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Welcome home Protecteur

Pte Malcolm Byers, Esquimalt Imaging Services CPO2 Mark Walker shares the ceremonial first kiss with his wife Verna after HMCS Protecteur docked at CFB Esquimalt. CPO2 Walker spent more than \$100 on tickets for a charitable draw for the honour. The two celebrate their 17th wedding anniversary this year. Protecteur returned home June 29 after three months at sea.

Top soldier honours Winnipeg

CP01 Paul Helston
Fleet Coxswain

When Commander Canadian Fleet Pacific, Commodore Ron Lloyd, presented the Canadian Forces Unit Commendation to HMCS Winnipeg on June 22, that ship became the 24th naval unit to be honoured by the award since its inception.

Cmdre Lloyd was in Melbourne, Australia, to preside over Winnipeg's change of command ceremony and made the presentation on behalf of Chief of the Defence Staff General Walt Natynczyk.

"This is a rare honour which signifies that a group of military personnel have, through their collective efforts, achieved something extraordinary," said Cmdre Lloyd.

The CF Unit Commendation is a group award created by the Chief of the Defence Staff in November 1980 to recognize distinguished service by military units that have performed a deed or activity considered beyond the demand of normal duty. In practice the commendation has been awarded to naval units that have distinguished themselves through operational achievements or by responding to adversity in an uncommon way.

Past recipients include:

- HMC Ships Athabaskan, Protecteur and Terra Nova as the Canadian Forces' initial contribution to coalition forces during the 1990 Gulf War
- Fleet Diving Units Atlantic and Pacific for their teamwork and persistence during the 1998 recovery operations following the SwissAir disaster
- HMCS Chicoutimi for their professionalism and teamwork in response to a fire at sea in October 2004
- HMCS Ville de Quebec for their dedication to the safe delivery of humanitarian food shipments through pirate laden waters off the Coast of Somalia in the fall of 2008

It was in these same waters that the crew of Winnipeg distinguished themselves as part of the NATO-led counter-piracy mission Operation Allied Protector this spring.

See Crew on page 3

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General Public (if room)	\$75	\$60	After Aug 4

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Sea King 404 is towed into position with a D-6 Mule at 443 Maritime Helicopter Squadron at Pat Bay, to be loaded onto a Canadian cargo plane Globemaster III for transport to Australia.

Cpl Leona Chaisson, 12 Wing Imaging

Globemaster transports Sea King across the globe

Lt Alexandre Cadieux
 19 Wing PA

The acquisition of four Boeing CC-177 Globemaster III aircraft in 2008 opened the door to new possibilities for the air force when it comes to supporting operations at home and abroad.

Three weeks ago, the maritime helicopter community used the C-17's global reach to transport a Sea King from 443 Squadron in Pat Bay to Amberley, Australia, to replace the helicopter currently deployed on board *HMCS Winnipeg*.

The week-long mission started in British-Columbia on June 20; a crew composed of members from 12 Wing Shearwater, including personnel from 443 Squadron, put to action a plan that was one year in the making.

"In the past, a requirement like this would have been a small logistical nightmare," said Major Sarah Thornton, Detachment Commander in charge of the operation. "We would have a replacement Sea King or the parts needed shipped by 'roll-on, roll-off vessel' and it would be accompanied by a maintenance crew to a location where the frigate planned to stop. It would take sometimes up to four weeks for the helicopter to make it to the destination. The location would have to be equipped with the appropriate resources to maintain

the CH-124. Many unexpected factors could cause the whole thing to be delayed or miss the window of opportunity with the ship."

At Pat Bay, air force personnel carefully pushed the helicopter inside the massive cargo compartment of the C-17 airplane. The Sea King was tightly secured for its three-day trip to the other side of the globe.

"This way is more efficient," added Maj Thornton. "It requires a lot less manpower. Once the helicopter is secured in the C-17, it will not move until it has reached its destination, unlike the old ways, where it might have required sitting in a port waiting to be loaded and transported elsewhere."

The C-17 and crew travelled 12,000 kilometres to Amberley Air Force Base where members of the Air Detachment deployed with *Winnipeg* were waiting for the fresh helicopter. The success they had during anti-piracy operations with other NATO forces off the coast of Somalia caused them to exhaust the flying hours on their airframe, and it was required to return to Canada to undergo routine maintenance. With only one week of interruption, the Air Detachment returned to *Winnipeg* with a fully operational Sea King, and is continuing to represent the air force half way across the world.



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HMCS Protecteur arrives home after months away on deployment

A/SLt Dave Hendry
HMCS Protecteur

As HMCS Protecteur prepared to depart from Pearl Harbor at the end of its three-month WestPac Oiler deployment, it embarked guests for the seven-day trip back to Esquimalt.

Twenty friends and family of the crew came on board for a "Tiger Cruise" to see what the navy does during a ship's time at sea. Though the seas were moderately rough the first day, all managed to get their "sea legs" fast enough not to miss out on the activities planned for them.

Each day consisted of tours put on by each department, highlighting the systems and capabilities of the ship, as well as giving a unique glimpse into the workspaces where their loved ones spend their days.

Two popular demonstrations were by the Naval Boarding Team, where the Tigers got to see the weapons and techniques used when a naval ship is called upon to inspect another vessel, and a presentation of the kit employed during a fire emergency at sea put on by the ship's fire fighters.

Not to be outdone, the Deck department wowed the crowd with a series of gun shoots demonstrating the small arms capabilities of the crew. The Tigers loved the C-9 light machine gun and MP5 submachine gun shoot, but the favourite by far was a night shoot of the .50 calibre heavy machine on

their third day. The smiles could be seen by the light of the muzzle flashes as the tracers sailed out across the water.

For Gary Rideout, father of Marine Systems engineer, OS Chelsea Rideout, it was an excellent opportunity to see his daughter at work. Spending as many watches as he could in the engine space with his daughter, he gained a true understanding of the work she does, and the conditions in which she is normally called upon to work. A highlight was sitting on a practice board as she prepared to take the examination that will grant her an Auxiliary Machinery Operator's Certificate.

David Share, another Tiger and the father of one Bridge Watch Keeper, SLt Teri Mullin, echoed the same sentiment. He said, "This experience is a real eye opener and I finally understand what it is my daughter does on a daily basis at work."

As the week drew to a close, the Tigers were treated to a traditional navy banyan, a country-themed feast put on by the logistics department. The banyan closed out with a performance by the Three Amigos and Tim, a band made up of ship's company and a favourite at every event on board. As the sun went down, the Tigers, along with the rest of the ship's company headed off, knowing they would be back alongside the next day.

Friends and family were waiting on the jetty to greet



Private Malcolm Byers, Esquimalt Imaging Services
A child waves a flag to returning crew on board HMCS Protecteur. The ship returned to CFB Esquimalt June 29 after three months at sea as part of Operation WesPac Oiler.

the ship. Emotions were high as the crew anticipated seeing their families again, and the Tigers got to share in the feeling that every sailor knows: that home is the best port in the world.

There will be time for the ship's company to take a break over the summer period, but at the end of August the ship that dominates the dockyard will celebrate its 40th birthday.

Activities are planned to mark the anniversary of its commissioning throughout the fall.

The WestPac Oiler deployment ends an active two-year period for the ship and crew and after a short pause, they will prepare once again to take to the high seas and continue in the mission to serve and supply the West Coast fleet and the ships of our allies.

Crew's extraordinary actions recognized

From page 1

The CF Unit Commendation is comprised of three elements: a gold-coloured medallion, a special commemorative flag and a gold-embossed scroll which bears the following citation:

HMCS Winnipeg participated in NATO-led counter-piracy efforts in the Gulf of Aden from March to June 2009. The seamless integration of Winnipeg into the international task force allowed it to immediately take a lead role in responding to threats to international shipping. The entire ship's company demonstrated outstanding flexibility and dedication that significantly contributed to the international counter-piracy efforts in the region.

"Cdr Baines and his crew demonstrated an exemplary level of professionalism and ought to take great pride when reflecting upon this commendation. Their exploits have been followed closely by their fellow



Canadians and their accomplishments have brought positive recognition to the navy in addition to a measure of security to strategically important sea lanes in the Indian Ocean region," said

Cmdre Lloyd.

Winnipeg will display the CF Unit Commendation commemorative flag for one year after which it will become the ship's historical artefact.

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People Talk

During a QL5 Boatswain course at the Seamanship Training Centre Lookout asked: *If you could travel anywhere in the world, where would you go and why?*



I've been to 16 different countries including Mexico, United States, Europe, India, Africa, and South East Asia. Of all the places I've been, I really loved Croatia. I had the opportunity to visit it on the last rotation with HMCS Calgary and it was such a nice place I'd like to go back to it. I loved the Roman history, and all sorts of castles. It was a beautiful, scenic place to travel. I'm from Manitoba originally and I joined the navy because the ocean is something you never get to see in the prairies. It is a big attraction for many people back there and I really love it. I've never met a prairie sailor who gets seasick, so we make good sailors. The Adriatic Sea off Croatia has crystal clear water. When I was there last May we spent three days in port, but I want to go back to see more of the country and culture. It was definitely the most beautiful place I've been to and had the friendliest people I've encountered yet in the world.

LS Ryan Hart



I would love to go backpacking through Europe. That is next on my list of things to do. I got married with my wife Michelle in HMCS Regina this past February, and I would love to take her on this trip. We have pretty much travelled the western hemisphere together and now we'd like to go east. I know she wants to see Europe because of our past travel experiences. We sailed together for two years during Southploy, and Westploy, and we were both in HMCS Regina for Trident Fury in 2007. I think a land vacation would be a different experience for us than the usual sea travel, and possibly act as a delayed honeymoon.

LS Justin Schnob



I would go to Denmark because my mom is from there and I don't know much about the history. I'd like to learn more about it. My great grandmother came here and settled in a place called New Denmark in New Brunswick, and my mom died when I was a young kid, so I never learned the customs and history of Denmark. Nobody really goes for vacation at Vikingville, so I think it would be kind of neat to take my wife and kids with me on a trip like this.

LS Eric Sparrow



I would go to Ireland. It's a place I've never been and my grandmother is from there. She used to tell my sister and me stories about Ireland and we would learn about it. I'm attracted to the heritage and I'd like to see the scenery and know what my grandmother's childhood was like. I'd like to visit Dublin and Belfast because those are the two places in my Grandmother's roots. When I go I would like to take my girlfriend with me.

AB Andrew Clark



I would like to go to Berlin. My brother is a deejay there and he hangs out with superstars like Puff Daddy, Vince Neil, Boy George, and Michael Stypes. He travels around the world for free and DJ's in nightclubs for a lot of money, and he said it was an amazing experience. I would hang out with him and party with him while visiting him in Berlin. It's been over a year since I saw him and I am looking forward to seeing him and also looking forward to seeing the country. I would like to be there for Oktoberfest.

LS Craig Shillington

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SPORTS: CF DOMINATES HALF IRONMAN

Triathlon Club members come out on top

LS Kris Langford
Contributor

At Elk Lake on June 20, members of CFB Esquimalt's Triathlon Club competed in the New Balance International Triathlon. This year there were two courses: a Half Ironman distance that included a 1,900 metre swim, an 87 kilometre bike and a 20 kilometre run, as well as a sprint consisting of a 500 metre swim, a 20 kilometre bike, and 5 kilometre run.

Competing in both categories were approximately 20 CF members.

The following competitors were top finishers in the Half Ironman distance: John McManus achieved first place in the male 55-59 age group, completing the course in 5hrs 15min; Lucie Tremblay placed fourth in the female 35-39 class; and Amber Comisso attained a sixth place finish in females 30-34.

Tremblay's 5hr 15 min finish was not only good enough to earn her fourth place in her age group, but

earned her 22nd out of 174 overall for female finishers. This placed her as the top overall competitor for the Esquimalt Tri club in the Half Iron distance.

All the finishers of the grueling course are to be commended as they endured an early 6:45 a.m. mass start on an overcast Sunday morning. After a brisk swim in Elk Lake, athletes were treated to what can only be called a leg breaking undulating 87k bike course through West Saanich. Adding to the challenge, hail, wind and heavy rain attacked the riders early on as they struggled to keep up speed, yet remain in positive control of their race bikes.

It was not to be all treacherous white knuckle cycling, as the sun punched through the clouds to treat competitors to a beautiful warm day as they completed two 10k laps of the well-groomed trail around Elk Lake.

The sprint wave began at 7:30 a.m. Although short, these power anaerobic races take maximum effort and

afford little time for coasting or resting. With top participants finishing in just over an hour, sprint triathlons are often just as taxing on the body as longer distances done at a slower pace.

CFB Esquimalt's top finishers in the sprint category were Sean Hommersen with a time of one hour eight minutes, making him first place in the 30-39 age group and 8th overall. Breaking the top 10 for their respective age groups were Kelly Carter and Chad Phipps. Carter took sixth place in the 40-49 category, finishing in 1:17, and

Phipps took tenth with a time of 1:11 in the 20-29 class.

Other finishers from CFB Esquimalt's Triathlon club in the half Ironman distance were: George Beatey 4:41:15; Matt MacMillan 4:51:25; Mark Ritchie 5:03:00; Kris Langford 5:40:14; Laura David 5:43:13; Marie-Claude Magnan 5:43:52; Kirk Lewis 6:05:51; Stephanie Carter 6:07:06; Jeremy Davidson 6:25:29; and Kathryn Ward 6:47:30. For the sprint David Gregory finished with 1:17:50 and Jonathan Kouwenberg with 1:27:01.



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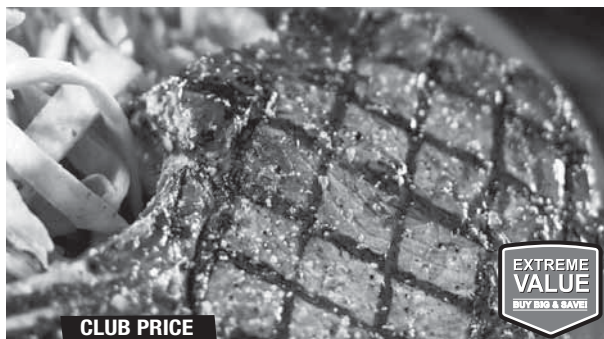


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Members of 5th Field RCA fire a blank round from the 105mm C3 howitzer during intermission at the Western Speedway. The Western Speedway sponsored a CF/DND Appreciation Night on June 20, which included stock car races, mini stocks and old timers, plus the intermission demonstration from members of Canadian Scottish Regiment and the 5th Field Regiment.

Sgt Ed Dixon, 39 CBG Public Affairs

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Mary Ellen Green
Staff writer

The Wardroom Galley Dining Room is the first casualty of food service personnel shortages.

This eating establishment, including the sandwich bar on the lower level, is closed until July 24. However, the lower bar will remain open and catered services will not be affected.

Summer is the busiest season for Base Foods Services, with increased training at both Fleet School and The Naval Officer Training Centre.

"This is our absolute busiest time, and we have a timeline to meet three times daily at our facilities, 365 days a year. To do that properly, we needed to consolidate our limited resources," says Lt(N) Radhika Carlyon, Base Foods Services Officer.

The shortage of military and public service cooks meant closing the Wardroom eateries and moving staff to high volume cafeteria-style food service facilities.

Base Foods operates six galleys, with Nelles

Summer is the busiest season for Base Foods Services, with increased training at both Fleet School and The Naval Officer Training Centre.

Pacific Galley and Work Point Galley both serving between 800 and 1,000 meals daily. Nelles also provides on average another 250 dispersed meals, such as box lunches, during summer months in support of

training. Mealtime numbers at the Chiefs and Petty Officers' mess and Wardroom are significantly lower due to the small number of live-in members; only about 20-30 diners take their meals

in these facilities daily.

After the six-week closure, Base Foods Services will re-assess the situation and decide if further action needs to be taken. If it is deemed a closure is still necessary, the Chiefs and Petty Officers' galley will close between Saturday, July 25, and Monday, Sept. 7.

Wardroom diners are invited to eat at the Chiefs and Petty Officers' Mess, the NOTC galley or Nelles Pacific Galley.

New top sailor holds town halls

The Chief Maritime Staff (CMS), Vice-Admiral Dean McFadden will conduct a series of town halls within the Formation for both Regular and Reserve Force personnel July 9-10. Key topics will include the Vancouver 2010 Olympics and Paralympics, the Canadian Naval Centennial, and current naval issues and concerns.

The CMS will also conduct a question and answer session following his initial presentation.

Three town hall sessions will be conducted as follows:

- Session one: July 9 10:30 a.m.-noon in the D100 Operation Briefing Room for Commanding Officers, and Commanders and above.

- Session two: July 9; 2-3:30 p.m. in the D100 Operation Briefing Room for Coxswains, CPO1/CWO CPO2/MWO.

- Session three: July 10 10 a.m. at the Pacific Fleet Club for Junior Officers, Petty Officers and MS and below.

MARPAC/JTFP/JTFG units have been allocated seating for session three on July 10.

Commanding officers shall ensure their assigned allocations and timings are met.

Personnel are to be seated five minutes prior to start time.

Dress is dress of the day. Parking is very limited at the Pacific Fleet Club, therefore personnel are encouraged to utilize DND transport or walk.

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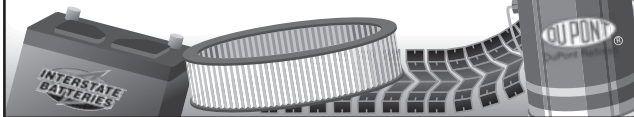
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**Sailing club holds courses for youth****Shelley Lipke**
Staff writer

Kissed by a light south-westerly breeze, students in pairs at the Canadian Forces Sailing Association (CFSA) learned to navigate Albacore sailboats through an obstacle course on the first day of summer sailing camp that began June 29.

Each bronze level student was paired up to mentor a white level student to refresh their skills from previous years, and to safely plot the course as instructors kept a watchful eye in nearby powerboats.

"I love sailing because it's exhilarating," said 12-year-old Shannon O'Reilly. "It's kind of scary too, but I like going fast and it's a lot of fun."

Shannon has been sail-

ing for three years and attends the summer camp each year with 16-year-old sister Victoria. Like most students, the sisters have a parent in the military. In this case it's their father Capt(N) Douglas O'Reilly.

"This learn-to-sail program has been going for over 20 years," says head instructor Erin Flanagan. "It's open to all ages and we divide the student by age and skill level."

This week the O'Reilly sisters are among 10 students in the camp. "It's a great sport because kids have to focus on teamwork. Some parents say they noticed a difference in their children's confidence level and that their child is more independent after learning to sail," said

Flanagan.

The summer camp has courses ranging from one to two weeks depending on the level.

"Children as young as four start out in an optimist dinghy, which is much smaller than the other boats and is square. It kind of looks like a bathtub and is raced by kids all over the world," says Flanagan.

Called an Opti for short, these boats are good learn-to-sail vessels for children and many go on to race them in sailing regattas such as the Opti World Competition, which is held in a different country every year. "We start them with two kids to a boat, and then teach them to sail the boat alone, and then they learn racing skills. As their skills prog-

ress they advance in levels, and move on to sail faster more technical boats," said Flanagan.

The older and more experienced youths sail the Albacore or more technical 420s, which have trapeze and spinnaker.

"Today the more experienced bronze students will steer the boats and the younger white students will control the sails and practice balancing the boat," says Flanagan.

Before the students head for the water with life jackets and safety helmets to protect them from the boom that swings when the boat changes direction, they are taught proper rigging, knot tying and water safety.

"With the young kids from age four to seven, we do some sailing, but also do a lot of paddling. We go for walks on the beach and look for starfish and focus on getting them comfortable," says Flanagan.

There are six instructors teaching the three levels.

The average day at sailing camp starts with a 15-minute lesson on shore before the students head out past the breakwater and sail for an hour and a half. Then after lunch and a debrief they head back out to the water for another session.

"Because sailing is weather dependent, if there is no wind, the students will work on identifying parts of the boat, capsizing boats or tying knots. And if there is too much wind, we either take out one boat and trade back and forth, or the instructors sail the boats and train the students what to do in strong wind," said Flanagan.

Many students involved in the summer sailing camp go on to race in regattas, and this year both the Opti Canadian Championships and the Youth National Championships are being held in Victoria in August.

"We are fortunate that we live on an island and can utilize sailing easily here. It's a great sport and a lot of fun," said Flanagan who hopes to race in the 2012 Olympics in London, England.

The CFSA summer camp has room for more students and runs from 9 a.m. to 4 p.m. and goes until Aug. 28. In the evening, adult classes are available from 6-9 p.m. and all details of pricing for summer camp and courses can be found at www.cfsa.wordpress.com or email the association at cfsatraining@gmail.com or phone 250-385-8873.



Shelley Lipke, Lookout

Shannon O'Reilly, 12, prepares her sailboat for sea during the learn to sail course at the Canadian Forces Sailing Association summer camp.

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Queen's Colour consecrated



MCpl Robin Mugridge, Formation Imaging Services Halifax

Her Excellency, Governor General Michaëlle Jean presents the new Queen's Colour to Maritime Command.

On June 27 in Halifax, the Canadian Navy received a replacement Queen's Colour during a formal parade presided over by Her Excellency, the Right Honourable Michaëlle Jean, Governor General and Commander-in-Chief of Canada. The Queen's Colour was originally presented to the navy by Queen Elizabeth, The Queen Mother, on behalf of Queen Elizabeth II, in 1979. More than 400 sailors and officers from across the country marched in a display of precision drill.



MCpl Robert LeBlanc, Formation Imaging Services Halifax

Above: Michaëlle Jean salutes as the flag party marches by with the new Queen's Colour.

Below: 1st Field Regiment, Royal Canadian Artillery Reserve unit, fires a 21-gun salute during the consecration of the new Queen's Colour.



Pte Dan Bard, Formation Imaging Services Halifax



MCpl Robin Mugridge, Formation Imaging Services Halifax

General Walt Natynczyk, Chief of the Defence Staff, speaks briefly with Navy League cadets on parade.



MCpl Robert LeBlanc, Formation Imaging Services Halifax

Parade Commander, Capt(N) David Hudock, yells out commands to the sailors and officers participating in the ceremony.

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Naden Open Golf Tournament results

Shelley Lipke
Staff writer

The 15th annual Naden Open Golf Tournament held at Olympic View Golf Course on June 25 saw Cdr Tim Howard and CP02 Damien McCabe emerge as tournament champions after 18 holes of play.

Throughout the day 113 golfers took to the greens and fairways in a two-person scramble followed by a barbecue and prizes.

The next golf event hosted by Personnel Support

Programs will be the end of season golf tournament in October. Location and date is still being determined.

Results of the skills competition:

- Men's Long Drives – Bdr Brandon Hopkins and Nolan Miles
- Men's Closet to the Pin – Clem "Bowser" Godin and Bruce Perry
- Ladies Long Drive – Cdr Mary Ellen Clark
- Ladies Closet to the Pin – MCpl Carla Escobar



Shelley Lipke, Lookout
Dennis Roger chips the ball towards the pin.

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.

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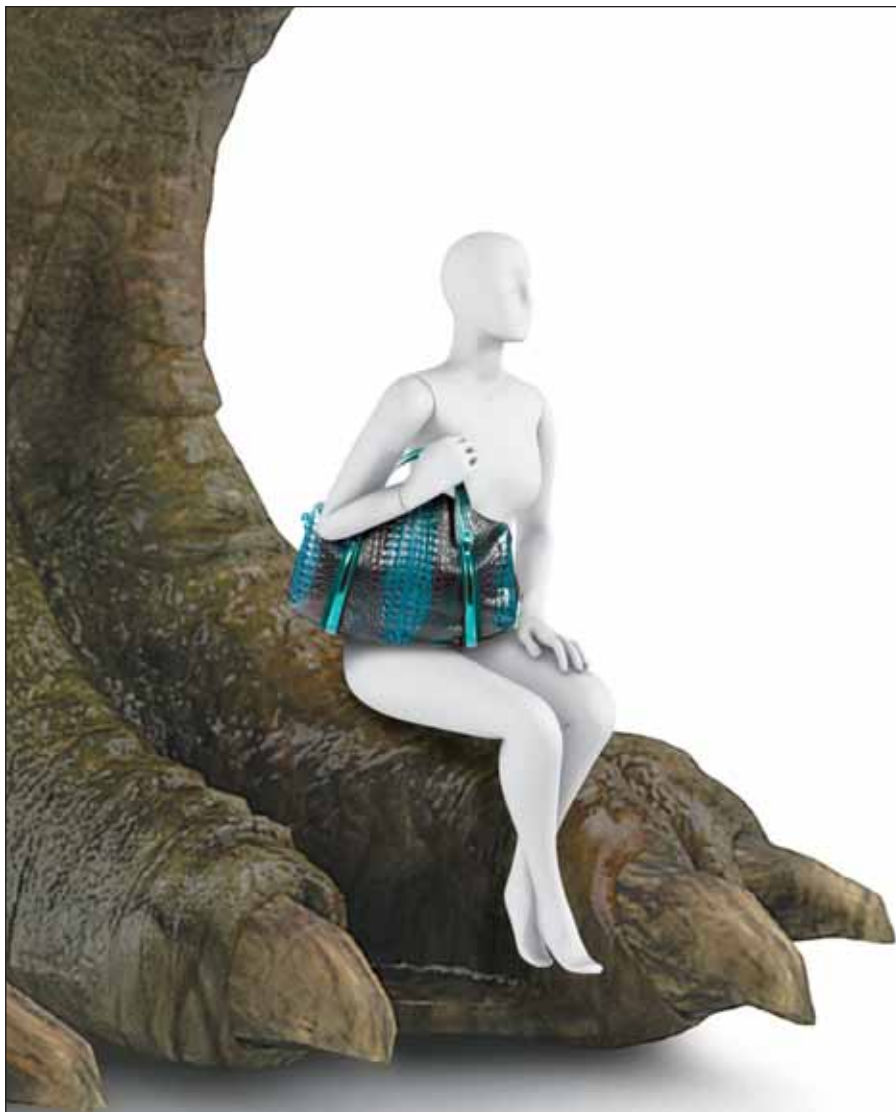


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Formation Fun Day brings smiles

Photos by Shelley Lipke, Lookout



BIG THANKS!

The following is a list of participant organizations that helped make the Formation Fun Day a success by either donating their services or providing them at a significantly reduced rate:

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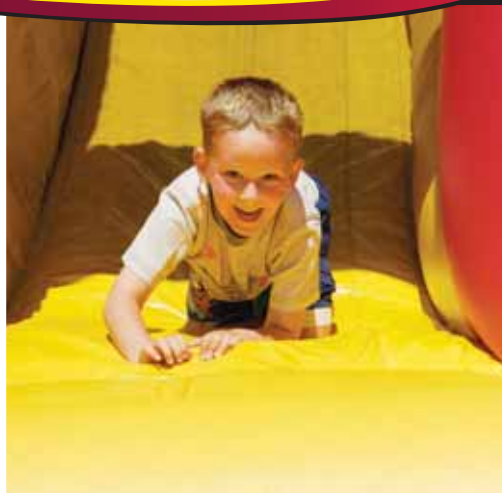
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The organizing committee would like to acknowledge the following units for their participation and contributions to the day:

Base Administration
 Base Construction Engineering
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 Base Information Services
 POESB - DND Fire Department, Military Police, and Base Operations
 Base Executive
 CF Fleet School Esquimalt
 11 Field Ambulance
 FMF Cape Breton
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Top Left: Emily Norman holds a horse while four-year-old Chelby Lynn enjoys the ride.
Bottom left: LS Andrew Shain gave RHIB rides to families all day during Formation Fun Day.

Top centre: Addi Soames brought his unicycle to the parade square and cycled around while the band played music.
Bottom centre: Five-year-old Tyler Kelly is all smiles as he hits bottom on the bouncy slide.

Top right: Two-and-a-half-year-old Athina Neill gets her groove on and plays the xylophone like a pint-sized pro.
Bottom right: MCpl Amanda King from 11 Field Ambulance puts camouflage paint on seven-year-old Jacob Lockhart's face during Formation Fun Day.

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HMCS Esquimalt sailor dies

2LT Trevor Reid
Contributor

Able Seaman (retired) Albert Campbell, the second-last survivor of the sinking of the HMCS Esquimalt, passed away last week at age 94.

HMCS Esquimalt, a former Bangor class minesweeper, was the last Canadian warship to be lost to enemy action during the Second World War. On April 16, 1945, only three weeks before the war ended, Esquimalt was sailing in the approaches of Halifax on an anti-submarine patrol, en route to a rendezvous

with HMCS Sarnia.

At 6:30 a.m., an acoustic homing torpedo from the German submarine U-190 struck Esquimalt on the starboard side ripping a large hole in the hull and causing the vessel to immediately lose all power, preventing any radio distress call. Within five minutes the ship had sunk.

For six hours survivors drifted in the icy Atlantic clinging to the "carley float" life rafts until being rescued by HMCS Sarnia. Only 27 of the 71 officers and ranks aboard survived, the majority succumbing to exposure while awaiting rescue.

AB Campbell was mentioned in despatches for his actions that day: "Able Seaman Campbell, by his cheerfulness and his cool and collected attitude, was an inspiration to the others in his carley float after the sinking of HMCS Esquimalt. By his example, he was probably instrumental in saving several lives. His gallantry in action was credit to the high traditions of the Royal Canadian Navy."

After the war Campbell returned home to Quesnel and worked in the logging industry.



Photo courtesy Sgt Todd Price
Albert Campbell at home in Quesnel shortly before sailing.

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Local MP ready to ride for the kids

LS Matthew Schlauch will don the Cops for Cancer jersey this fall and try to raise \$10,000 for children with cancer.

Shelley Lipke
Staff writer

In the weeks leading up to the selection for the 2009 Tour de Rock cycling team, Military Policeman LS Matthew Schlauch could think of nothing he wanted more than to cycle around Vancouver Island fundraising for children with cancer.

"When I went to the first Tour de Rock meeting, I watched a video of the kids at Camp Goodtimes and I remember seeing all these small children, most of them without hair, having such a great

time," he said. "I don't think there is a camp like this anywhere else, and this is something I want to support."

The first week of April, he was selected to be one of 21 riders in the 13th annual Cops for Cancer Tour de Rock.

For 13 days, LS Schlauch, 27, will join police officers from across Vancouver Island to cycle between 80 to 150 kilometres a day for a total distance of more than 1,000 kilometres to raise money to send sick children to camp.

Joining him is Sgt Lamont French from CFB

Esquimalt, Cpl Trevour Harding from 19 Wing Comox, 18 RCMP, auxiliary and city police, and two media personalities.

LS Schlauch's motivation to ride is his mother, a cancer survivor.

"My mom had breast cancer seven years ago, and I saw how she lost her hair and eyebrows as she went through chemotherapy," he said. "This was a really hard time for our family to go through, and I thought if the same cancer my mom had was in a child, how damaging it would be, so I wanted to help in any way I could."

Now fully recovered, his mother initiates fundraising and breast cancer awareness programs, and her son is following in her footsteps.

"My personal fundraising goal is \$10,000." LS Schlauch has a number of ideas underway that will ensure he meets this goal.

"Sgt French and I held a Bicycle Rodeo in Belmont Park on June 17 to teach kids safe cycling practices and raise money from their parents. We raised \$100 each and performed safety checks on the children's helmets. I was surprised to see how many kids had improper hel-



Shelley Lipke, Lookout

Cops for Cancer Tour de Rock rider LS Matthew Schlauch will ride with 22 other police officers and media to raise money for children with cancer as they cycle around Vancouver Island.

met and were wearing rollerblading or trick bike helmets instead of proper cycling helmets," he said. "This was a good event and it was important to let the Belmont Park children know about any safety issues they might have with their bicycles."

Then on June 27, the two local MPs hosted a dunk tank during Formation Fun Day to fund raise; a number of other events are also in the works.

"I plan on having a

24-hour spin-a-thon where riders cycle for 24 hours in various locations in Victoria and on the base," said LS Schlauch. "I am also looking at hosting an Amazing Race in downtown Victoria."

So far he's raised \$650, but that number will soon escalate. "My aunt in Port Alberni is donating \$1 for every kilometre I ride, so that will total \$1,000."

In the months leading up to the ride, he'll continue working shift work on patrols and riding his bike day and night in training. Several evenings a week are spent focusing on strength, hill climbs and speed training to increase his stamina and prepare him to ride the distance.

Once the ride departs Sept. 19, the team will stop to visit schools

around Vancouver Island. "I've been shown videos on how emotional and happy the kids are to see us, and I won't be the least bit surprised if I cry a few times."

Last year's Tour de Rock raised \$1.7 million, and this year's goal is set at \$2 million.

To support either LS Schlauch or Sgt French go to the Cops for Cancer website, click on British Columbia/Yukon, then on Vancouver Island, and support a rider.



Shelley Lipke, Lookout

LS Matthew Schlauch immersed himself in fundraising efforts during Formation Fun day by setting up a dunk tank. Kids and adults took turns buying \$5 balls to dunk him in the chilly water.

I thought if the same cancer my mom had was in a child, how damaging it would be, so I wanted to help in any way I could..

-Matthew Schlauch
MP

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A young Belmont Park resident has a ball during Canada Day.

Canada Day feast at Belmont Park

WO Dan Menard
Contributor

Canada Day festivities this year took on community spirit in one portion of the Belmont Park residential housing units (RHU) by Kuper and Ganges Streets.

With a bit of advance notice, 12 families got together to have a community Canada Day bar-

becue. The end result was perfect weather and excellent food prepared by everyone. Tables, barbecues and fixings were brought to the common area between the RHU, as well as children's toys, play pens and small pools.

Before long, the smell of chicken, pork, meatballs and other tantalizing aromas permeated the air.

Everyone had a great

time, especially the children when it came to liberating the contents of a piñata, home-made by one of the tenants. It was great to see such fantastic community spirit, as well as an excellent opportunity for families who have not yet met, to come together for afternoon fun and relaxation. Talks are already underway for Canada Day 2010 in Belmont Park.



The new Cadet Instructors Camp Flag was raised at the Regional Cadet Support Unit Pacific for the first time on June 25. The flag was created to mark the centennial of the Cadet Instructors Cadre (CIC) and was first brought into service in a ceremony at National Defence Headquarters in Ottawa on May 1, the branch's anniversary day.

The tri-colour flag has the three elemental colours behind a centred CIC branch badge. The gold trim represents the cadets the CIC train.

There are more than 800 members of the CIC in B.C. and the branch is the largest officer occupation in the Canadian Forces.

BRAVO ZULU: AIRMEN RECOGNIZED



Three Comox personnel receive OMM

A/SLt Nicole Murillo
19 Wing Public Affairs

Three members of the 19 Wing Comox, Master Warrant Officer Ken Stadnick, Sergeant Scott Elliston, and Master Corporal John Chalmer were named to the Order of Military Merit (OMM) by Michaëlle Jean, Governor

General and Commander-in-Chief of Canada, during a ceremony at Rideau Hall on June 25.

The Order of Military Merit recognizes distinctive merit and exceptional service displayed by the men and women of the Canadian Forces, both Regular and Reserve. Many have demonstrated dedication and devotion beyond the call of duty,

and the Order honours them for their commitment to Canada.

The OMM was established in 1972 as a way to recognize exceptional service in the CF and since then, only 3,667 people have received the Order. MWO Stadnick, Sgt Elliston and MCpl Chalmer are among military members to receive the OMM in 2009.

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The Veterans Health Centre at The Lodge at Broadmead needs **volunteers to socialize** with elderly veterans on:

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Civilians recognized for volunteer efforts

2LT Trevor Reid
 Contributor

Ken Lidstone and Marian Cranston, a contract inspector and timekeeper respectively with Base Construction Engineering (BCE), as well as Gillian Colville, a stock taker from Base Logistics (BLog), were honoured during National Public Service Week for their volunteer work over the past several years.

The three were presented with The Pacific Federal Council Community Contribution Award during National Public Service Week.

Colville has been organizing bi-weekly barbeques and a popular promotion that sees BLog employees work the counter at Ben and Jerry's Ice Cream at Mayfair Mall to raise money for the United Way and the Mustard Seed Food Bank.

"I was kind of shocked to be nominated, but it's nice to get a pat on the back," said Colville. One of the biggest events she organized was the Easter Bunny Bag event. She collected donations of Easter candy from BLog sections and organized volunteers to then package the goodies for the local children that otherwise would not be able to receive Easter candy.

Lidstone, in his sixteenth year with BCE, served as the as the volunteer Chairman of the Entertainment Committee. Cranston, now in her 23 year with the Formation, served as the



Ken Lidstone and Marian Cranston accept the Pacific Federal Council Community Contribution Award from Base Commander Capt(N) Marcel Hallé.

committee's secretary. The pair was instrumental in organizing BCE's fund-raising throughout the year, including the Formation's annual program to raise funds for Christmas holiday hampers.

"These two individuals have worked for so many years on so many worthwhile community endeavours. It is nice to see good things happen to two people so giving of themselves," said BCE Commanding Officer Lieutenant Colonel Jon Burbee.

The pair also organized, with other members of the Branch, shopping and

distribution of Christmas hampers.

Between 2003 and 2008, Cranston and Lidstone co-ordinated the collection of a total of \$14,156 that was used to buy food, gifts and toys for between five and eight families per year. In the past four years they have also contributed \$250 bursaries for high school students going into post-secondary trades schools.

"Getting awards is not why we volunteer," said Cranston. "It is nice to be recognized as part of the whole team," said Lidstone.



Cdr Angus Topsishe, Capt(N) Gilles Couturier and Cdr Hugh Fitzpatrick sign the change of command certificates during HMCS Algonquin's change of command ceremony on July 2, held on C2 Jetty, Cdr Fitzpatrick relinquished his duty as Commanding Officer to Cdr Topsishe. The ceremony was reviewed by Capt(N) Couturier.

Shelley Lipke, Lookout

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Bravo ZULU

Eight British Columbia residents were among the 58 Regular and Reserve Canadian Forces personnel invested into the Order of Military Merit in Ottawa June 25. The ceremony was presided over by Her Excellency the Right Honourable Michaëlle Jean, Governor General and Commander-in-Chief of Canada. The Order of Military Merit recognizes meritorious service and devotion to duty by Regular and Reserve Force members of the Canadian Forces. The Order was created in 1972 and has three levels of membership: Commander, Officer and Member and is next in precedence after the Order of Canada.



CPO2 Paul Egli of Joint Task Force Pacific receives his medal from Governor General Michaëlle Jean.



Sgt Ted Ramsey of 4th Canadian Ranger Patrol Group receives his medal.



LCdr Phillip Gould of Fleet Maintenance Facility Cape Breton receives his medal.



CPO2 Paul Massé receives his medal.



MWO Richard Rodrigue receives his medal.



CWO Neil Townsend receives his medal.

Six sailors received a Chief of the Defence Staff commendation from General Walt Natynczyk on June 12 on board HMCS Calgary for their work while deployed.



Gen Natynczyk presents a commendation to LCdr Paul Blumenstock for dedication and leadership as a member of the strategic advisory team, Joint Task Force Afghanistan from August 2007 to August 2008.



Gen Natynczyk presents a commendation to Maj David Broomfield for tactical acumen and outstanding leadership as a tank squadron commander, Joint Task Force Afghanistan, February to September 2007. His wife Rachel, son Liam and daughter Emma helped deliver the award.



Gen Natynczyk presents a commendation to LCdr Jay Turner for superb leadership as the combat system engineering officer while serving in HMCS Protecteur as part of Task Force Arabian Sea from April to September 2008.



Gen Natynczyk presents a commendation to Lt(N) Amandeep Singh for his time with Task Force Arabian Sea. Lt(N) Singh is seen here with his mother Satwinder Kaur and his father Balwinder Singh.



Gen Natynczyk presents a commendation to LCdr Matthew Bowen for outstanding dedication as the operations officer, Task Force Arabian Sea, from April to September 2008.



All photos by Cpl Drew Deics, Esquimalt Imaging Services
Gen Natynczyk presents a commendation to CPO1 Michael McCallum for outstanding leadership and professionalism as HMCS Calgary's Coxswain, Task Force Arabian Sea from April to September 2008.

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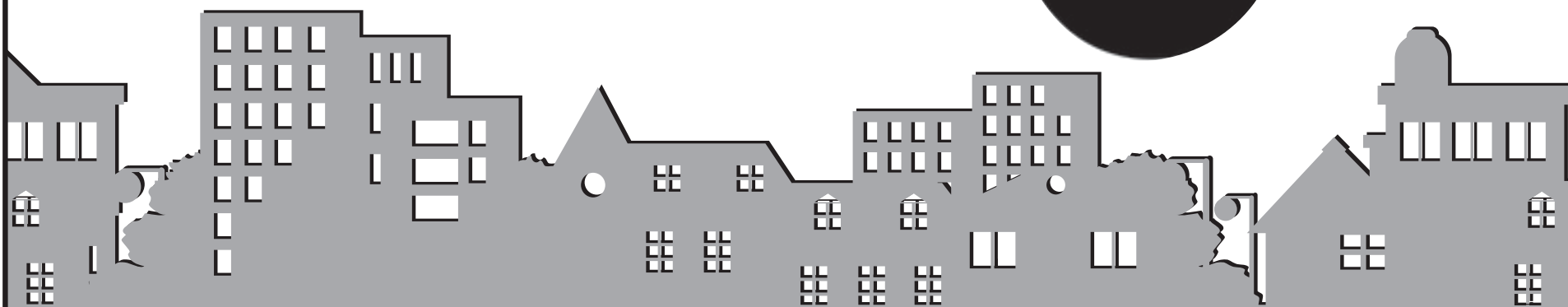
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