temporarily can ease the transition needed to continue on."

Base personnel interested in learning more about Base Accommodations and its services are encouraged to visit their webpage, located on the DIN at <http://esquimalt.mil.ca/badm/bAccn/>. Also available on the website are the new directives for DAOD 5024-0, the DND Living Accommodation Instruction, and Accommodation Request forms.



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### DOCKYARD DENTAL CLINIC RE-OPENS

Dockyard Dental Clinic will re-open Tuesday, Sept. 2. All members who normally receive treatment at the Dockyard Clinic will report to the Dockyard Dental Clinic for sick parade (0730) and for regularly scheduled appointments.

When calling to schedule an annual dental exam or for any other inquires, please continue to contact the Naden Clinic at 363-4149 until Aug. 29. Starting Sept. 2, contact 363-2310 Dockyard Dental Clinic.

We apologize for any inconveniences this may cause.

### RÉOUVERTURE DE LA CLINIQUE DENTAIRE DE L'ARSENAL

La clinique dentaire de l'arsenal (Dockyard) sera ouverte à partir de mardi le 2 septembre. Les militaires qui reçoivent habituellement des soins dentaires à cette clinique pourront recommencer à s'y rendre pour la revue médicale (7 h 30) et leurs visites régulières à compter de cette date.

Pour prendre un rendez-vous pour un examen dentaire annuel ou pour tout autre renseignement, veuillez continuer à appeler la clinique de Naden 363 4149 jusqu'au 29 août. À partir du 2 septembre, vous pourrez communiquer avec la clinique dentaire de l'arsenal (Dockyard) au 363 2310.

Nous sommes désolés du dérangement que cela pourrait vous causer.

# The rise of ultimate fighting popularity

**A/SLt Mark Fiffeld**  
Lookout Contributor

Mixed Martial Arts (MMA) is a relatively new sport that has exploded in mainstream popularity in recent years.

The modern incarnation of MMA competition emerged in 1993 with the founding of the Ultimate Fighting Championship (UFC). The UFC was created by the Gracie family in the 1990s to prove the superiority of Brazilian Jiu-Jitsu as a fighting technique. Not surprisingly, the first winner of a UFC tournament style event was Royce Gracie, who had been a Brazilian Jiu-Jitsu Black Belt since the age of 18. Although there are numerous other MMA promotions currently in existence, none of them has been able to match the level of success and prominence of the UFC.

The basic premise behind MMA is that any fighting style or discipline may be used in unarmed combat so long as it is not a foul. The fighting techniques used in competition generally fall into two categories: striking techniques (such as kicks, knees, elbows and punches) and grappling techniques (such as clinch holds, pinning holds, submission holds, sweeps, takedowns and throws). Most fighters typically utilize a combination of fighting styles for their strategic and tactical advantage in a supervised bout.

Victory in a UFC bout is determined by the judges' majority decision after an allotted amount of time has elapsed, a stoppage by the referee or the fight doctor, throwing in the towel, a submission, or by knockout.

Fighters must intelligently defend themselves at all times or else the fight will be stopped. The fighter's safety is of the utmost importance and it is the referee's job to ensure the fight is stopped before a fighter suffers a career-threatening injury.

The rules for modern mixed martial arts competitions have changed significantly since the UFC first arrived on the scene. In the beginning, fighters would compete in no holds barred bouts throughout the course of a tournament-style event. As the knowledge about various fighting techniques spread among fighters and spectators, it became clear the original minimalist rule systems needed to be amended. The primary motivation for implementing these rule changes are the protection of the health of the fighters, the desire to shed the negative image of "barbaric, no rules, fight-to-the-death matches" and to be recognized as a legitimate sport.

The most notable of these changes was the abandonment of the tournament-style fighting event in favour of having each fighter competing in a single bout per event. Some of these rule changes involved the introduction of weight classes that were designed to provide a more level playing field amongst the fighters. Other changes included introducing small, open-fingered, gloves that were designed to protect the fighter's fists, and to reduce the occurrence of cuts and stoppages due to cuts. Time limits were established to avoid long fights with little action and similar motivations produced the "stand-up" rule, where the referee has the discretion to stand fighters up if it is per-



ceived that both competitors are resting on the ground or are not advancing toward a dominant position.

In North America, State/Provincial athletic and boxing commissions have played a crucial role in the introduction of additional rules because they oversee boxing as well as mixed martial arts.

UFC bouts are now divided into rounds lasting five minutes each with a one minute break in between rounds. Championship bouts can last up to five rounds whereas non-championship rounds can last up to three rounds. Each round is scored by a panel of MMA judges who are appointed by a commission and they utilize a boxing derived scoring system to score each round of the bout. If a fight goes the distance, each judge will add up their respective scores for each fighter and the winner of the bout is decided by the majority decision of the judges. The rules for strikes and grappling techniques are determined by State/Provincial athletic and boxing commissions as well.

Since MMA has no inter-

national sanctioning body, rules may vary among various MMA organizations. While the legality of some techniques such as elbow strikes, head butts and spinal locks may vary from organization to organization, there is a near universal ban on techniques such as biting, groin strikes, eye gouging, fish-hooking and small joint manipulation.

The UFC has changed dramatically since it was created 15 years ago and many people who have been previously offended by it should give it another chance. According to MS Audet from the Pacific Fleet Club, the UFC is their most popular event by far and they routinely have to turn people away from the door due to overwhelming demand. For more information regarding the UFC and upcoming UFC events visit their website at [www.ufc.com](http://www.ufc.com).

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# LOOKOUT Classifieds & Real Estate

**RATES:** MILITARY and DND PERSONNEL: 25 words \$7.35 • ALL OTHERS: 20 words \$8.40 • Each additional word 15¢ • GST Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11 a.m.

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# Teen glides with Air Cadet program

Sixteen-year-old Sheldon Gunter, a student at George P. Vanier High School, recently had the opportunity to be an Air Cadet for an afternoon and go for a glider ride.

Sheldon has Type 1 diabetes and is unable to fully experience what the Air Cadet program has to offer today's youth.

However, on Aug. 2, the Regional Gliding School allowed Sheldon and her family to spend the afternoon at the school learning about, and experiencing first hand the Air Cadet program.

Sheldon was able to go for her first glider ride with Warrant Officer Second

Class Zakir Khan, a senior cadet from 819 Skyhawk Squadron, in Delta.

During the flight, she was able to fly the glider for a few moments.

After the glider ride, Sheldon learned more about the Air Cadet program and even helped prepare a few gliders for launch.

"It was really cool; I love the feeling of flying. It was amazing to see the whole town from the air," she said.

This summer, the Regional Gliding School is training 36 cadets in the Private Power Pilot Scholarship Program and 44 cadets in the Gliding



Sheldon Gunter sits in a glider just before her first ever flight with WO Zakir Khan.

Scholarship Program. Another 80 cadets will spend three weeks on the Introduction to Aviation Course. Information on the cadet program can be found at [www.cadets.net/pac](http://www.cadets.net/pac).

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## Volunteers needed for 2008 United Way Campaign

- Do you want to learn new skills that will help you in your current or future positions?
- Do you like working in a team environment?
- Are you comfortable working with all rank levels on and off base?
- Do you have a working knowledge of Microsoft Office products?
- Are you organized?
- Would you like exposure to the greater Victoria community?
- Do you have a valid drivers license and a vehicle?
- Do you have a positive attitude?
- Do you like to meet new people?

If you answered yes to these questions please put your name forward through your manager/CO ASAP to be part of the local Government of Canada Workplace Charitable Campaign/United Way Team.

We are still looking for:

- 1 Campaign Co-ordinator (Aug. 11 to Jan. 15)
- 2 Loaned Representatives (Aug. 25 to Dec. 12)
- 1 Material Supply Clerk (Aug. 25 to Dec. 12)



See the MARPAC Notice Board for job descriptions or phone 363-7060.

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