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Ed Dixon, Base Imaging Esquimalt

The crew of To Hallé and Back navigate the waters of Esquimalt Harbour during CFB Esquimalt's Government of Canada Workplace Charitable Campaign/United Way kick-off, held Sept. 11 in dockyard. Commanding the vessel was Captain Scurvy, also known as Base Commander Capt(N) Marcel Hallé. Twenty four teams paddled their way to treasure and bragging rights. See page 2 for more photos and the story.

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HMCS Winnipeg first Pacific Fleet ship to get new rebreather



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Local golfer takes gold at CISM competition



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The 2008 United Way Campaign has kicked off!

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Charitable pirates invade Esquimalt Harbour



Mary Ellen Green
Staff writer

Dockyard came under siege last Thursday as pirates took control of C Jetty.

However, the hundreds of people on the jetty weren't buccaneer hostages, but rather willing partakers in a unique Government of Canada Workplace Charity Campaign (GCWCC) kick-off event.

Themed "Pirates of the Caring Beings," the festivities kept the crowd entertained with pirate boat races and "mateys" walking the plank.

Travelling in an landlubber pirate ship, dubbed Morgana, was United Way/GCWCC Campaign Chair, Capt(N) Marcel Hallé, donning full pirate regalia.

"Arr," said the Capt'n to the crowd gathered on the jetty. "Caring Beings is what you all are. You have proven that year in and year out when it comes to the United Way...The Greater Victoria community is much better off today because of your generous gifts."

A pirate soundtrack served as backdrop to a special pirate battle. Makeshift brigantines with wooden masts bearing each ship's name (Pieces of Eight, Bucket of Blood, Flying Dutchman and the Black Pearl built courtesy Fleet Maintenance Facility Cape Breton's shipwrights), paddled between the jetties in an effort to win the booty.

After six heats with 24 teams, Base Construction Engineering's Crows Nest, manned by

"Commander" Terry Emerson, Pat Cracknell, Ron Ramsdale, Trent Miller, and Rob McDermont, walked away with the trophy.

There was more loot up for grabs, including a raffle draw for a ride in a Canadian Forces Snowbird from 431 Air Demonstration Squadron. A flat screen LCD TV went to one lucky scallywag who made it across the plank without falling into a pool full of frigid water.

Dan "Blackbird" Deringer was the event host and said he came up with the idea for the Pirate theme when he was on the Pirates of the Caribbean ride with his son at Disneyland in California.

He has been involved in the United Way/GCWCC for too many years to count, and said he got involved for personal reasons.

"I've relied on some of the charities United Way supports in the past, and I just want to give back. We have a great employer that allows us to take part in this, and some people out there don't even have an employer. It's the least we could do."

Plus, he said, it allows everyone at CFB Esquimalt a chance to get together, dress up, and be silly.

Last year, the Maritime Forces Pacific (MARPA) community raised over \$700,000; the second highest total of any DND unit across the country, second only to DND Headquarters in Ottawa, which has over 14,000 employees.

MARPA is also the single largest contributor to the United Way/GCWCC in Greater Victoria, and the goal this year is to do it again. This year's target is \$690,000.



Top: The Physically Superior Pirates (PSP for short) gave it their all in the pirate boat race, but fell short of first place.

Left: Base Commander Capt(N) Marcel Hallé made his entrance with cannons blazing on board the Morgana.

Above: Spectators cheered on the 24 race teams

Right: United Way loaned representative Diane Luszniak walks the plank for her chance to win a 42 inch LCD television. Luszniak is normally a University of Victoria Chemistry co-op coordinator but has joined CFB Esquimalt's GCWCC fundraising team.



From left: Canadian Pacific Fleet Chief of Staff, Dave Bindernagel; CPO1 Paul Helston, Fleet Chief; Commodore Nigel Greenwood, Commander Canadian Fleet Pacific; Capt(N) Marcel Hallé, Base Commander; and CPO1 Peter Ford, Base Chief, sign pledge forms at the leadership level (\$500 or more) for CFB Esquimalt's 2008 United Way fundraising campaign.

Back Row: Lt(N) Peggy Kulmala, United Way Campaign Coordinator; Gina Pecorelli, Government of Canada Workplace Charitable Campaign Associate; and Capt(N) Gilles Couturier, United Way Leadership Chair and Maritime Operation Group Four Commander.



INMEMORIAM

Sergeant Prescott Shipway was killed on Sept. 7 after his armoured vehicle struck an improvised explosive device during a security patrol in Panjwayii District. He was a member of the 2nd Battalion Princess Patricia's Canadian Light Infantry, based at Shilo, Manitoba.



Conference brings military and civilian maritime leaders together

Mary Ellen Green
Staff writer

Maritime Forces Pacific and the Office of the Asia-Pacific Policy Advisor have invited maritime leaders from across the world to attend the third biennial Maritime Security Challenges Conference this week.

Maritime Security Challenges 08: Building the Navies of the Future, runs Sept. 16 to 18 at the Victoria Conference Centre.

More than 150 participants from 15 nations will discuss and share opinions and solutions to some of the security challenges facing the maritime community today.

"There is unprecedented naval activity in the Asia-Pacific region," said Dr. James Boutilier, Asia-Pacific Policy Advisor to the Commander, Maritime Forces Pacific.

In the past, he says, the Atlantic Ocean was the centre of naval and maritime activity, but in recent years the centre of naval gravity has shifted from the Atlantic into the Pacific Ocean.

The conference is open to any who is interested, and there are two-day

and one-day drop-in passes available.

The conference brings together civilian industry leaders with military officials to focus on maritime security challenges of nations bordering the Pacific Ocean, or operating ships in the area.

Dr. Boutilier said this is a great opportunity for Canadian officials to discuss maritime issues with leaders from shipbuilding, commercial shipping, port authorities, and coast guards to give naval leaders perspective from outside the military world.

"We need people from industry

There aren't many opportunities for senior bureaucrats and civilians to network with senior officials from around the world.

-Dr. James Boutilier
Asia-Pacific Policy Advisor to the Commander, Maritime Forces Pacific.

present because there is no use in a bunch of naval officers talking amongst themselves. There aren't many opportunities for senior bureaucrats and civilians to network with senior officials from around the world," said Dr. Boutilier.

This year's conference offers a series of breakout sessions, with a panel of experts discussing topics such as Asian submarine programs and the Arctic, a keynote address from Rear Admiral Tyrone Pyle, Commander, Maritime Forces Pacific, and two luncheon guest speakers.

During luncheon addresses Dr. Daniel Rosen from the Rhodium Group, a New York-based economic research and analysis partnership with associates in Shanghai and New Delhi, will speak about China's growing energy needs on Thursday.

The Wednesday address will be by Professor Geoffrey Till from the United Kingdom Defence Academy, who Dr. Boutilier describes as the world authority on sea power. He will speak about the steady numbers decline in main-line western navies.

For more information check the website: www.msc2008.ca.

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The Old Car Detective

Bill Sherk



The best-selling Chevrolet in the 1942 model year was the Fleetline Aerosedan with its fast-back "torpedo" styling, two-tone finish, and stainless trim on the front and rear fenders. After the war, it maintained its popularity throughout the 1946-'48 model years. In 1948 alone, the last year it was produced, over 200,000 were built, more than twice as many as the next most popular '48 Chevrolet.

Here is the story of one of them from James Martin, who enjoys reading this column in the Brantford Expositor:

"I bought my 1948 Chev Aerosedan in 1953, when the car was only five years old. But as new as this was, I stripped every piece of chrome off, then sanded and repainted the lower half of the car in the original light green. I did not have to touch the original dark green top. When I finished, it came out looking like a new car again!

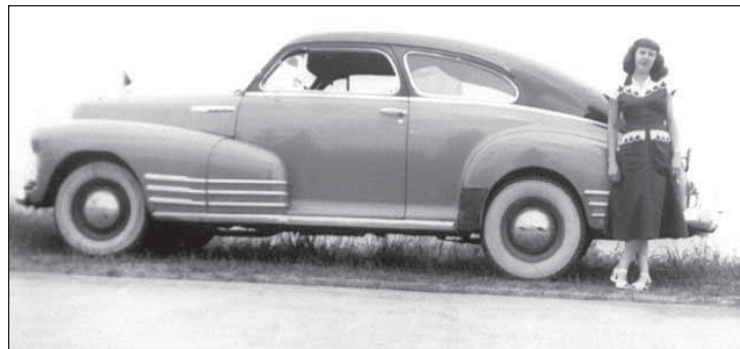
"It had a three-speed manual transmission with the gear shift lever on the steering column. It had vacuum shift, meaning it only moved about one inch per shift, which was great until the vacuum part quit working. Then it took Superman to change gears.

"My mechanic friend told me to remove the vacuum device and just have ordinary shifting, which proved to be a lot cheaper than repairing the vacuum device. And now what a difference in movement from one inch to about two and a half inches per shift.

On the front of the hood was a device called a bug deflector. Everybody back then had one. They were plastic and came in different colours. You attached them to the back of the hood ornament or clamped them onto the chrome strip that ran up the middle of the hood.

Also there were vent windows at the front of the doors. That was

Gloria with streamlined 1948 Chevrolet Aerosedan



James Martin's 1948 Chevrolet Aerosedan with wife Gloria.

what we had for air conditioning, and nice wide whitewall tires.

"Canadian Tire sold turn signal kits and windshield washer kits. Don't ask me how I did it, but I installed both kits myself and I ended up with a classy car with turn signals and windshield washers – the only one on the block.

"I do not know where this car is today, although I saw its twin at a car museum at the Imperial Palace in Las Vegas. The photo of my car was taken in 1954 along

with Gloria. Two good looking models. The car is gone but Gloria is still running!"

As a thank you, if your story is published in this column you will receive a copy of Bill Sherk's book "60 Years Behind the Wheel: The Cars We Drove in Canada 1900-1960". To share your stories or photos e-mail billtsherk@sympatico.ca or write Bill Sherk, 33 Oak St. E., P.O. Box 10012, Leamington, ON N8H 2C3.

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SPORTS trivia

by PO2 Bill Sheridan
Contributor

Quotes

What famous sports personality said:

1. Winning isn't everything. It's the only thing.
2. The secret of winning football games is working more as a team, less as individuals. I play not my 11 best, but my best 11.
3. He is a credit to his race, the human race.
4. If it wasn't for baseball I would either be in a penitentiary or a cemetery.
5. There is a fine line between fishing and just standing on the shoreline looking like an idiot.
6. Some people skate to the puck. I skate to where the puck is going to be.
7. When you come to a fork in the road, take it.
8. Champions aren't made in the gyms. Champions are made from something they have deep inside them -- a desire, a dream, a vision.
9. We get nose jobs all the time in the NHL, and we don't even have to go to the hospital.
10. His four year contract renewal: "As always, I remain hopeful that Don Cherry won't be offered the same length contract."

- Answers:
1. Henry Sanders (popularized by Vince Lombardi)
 2. Knute Rockne, American football coach at Notre Dame.
 3. Jimmy Cannon about Joe Louis
 4. Babe Ruth
 5. Comedian Steven Wright
 6. Wayne Gretzky
 7. Yogi Berra
 8. Muhammad Ali
 9. Brad Park
 10. Ron McLean

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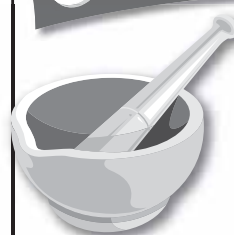
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Taking leadership learning to new heights

Capt Darin Guenette
Contributor

Knowing what Swiss Army knives look like, have you ever wondered what multi-purpose tool the Swiss Navy issues to their sailors?

Well, four CF reserve officers, including myself, recently experienced an opportunity to learn all about the Swiss military directly from a small cadre of their finest service personnel.

Attending the course, known as International Junior Officer Leadership Development (IJOLD), were SLt Derek Moss (HMCS Scotian), Lt Brian Amos (33 Field Ambulance), and Capt Rodger Dunn (both of 443 Air Reserve Augmentation Flight).

This annual course, held this year in Zurich, Switzerland, Aug. 16 to 23, explores and shares leadership concepts from military organizations across the globe. The location of the course changes each year,

allowing each host nation to communicate their ideas and techniques for developing leaders. Because the 2008 version of IJOLD was administered by the Swiss Air Force training organization, the attendees learned Swiss military leadership training.

This year's course saw 61 people from seven nations as students during the week-long session. The nations represented were Canada, USA, UK, Holland, Germany, Italy and Sweden. Students were placed in classes of eight or nine people, with an effort to divide the nations up as much as possible. Seminars were held throughout each weekday, where subjects included leadership, management, communications, conflict and other key topics that may help leaders be effective.

Mixed in with classroom sessions were a wide variety of activities that forced collaboration between the students. The goal of these activities was to encourage each individual to exercise

leadership skills and for all to learn about the intricacies of group behaviour. A session had students cook dinner one evening, where each group had to design and prepare one of the meal courses. Another exercise consisted of an obstacle course type race, where teams had to cooperate to achieve certain tasks.

Because a host nation also wants to leave a favourable impression of their location, there were also many opportunities for pure social interaction. On the opening Sunday, a field trip was organized to the City of Lucerne. Students were treated to guided walking tours, a museum visit and a traditional, Swiss cultural dinner event. Then, to end the course, a closing dinner was held at a castle near Zurich.

The highlight of the evening was when each class carried out a skit for the rest of the participants. These skits were designed and composed throughout the week, and were a great

way to ensure students learned lessons on working together despite language and cultural differences.

Without exception, all officers embraced the learning objectives and it is safe to say that each person learned something about being a better leader. A huge bonus of the course design is that people learned a great deal about how other militaries operate and the similarities and differences in concepts of what makes a good leader.

There is a submission put forth for the 2009 version of IJOLD to be held in Victoria. Seeing the value of bringing together personnel from many countries for the purpose of exchanging leadership ideas, this would be a fantastic opportunity for the CF and Victoria to shine.

Oh, in case you are wondering about the opening remarks of this article, of course the Swiss do not have a navy. However, they do conduct armed patrols of major lakes throughout the country.



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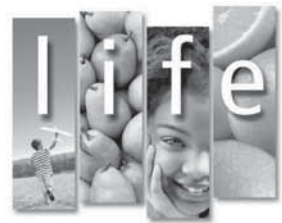
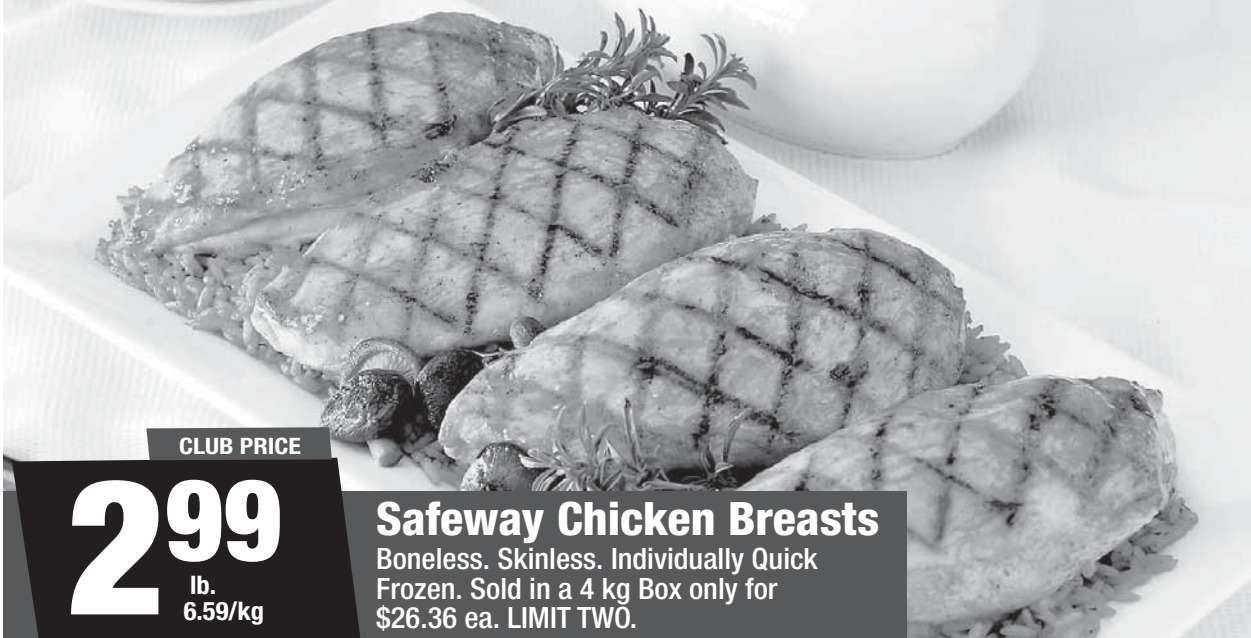
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Cpl Stevo McNeil, TFK Photographer

Sailors currently serving at Kandahar Airfield wave hello from the Task Force Headquarters' courtyard.

Kandahar sailors: staying navy in the sand

Lt(N) Alain Blondin
Lookout Contributor

"Beached sailors" is one way to describe all the would-be-salty-dogs currently serving on Operation Athena.

There are approximately 60 members of Task Force Kandahar who normally wear the "dark blues." Although many are in "purple" occupations, the majority still proudly identify themselves as sailors aboard HMCS (Her Majesty's Canadian Sandpit) Kandahar.

PO2 Clancy Keoughan, from the Military Police working at Kandahar Airfield (KAF) has this to say about now being in a purple trade:

"Unlike many navy MPs, I actually have sea time from my previous occupation. So when I got posted to the army in 1993 and wanted to maintain my naval identity (everyone called me Corporal), I grew a beard and pissed off my army warrant officer."

Well, I never looked back about having a beard until I came over here. Since I arrived in Afghanistan there

have been a couple of times I wished it was gone because of the heat and dust. But, alas, my beard and pusser attitude have remained and I am proud to say that I am navy to this day."

Among those of the senior service doing their bit in Afghanistan are clearance divers, cooks, MARS officers, supply technicians, logistics officers, stewards, naval communicators, military police, RMS clerks, JAGs, physician assistants, a nurse, a doctor, a social worker, a chaplain, and a public affairs officer.

There are West Coast sailors, East Coast sailors and landlocked sailors. Two of us have served in submarines (V boats and O boats). Collectively, we have sailed in more than 40 different ships and submarines, but the saltiest Canadian sailor in Kandahar Province is CPO2 Stephen Amos, a Naval Combat Information Operator who served in 13 different Canadian and U.S. ships from 1973 to 2007. CPO2 Amos currently works at the Operations Coordination Centre for the Province in Kandahar City.

Another character, Padre James Brown, the father of souls in KAF, has worked hard during his tour to convert his sun-baked army parish to more appropriate naval terminology.

"I am the Chaplain of the NSE (National Support Element), which I have always maintained, since our pre-deployment training in Wainwright, means Naval Support Element – given the large number of navy people in the NSE," he says. "I also likened the combat logistics patrols we do to the convoys out of Halifax in World War Two: the RG-31 armoured vehicles are the destroyers, and the insurgents with the improvised explosive devices and ambushes are the U-boats. The vast desert is like the North Atlantic with safe harbour being any of the forward operating bases, while the supply trucks with the sea cans – of course – are the supply ships."

As for other ways of contributing to the cause, at least three Kandahar sailors have members of their progeny also serving in the Canadian Forces.

Cdr Bonita Thornton, Task Force Kandahar Legal Advisor, has a daughter who just finished her tour as a Communications Research Operator at the NSE. Padre Brown, our Roman Catholic Chaplain, has a son serving as a MARS officer on board *HMCS Protecteur*.

Finally, yours truly, a former MARS officer and submariner who has one son serving as a boatswain on board *HMCS Calgary*, and another son, an army communications technician, posted to 2 Electronic Warfare in Kingston and scheduled to deploy on Roto 8.

In spite of all the different backgrounds, every scallywag that has had the privilege of running aground in Kandahar agrees upon one thing. The mission here is very important and worth our personal and collective sacrifices in order to help Afghans find some stability and security.

However, when all is said and done, we must also admit that it's a powerfully dry place to be and can't wait to get back home for a real run ashore.

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HMCS Winnipeg sailors march into work ups

Mary Ellen Green

Staff writer

Anyone who was at HMC Dockyard bright and early last Monday saw an exceptional display of camaraderie.

HMCS Winnipeg ship's company marched together from the jetty to the Pacific Fleet Club to mark the beginning of their high-readiness workups.

As they marched to the beat of a snare drum, they sang in unison: "When my grand-daddy was 101, he did the sea training workups just for fun. Oh your left! Oh your left, right, left!"

Lt(N) Jonathan Kouwenberg, Winnipeg's combat officer, said that while marching of this sort may seem unusual here on the West Coast, it is common on Canada's East Coast, where he spent the last six years.

"This is a great opportunity for us to march together and to demonstrate our cohesiveness and solidarity," Lt(N) Kouwenberg said. "Fifty per cent of the ship's company is new since the last time it was operational. So, the focus of this training is building the team aspect of Winnipeg, and to put into place the procedures and communications necessary to conduct missions overseas safely and effectively."

It has been a year since Winnipeg

was returned to CFB Esquimalt from a refit at Victoria Shipyards. The crew has spent much of the year re-installing and trialing the combat, engineering and communications systems, which were worked on as part of a refit at the civilian shipyard.

Winnipeg ship's company underwent a few days of lectures and briefings at the Pacific Fleet Club and on board the ship last week before departing Thursday for three weeks of training and trials at sea, led by Sea Training Pacific.

They will start with navigation and force protection exercises before sailing to the West Coast Firing Area west of Tofino, where they will spend a couple of days perfecting their gunnery.

Later this week, they will rendezvous with HMCS Ottawa, who will sail with Winnipeg as a consort for three weeks.

"They will be an integral part of training for things like towing, more advanced gunnery and boarding exercises," says Lt(N) Kouwenberg.

The ships will sail as far south as California, while conducting seamanship evolutions including replenishment at sea, towing and anchoring.

When Winnipeg returns to Esquimalt in October, it will have completed another major mile-



Mary Ellen Green, Lookout

HMCS Winnipeg ship's company marches through the HMC Dockyard main gate on their way to the Pacific Fleet Club for sea training workups instruction.

stone on the path from reduced readiness status to high readiness status.

"Our goal is to be ready to deploy in February," says Lt(N) Kouwenberg.

Winnipeg is expected to work

with United States Navy strike groups in major exercises off Australia and Japan.

"The best part of refit and workups is having the reward of a deployment for all our hard work," he said.

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Where ideas work

Warship trades in Chemox for new rebreather

Mary Ellen Green
Staff writer

HMCS Winnipeg is the first ship on the West Coast set to discard the old, cumbersome Chemox fire-fighting equipment and adopt a new system used by civilian fire-fighters.

The Dräger Self-Contained Breathing Apparatus (SCBA) is in the first stage of install in Winnipeg, with 29 units wall mounted on walk-away brackets in various sections of the ship.

"Around 80 per cent of the ship's company is trained on the new SCBA units," said Lt(N) Daniel Loughheed, Marine Systems Engineer.

Winnipeg is using a mix of old and new equipment until the SCBA engineering change is complete and the whole ship's company properly trained.

The new kit arrived in July and was installed while the ship was alongside for a maintenance period.

"The reason they picked us was because we are heading right into our work-up period," said Lt(N) Loughheed.

There will be 30 staff from Sea Training Pacific embarked in Winnipeg over the next three weeks to implement and evaluate high-readiness work-up training.

"This work-up period is going to be the real training ground. We can determine procedures, what works and what doesn't work [with SCBA]," said Lt(N) Loughheed.

The old Chemox system was originally designed for mining, and has been criticized for being bulky, heavy and impractical.

"People really dislike the Chemox kit because there are quite a few drawbacks," said Lt(N) Loughheed. "Most other navies stopped using it a while ago."

The biggest complaint is the artificial lung pack, which sits on the chest of the operator, severely decreasing mobility and increasing the likelihood of squeezing out the lungs, leaving the firefighter with no air. The equipment also doesn't allow for clean air to enter the system. Instead, it filters out the carbon dioxide and adds new oxygen to re-circulated air. The system is not positive pressure, meaning it is not safe to use in a HAZMAT situation, leaving firefighters vulnerable to toxic smoke. Finally, the Chemox system has no way to be cleaned, leaving firefighters breathing in what was left over from the last person who wore it.

The Chemox system does offer one hour of guaranteed air. The system turns on after manual activation by the operator. Moisture from three sets of five breaths activates the chemical compound inside the canister and allows the operator to breathe freely.

Lt(N) Loughheed says the new Dräger SCBA is user friendly and easy to wear. The kit is mounted on the ship in such a fashion that firefighters can slip on the shoulder straps and walk forward with the air

bottle on the back, freeing up valuable space on the operator's chest to more easily handle a fire hose. The air bottle doesn't guarantee any specific amount of air, but varies in accordance with the firefighter's physical fitness and breathing rate.

It can be worn to fight a fire or during a HAZMAT situation because it is under positive pressure, so there's no risk of toxins seeping in. The system can be worn without turning it on, and there are gauges on the chest and tank, and a heads-up display inside the breathing mask that show the wearer how much air time is left.

"The great thing about this is that you can put on your gear, including the mask, get your brief and not be on air, saving it for when it is actually needed," said Lt(N) Loughheed. "For this reason, it will change the way we do business."

The ship currently has two diesel-powered air compressors installed to recharge the compressed air tanks needed for the SCBA system.

The high pressure air system on board is currently used for machinery systems and would have to be modified in the future to produce clean air for breathing.

"Fire is the biggest risk to our ship. The thin steel walls are a conductor for heat, and a fire would leap from space to space very quickly. Firefighting capability is very important because there's nowhere to run. Now we will be better prepared to fight," said Lt(N) Loughheed.



Mary Ellen Green, Lookout

Hull technician MS Dominic Aubert (left) wears the new Dräger Self-Contained Breathing Apparatus (SCBA) firefighting equipment while OS Keith Neilson (right) wears the old Chemox system. HMCS Winnipeg is the first ship on the West Coast to trial the new SCBA firefighting equipment.

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Rules to remember during local, provincial and national elections

This message is to remind civilian employees of their obligations, as public servants, when seeking nomination or candidacy in a municipal, provincial, territorial or federal election or when participating in political activities.

In addition, elections will occur at the municipal, provincial and territorial levels later this fall. Specifically, municipal elections will take place this year in Nova Scotia (Oct. 18), Saskatchewan (Nov. 5), British Columbia (Nov. 15), Northwest Territories (Oct. 20 and Dec. 8) and Nunavut (Oct. 27 and Dec. 8).

Up-to-date and specific information on these and other anticipated elections can be obtained by accessing the upcoming elections page of the Public Service Commission (PSC) website, located at: www.psc-cfp.gc.ca/plac-acpl/leave-conge/ann2-eng.htm

It is mandatory for civilian employees to formally obtain the PSC's permis-

sion prior to seeking nomination or candidacy in a municipal, provincial, territorial or federal election.

Civilian employees who intend to seek public office will need to submit their request with the PSC as early as possible in the process. The PSC requires a minimum of 30 days to process a request.

You can find detailed information on procedures for submitting a request at the PSC website at: www.psc-cfp.gc.ca/plac-acpl/leave-conge/index-eng.htm.

Please note that the deputy head input form, which is one of the PSC requested forms, must be completed and signed by the Deputy Minister (DM). In order to ensure that the information reaches the PSC in a timely fashion, all requests for the DM input must be sent to DGLRC no later than 10 working days in advance of the required 30 days from the PSC.

The PSC political activities info line can be con-

tacted by calling 1-866-707-7152, or by sending an e-mail to: [pa-apa\(at\)psc-cfp.gc.ca](mailto:pa-apa(at)psc-cfp.gc.ca).

Further details regarding political activities can be found on the psc website at: www.psc-cfp.gc.ca/plac-acpl/index-eng.htm, or on the director general labour relations and compensation website at: [http://hr.ottawa-hull.mil.ca/hrciv/dglrc/en/home\(underscore\).asp?ref](http://hr.ottawa-hull.mil.ca/hrciv/dglrc/en/home(underscore).asp?ref)

Civilian employees are also strongly encouraged to complete the PSC self-assessment tool when considering participation in any political activity. The intent of the self-assessment tool is to help employees make reasonable decisions, on a case-by-case basis, whether involvement in a political activity would impair, or be perceived as impairing, the employee's political impartiality as a public servant.

Any questions should be directed to your Civilian Human Resources Service Centre.

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Golfer's gold medal par for the course

Mary Ellen Green
Staff writer

Maj Al Jensen knows every hill and valley of the Hylands Golf Club course in Ottawa like the back of his hand.

He was a former Hylands club member, five-time and reigning club champion and a former employee.

It was at the Canadian Forces golf club that he got his start to the game at age five, and it's also where he struck gold at the 5th annual CISM World Military Golf Championships held Aug. 17-23.

"I think I had a bit of an advantage because I grew up on that course. I started working there when I was 11 in club storage, and my father was the head pro and worked there for 30 years," he says.

In four rounds of CISM play, he scored 71, 73, 76, 71 respectively, leaving him with a score of three-over-par (291), two strokes behind the tournament leader, and locked in a four-way tie for second with three American golfers.

Maj Jensen was awarded the gold medal in the senior men's (over 40) category. The three remaining players had to go to score card retrogression to decide the silver and bronze medals in the men's individual category.

"Nothing beats the feeling of standing on a podium hearing your national anthem play – it's just like the Olympics," Maj Jensen says.

Ireland's Kieran Kennedy was the men's individual winner, with a score 289.

The Canadian men's CISM Golf team finished

second overall, while the ladies team took third. Captain Chantale Belley took bronze in the ladies individual race, bringing the Canadian team's medal total to four, their best ever showing at the World Military Golf Championship.

Maj Jensen played golf through high school and college, and has competed as a junior and amateur at the regional, provincial, and national levels. After joining the military in 1980, he played military golf, making the national team 11 times in 12 attempts spanning a 19-year period.

Since golf was elevated to World Championships status in 2003 he has travelled to Pakistan, Ireland, and South Africa to play for the top spot.

This is the second time he has returned home with a gold medal, and Maj Jensen has decided it will be his last.

"We are athletes and we take our sport very seriously," he said. "It is all our own time and money to compete in amateur golf tournaments and practice until the team selection program starts and the team is named."

Over the next four years, he won't have the time it takes to fully commit to training for competition due to professional and personal responsibilities.

Maj Jensen is due to take over as Commanding Officer of 11 Service Battalion next year, and until then, he is serving double duty as the Deputy Commanding Officer and Deputy Joint Engineer at Joint Task Force Pacific Headquarters.

"I couldn't have written this finish any better. I want-



Mary Ellen Green, Lookout

Major Al Jensen won a gold medal in the senior men's category at the 5th Annual CISM World Military Golf Championships at the Hylands Golf Club in Ottawa. He also took home a silver medal for the men's team second place finish overall. The women's CISM Golf Team finished in third place, taking home a bronze medal.

ed it to play out this way – in Canada, at my home course, in front of family and friends, with personal

and team success. It's going to be difficult to leave the program, but there is a time for everything."



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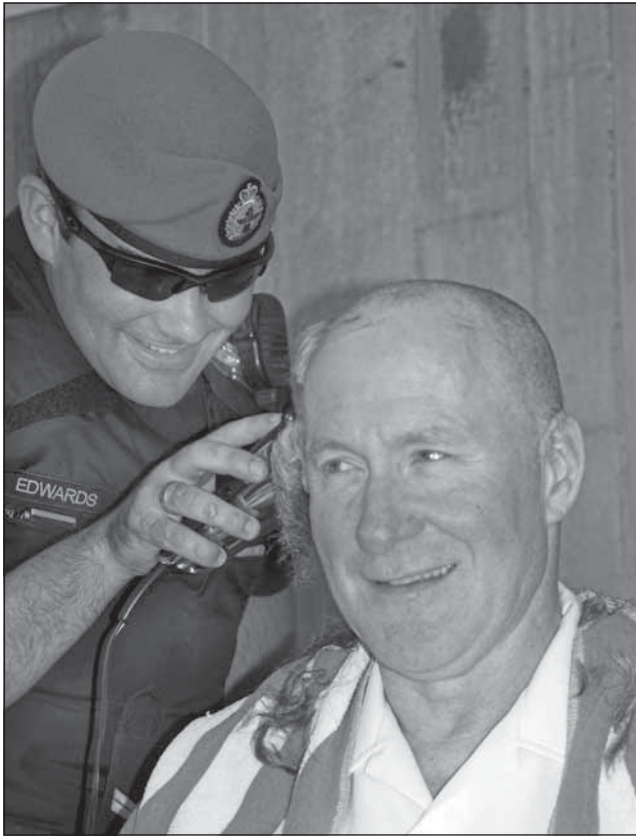
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INFOCUS



Commander Gerry Laporte, Commanding Officer of Canadian Forces Maritime Experimental and Test Ranges (CFMETR) in NanOOSE Bay, recently campaigned to raise funds for the Terry Fox Run (held Sunday, Sept 14). In his efforts to encourage donations, Cdr Laporte offered to shave his head if his goal of \$350 was achieved. Cdr Laporte met and surpassed his goal, raising nearly \$500 and good-willingly fulfilled his commitment by allowing CFMETR staff to shave and (temporarily) tattoo his head. Left: Military Police Officer Cpl Owen Edwards has a go with the clippers.

Deanne Gillespie, Contributor

CFB Esquimalt sent three members to represent the Western Region to the National Canadian Forces Safe Driving Championship, hosted by 4 Wing Cold Lake. Esquimalt employees John Bowker, David Roth, and Mike Ross competed in the Five-Ton Truck event. Roth placed third, Bowker finished fourth and Ross finished eleventh in a field of 13. Left to right: MSE Controller MWO Gillespie, John Bowker, Dave Roth and Mike Ross.



Fleet School's finest marched into a Division Commander meeting prior to the United Way boat race in full pirate garb. The Pirates of the Zen Pants were left to right: Lt(N) Brenda Cyr, LCdr Greg VanDerKrogt, LCdr Guy McCue and CPO2 Brad Main.



Four medical staff from Nanaimo Regional General Hospital display their General Service Medals.

Military medical staff recognized

Lt Alexandre Cadieux
19 Wing Public Affairs Officer

Four medical staff at the Nanaimo Regional General Hospital were recognized on Aug. 29 for their contribution to the Canadian mission in Afghanistan.

Brigadier-General Hilary Jaeger, Commander of the Canadian Forces Health Services Group, presented Dr. David Forest, Dr. Kevin Patterson, Catherine Nieman and Karen Butler with the General Service Medal (GSM).

This general service award may be awarded, depending on the operation, to Canadian citizens deployed outside Canada, either inside or outside a theatre of operation and working with the CF to provide direct support, on a full-time basis, to operations in the presence of an armed enemy.

These four recipients of the medal were recognized for their service in Afghanistan, and have been described as very experienced and great contributors to the health services in the success of the mission. They demonstrated excellent adaptability to the military and operational environment while striving toward improvement. They brought an excellent skill level and approach to Intensive Care Unit and Internal Medicine in a relatively austere setting and were able to adapt, and in many ways augment the service provided at the R3MMU.

- **Dr. David Forrest** is an Infection Control Physician at the Nanaimo Regional General Hospital. He was deployed to Afghanistan from Aug. 20 – Sept. 20, 2007.

- **Dr. Kevin Patterson** is an Internal Medicine Specialist who provides Internal Medicine Locum coverage to Nanaimo Regional General Hospital. He was deployed to Afghanistan from Jan. 29 - March 9, 2007.

- **Catherine Nieman** is a Registered Nurse who has been with Nanaimo Regional General Hospital for the past 18 years. She currently works in the Intensive Care Unit. She deployed to Afghanistan from Nov. 1, 2007 - Jan. 7, 2008.

- **Karen Butler** is a trained Registered Nurse who has been working at Nanaimo Regional General Hospital since February 2004. She currently works in the Intensive Care Unit. She deployed to Afghanistan from Jan. 5 - March 13, 2008.

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Chris
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Warships break from theatre and start the journey home

In the early morning hours of Sept. 7, HMC Ships *Protecteur* and *Calgary* officially left the operational area and the sector they had been patrolling as a part of Combined Task Force 150.

They proceeded to India for a diplomatic engagement that promised to be a rewarding experience for many of the crew members.

The three-day stop over in Chennai, India, began Wednesday, Sept. 10.

"Sailors on board are excited about the opportunity to visit India. They are eager to interact with residents of Chennai and experience the sights and sounds of India," said Cdr Kelly Larkin, *Calgary's* commanding officer. "More than a hundred of them have also volunteered their time to work on the facilities at a local school and at a research foundation."

Capt Steven Heemskerck, the Padre on board *Protecteur*, liaised with officials at the Servasev Vidhyalaya School in Manihottam and at the MSSwaminathan Research Foundation (MSSRF). He spearheads the two voluntary charitable projects that took place while the ships were alongside.

The sailors requested funding from their Task Force Arabian Sea (TFAS) Commander, who approved the use of his contingency fund to purchase \$16,000 worth of much-needed equipment.

Donations were used to purchase computers, geometry boxes, library books and lab materials

Sailors on board are excited about the opportunity to visit India. They are eager to interact with residents of Chennai and experience the sights and sounds of India.

-Cdr Kelly Larkin
Commanding Officer,
HMCS Calgary

that will benefit several schools in the area. For the MSSRF, items such as binoculars, digital cameras, laptop computers and assorted stationary are also being donated.

"We plan to do earth work and foundation laying for the construction of a new cultural and heritage hall for the school," said Capt Heemskerck. "Many of the volunteers are skilled professionals in their field and their expertise can be greatly beneficial to such construction projects."

Canadian sailors dispatched to the school hoped to assist with the construction of a brick wall, white wash newly constructed class rooms and begin the construction of a compound wall of a school. At the research facility, painting

the exterior of a small building and working on the rain water harvesting pond, which is empty and in need of cleaning and clearing, were tasks at hand.

The last Canadian warship to visit India was HMCS *Ottawa* in 2006 when it stopped in Goa while returning home from the same mission.

HMCS *Iroquois*, the destroyer and Task Force Commander flagship, will remain in theatre until the end of the month, after it turns over its CTF 150 flagship duties to Her Danish Majesty's Ship *Absalon* on Sept. 15 in a change of command ceremony between the outgoing Canadian Commander, Cmdre Bob Davidson, and his replacement, Danish Commodore Per Bigum Christensen.

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PERSONNEL SUPPORT PROGRAMS HELP WANTED

Sponsorship Coordinator

CFB Esquimalt • Full Time position

Under the direction of the Deputy PSP Manager, the Sponsorship Coordinator identifies and solicits sponsorship opportunities. He/She negotiates sponsorship agreements, develops and implements sponsorship programs and policies, and assists in the development of the sponsorship corporate strategy. The Sponsorship Coordinator develops and maintains activity budgets, and manages sponsorship accounts. She/He also provides training at local level for sponsorship and donation activities.

Qualifications

- Bachelor's degree in Business Administration, Commerce, Marketing, Sales, Advertising or a related field AND some years experience in sales and marketing or a related field

OR

- College Diploma or Certificate in Business Administration, Commerce, Marketing, Sales Advertising or a related field AND several years experience in sales and marketing or a related field

AND

- A valid Driver's License (British Columbia)

Language Requirement

- English essential, bilingualism (French/English) an asset.

Knowledge Requirements

- Of general business practices and theories
- Of principles and practices for sponsorship and resource development
- Of marketing and sales strategies
- Of budget management
- Of accounting and invoice administration
- Experience Requirements

Experience Requirements

- In sponsorship and sales solicitation
- In initiatives such as promotion, event marketing, media and field marketing
- In market research
- In budget administration
- In developing sponsorship packages and contracts
- In project management
- In negotiating and managing contracts
- In writing business proposals
- In using software for word processing, spread sheets, presentations, databases, e-mail, and Internet browsing

Salary

\$40,130 - \$47,220 per annum

Submit a résumé plus three clippings and a cover letter no later than 4 p.m. September 24, 2008:

By mail to NPF Human Resources Manager, PO Box 17000, Stn Forces, CFB Esquimalt, Victoria, BC, V9A 7N2

By fax to 250-363-5528

By email to npfhresquimalt@cfpsa.com

Online at www.cfpsa.com.

Health Promotion Manager

CFB Esquimalt • Permanent Full Time Position

Under the direction of the Health Promotion Director, the Health Promotion Manager (HPM) will effectively and efficiently organize the local delivery of health promotion (HP) programs and implement initiatives for the Strengthening the Forces (STF) Program consistent with the direction and standards provided by the Strengthening the Forces, DCOS Force Health Protection, DGHS. The HPM acts as a resource person for HP activities on the Base/Wing/Unit and delivers HP programs, activities and initiatives in areas of addictions awareness and prevention, nutritional wellness, social wellness and injury prevention consistent with the direction and standards provided by DCOS Force Health Protection (STF), on behalf of DGHS.

Qualifications

- Masters degree in Health Promotion or a health related science discipline such as Nursing, Mental Health/Social Work, Nutrition, and Human Kinetics combined with some years experience in the delivery of community health or health promotion and prevention programs.

OR

- Baccalaureate in Health Promotion or a health-related discipline (as stated above) combined with some years experience in community health or health promotion and prevention programs.

- Language requirement: English essential, bilingualism (French / English) an asset.

Skills Requirements:

- Candidates must be able to demonstrate their ability to effectively apply interpersonal skills, to effectively apply organizational skills, to establish and maintain partnerships, to make sound decisions and set priorities, to be an effective group leader and be able to work independently and as part of a multidisciplinary team.

- Candidates are required to complete a written exam as part of the selection process.

Salary:

\$ 57,120 - \$ 67,200 per annum.

Successful candidate will be prepared to commence employment as soon as possible. Eligible candidates should submit a resume clearly outlining their ability to fulfill all position requirements to: NPF Human Resources Office, CFB Esquimalt, P O Box 17000, Stn. Forces, Victoria BC V9A 7N2 by fax: (250) 363-5528 by e-mail delisle.randall@cfpsa.com or apply online at www.cfpsa.com before 1600 hrs September 26, 2008.

Please note that only those candidates selected for further consideration will be contacted. If you have special needs and require accommodation measures for the selection process, please notify the NPF Human Resources Manager at that time.

ANNOUNCEMENTS

ARE YOU INTERESTED in providing emergency respite child care for military families? For information call 363-2640 or toll free 1-800-353-3329.

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VOLUNTEERS OF ALL ages are needed to assist individuals with disabilities to get out and be active this summer! By devoting as little as one hour per week, you have the opportunity to participate in an activity you enjoy while giving back to your community. For more info, or to volunteer please call Lindsay at 477-6314 ext 15 or email volunteers@rivotonline.org

ISLAND EAGLES PATHFINDERS need your help to raise funds for a trip to the 2009 International Pathfinder Conference. Please drop off any refundable beverage containers at the corner of Lyall Street & Moresby Street -near the Chief's and Petty Officers Mess at CFB Esquimalt. Donations accepted ANY weekday in August or September. Email island-eagles@hotmail.com for information or questions.

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RoundUp for Research, in support of the Kidney Foundation of Canada, is coming to Tillicum Centre on October 8th & 9th and this year it has a virtual twist. In advance of this event, offending participants will be remanded in virtual jail where they will be "locked up" in a cyber cell on their computer, earning their release through bail contributions made by friends, family members and colleagues who donate on line.

Individuals will be able to view the jailbirds by logging onto **www.kidney.bc.ca** and watching their progress.

To make sure a **RoundUp warrant** is issued for the arrest of your boss or co-worker, please **contact Alison Davies** at (250) 294-9986 or email davnali@shaw.ca.

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Athletic therapy in full swing

Mary Ellen Green
Staff writer

As the only full-time athletic therapist in the Canadian Forces, Stephanie Dempsey is often called upon to use her expertise at regional and national sporting events.

Recently, she set up shop at the Hylands Golf Course in Ottawa during the 5th annual Military CISM World Golf Championships.

More than 100 golfers from 13 countries attended the sporting event, and relied on Dempsey and medic Cpl Aimee Lavallee for any treatment of athletic injuries.

"Between the two of us, we offered both preventative and emergency care," said Dempsey. "We would look at a patient and I would see one thing and she would have another perspective, and that benefits the golfer because they're getting both sides of the story."

Having a medic on site also meant a direct link to Health Services in Ottawa to deal with more serious issues.

"I couldn't have done that on my own," says Dempsey.

The duo handled 43 treatments over the five-day event, mostly chronic overuse rather than acute injuries.

Even though there were players from as far away as Bahrain and Zambia, language was not an issue as most players spoke English, and Dempsey speaks French and a little Spanish.

A tented treatment room was set up on the tournament site for hands-on care before play started each day. They also had golf carts at their disposal to follow the players as they played the course.

Dempsey said wearing red CISM golf shirts allowed the two Canadians some neutrality, so the players knew they were there to treat everyone and facilitate their play.

"I'm just so lucky I have the job I have," Dempsey said. "It's an incredible feeling to help people and see them perform at their best; it's absolute satisfaction."

Since her hire in November 2005, she has since travelled to The Netherlands, Ireland, and India with CISM teams. She has also travelled to many training camps throughout Canada.

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*Approximate distance based on highway mileage for 2008 model.

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2008 GL Sport model shown

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2008 Limited model shown

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GO 883 KM ON ONE TANK*

HWY 6.0L/100KM • 47 MPG†
CITY 8.4L/100KM • 34 MPG†

*Approximate distance based on highway mileage for 2008 model.



2008 Limited 4WD model shown

Tucson L

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GO 744 KM ON ONE TANK*

HWY 7.8L/100KM • 36 MPG†
CITY 10.4L/100KM • 27 MPG†

*Approximate distance based on highway mileage for 2008 model.



2009 Limited model shown

Sonata GL

USE LESS & SAVE
GO 1081 KM ON ONE TANK*

HWY 6.2L/100KM • 46 MPG†
CITY 9.5L/100KM • 30 MPG†

*Approximate distance based on highway mileage for 2009 automatic model.



2008 Limited 7-passenger model shown

Santa Fe GL

USE LESS & SAVE
GO 904 KM ON ONE TANK*

HWY 8.3L/100KM • 34 MPG†
CITY 12.1L/100KM • 23 MPG†

*Approximate distance based on highway mileage for 2008 model.

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