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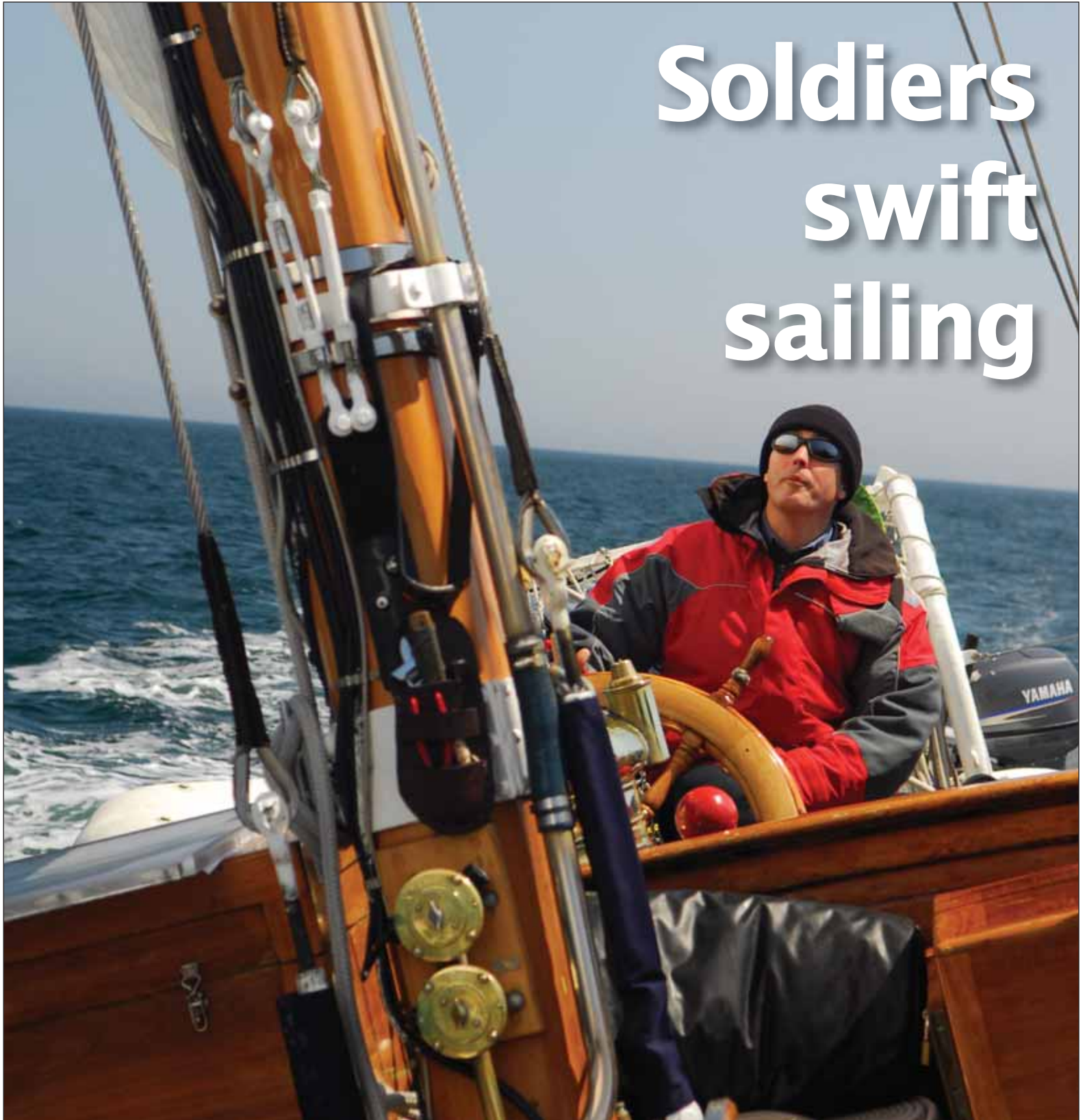
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SHIP NEWS 3
HMCS Winnipeg on pirate patrol



FEATURE 10-11
CFB Esquimalt protects delicate ecosystem



Soldiers swift sailing

Shelley Lipke, Lookout

Under a strong wind, HMCS Oriole pitches to one side with LCdr Erik James at the helm. Two weeks ago, in preparation for the Swiftsure International Yacht Race, Oriole's crew gave sail training to 16 army reservists from Thunder Bay, Ontario. The soldiers then went on to help sail the 33-metre sailboat in the 137.4 nautical mile Lightship Classic category.

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Lake Superior Scottish Regiment takes on Swiftsure

Shelley Lipke
Staff writer

Spectators at Clover Point on May 23 witnessed a sea of white triangles speckling the ocean, with sails dancing in the light breeze, readying for the 66th annual Swiftsure International Yacht Race.

At the start line, *HMCS Oriole* towered proudly above the other ships, but once the race was underway the oldest and largest sailing ship needed stronger winds to complete the two-day contest and was forced to retire.

The wind fooled most racers when it spiked to 30 knots making two metre waves, but on day two it died, sending *Oriole* adrift just before the rounding mark.

"The heavy rolling was very hard on the ship, and the crew was tired from making many sail changes to meet the fickle conditions," said *Oriole's* Captain, LCdr Erik James.

But all was not lost, he says. "The race was a good opportunity to test our seamanship roles in various conditions."

For this race, LCdr James took on a few landlubbers: sixteen Regular and Reserve Force army members from the Lake Superior Scottish Regiment, 18 Service Battalion Thunder Bay.

Joining the six permanent crew

members of *Oriole* was part of the Canadian Forces Adventure Training Program.

"This is a new experience for 90 per cent of us, and it's a real challenge learning how to sail," said 2Lt Doug Niles. "Some of us have sailed on smaller ships but nothing like sailing a navy ship."

As the ship zigzagged back and forth to accompany the changing winds during the training days that led up to the race, buffer PO2 John Kranz could be heard yelling, "Tacking stations." This command sent the burly army sailors into a frenzy, pulling on lines to manoeuvre *Oriole* to correctly embrace the wind. With that single command, they would drop into bobsled position – sitting one behind the other on the deck – ready to throw their bodies into the motion of tugging on the line as the buffer supervised by belting out "two-six heave, two-six heave."

"For us, it's like learning a different language," said 2Lt Niles. "A rope is a line, a map is a chart, and the starboard side aft is the right side in back. It's really a matter of getting our bearings on the lingo and learning this technology," he said.

Being an old, large sailing vessel also poses a number of challenges. "It takes 15 guys to hoist the main sail, and because there are no

winches, like in the newer ships, it takes a lot of manpower and physical strength to sail this 92-tonne ship," said PO2 Kranz. "These guys are here to live the life at sea and they are going back a century to be an old school sailor."

When the army contingent raced against 200 yachts on race day, their experience was different from the training sails. It involved waiting for wind, and then contending with it when it finally came.

"There were hours of boredom followed by moments of sheer terror," reported army Capt Neil Otke. "At times we'd tack along for a half hour or more before we would change direction," said Capt Otke. "Then the waves started crashing over the foc'scle deck when we hit a big swell with two metre waves. If you walked out on the deck the ship was tilted right over and the ocean was rising and falling right beside you."

They also faced a flood tide. "We thought that we were moving, but we'd look at the land and it was still right beside us," said Capt Otke.

The crew operated in six hour shifts to contend with wind, tides and the huge waves that rocked the ship back and forth. "There was more than one that suffered from 'mal de mer'," said LCdr James.



Shelley Lipke, Lookout

Army sailors heave on a line after dropping to the deck in a bobsled position to adjust a sail.

After the captain made the decision to turn around and forego the race, they motored away from the strong currents. "Three hours later, back in the Strait of Juan de Fuca, the wind had filled again and we enjoyed a fantastic sail back under spinnaker," said LCdr James. "The crew certainly experienced the ocean and waves, and from all accounts they were an excellent, young, fit crew."

With *Oriole's* Swiftsure race over, the crew took a few days to get their bearings before departing on May 28 for their Northern Outreach deployment aimed

at community and Aboriginal outreach in small communities between Victoria and the Queen Charlotte Islands. "This six-week program allows us to meet school groups, community members and organizations and provide exposure to the navy in remote communities," said LCdr James. "Each day we will stop in a new community to involve a new group of students."

Oriole's main purpose is public relations and this deployment will embark young naval cadets as crew to experience the art of sailing just as the army crew had.



Shelley Lipke, Lookout

During the 2009 Swiftsure International Yacht Race, *HMCS Whitehorse* served as the starting boat for the Lightship Classic race.

HMCS WINNIPEG: Hunting the hunters



WO Carole Morissette, Combat Camera

SLt Michael McWhinnie Task Force SNMG1

The approaching monsoon season, with its promise of high winds and rolling seas, has yet to discourage pirates from attacking merchant ships, or *HMCS Winnipeg* from pursuing the pirates.

Last week was busy for the Canadian frigate as it continues its NATO-led counter-piracy mission, Operation Allied Protector, in the Gulf of Aden. While in transit for Salalah, Oman, *Winnipeg* responded to distress calls from the Maltese-registered cargo ship MV Sea Pride.

"The helicopter was doing a regular patrol mission when one of three merchant ships we had just identified abruptly turned out of the transit corridor," said Major James Hawthorne, pilot of Palomino16, the ship's CH-124 Sea King helicopter. "As we closed to investigate, the distress calls started coming across the radio."

The helicopter's arrival prompted the two suspicious skiffs to flee towards Somalia.

"We could see a boarding ladder

in the smaller skiff, which is one of the prime indicators for pirates," said Maj Hawthorne. "We fired warning shots ahead of each skiff but they refused to stop."

Winnipeg joined the chase and halted both skiffs; however, when the boarding party arrived to search them the ladders photographed by the helicopter crew were no longer aboard, most likely jettisoned during the pursuit. No firearms could be found, either. The larger skiff carried 52 containers of fuel, suggesting it was supporting the smaller skiff.

Three days in Salalah gave *Winnipeg's* crew time to rest, and an opportunity for Peter MacKay, Minister of National Defence and Minister for the Atlantic Gateway, to visit the ship, address the crew, and put to sea for a demonstration of counter-piracy capabilities.

Winnipeg had barely resumed patrolling when the air detachment's aggressive flying program again yielded results.

Early May 24, Sea King pilot Capt Avert Pyne spotted something out of place near the shipping lanes.

"These two skiffs were obvious-

ly working together. There is an instant of recognition; in this case it was spotting their boarding ladder, when their identity becomes clear. We were doing a surface surveillance mission then, like someone threw a switch, we were into counter-piracy once more. They tried to flee but we maintained contact and vectored the ship to intercept them." *Winnipeg* caught up to each skiff, halted them, and boarded them in turn. LS Scott Darbison was one of the first to discover arms during the initial boarding. "I was starting to wonder if we would ever find weapons as it seemed to that point they were quick to dump them once they realized they would be stopped. LS [Gerardo] Cayabyab was in the skiff ahead of me and took a 9-mm pistol from one of the Somalis. The pirates seemed relaxed but, as we could see other weapons forward, the seriousness of the situation struck me and I became very focussed on the job at hand. Confiscating their RPGs and assault rifles was very satisfying," said LS Darbison.

Nearby, ship's diver LS Terry Clairmont was investigating a marker buoy jettisoned from the skiff during the chase.

"The helicopter crew saw them throw something, so we went in the Zodiac to take a look. I felt a moment of suspense as I grabbed the float and hauled on the short line. It was a bit heavy as it came up and I almost laughed out loud when I saw this 16-foot aluminum ladder break the water's surface: it had hooks and other modifications used to board merchant vessels."

After recovering the boarding-

Above: Members of HMCS Winnipeg provide cover for the boarding party as they approach a pirate skiff. The morning's action saw two pirate vessels stopped and searched. A large amount of pirate material was seized including RPGs and assault rifles.

Below: Shortly after HMCS Winnipeg's Sea King reported seeing a suspicious skiff, the ship stopped the skiff, boarded the vessel and found a cache of weapons.



Cpl Rick Ayer, HMCS Winnipeg

party, *Winnipeg* tracked the second, larger skiff and again sent the boarding party to investigate.

"They kept insisting that they were fishermen and that they were unarmed. We believed strongly that we would find weapons, but the initial search of the main compartments yielded little," said boarding party member Sub-Lieutenant Jason Gallant. "As time passed I began to entertain the possibility they were telling the truth, though we were determined to thoroughly explore every possible hiding place. When we finally spotted a loaded magazine in the tight enclosure of the engine compartment I knew more would follow. It was a thrill to reach into their hiding place and retrieve those firearms knowing they would no longer pose a threat

to innocent people."

The boarding party found a rocket-propelled grenade launcher and automatic assault rifles. In total, the cache of arms included one semi-automatic pistol, two rocket-propelled grenade launchers with warheads, one M-16 assault rifle, seven AK-47 assault rifles, and a stock of small-arms ammunition. "Whether they are forced to jettison their weapons during a pursuit, or try to hide them for us to seize during a boarding, from an operational perspective the outcome is the same: their ability to threaten legitimate shipping is neutralized," said Combat Officer Lt(N) Allan Compton. *HMCS Winnipeg* continues her counter-piracy mission until the beginning of June.

The helicopter was doing a regular patrol mission when one of three merchant ships we had just identified abruptly turned out of the transit corridor. The distress calls started coming across the radio.

-Major James Hawthorne
Pilot of Palomino16

matters of OPINION

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People Talk

Sixteen Regular Force and Reserve Force Army members from Thunder Bay, Ontario, joined the six-member crew of HMCS Oriole for the 66th annual Swiftsure Yacht Race held May 23 to 24. Lookout asked them this question:

What is the most challenging aspect of sailing and what is most rewarding?



"Our involvement with Swiftsure and learning how to sail with the navy is part of the Canadian Forces Adventure Training program, which allows certain reservists or regular force members to take part in skiing or winter operations; in this case, we are learning to sail.

We have been sail training for four days and it's been a challenge because this is a new experience for 90 per cent of us. Some of us have sailed on smaller ships but never in a navy ship. For us it's like learning a new language, because the terminology is new and it's a matter of getting our bearings on this technology and working together as a team.

I find some physical aspects of sailing a challenge. It takes a lot of people to coordinate this ship properly. Nothing is mechanical here. It is all done manually with a whole line of guys pulling on the lines, so it takes a lot of coordination.

One of the benefits of the Canadian Forces is that we are used to working as a team and are used to yelling at each other to get the job done, so it's working out well.

It's also rewarding. It is a once in a lifetime opportunity to be a part of an international yacht race and to sail this vessel, because we are not part of the navy."

**2Lt Doug Niles,
Reserve Force – Lake Superior
Scottish Regiment 18 Service
Battalion Thunder Bay, ON**



"The most challenging aspect of sailing for me is getting where you want to go in the fastest time possible. This can be difficult because the wind is not always going in the direction you want it to be in. I find racing really rewarding. I like to work as part of a team to try to win the race, and when we cross the line ahead of our competitors it is especially rewarding. Using the wind's energy to get a 92-tonne ship to move through the water is quite a feeling. The fastest we have gotten HMCS Oriole was 13.9 knots on the sail from Cape Beale to San Francisco, and that was exciting."

**PO1 Kenneth McEvoy,
HMCS Oriole Coxswain**



"Being from Glace Bay, Nova Scotia, I love the ocean and the when I was a young kid I sailed a bit with my dad, but this is the first time doing anything like this and I really like learning it. It's more complex than I thought. Learning to sail is a personal satisfaction and the experience of learning something new is rewarding.

I find it challenging learning a new craft. This takes a lot of physical conditioning and it's a matter of being thrown into a situation that people are telling you what to do. I like the team building here on the ship. As a group you can do so much together and the camaraderie builds up."

**Sgt Frank Macdonald,
Regular force – Lake Superior
Scottish Regiment 18 Service
Battalion Thunder Bay, ON**



"In the navy we spend so much of our career on a ship that we rely on our work to make the ship to go. Sometimes the weather and lower comfort factors can be a bit of a challenge, but I wouldn't trade it for working on one of the heavy ships.

It is very rewarding to see our hard work move the ship. I also enjoy getting to train younger people to grasp the concepts of sailing on the youth adventure challenges when we take students on the ship from across Canada for a week to teach them how to sail."

**LS Alex Makrodimitras,
Boatswain HMCS Oriole**

Got a People Talk idea?

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NEW IDEAS: BECOME PART OF THE GREEN TEAM

Passport to a greener community

Mary Ellen Green
Staff writer

It's Canadian Environment Week, and Formation Safety and Environment (FSE) is launching new initiatives to help the defence community go green.

"We're really working towards decreasing our carbon footprint on base," says Jennifer Drury, Environment Officer at FSE. "There are great resources out there, but people don't know about them."

Today marks the launch of the Green Citizenship Passport Program at CFB Esquimalt. The GCPP is a Public Works and Government Services Canada initiative to raise awareness about environmental issues among federal government employees.

The Department of National Defence is one

of six federal government departments currently registered with the program that encourages participants to integrate sustainable development principles into their lives and their workplaces, and monitors and rewards their progress.

The GCPP is an online tool that suggests more than 150 ways employees can make their workplace, home and travel more sustainable. Participants earn points for performing these activities, and record their progress online so they can measure their growth as a "green" citizen.

"Participants record their activities and the corresponding points, much like a traveler has his or her passport stamped," Drury said.

Participants earn award points by making more sustainable choices, such as cycling and taking public transportation to work,

purchasing the most energy efficient products, consuming locally grown foods, recycling, and eliminating the use of hazardous material. When certain point levels are achieved, participants are rewarded with environmentally themed prizes, such as gardening gloves and energy efficient light bulbs.

Also launching today is the 2010 Greening Government Toolkit, a one-stop-shop online resource for federal government employees in the Pacific region to find tools (best practices, websites, guides and contacts) they can use to help green their offices in five different areas: green meetings, green procurement, green commuting, zero waste and engagement.

"We will be targeting CFB Esquimalt's 'Green Team' [Unit Environment Officers or UEnvOs] with this toolkit," Drury said.

Trivia contests, based on material found within the toolkit will be held throughout Environment Week for UEnvOs to participate in.

FSE staff were at the Naden and Dockyard gates this morning distributing tomato plants and promotional material to promote both Canadian Environment Week and the GCPP.

One of Environment Canada's suggested activities to celebrate Canadian Environment Week is to buy locally grown food, or grow it yourself. A regional diet consumes 17 times less oil and gas than the typical North American diet based on food shipped across the world.

For more information about Canadian Environment Week initiatives, check the website at www.ec.gc.ca/scecew/ or contact Formation Environment at 250-363-7547.

FILM *friday*

3-D Disney cartoon gets rave reviews

W. Andrew Powell
The GATE

This weekend has not one, but two amazing movies opening, and they're both getting the kind of reviews that most genre films can only dream about.

The first is Disney-Pixar's first 3-D movie *Up*, which debuted at Cannes this month; the other is the latest from horror director Sam Raimi, *Drag Me To Hell*, starring Alison Lohman.

Up

Whether you're talking about Pixar's films, or the studio itself, *Up* seems to be an apt word for the company that has become one of the best studios in the world. Producing hit after hit, Pixar has the odd distinction of being able to work strictly in the realm of animation, while reaching out to audiences with intelligent, thoughtful, and ultimately entertaining films.

Up follows the distinct success of *Wall-E*, but as with every film they have made, bears its own unique style completely. The only question is whether this new animated film can reach the success of its predecessors.

Monsters, Inc. director Pete Docter takes to the helm again with Edward Asner voicing the crotchety Carl Fredricksen, a 78-year-old

balloon salesman who yearns for adventure. Carl takes his chance when housing developers threaten to put him into a nursing home, attaching thousands of balloons to his house, he goes on the trip of his life. It is only once he is in the air that he discovers he has a stowaway - the chubby eight-year-old wilderness explorer Russell, voiced by first-time actor Jordan Nagai.

Travelling to the Venezuelan jungle, the duo are the perfect odd couple for a new animated era, dealing with their fears and feelings, and the wonders of the jungle, all at once.

As with every other film Pixar has made, *Up* is getting spectacular reviews, close to 99 per cent on MetaCritic.com and 100 per cent on RottenTomatoes.com.

Drag Me To Hell

From the director who brought us the *Evil Dead* films, and the *Spider-Man* trilogy comes the latest return to horrific by the great Sam Raimi.

Starring Alison Lohman, *Drag Me To Hell* is the tale of Christine, a young bank officer who kicks a mysterious old lady out of her home when the woman can't make her payments. In retaliation, the old woman curses Christine, setting an evil spirit on her that turns



Disney-Pixar's "Up" stars characters Dug, Russell and Carl Fredricksen.

her entire life to hell.

It is only by turning to a seer that Christine can try to reverse the curse, but the cost could be very high indeed.

Although I found the trailers a little silly, *Drag Me To Hell* is getting some of the best reviews of the year so far, especially when you consider that this is a horror film.

Already in theatres...

Terminator Salvation

Blow all the ad dollars you want, sell the story as much as you like, and show fans those cool special effects, but I still guarantee the most talked-about aspect of *Terminator Salvation* will always be Christian Bale's tirade against cinematographer Shane Hurlbut.

Following two other sequels, including the blockbuster hit *T2*, it's a bit hard to believe that a director like McG, known for making the *Charlie's Angels* films, could possibly top James

Cameron's epic action film.

Set in a post-apocalyptic world overrun by those fearsome, intelligent machines, one man must step forward to lead the last remnants of humanity against the forces that could wipe them out entirely. As humanity moves forward, they must also deal with a new threat perpetrated by the machines: cyborgs, covered in flesh to look like humans, but following the orders of the robots.

The prospects are interesting, and this is the period in the saga that most excites me. I also love dark films, and Bale is a great fit as John Connor, proving multiple times before that he can pull off a brooding hero. Co-star Sam Worthington as Marcus Wright is also an intriguing actor to play against Bale, playing the part of a mysterious stranger.

Despite my hopes, *Terminator Salvation* is not getting very good reviews from many of the top critics.

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On the bridge of HMCS Winnipeg, RADM José Domingos Pereira da Cunha, commander of Standing NATO Maritime Group 1, speaks to embedded journalists. RADM Pereira da Cunha visited Winnipeg to thank the crew for their hard work throughout the frigate's deployment with the NATO squadron on its current counter-piracy mission.

Cpl Rick Ayer, HMCS Winnipeg

Portuguese Admiral acknowledges Canadian contribution to NATO mission

SLt Michael McWhinnie
Task Force SNMG 1

With the end of their NATO-led counter-piracy mission approaching, the captain and crew of HMCS Winnipeg received a final visit from their NATO squadron commander, Rear-Admiral José Domingos Pereira da Cunha, on May 29. In a

stopover lasting just under three hours, the Admiral discussed operations with Winnipeg's commanding officer, Commander Craig Baines; addressed the ship's company; held a news conference with embedded media; and dined with guests in the wardroom. Then he returned to his flagship by helicopter.

With Winnipeg's crew assembled on the flight

deck, RADM Pereira da Cunha reflected on the squadron's achievements to date and the Canadian frigate's positive contributions. He stated that, since April, NATO had escorted 221 high-risk vessels through the Internationally Recognized Transit Corridor (the main shipping channel), ensured the safe arrival of two ships loaded with World Food Programme relief supplies, intercepted 10 pirate vessels, and stopped, searched and seized weapons from more than 75 suspected pirates.

In particular, the Admiral recognized the vital work of Palomino16, Winnipeg's embarked helicopter, by presenting the air detachment with a commemorative plaque,

which was accepted by its commander, Major James Hawthorne.

During the news conference, RADM Pereira da Cunha told reporters that NATO was considering its future role in counter-piracy in the Gulf of Aden, saying that the alliance might expand or extend its naval presence in the region. When asked specifically about Winnipeg's comparative success, he stressed the collaborative nature of the mission and credited the squadron's strong co-ordination with ensuring that Winnipeg was "in the right place at the right moment with the right execution."

Winnipeg is scheduled to conclude her NATO-led counter-piracy mission in early June.

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CP01 Lawrence Surges Naden Band

It's time to start putting the team together for the 2009 Government of Canada Workplace Charitable Campaign, and I would personally like to encourage everyone in the Defence Team to consider applying for a Loaned Representative position.

Restructuring within the CF Music Branch allowed me the chance to represent the Formation and work directly with the United Way during the 2008 campaign. This was a unique opportunity for me to use my staff skills and provide much needed help. More importantly, it left me

with a new appreciation for our community and just how important our campaign is to both our community and Canada.

Nationally, the United Way/Centraide, a trusted community partner with a history of making wise investments, manages the campaign on behalf of the Treasury Board of Canada Secretariat. Locally, the United Way of Greater Victoria manages our campaign, and the Base normally second three personnel.

I was genuinely impressed by the camaraderie of the United Way staff, but it is obvious that without Loaned Representatives it would be impossible to conduct a successful campaign.

Our Loaned Representatives

will join 10 to 12 others from diverse backgrounds for a five-day training period from Aug. 24 to 28. Their skills will be assessed and a determination made as to who will work where.

Last year, A/SLt Melanie Graham and PO1 Dennis Fairfax worked in the "civilian" community, while ASlt Mark Fifield returned to the base to work alongside Diane Luzinski from the University of Victoria and Sandi Brezinski from EDS Advanced Solutions.

It was a steep learning curve for all Loaned Representatives, but it didn't take long for everyone to adapt and appreciate some of the unique differences between workplace cultures. If you've worked

within the Defence Team or government for some time, this is a great opportunity to see how "the other half" works.

I ask civilian and military personnel to not just react to a call for Loaned Representatives, but proactively explore the creative possibilities for succession planning and personal growth. Members of the Defence Team have traits that we might take for granted: we are typically organized, punctual, energetic, computer literate, polite and able to work in a team - those skills and some enthusiasm will make the experience of being a Loaned Representative rewarding for you and make you a huge asset to the charitable campaign.

Please take the time to consider a campaign role and discuss it with your supervisor. Despite the high operational tempo, I highly recommend that managers support subordinates who seek this developmental opportunity - they will undoubtedly return from 16 weeks of experience as an Loaned Representative with renewed enthusiasm and new skills.

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Winnipeg keeping the water safe

Above: Leading Seaman Loren Olsen indicates Oscar, representing the letter O, during semaphore training. The former Rocky Mountain House native and graduate of Will Sinclair High School (1996) has been serving in the Canadian Forces since enrolling in 2003. Signalling by flags is just one of Loren's duties as a Naval Communicator in his present role in HMCS Winnipeg.

Right: Leading Seaman Eryn Massey performs corrective maintenance on a communication terminal in HMCS Winnipeg. The former Winnipeg native and graduate of Maple's Collegiate (1997) and Red River Community College (2002) has been serving with the Canadian Forces since 2004 when he joined as a Naval Electronics Technician. The task is one of many demanded of Eryn who is charged with critical communication equipment maintenance responsibilities in his current position.

Below: Private Catherine Tremblay ensures the ammunition for the 50 calibre machine gun is in place and ready to defend HMCS Winnipeg. The former Saguenay resident and graduate of École Secondaire Dominique-Racine has been serving with the Canadian Forces since 2007. Weapon loading as part of a force protection team is only one aspect of Catherine's duties in her current role as a Supply Technician.

SLt Michael McWhinnie, Task Force Public Affairs Officer



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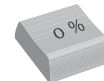
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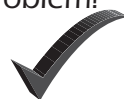
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Protecting the Garry Oak

Tracy Cornforth Formation Risk Management

CFB Esquimalt administers over 4,400 hectares encompassing 15 properties across British Columbia. DND needs these areas to store supplies, to house communications equipment and supporting infrastructure, and to act as danger templates around active ranges and training areas.

DND land, for the most part, is relatively undeveloped, and the impact by humans is controlled as a majority of the sites are off limits to the public. These properties support a diversity of habitats including Garry Oak meadows, coastal bluffs and old growth forest.

The Garry Oak ecosystem is one of the Canada's

richest ecosystems and is also one of the most endangered. They are unique to a small part of south-western British Columbia, where less than five per cent of the habitat remains.

The most commonly recognizable species in the Garry Oak ecosystem is the tree itself. The Garry Oak is the only native oak tree in western Canada. They are striking, with a gnarly sprawling shape and large heavy limbs.

The ecosystem is a rich mosaic of species. In the springtime the open mead-

ow comes to life, flaunting intensely coloured spring wildflowers, native grasses and moss covered rocks.

CFB Esquimalt properties contain over 120 hectares of Garry Oak forest, plus over 40 species listed under the Federal *Species at Risk Act*; almost half of these are associated with Garry Oak ecosystems.

A number of these species are located within active training areas where military activities, from orienteering to demolitions, routinely occur

A species is said to be "at

In the springtime the open meadow comes to life, flaunting intensely coloured spring wildflowers, native grasses and moss covered rocks.



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ak ecosystem

risk" when it is deemed to be in danger of disappearing from the wild. A multi-jurisdictional Recovery Team is then formed to aid in the recovery of species that are "at risk." CFB Esquimalt has been a part of the Garry Oak Ecosystem Recovery Team for the past nine years. As a means of ensuring species protection and maintaining operational readiness, the base employs various strategies such as fences, signs, and visual stakes that identify sensitive areas and allow for use of the surrounding property.

Protecting the Garry Oak ecosystem and preserving the rare species found within it while continuing to operate a large military complex has its challenges. The responsibility of CFB Esquimalt to protect these species is great, not only because it is required by federal law, but because this ecosystem continues to disappear in the region.

The following are a few examples of rare species found within Garry Oak ecosystems on CFB Esquimalt properties:

- The Dense-flowered

Lupine, a fuzzy leaved plant with a tall butter yellow flower, is only known from three locations in Canada – the population at CFB Esquimalt accounts for 40 per cent of Canada's population.

- The Water-plantain Buttercup, a slender leaved plant with a golden yellow flower, is found in moist, often muddy sites. The Buttercup is only known from two locations in Canada, one of which is on CFB Esquimalt property.

- The Rigid-apple Moss is a tiny moss almost indistinguishable from other mosses unless you have a trained eye. It sends up reproductive capsules that look like tiny apples. This moss is found on four properties in Canada, two of which are CFB Esquimalt's.

- The Sharp-tailed Snake is a small, non-venomous, secretive snake. Adults will only grow to 20-30 cm in length. The short tail ends in a small pointed scale, which gives rise to its name. It is known from 10 locations in Canada, two are on CFB Esquimalt property – including the largest known population.

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CFB Esquimalt SPORTS

Sailor takes second prize in Squash finals

Mary Ellen Green
Staff writer

It was lucky number 13 for Lt(N) Karl Hoener at the CF National Squash Championships at CFB Kingston, May 2 to 8.

This is the 13th year in a row the local sailor has represented the Pacific Region on the national stage, and he returned victorious, taking the silver medal in the Masters (over 45) category.

"My play over the week was great, and I wish could have done better in the final. I'm sure the week took its toll on me," he said.

Competitors played two matches a day for five days straight. A six-man team was sent to the finals alongside two augmentees from 19 Wing Comox to compete against top players from bases across the country. They first competed in a team event, and then each player competed individually.

Lt(N) Hoener was ranked first in the Masters category after winning every match he played during the team event.



Left to right: PO1 Mike Priestley, Capt Ray Negenman, CPO2 Craig Harvey-McKean, MS Frank Cyr, WO Rob Dufour and Lt(N) Karl Hoener represented the Pacific Region at this year's national Squash Championships.

He lost only one match in the individual competition- the final, in three games to LCdr Michael Melnychuk from Maritime Forces Atlantic.

"I played and defeated

LCdr Melnychuk in the team competition, but it was a more challenging match in the individual play," he said. "My strategy is I don't care if he wins the point, as long as he had to go further to get there than I did. And he said that if we had to go another game, he wouldn't have made it."

Lt(N) Hoener is also the president of the Naden Squash Club, which hosts free squash clinics at the

Naden Athletic Centre every Saturday morning from 10 a.m. to 1 p.m. They also play squash every lunch hour between 11:30 a.m. and 1 p.m. Play is at all levels and members of the defence team are welcome to join.

The National Squash finals were held in conjunction with the National Badminton Championships. The Pacific Region team from CFB Esquimalt finished in third place.

My play over the week was great, and I wish could have done better in the final. I'm sure the week took its toll.

-Lt(N) Karl Hoener



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CFB Esquimalt SPORTS

Cock of the Walk Ball Hockey

Five teams entered the Cock of the Walk Ball Hockey tournament that ran from May 19 to 22 at Wurtele Arena.

During the four days of competition, HMC Ships Regina, Calgary, Ottawa, Vancouver and MOG4 played a double elimination tournament where each team played a minimum of two games. Once a team had lost two games they were out of the

tournament.

Regina and Calgary advanced to the semi-finals to play a very close game, but Regina was the victor and advanced to the finals against Ottawa.

In the final game the score was close throughout, but late in the last period Regina pulled their goalie in an attempt to tie it up, but this was unsuccessful and they ended up losing by a score of 5-4.

Throughout the tournament Ottawa went undefeated to emerge as the 2009 COW Ball Hockey Champions.

Eight games were played:

- Regina – Calgary (5-2)
- Ottawa – Vancouver (3-2)
- Regina – MOG4 (6-2)
- Calgary- Vancouver (4-1)
- Ottawa – Regina (4-1)
- Calgary – MOG4 (1-0)
- Regina – Calgary (5-4)
- Ottawa- Regina (5-4)



Shelley Lipke, Lookout

During the opening game of the Cock of the Walk ball hockey tournament, HMCS Regina won 5-2 against HMCS Calgary. A total of five teams entered the the tournament including HMC Ships Vancouver, Ottawa and MOG4.

Cock of the Walk Slo Pitch

HMC Ships Vancouver, Ottawa and Regina competed the Cock of the Walk Slo Pitch tournament held at Colville Ball field from May 25 - 27.

Four games were played during the three day tournament. Vancouver lost to Ottawa during the round robin putting Ottawa against Regina in the finals.

During the final game Regina emerged as the 2009 COW Slo Pitch champions with a score of 13-2.

- Four games were played:
- Regina-Vancouver (10-2)
 - Ottawa-Vancouver (9-4)
 - Regina-Ottawa (27-2)
 - Regina-Ottawa (13-2)



Shelley Lipke, Lookout

HMCS Regina player AB Adrian Jack is set to swing during the final slo pitch game of the Cock of the Walk series against HMCS Ottawa. Regina won the final game by 13-2 and took home the winning title.

For more information on PSP sports at CFB Esquimalt, visit www.pspesquimalt.ca

Men's Regional Ball Hockey Championships June 15-17

Personnel Support Programs will host the 2009 Pacific Region Men's Ball Hockey Championships at CFB Esquimalt June 15-17.

Opening ceremonies will be held at 9:15 a.m. at the Wurtele Arena.

The tournament will consist of three teams: CFB Esquimalt, 19 Wing Comox and McChord AFB.

Come out and cheer on your Esquimalt Tritons in their quest to the CF Nationals.



Image: Department of National Defence

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June is Recreation Month – get active

Ryan Cane
CFPSA

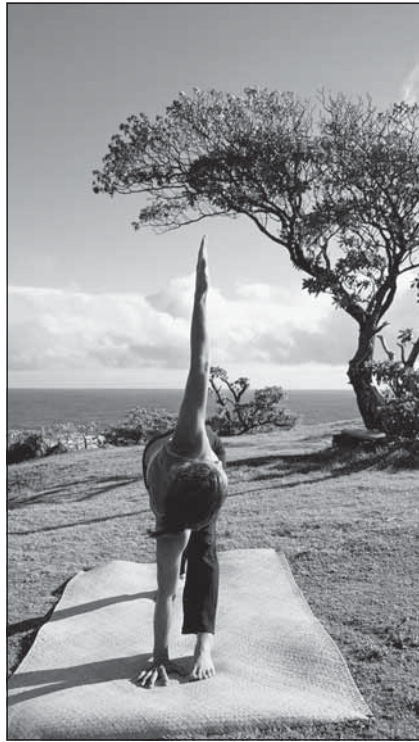
Arms reaching and spine stretching, Capt Charleen MacCulloch holds her downward dog for five breaths before settling back into her yoga mat.

Capt MacCulloch has participated in regular yoga classes for two years and it is just one of the activities she enjoys during her leisure time.

"I run, weight lift, garden and cook for friends," she says. "Being active in my spare time increases my stamina to deal with long working hours, reduces stress and really the benefits are endless."

Positive leisure and recreational activities can meet many needs and participants encounter all sorts of benefits. Recreation provides personal, economic, social, and ecological benefits to people and communities

Recreation has an important role in the Morale and Welfare (MW) of the Canadian Forces (CF). The CF Fitness and Health Strategy notes the impact recreation plays in encouraging active lifestyles and creating environments for change. Recreation programming also has special value for military personnel functioning in a technically oriented force. A well balanced program helps to maintain total fitness, which includes the physical, emotional, intellectual, social and spiritual health of the



individual.

Recreation also supports the military family, each CF location offers a diverse mix of activities, all designed to promote wellness and enhance the time that families spend together.

This year to celebrate the benefits of recreation, The Director General Personnel and Family Support Services

Being active in my spare time increases my stamina to deal with long working hours, reduces stress and really the benefits are endless.

-Capt Charleen MacCulloch

National Recreation office, with the support of national and provincial park/recreation associations, is promoting June Recreation Month (JRM). JRM draws public attention to the benefits and values of recreation and parks to individuals, families, neighbourhoods and communities, and works to recognize and celebrate the contributions recreation and parks makes to the quality of life of Canadians. Log on to www.cfpsa.com/recreation to learn more about the benefits of recreation, read the success stories from bases and wings across the CF and have a chance to win a recreation month prize package.

Capt MacCulloch says that winning really is as simple as participating in your favourite activity. "Find your passion and get active," she says. "Experience the benefits."

INBRIEF

PADI Open Water Diver Certification Course

Hosted by the Aquarius Dive Club and taught by Scuba Stu Underwater Adventure Ltd, the Open Water Diver (beginner) is a course that allows you the freedom to dive with a buddy independent of a professional. The course consists of five classroom sessions, five pool sessions and five open water dives.

- Who: Ages 14 + (Participants must be able to swim 200 metres non stop any style they choose and tread water for 10 minutes.

- Where: NAC pool

- When: Monday June 8 to 22

- Cost: \$400 + GST/Person

- How: To register call 250-363-1009, for specific course information contact Boyd.Clark@forces.gc.ca.

Brandon gets new leader

Command of HMCS *Brandon* was turned over from LCdr David Botting to LCdr Tim Doherty on May 27 in HMC Dockyard.

LCdr Doherty recently ran CFB Esquimalt's Port Security section for four years, and returned to sea for two years as Executive Officer of HMCS *Edmonton*.

Brandon's change of command is only one of many events taking place for the ship's 10th anniversary.

In June, *Brandon* will conduct a three-week long workup, which is an evaluation process to ensure the ship and its company meet navy standards for safety and operational effectiveness.

In July, *Brandon* will conduct coastal patrols and "show the flag" with visits to various ports in the Puget Sound and Vancouver Island areas. In August, *Brandon* will be a primary search and rescue (patrol vessel off the west coast of Vancouver Island to provide assistance to vessels in the event of an emergency. In September, crew members from *Brandon* will be heading to Manitoba for a namesake city visit and 10th anniversary celebrations. The rest of the fall and spring of next year will see *Brandon* assisting with the navy's contribution to the security of the 2010 Winter Olympics.

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Give dad the gift of health this Father's Day

Mary Ellen Green
Staff writer

What do you get for the man who has everything? This Father's Day, why not give the gift of health by participating in the 11th annual Safeway Father's Day Walk/Run for prostate cancer?

On Sunday, June 21, walkers and runners from Halifax to Victoria will line up on the start lines to show support for the 25,000 Canadian men who will be diagnosed with prostate cancer this year alone. All funds raised will go to support the programs and services of The Prostate Centre in Victoria and for prostate cancer research.

According to Gaynor Jackson, Executive Director of CFB Esquimalt's Military Family Resource Centre and three-time event volunteer, "Prostate Cancer affects one in six men in their lifetimes in Canada," she said. "And it's just one of those things that men don't talk about."

The event is being held at Royal Roads University and will have both three kilometre and eight km routes available.

"This is very much an old fashioned family event with a barbeque, great things for the kids and incentive prizes for fundraisers," Jackson said. "It's a

great event even for families with deployed members as well. They can come enjoy a picnic, the beautiful surroundings, and activities for kids and spend the day together."

Jackson's role this year is to increase the number of teams participating in the event. She'd like to see teams from the defence community get involved in a cause that touches so many lives.

"Especially in this community so full of men, we really want to promote awareness and PSA testing," she said.

Teams are made up of a minimum of four members and registration is \$35 each. Registration fees will be waived if participants raise a minimum of \$100.

The corporate team that submits the most donations on or before June 21 will receive the Corporate Team Challenge Award. The friends and family team that submits the most donations on or before June 21 will receive the Perseverance Award.

Special Top Collector prizes are available for the top three teams and the top three individuals.

For more information, please call the hotline at 1-888-788-4645 or check the website at www.theprostatecentre.info. And if you can't walk or run, become a volunteer. Email doitfordad@theprostatecentre.info for more information about volunteering your time at this special event.

About Prostate Cancer:

Prostate specific antigen (PSA) is an enzyme produced in the ducts of the prostate and absorbed into the bloodstream. The PSA test

measures the level of free and bound PSA in the blood. With benign prostate conditions, there is more free PSA, while cancer produces more of the attached form.



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LOOKING BACK in LOOKOUT



WHAT WAS MAKING HEADLINES IN THE PAGES OF THE LOOKOUT 10, 20 AND 50 YEARS AGO?

50 years - 1959

Tanker supply ships join the ranks of the navy

The tanker supply ship planned for the Royal Canadian Navy will constitute a major step in providing increased mobility for ships of the fleet.

With their radius of operations and time at sea mainly determined by the amount of fuel they can carry, Canadian warships will be able to remain at sea for greatly extended periods of time with the advent of a tanker within the fleet.

In addition to its planned ability to refuel three ships simultaneously, the new vessel will be capable of supplying refrigerated stores, armament stores and other naval equipment.

20 years - 1989

MARPAC embarks on its annual Naval Gun Run

As the rest of us look forward to summer and plan vacations, there is a select group of young men training vigorously in preparation for the annual Naval Gun Run competition. It's that time again when MARPAC calls upon 40 hearty young lads to represent the West Coast in the momentous event.

The East and West Coast Gun Run teams compete for the William Hall, V.C. Memorial Trophy at the annual Nova Scotia Tattoo. The trophy honours William Hall, a veteran of four wars and three navies who was the first Canadian sailor, the first black and first Nova Scotian to win the Victoria Cross.

10 years - 1999

New dental clinic opens in Dockyard

The new dental clinic opening in Dockyard is taking some of the bite out of going to the dentist.

The clinic, which opens June 1 in D109 has been developed so that sailors will have easier access to dental care.

"The clinic is opening exclusively for the convenience of the sailors," said Maj Anthony MacIsaac, Maritime Forces Pacific dental detachment commander.

He explains that because the clinic will be just two city blocks from any of the ships in dockyard, sailors will be away from work less.

Runner sails past Boston Marathon finish line

Shelley Lipke
Staff writer

PO1 Howard Manderson relished the moment as he stood near the start line with 26,000 other anxious athletes, all ready to take on the 113th Boston Marathon, held April 20.

F15 fighter jets whizzed over head as they performed a fly past. The U.S. National Anthem reverberated through the streets. Thousands of runners kicked at the pavement waiting for the gun to sound the start of the 42.2 kilometre race.

"The atmosphere in the town was electric," said 39-year-old PO1 Manderson. "I was surrounded by others who had qualified at my start time of 3:15, and when the starter pistol went off it took me a good four minutes to reach the start line."

The course was flat at the start, winding through small towns and communities, but then grew to a challenge.

"It was a tougher course than I had expected," admitted PO1 Manderson. "A number of people I spoke to warned me that Boston was a difficult course to figure out."

Before setting foot on the streets of Boston, the sailor researched the race course for mental preparation. He knew a series of four hills would meet him at the halfway mark. But as he sped past the mile 19 marker, it soon became apparent hills were not the only thing he would encounter.

"A half mile later we arrived to a wall of 400 to 500 girls standing four and five deep in front of a school just screaming

and cheering us on. It was incredible to see this support that people were giving us as we approached the hills."

Heartbreak Hill was the largest with a steep half mile uphill run. "It came at an absolute critical part of the race where your reserves are quite depleted. The human body is designed to carry enough fuel to go 20 miles, so to contend with a half mile hill at this point was very challenging," he said.

With the support of the crowd behind them, the runners pushed through the hills.

At one point in the race, PO1 Manderson passed legendary runner Dick Hoyt, who is well-known in the running circuit for competing in triathlons, marathons and Ironman races while pushing, swimming and cycling his disabled son Rick.

"At the halfway point I passed the father and son team and thanked him for the inspiration. It was their 1,000 race together and he is such an inspiration and can run the Boston Marathon in under four hours with his son. This moment really stuck in my mind."

Once he reached the final five miles heading into Boston there was no break in the crowd, which got larger and louder as he neared the finish line. The Boston Red Sox had a Patriots' Day game that had just finished and those fans lined the streets to cheer on the runners.

"As I ran, I wore my Canadian Forces top and I heard 'Go Canada' shouted so many times. I saw so many Canadian flags along the course, and the level of support was awesome. I don't remember any pain because I was soaking up the moment."

He made the last turn to the finish line

We arrived to a wall of 400 to 500 girls standing four and five deep in front of a school just screaming and cheering us on. It was incredible to see this support.

-PO1 Howard Manderson

and sprinted to end the race with a time of 3:21.

"It was such a fantastic time to enjoy that moment and reflect over the past year of training and qualifying for this race."

As a race official placed a medal around his neck the emotion set in. "It made every early morning of training and every ounce of pain worth it."

In the recovery area, the elated athletes revived themselves, massaged their sore muscles and spoke about the race.

"I met runners from Europe, all over the States and Canada and we shared stories about the path we took to get to the race, and the training we had done. A lot of the people come back each year and strive to do better than the previous year. There are some who have competed in excess of 30 consecutive Boston Marathons," he said.

When he returned to Victoria he discovered friends, family and workmates had been closely watching his endeavor.

"I couldn't get over the number of



PO1 Howard Manderson raced in the Boston Marathon on April 20 with a finishing time of 3:25.

people I worked with that were glued to a computer tracking me online during the race. I'm very thankful for the widespread support I received from people in the Canadian Forces that helped me get to the start line."

PO1 Manderson's rest period will be brief. His sights are set now set on the Ottawa ING marathon, the very race that qualified him for Boston last year. Although, this year he's already qualified for the 2010 Boston Marathon, which he plans to run a little faster.



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During his visit to HMCS Winnipeg the Minister of National Defence handed out the Canadian Decoration Medal.

Photos by SLt Mike McWhinnie, Task Force SNMG1



Peter Gordon MacKay, Minister of National Defence, presents Leading Seaman Chris Leger with the Canadian Decoration Medal for 12 years of service to Canada.



Peter Gordon MacKay, Minister of National Defence, presents Leading Seaman Kosal Tiv with the Canadian Decoration Medal for 12 years of service to Canada.



Peter Gordon MacKay, Minister of National Defence, presents Leading Seaman Brian Chapman with the Canadian Decoration Medal for 12 years of service to Canada.



Peter Gordon MacKay, Minister of National Defence, presents Leading Seaman Sue Lonergan with the Canadian Decoration Medal for 12 years of service to Canada.



Cdr Randy Caspick (right), with help from Lt(N) Nicole Prowett, promotes to Lieutenant(Navy) Laurene Drapeau (left image), Eric Salter (centre image) and Sylvie Salter (right image).

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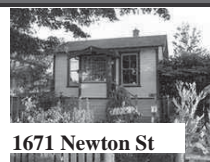
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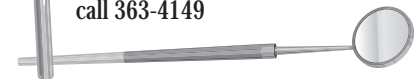
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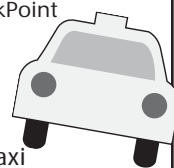
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Headquarters fit to be tried

Shelley Lipke
Staff writer

Sharing a laugh at the water cooler after a dash down the hallway may earn points for prizes and a thinner waistline for some Maritime Pacific (MARPA) and Joint Task Force (Pacific) (JTFF) headquarters staff.

More than 200 people are invited to tackle a new 30-day fitness challenge that involves tallying points for healthy activities such as eating breakfast, getting eight hours sleep, doing physical training, drinking water and laughing.

"We hope by keeping track of these indicators, people will be healthier, and it will make them more aware that wellness is just not physical fitness," said Krista Theriault, Strengthening the Forces Health Promotion Manager. "And of course we want to promote the Health and Physical Fitness Strategy as well."

The fitness challenge is a joint effort by Strengthening the Forces Health Promotion Program and the Unit Health Promotion Representative (UHP) Capt Gillian Worsfold to develop a customized strategy for this unit.

"With strong support from the chain of command it is shaping up to be a great success," says Theriault.

A booklet will be handed out, which provides guidelines on endurance, strength and flexibility training, plus the recommended daily Canada Food Guide servings, some mental health tips, and a survey the member can use to assess how they feel before and after the 30-day challenge.

The challenge kicks off June 19 with an opening physical fun day at Thetis

Lake and any member who participates will receive five bonus points to jump start their scorecard.

Then on June 27 an additional five points will be given to anyone who participates in the Formation Fun Day Amazing Race in Naden.

"The Amazing Race is open to anyone from the defence community, but hopes to tar-

get young adults. In addition to the race, Formation Fun Day offers about 70 different activities for young and old alike. The event runs from noon until 4 p.m.," said Theriault.

When the challenge closes on July 19 the participants with the top three scores, plus the most improved, will receive healthy gift baskets.

"We hope more units will look at the example MARPA and JTFF headquarters is setting and step up to create similar strategies to challenge their units," said Theriault.

To sign up and receive your free logbook and water bottle contact Capt Gillian Worsfold at 363-4739 or Krista Theriault at 363-5532.

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