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STV Goldcrest gets centennial makeover



When in full bloom, the new gennaker for Sail Training Vessel (STV) Goldcrest is a massive advertisement for next year's 100 anniversary of the Canadian Navy.

Canadian Forces Fleet School's Seamanship Training Centre had the identifier imprinted on one of their sails to help raise awareness for next year's celebration.

"We'll be flying the new gennaker for the whole summer, sailing around the island," says CPO1 Gino Spinelli, Fleet School's Seamanship Division Chief Petty Officer. "It's a great way to advertise the centennial and the navy, and it's pretty sharp looking too."

A gennaker is an asymmetric spinnaker used for sailing downwind.

Goldcrest arrived at CFB Esquimalt in 1985, and supports classification and trades sail and seamanship training to officers and non-commissioned members of the CF. Goldcrest also hosts adventure training and represents the navy in local events such as the annual Swiftsure race; however, Goldcrest didn't enter the race this year due to manning constraints.

Mary Ellen Green, Lookout

Sail Training Vessel Goldcrest got a gennaker re-designed to sport the Navy Centennial identifier to promote the Canadian Navy's 100th birthday.

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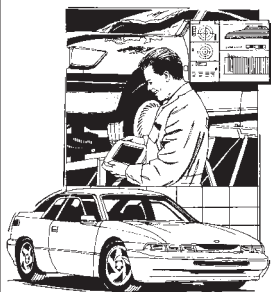
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Divers dredge up the past

Shelley Lipke
Staff writer

Last Thursday, nine Fleet Diving Unit (Pacific) divers took turns plunging beneath the water at C1 jetty to the sediment-filled bottom in a clean-up mission aimed to rid the harbour floor of debris.

Armed with recovery lines and floats, divers disappeared beneath the surface to scan the bottom, eventually unearthing wire, rebar, cement blocks, correlated steel, ladders and piping.

One by one, the CF Auxiliary Vessel sea truck crew hoisted the items to daylight using a crane.

When DND assumed control of the harbour from Transport Canada, they inherited the contaminated sediment on the ocean floor, said Lyle Fairley, Port Operation Emergency Services Branch Environment Officer.

As the dive began and the first four divers entered the water, dive supervisor PO2 Brendan Maguire dutifully noted the time and depth for decompression purposes.

"They are wearing dive dry suits with a full face mask, latex hood and gloves to provide a moderate level of protection from any possible contamination because they will be stirring up the bottom," he said. "They are looking for large objects that would impede shipping or future dredging of the harbour



Shelley Lipke, Lookout

Diver LS Brad Virgin hands over 5.56 mm ammunition he found on the harbour floor to dive supervisor PO2 Brendan Maguire.

and could act as hazards for the ships," he said.

After being submerged for their maximum dive time of 50 minutes, the team of four emerged and swam toward the zodiac holding smaller items, which they passed to PO2 Maguire. "LS Ken Jones found an ASP baton, which is used by boarding parties and military police," said PO2 Maguire. "And LS Brad Virgin found some 5.56 millimetre ammunition used in a conjunction of rifles."

Larger items less than 400 pounds were tagged and removed by the sea truck's crane. "We will decontaminate the items the divers recovered, and then either recycle them if we can, or send them to a landfill," said Fairley.

The clean-up project was indirectly initiated by a request from *HMCS Protecteur's* crew.

"As the fueling tanker, they hold a large volume of fuel and have a higher

probability of spillage than the other ships, so they wanted their spill prevention boom to be anchored. This would pull it out away from the boat and allow more room in the event of a spill," explained Fairley.

However, the anchor repeatedly got caught on debris on the ocean floor and Fairley had the divers come out with underwater cameras to discover what lay beneath the surface.

"They found a lot of junk like ropes, scaffolding, ladders, and hoses that the anchors were getting caught on."

While there are still many items embedded within the contaminated soil, the divers have started the clean up process and Fairley hopes to see more clean up of the harbour in the future.

"This project is a benefit to the overall management plan of the harbour and is one that should be done every so many years to keep the harbour bottom clean and free of impediments," said Fairley.

Honey bees choose an unlikely home

Mary Ellen Green
Staff writer

Retired beekeeper Bruce Lockhart was called back into action May 24, when a swarm of bees decided to nest in the door jam and under the hood of a red Mazda sedan parked at Tillicum mall.

While the owners enjoyed a matinee showing of *Star Trek* at SilverCity Victoria, their car was converted into an apiary.

"The swarm was enormous, surely numbering in the tens of thousands judging from the size of it and how it could be heard all the way from our entrance doors," said SilverCity Senior Operations Manager, Jesse Robinson. Passers-by alerted him to the situation and he called the Saanich Fire Department, who in turn called out Lockhart.

While waiting for the bee keeper to arrive, stanchions were placed around the car.

"It became a parking lot exhibit; many guests and families came and took photos to the squealing delight of their kids – the

bees were totally harmless and just buzzed around all of us as we buzzed around them," said Robinson.

With a modified shop vac in hand, Lockhart, a former CFB Esquimalt employee, went to work gently sucking the bees from the car hood. His indoor/outdoor shop vacuum has low suction and compartments inside so the bees could easily be transported to a new home.

Lockhart isn't a stranger to this kind of bemusement. This was the second swarm he vacuumed out of a car in Victoria. A few years ago he dealt with a swarm that tried to make a home on the front seat of a car in Langford.

"Swarming is quite common, but they normally land on trees," he says. "When they swarm, they've raised a new queen. The new queen stays in the old hive, and half the bees follow the old queen to find a new hive. That's how they reproduce and carry on. But they don't normally land on a car."

The bees were vacuumed up and taken to a new hive. Two and a half hours later,



Former CFB Esquimalt employee and retired beekeeper Bruce Lockhart uses a modified shop vacuum to safely remove a swarm of bees that built a nest in a Mazda sedan parked at Tillicum Mall on May 24.

the couple was able to get in their car and drive away. They, along with the bee

keeper, were given courtesy passes to SilverCity for their troubles.

Robots help keep Afghan roads safe

Shelley Lipke
Staff writer

Clearance divers from Fleet Diving Unit Pacific are using remote controlled robots to aid them in defeating improvised explosive devices (IED) in Afghanistan.

Telerob Explosive Ordinance Disposal Observation Robots (TEODor) serve as bomb disposal experts' fingertips, ears and eyes, helping disrupt terrorist-planted bombs one at a time.

For 30 years, robots have been used for bomb disposal, but technology has advanced significantly creating newer models with increased capabilities.

"The hardest part working with one of these robots is learning its full capability," said explosive ordnance disposal (EOD) technician PO2 Kevin March. "There are so many optional tools to maximize its effectiveness; there is a lot to learn."

PO2 March spent seven months in Afghanistan at Camp Nathan Smith where he and other clearance divers used two robots as a means of remote observation, and a method of defeating bombs.

"They can operate drills, grinders, x-rays, shotguns, car towing devices and deploy



Shelley Lipke, Lookout

PO2 Kevin March poses for a photo with a Telerob robot like the one he used in Afghanistan. As an Explosive Ordinance Disposal technician, his job was to use these robots to defeat Improvised Explosive Devices that were planted in the culverts and roads by terrorists.

ties to determine the level of threat the IED posed.

"As the years have gone by, the Afghan people have become more receptive to what should and shouldn't be in the ground," said PO2 March. "Somebody might have seen the Taliban plac-

vehicle first, or an x-ray to further investigate before we decide how to disrupt the IED. We can even hook up cutting utensils to the robot's claw to cut and punch windows of vehicles to get the manipulator arm inside the vehicle if we need to," he said. "It's like operating a remote-controlled car that kids plays with."

As each bomb was disabled, the EOD team collected forensic information and sent it to a lab for analysis. "It's a fine art of picking the right weapon to disrupt the package, but trying not to disrupt it to the state where no forensics are left," explains PO2 March.

At times the collection of this forensic data pays off.

"CPO2 Darrell Colwell was in Afghanistan after me and he was able to get a fingerprint lifted through the forensic evidence, which led to the location and identity of the bomb maker," said PO2 March.

Without the advanced capabilities of robots to successfully disrupt and dismantle the bombs, gathering forensics would not be possible, adds PO2 March.

"It gave me a great feeling to do this line of work and defeat the person who created these devices," he said. "In doing so, I'm potentially saving lives of Afghan bystanders and coalition forces."

Now back at Fleet Diving Unit (Pacific), PO2 March uses his field knowledge to instruct new clearance divers on how to use the Telerob.

"With my theatre experience, I'm able to provide some tricks on utilizing the robots for divers who are learning this for the first time. The most common comment I get from the students is that it's harder than it looks," he said. "To me it's almost like a game, because the more you use it the better you get at it."

The hardest part with working with one of these robots is learning its full capability. There are so many optional tools you could use to maximize its effectiveness, so there is a lot to learn.

- PO2 Kevin March
Explosive Ordinance Disposal Technician

several different types of disruptors to defeat the IED's explosive purposes," said PO2 March. "I could be several metres away and be observing the deployment of the robot through cameras."

EOD operators were sent to different areas of the country to deal with explosive devices, travelling either by road or helicopter. Once on the scene, the EOD team would question local Afghan people and authori-

ing it in the roads, culverts or grounds, or the general look of the ground may tip them off."

After the EOD operators secured the area and with a security force in place, PO2 March and a team of three EOD technicians worked together to establish the most effective disruption tool to use based on the situation.

"Each scenario is different. Sometimes I might need a towing device to move a

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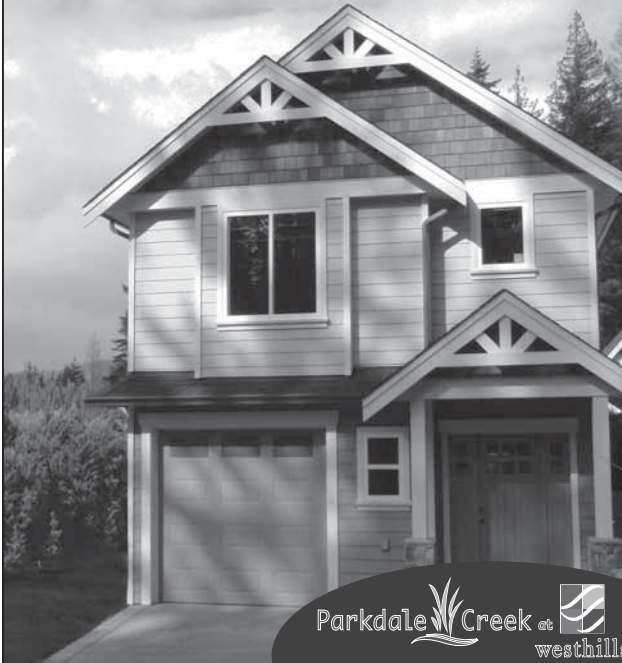
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WHAT SAY YOU

Celebrating a year of health and fitness

The Canadian Forces Health and Physical Fitness Strategy celebrated its first anniversary on April 1, 2009. Some of its key milestones include:

- the participation of regular, primary reserve, "outcan" and remotely posted personnel in the CF EXPRES program,
- mandatory scoring of physical fitness testing results on CF selection boards,
- base and wing organized CF runs, and
- additional CF and international military sports council (CISM) sports including an extreme sport policy,

I am very pleased with the progress made on program and standard develop-

ment by both Director General Personnel and Family Support Services (DGPFS) and CF Health Services.

Having said that, it is the many local initiatives geared towards supporting CF personnel who are committed to adopting healthy lifestyle habits and increasing their level of physical fitness that will have the biggest impact upon our personnel. These activities organized by the navy, army, air force and NDHQ staffs continue to demonstrate a continued commitment towards maintaining a force that is fit to fight

As a result, during this second year of

the health and fitness strategy, I expect that bases and wings will take steps to make their environment more conducive to healthy behaviours and continued efforts to increase physical fitness. At a minimum every base and wing, as well as NDHQ staffs, shall organize one physical fitness activity inclusive of all CF personnel that will help promote our continued focus on healthy lifestyles

DGPFS will act as the central point to provide further coordinated direction for such activities.

MGen W. Semianiw
Chief Military Personnel

Local car dealer unfazed by GM bankruptcy in U.S.

There has been a lot of media attention on General Motors, both in Canada and the U.S. over the past several months and I would like to take a minute to update you on what is happening. Here are the facts.

On June 1, The Governments of Canada and Ontario approved GM Canada's comprehensive plan, enabling GM Canada to complete its restructuring without the need for court supervision. At the same time, General Motors Corporation announced it will complete its reinvention through a court-supervised process in the U.S. It is expected that the new GM will emerge quickly from this process.

Let me assure you that we do not

expect GM Canada's operations to be impacted by the U.S. court filing. Customer service, manufacturing, and supply chain will continue with minimal disruption. Jenner Chevrolet Corvette remains open for business and GM customers can confidently continue to purchase and service their vehicles and take full advantage of GM's leading warranty coverage.

I would like to thank my customers, employees and the entire community of Victoria for your support during this unprecedented time. I hope you are excited as I am about the future of a new GM Canada.

Fred Jenner
Jenner Chevrolet Corvette

CFSA SAILING RACE RESULTS

Single-Handed Race, May 31

1. White Wave, Jon Richardson
2. Pitoraq, Graham Heath
3. Limbo, Paul Jensen

Overall results of C Series

Div 1

1. Presto, Roger Brady
2. Compromise, Glen Shippam
3. White Wave, Jon Richardson

Div 2

1. Pitoraq, Graham Heath
2. Attitude, Marc Dumais
3. SeaQuin IV, Lesley Quin

Jack and Jill Race

1. Presto, Roger and Sharon Brady
2. Pitoraq, Graham and Allison Heath
3. Circles, Will Nesling and Laura Dawn Bollen

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Don't miss upcoming Glutton for Punishment

A consummate individualist, Bob Blumer has always chafed under anyone else's authority. But on this episode it's "yes sir, no sir" as Bob enlists in the Navy. Bob is challenged to work in the galley of a Canadian Navy frigate - a moving kitchen where half the battle is just staying on your feet. His ultimate mission? To get good grub on deck for a ship full of hungry crew,

an elite cadre of officers, and one tough Captain - all in the midst of a training operation at sea. Seasickness is nothing compared with a military mob that's armed and ravenous!

The episode premieres on Monday, June 22 at 12:30 p.m. and 8:30 p.m. EST

Repeats are on Tuesday at 1:30 a.m. EST, and Saturday at 1:30 p.m. EST and 7:30 p.m. EST

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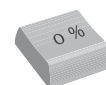
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Boomer's Legacy raising funds again

Mary Ellen Green
Staff writer

It's time for the third annual Boomer's Legacy ride from Victoria to Comox, and this year 60 riders have taken the call to ride 260 kilometres in honour of a fallen soldier and the change he wanted to see in Afghanistan.

Boomer's Legacy was named in remembrance of Cpl Andrew James Eykelenboom, an army medic, and the 26th Canadian soldier to die in Afghanistan. He was killed by a suicide bomber in the village of Spin Boldak, August 11, 2006, at the age of 23.

A member of 1 Field Ambulance from Edmonton, Cpl

Eykelenboom - who was known to his comrades as "Boomer" - seized many opportunities while serving in Afghanistan to distribute aid, medical supplies, warm clothing and books to Afghan people. Now his mother, Maureen is carrying on his work with the Boomer's Legacy charity, and is taking part in the ride for the very first time.

Beginning at the LGen Ashton Armouries with a ribbon cutting by Chief of Defence Staff General Walter Natynczyk, Friday, June 12 at 8 a.m., the riders will make their way to Nanaimo the first night.

Saturday, June 13 will see them ride the final leg to Courtenay, where they will be treated to a surf and turf gala dinner at

the third annual Boomer's Legacy fundraising event at Florence Filberg Hall.

The event will include a live auction, live music by the Many Water Band, and Canadian recording artist and CF member, Elton Adams.

The CDS is expected to get on a bike for a portion of the ride. Other notable riders include Globe and Mail columnist Christie Blatchford and Col David Sanschagrin, Deputy Commander of Canadian Forces Health Services Group.

Last year, more than \$13,000 was raised, and CWO Todd McGowan says they're already way ahead of that target for this year.

All funds raised by the charity go to provide aid

and support to Afghan people, with emphasis on providing services and programs for women and children.

The funds will be distributed through the Canadian Forces, Joint Task Force-Afghanistan's Assistance to Afghanistan Trust Fund (AATF).

Boomer's Legacy has been the largest donor to the AATF since its inception.

For more information about the Boomer's Legacy Ride, check the website at www.boomerslegacy.ca.

Tickets for the gala dinner are \$100 each (\$50 tax receipted). Call Maureen Eykelenboom at 250-890-7556 to book a table for eight or to purchase your tickets.

BRAIN ticklers

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	1		5		2	8	7	6
9		6		8				

ANSWERS ON PAGE 15

Level: Beginner

The Old Car Detective

Bill Sherk



Last week, Phyllis Wagorn of Burnstown, ON, (near Ottawa) regaled us with the hilarious adventures of her grandmother at the wheel of a 1955 Morris Minor. After several years on the road, she smashed it up (not her fault of course) and bought another one in 1961. Here is that story:

"When Granny bought her second Morris Minor, she decided there was too much traffic on the road and she gave the car to my parents. Every weekend, as soon as my dad finished work, we would all pile into 'ole Bessie' and head for the cottage.

"Now when I say 'pile' I mean pile. There were five of us kids, my mom and dad, a dog, and enough provisions for the weekend (which always included a case of beer). I was the lucky one. Because I was so small, I got to sit on the case. We later got a duck that had to go with us to the cottage. And later, my grandmother thought that because it was her car, she should go too. Wow! How we did it I do not know but

to this day I cannot remember being cramped.

"A few years ago, I was in a big mall and a Morris Minor was on display. I went over and looked at it and took to laughing. Everyone thought I was crazy but all I could think of was how did all of us ever fit into it. I do not think I could fit behind the wheel now.

"We drove 'ole Bessie' for many years. My dad was working the late shift and as everyone knows, Ottawa is known for the cold and the snow. He rigged up an electric heater since Bessie was not equipped with one and he hung it from the rear view mirror and plugged it into a long extension cord. All he had to do was go out and plug it in about 20 minutes before driving home.

"One cold morning in 1962, the year we had a record snow fall, one of his coworkers came in yelling 'ole Bessie' was on fire. Dad went out and put the fire out and Bessie was still roadworthy. We decided she needed sprucing up so my dad said I could paint it any

Granny's second Morris Minor



Granny's second Morris Minor after an Ottawa snowstorm.

colour I wanted. Out came all the old cans of paint I could find. We painted big eyes on the front with a big smile and multi-colours all over her. She even had a tail sticking out of the boot. Bessie was a beauty and admired by all.

"She was finally put to rest but we have nothing but good memories of her and all the adventures we had. Those were the 'good ole days' and 'ole Bessie'

was always considered part of the family."

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 billtsheik@sympatico.ca or write Bill Sherk, 25 John St., P.O. Box 255, Leamington, ON N8H 3W2.

ComParrot by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



www.comparrotpuzzles.com © 2009 Bonnie J. Malcolm



Solution: 1. Bush in background is missing. 2. Bush appears behind cart. 3. Rock is colored in. 4. Section of umbrella is colored in. 5. Grass behind man has moved. 6. Lady's apron is longer. 7. Design on man's shoe is reversed. 8. Hot dog on fork is longer. 9. Bun on visor is larger. 10. Tie on man's headband is different. 11. Man's shirt is longer. 12. Neckline on lady's shirt is different.

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Youth leads school in lacrosse learning

Mary Ellen Green
Staff writer



Mary Ellen Green, Lookout

Thirteen-year-old Kathleen Gosselin is sharing her love for the game of Lacrosse by setting up a series of eight free field lacrosse clinics at her school, John Stubbs Memorial in Belmont Park.

At six years old, Kathleen Gosselin was a heap of energy. Parents Jennie and PO2 Mario Gosselin couldn't look away, not even for a moment, or there would be some sort of mess in her wake.

The best way to contend with their daughter's exuberance was to divert it to an activity.

"Some friends suggested lacrosse for Kathleen, the fastest game on two feet," said Jennie.

So began Kathleen's keenness for one of the oldest organized sports in North America.

Eight years later, the Grade 7 student at John Stubbs Memorial School has put her energy and passion for the game to work in a new way.

She's created a series of eight free field lacrosse clinics in the school yard after class, Monday and Friday afternoons for children in Grades 2 to 6.

Forty elementary students have signed up for the clinics, which began May 25 and run until June 19. Three coaches and a few young players from the Victoria Youth Field Lacrosse (VYFL) have donated their time and coaching expertise.

Thirty-six lacrosse sticks were provided by the B.C. Lacrosse Association, and balls and nets were loaned from VYFL, so participants weren't required to bring their own equipment.

National Lacrosse League 2006 most Valuable Player, Lewis Ratcliff has made an appearance at a clinic at the request of young Kathleen, and is expected to appear again.

"We are so proud because

Some friends suggested lacrosse for Kathleen, the fastest game on two feet.

-Jennie Gosselin

this is all her work," says PO2 Gosselin.

The clinics began when Kathleen presented her proposal to past president of the VYFL, CPO2 Rob Cook. She then took her idea to the school, where she got approval from the administration.

At a school assembly, she pitched the clinics to her classmates. She then went classroom to classroom handing out permission slips.

"We were expecting maybe 12 to sign up, but on the first day, we got 24," she said.

Finally the day arrived for the first clinic and almost

40 children showed up, and the numbers have remained double digit.

"Because field lacrosse is full contact, we're not teaching them how to play the game, we're teaching them the skills and techniques without any contact at all," she explains.

The clinics will finish off with an exhibition game to demonstrate to participants how the game is played. A sign up booth for the VYFL will be on hand.

For more information about field lacrosse in Victoria, visit www.vicfield.ca.



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Truck driving no easy feat, skills tested and scored

Shelley Lipke
Staff writer

Driving around 44-gallon barrels in a five-tonne truck takes a mix of dexterity and patience. It's skill testing work, and that's why it was part of this year's Canadian Forces Safe Driving Championship Rodeo.

The May 29 competition kicked off with Base Commander Capt(N) Marcel Hallé driving a 55-passenger bus through the ceremonial ribbon on Venture's parade square. Then seven Transportation and Electrical Mechanical Engineering (TEME) drivers from CFB Esquimalt and CFB Comox carefully manoeuvred the cumbersome five-tonne truck around barrels, backing into a tight loading dock and guiding the double-wide tires through an alley diminishing in width, while judges critiqued their every move.

"The five-tonne truck driving challenge involves a six-part obstacle course that each competitor must drive through twice," explained TEME Officer Maj Chris

Buckham. "Each obstacle is meant to represent an actual driving challenge that drivers face on a daily basis."

These skill sets represent the driver's ability to drive through crowds, back through narrow alleys and pass through tight areas without damaging the vehicle or its surroundings.

Dave Roth, a bus and truck driver at TEME, took home this year's top score with 580 points, and for the second year will take his vehicle handling and steering skills on the road to the nationals.

"It's a lot different than day-to-day driving," said Roth. "For some of the elements you can't see your tires; it's a lot harder than it looks."

Last year Roth competed against more than 70 top-notch drivers at the nationals to take home third place overall. This year, joining Roth is Cpl Rick Brulotte (533 points) and Cpl Dan Morgan (503.5 points).

The competitors are graded on more than just the road test.

"Each competitor takes a

written test the day before the skills competition to test their knowledge on the capabilities of the truck, its driving parameters, and the rules of the road," said Maj Buckham.

Then they are given 10 minutes to perform a maintenance check on the vehicle looking for eight defects that have been purposely planted. "They are evaluated on finding faults like low air, oil or tire pressure," he said.

During the actual skills competition, every manoeuvre is scrutinized, measured and graded. "For every line you hit five points are deducted," said Roth. "And you have to stop within 15 centimetres of the stop line, and the judges measure this. I think backing into the tight loading dock is the most difficult part of the competition."

While the five-tonne truck driving challenge was only open to transport drivers, anyone could join in the backhoe and crane competition, a two-part fun competition set up by TEME.

With three-year-old son Preston on his knee, Adrian



Transportation and Electrical Mechanical Engineering drivers took turns navigating a five-tonne truck through a tight obstacle course, and practiced their skills on a backhoe and a crane during the unit's second annual Rodeo held at the Venture parade square on May 29.

Right: Dave Roth, who won third in last year's national competition, climbs down from the driver's seat as judges measure his distance from the finish line.



MacNnis carefully moved a 100-pound weight into the barrels using the crane's controls. Then in the backhoe, wide-eyed Preston looked on as his father hoisted tires one by one using the back-

hoe's claw to stack them onto a pole.

With record time and accuracy, the father and son team won first place in this fun competition that kept operators and spectators amused.

The national competition in August at CFB Borden, ON, will see the top three drivers from bases across the country competing for the title of 2009 safest driver in the Canadian Forces.

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Paying tribute by **CANDLELIGHT VIGIL**



A Candlelight Tribute was held at God's Acre Cemetery May 28 to honour those who served and currently serve in Canada's military. The Colour Guard, provided by the Royal Canadian Legion, led the way followed by a contingent of military personnel from CFB Esquimalt, and local cadets and Scouts/Guides. Veterans were paired up with local youth and together they placed candles on some of the graves. The public was invited to place the remaining candles on the rest of the graves. The candles were left to burn all night in silent recognition of the contribution by Canada's servicemen and servicewomen.

Photos by J.W. Penner, Contributor



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Army trains as total force

Mary Ellen Green
Staff writer

During April and May, the backyard of CFB Suffield in Alberta was a sea of green CADPAT, as more than 4,500 Reserve and Regular Force soldiers from Western Canada came together to practice battle skills.

Three exercises – Exercises Desert Ram, Western Defender and Total Ram – were held simultaneously to prepare soldiers for Task Force 3-09 Battle Group, which deploys to Afghanistan this fall.

The first four weeks, starting April 6, had Regular Force soldiers absorbed in exercise Desert Ram, complex but realistic training involving convoy movement, road cordons, and search operations.

Two weeks later, Reserve Force soldiers ramped up Exercise Western Defender, undertaking similar training scenarios.

Both forces merged for Exercise Total Ram for three days and fought as one force under one command.

The TF 3-09 Battle Group, consisting primarily of the First Battalion, Princess Patricia's Canadian Light Infantry, consists of Regular Force infantry, armour, artillery and engineer sub-

units from 1 Canadian Mechanized Brigade Group in Edmonton and a reconnaissance sub-unit from 2 Canadian Mechanized Brigade Group in Petawawa.

Reserve Force soldiers scheduled to deploy to Afghanistan are from across Land Force Western Area, which includes 38, 39 and 41 Canadian Brigade Groups.

The CF operates a total force concept for all its domestic and combat operations worldwide, and ensures members of the Reserve are trained to the same standards as their Regular Force counterparts before deployments. Exercise Total Ram was when the blending of the forces began in earnest.

These exercises represented the largest military exercise in Western Canada this year. It also marked the first large-scale training exercise at CFB Suffield in five years.

Realism of training was increased with the use of live ammunition on the ranges, and a contemporary operating environment with emphasis on developing war-fighting skills, initiative and mental agility so soldiers can thrive in chaotic situations.

Canadian Manoeuvres Training Centre from CFB Wainwright, AB, provided nationalized Afghans to play village locals and key lead-



Sgt Ed Dixon, 39 CBG Public Affairs

Western Canadian reserve soldiers exchange their rifles for shovels and rakes as they beat back a grass fire that swept across some of the CFB Suffield training area near the Exercise bivouac site.

ers. Soldiers had to address cultural sensitivities, such as interacting with women, and the requirement to use translators during meetings.

In addition to non-combat related activities, soldiers practiced patrolling and launching massive combined attacks with infantry, armour, artillery, engineer, helicopter,

and jet support. Soldiers had a week off before heading to CFB Wainwright to begin Exercise Maple Guardian, to validate what they learned at CFB Suffield.

Files from Capt L Angell, Ed Osborne, Anthony A. Davis, Corporal Bill Gomm, and Anna Harrison.

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Major Doug Poitras, Deputy Commanding Officer Task Force Pronghorn, briefs some of the embedded media on Exercise Western Defender.

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IN BRIEF

Come and support men's ball hockey

Personnel Support Program is hosting the 2009 Pacific Region Men's Ball Hockey Championships at CFB Esquimalt June 15 to 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.

Oriole in flight

HMCS Oriole opened its gangway to the public on Saturday, May 31 as part of the Ladysmith Maritime Festival.

Oriole was the feature vessel of the festival and crowds got a rare glimpse into the working and liv-

ing spaces of the navy's 88 year-old vintage sail training ship.

Court martial results

On May 28, A/SLt Ward was tried by standing court martial on three charges under the National Defence Act: count one section 130, made a false statement in writing contrary to section 362(1)(c) of the criminal code, count two section 130 (alternative to count one), forgery contrary to section 367 of the criminal code, and count three section 130 (alternative to count one), uttering a forged document contrary to section 368 of the criminal code.

The accused was found guilty of count one and there was a stay of proceedings on counts two and three.

The court sentenced the accused to a reprimand and

a fine of \$1,500. As ordered by the court this fine is to be paid over a period of six months at a rate of \$250 a month commencing June 1.

New bus route

The Victoria Regional Transit Commission has approved a new route No. 10 to start next January 2010. Buses will run from Royal Jubilee Hospital, along Bay Street, down Esquimalt Road to Dockyard. The No. 10 will run every 15 minutes during peak times, and every 30 minutes the rest of the day and on weekends.

Centennial Ball

The Canadian Navy is fast approaching its 100th birthday in 2010. And what is a Centennial without a Grand Ball?

Maritime Forces Pacific is planning a Canadian Naval

Centennial (CNC) Gala Ball to be held on Oct. 16, 2010, at the Bay St. Armouries. The Naval gala ball will be the official closing event for the Naval Centennial celebrations. The theme of the event will be to honour "You the Sailor."

The ball will be open to all military members and civilian employees serving in Maritime Forces Pacific. The festivities will include dinner, entertainment and a dance.

Your input is important in order to plan an event that you will want to be a part of. If you have any ideas or are interested in helping plan the party of the century, email +ESQ NOTC CNC Gala@NOTC@Esquimalt or the committee chair, Petty Officer Second Class Thandi Pilkey at Thandi.Pilkey@forces.gc.ca.

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Personnel Support Programs (PSP) would like to welcome two new employees, recreation coordinators Shawna McLeod and Natalie Vincent. They come to the recreation department with extensive experience in the hospitality and recreation fields, and are busy scheduling and developing the PSP Fun Seekers Summer Camps hosted at the Colwood Pacific Activity Centre. As June is Recreation Month, Shawna and Natalie are filling the camps with fun and active events to keep DND children and youth occupied from June 29 to Sept. 4. For more information, visit the PSP web site: www.pspesquimalt.ca. Register by phone at 250-363-1009 Monday to Friday.

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Base Commander's Divisions

Base Commander, Capt(N) Marcel Hallé presented several awards and commendations to DND employees on May 21.

photos by MCpl Daniel Mallette, Base Imaging Esquimalt



WO Mike Boustead accepts the second clasp to his Canadian Forces Decoration.



PO2 Daryl Dagneault accepts the second clasp to his Canadian Forces Decoration.



LS Russell Skogland accepts the first clasp to his Canadian Forces Decoration.



Lt(N) Andrew Willis accepts the Canadian Forces Decoration.



LS Joseph Hayter accepts the Canadian Forces Decoration.



MS Amanda Dunphy accepts the Canadian Forces Decoration.



Cpl Sheehan accepts the Canadian Forces Decoration.



LS Mark Ritchie accepts the Canadian Forces Decoration.



Cpl Jared Sklepowich accepts the Canadian Forces Decoration.



Jason Bosdet receives his promotion to Master Seaman.



Lt(N) Peggy Kulmala accepts the Base Commander's commendation for her efforts in the 2008 Workplace Charitable Campaign.



Ann Andrews, Executive Branch Administration Officer, accepts the Base Commander's commendation for her longstanding dedication.



Frank Beaumier accepts the Base Commander's commendation for dedicated volunteer service to the Base Intersection Hockey League.



PO1 Dennis Fairfax receives the Base Commander's commendation for his efforts with the 2008 Workplace Charitable Campaign.



LS Brian Fraser accepts the Base Commander's commendation for his excellent customer service to deployed operations.



CPO1 Lawrence Surges of the Naden Band receives the Base Commander's commendation for outstanding performance with the 2008 Workplace Charitable Campaign.



A/SLt Mark Fifield receives the Base Commander's commendation for his work with the 2008 Workplace Charitable Campaign.



Scott Branch receives the Base Commander's commendation for his leadership and commitment to the MFRC Lampson day care facility.



Awards and Promotions



Lt(N) Brennan Blachfield receives his Canadian Forces Decoration from Cdr Clark, Commanding Officer of Maritime Forces Pacific/Joint Task Force Pacific Headquarters.



LS Christopher Marion receives his new rank from Cdr Clark, Commanding Officer of Maritime Forces Pacific/Joint Task Force Pacific Headquarters with help from divisional officer Lt(N) Greer.



Sgt Chris Larouche accepts the Canadian Forces Decoration from Base Construction Engineering Commanding Officer LCol Burbee.



SLt Justin Raymond accepts the Canadian Forces Decoration from Cdr Clark, Commanding Officer of Maritime Forces Pacific/Joint Task Force Pacific Headquarters.



CPO2 James Morrow receives the Second Clasp to his Canadian Forces Decoration from Cdr Clark, Commanding Officer of Maritime Forces Pacific/Joint Task Force Pacific Headquarters.



MCpl Santo Mercurio accepts his Canadian Forces Decoration from Base Construction Engineering Commanding Officer LCol Burbee.



Fleet Padre Maj Angela James receives her new shoulder slip-ons from Fleet Commander Cmdre Lloyd and Formation Padre Maj Acton.



Sgt Sterling Samels accepts his Canadian Forces Decoration from Base Construction Engineering Commanding Officer LCol Burbee.

LCdr Doherty takes command of HMCS Brandon

MS Emil D.P. Edwards HMCS Brandon

One week prior to the 10th anniversary of her commissioning, *HMCS Brandon* took aboard LCdr Tim Doherty as its new commanding officer.

Beneath a clear sky and a cool breeze, members of *Brandon's* ship's company, family and guests looked on as LCdr David Botting passed command of *Brandon* to LCdr Doherty. Capt(N) Gilles Couturier, Commander, Maritime Operations Group Four, oversaw the ceremony as reviewing officer.

Since taking *Brandon* from its extended readiness period into active duty, LCdr Botting had a brief but intense command of *Brandon*, bringing both ship and crew up to speed for its new Commanding Officer to take through work-ups and in the New Year, task-

ings related to the Olympic Games in Vancouver, BC.

Upon taking command of *Brandon*, LCdr Doherty reminded the ship's company that while the upcoming year will be both operationally and physically demanding of them, it should also be looked upon as a rewarding experience. *Brandon* will be his third command of a Minor War Vessel Class, having commanded aboard all Gate Vessels, as well as Bay Class Minesweepers from 1986 to 1995.

Also present, having travelled from Brandon, MB, to address *Brandon's* new Commanding Officer and crew was Honorary Colonel Betty Coleman, who has been *Brandon's* active ship's sponsor since the ship's commissioning. Following the ceremony, crew and guests looked on as the officers rowed the departing Commanding Officer ashore on board a whaler.



LCdr David Botting (left) handed command of HMCS Brandon over to LCdr Tim Doherty (right) in a ceremony last week. Capt(N) Gilles Couturier, Commander, Maritime Operations Group Four, oversaw the changeover.

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RIVERVIEW COLLEGIATE INSTITUTE in Moose Jaw, Saskatchewan will be 50 years old in 2009, and an Alumni Committee is inviting all former students and staff to the RVCi All Years 50th Anniversary Reunion on July 10 & 11, 2009. Reunion information is available at www.rvcialumni.org.

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WOULD YOU KNOW IF YOU HAD IT?

SYMPTOMS

- Abdominal discomfort
- Pelvic pain/backache
- Bloating/gas/swollen stomach
- Vaginal bleeding/painful intercourse
- Urinary urgency
- Ongoing fatigue
- Indigestion
- Weight loss/gain
- Change in bowel habits

If you have been feeling a combination of these symptoms for longer than three weeks, visit your doctor and ask for a Ca125 blood test.

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

FROM PAGE 5

Come Celebrate National Aboriginal Day

June 24 • 11:30am-4pm
Chief & Petty Officers' Mess
Rainbow Room



Author Grace Poulin from Thunder Bay, ON, will speak about Aboriginal Women's experiences during the Second World War.

OPEN FIRE BAN



Open burning is banned on all DND properties all year. This includes the use of fire pits and outdoor fireplaces. The use of fireworks is also banned, unless at DND sanctioned events or base sponsored events, when it may be authorized by the Base Fire Chief. Contact the Fire Prevention Branch at 363-5448 or 363-1538 for a fire permit.



Formation Fun Day

DOOR PRIZES!

GRAND PRIZE!
Cruise for 4 from Van to San Fran.
1 night in San Francisco & return flight to Victoria

Kid Stuff

- Sumo Suits
- Bouncy Castle
- Petting Zoo
- Face Painting
- Pillow fights
- ...and more!

Big Kid Stuff

- Massages
- Wii Challenge
- Amazing Race
- Shooting Gallery
- Marcial Arts
- Gladiator
- ...and more!

Other Stuff

- Food
- RHIB Rides
- Vintage Displays
- Musical Stage Acts
- Roving Performers
- Health Promotion
- Popcorn making
- ...and more!

Location:
CFB Esquimalt
(Naden)

**FREE
ADMISSION!**

Open to ALL
members of the
Defence Community

**SATURDAY
JUNE 27, 2009
12 - 4PM**

Race for Amazing Prizes!

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