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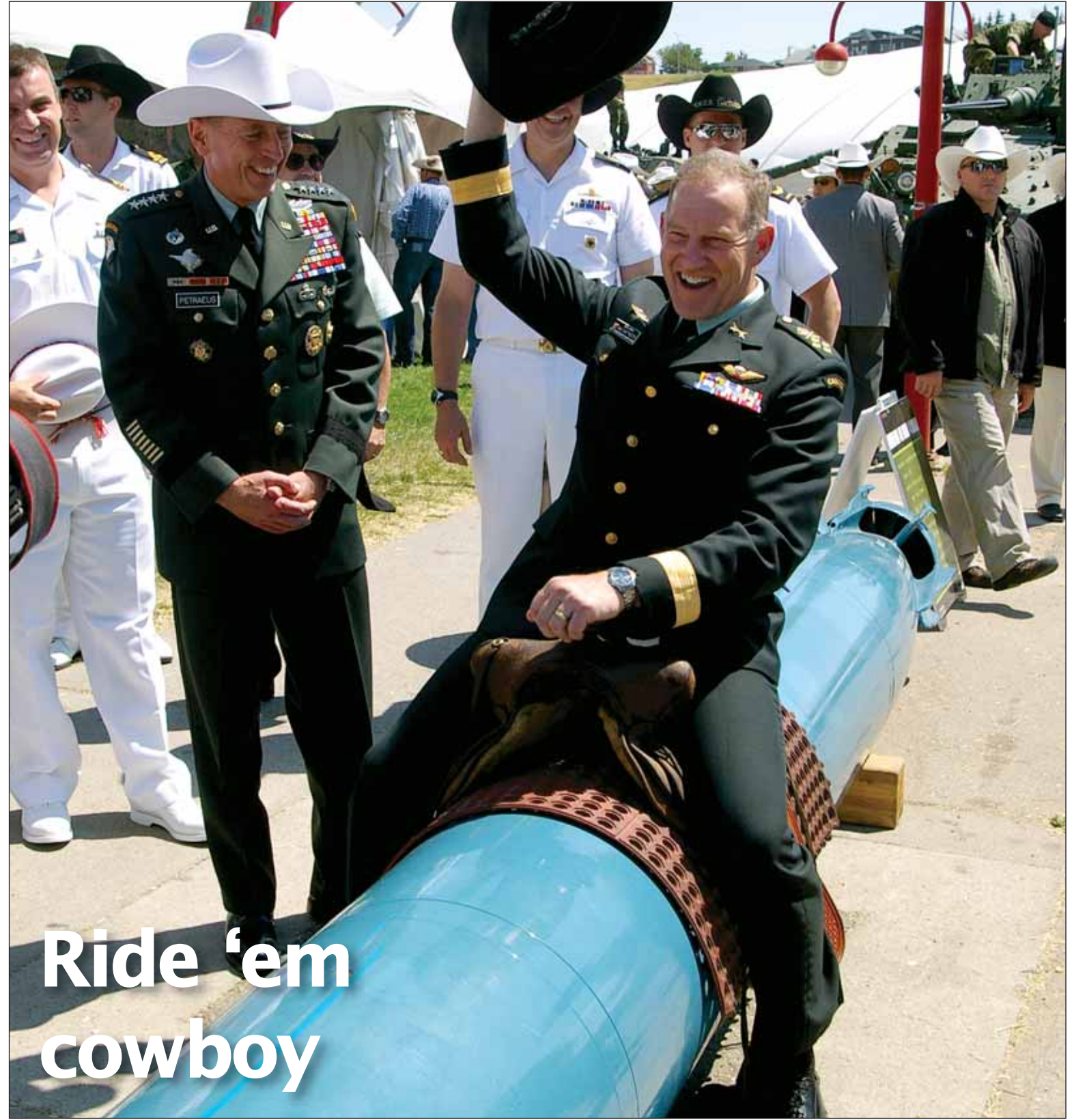
SHIP NEWS 2

Winnipeg honoured with special flag



SPORTS 10

Sailor takes second in body building competition



Ride 'em cowboy

Chief of the Defence Staff Gen Walt Natynczyk checks out HMCS Victoria's torpedo display at the Calgary Stampede on July 3. He was accompanied by Gen David Petraeus (left), Commander, U.S. Central Command. Members from Victoria and HMCS Calgary were at the Stampede last week to promote the navy. *See pages 8 and 9 for more.*

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Pirate Busters



U.S. Navy photo by Mass Communication Specialist 2nd Class Bryan Reckard
HMCS Winnipeg is underway alongside the guided-missile destroyer USS Mustin, during a leap frog training evolution designed to practice approaching ships for replenishments, at sea.

Winnipeg receives unique honour

SLt Michael McWhinnie
HMCS Winnipeg

The men and women of the Canadian Forces are typically motivated by a sense of service to Canada, duty to one another and individual professionalism. Sailors will never say they serve in the hope of achieving great wealth or fame.

However, equally few will deny they find simple gestures of recognition from the general population uplifting.

And so it was with a conflicting sense of humility and pleasure, the crew of *HMCS Winnipeg* received the gift of a custom flag recently, hand-made and offered in response to their recent NATO-led counter-piracy mission, Operation Allied Protector.

Joan Krop, General Manager of the Victoria Flag Shop, was inspired to undertake the project after viewing national news coverage depicting *Winnipeg's* efforts against piracy off the coast of Somalia.

"We felt compelled to do something," writes Krop. In a letter accompanying the flag, her dedication reads, "In recognition of the combined efforts of your boarding team, ship's crew and command, and unselfish acts of courage to bring a more peaceful passage to all vessels passing through those waters, we applaud you with our humble offer."

The flag's design – a skull and crossbones beneath a red circle with a line through it, bearing the name *HMCS Winnipeg* – was an immediate hit with the crew as its simple message appealed to both their sense of humour and pride in the mission.

In closing Krop writes, "The Pirate Busters of *HMCS Winnipeg* will live



Corporal Rick Ayer, HMCS Winnipeg

Crew members of *HMCS Winnipeg* hoist a flag made by The Flag Shop in Victoria B.C., after the ship completed counter-piracy operations in the Gulf of Aden.

in our hearts and minds for many years to come."

Such praise given to sailors in person would likely elicit responses such as "I was only doing my job" or "I was just doing what I have

been trained to do." Privately, most onboard *Winnipeg* would admit that Krop's gesture of encouragement is not only welcome, but an inspiring recompense for the work they perform at sea.

CFB Esquimalt SPORTS

CF Sports more inclusive

Mary Ellen Green
Staff writer

A new trial has begun at CFB Esquimalt that allows Class A reservists to partake in the CF sports program.

In the past, those part-time sailors, soldiers and air personnel have been excluded from CF sports, with the exception of the Conseil International du Sport Militaire (CISM) international sports program. However, BGen (ret'd) D.E. Martin, Director General Personnel and Family Support Services, has

acknowledged Class A Reservists play a vital role in the Total Force concept outlined in the 1994 White Paper, and should be allowed to indulge in the sports program.

CFB Esquimalt is among six bases/wings/regions (CFB Edmonton, 17 Wing Winnipeg, CFSU (Ottawa), ASU Toronto, and ASU London) that will participate in a 12 to 18 month trial that began June 1.

During the trial, Personnel Support Program staff will monitor the effect of Class A reservists' participation in the sports program at all levels.

Base triathletes sprint to finish

LS Kris Langford
FDU(P)

CFB Esquimalt's Triathlon Club has done it again. By mid-day on Sunday July 5, they had stormed the winner's circle at the 2009 Triathlon of Compassion.

Out of the five club members who raced, four of them made the top three for their age groups. This race consisted of a 500 metre pool swim broken into 10 heats. The bike portion was three

6.3 kilometre laps around Esquimalt and the 5 kilometre run was a half trail-half road, out and back course finishing at the Esquimalt Recreation Centre.

LS Mark Ritchie logged the fastest club time with 1:05:08, seating him second out of nine in the male 40-44 age group. He finished 23rd overall out of 184.

Lt(N) Hayley Mooney represented the females in stunning form, finishing in 1:10:22. This per-

formance secured her second place in the 25-29 class and a 41st position overall.

Congratulations to David Gregory who was 33rd overall with 1:08:05, LS Kris Langford with 1:09:18 coming in 39th, and Col David Barr who in his inaugural triathlon logged a 1:10:22, placing third in the 50-54 category and 64th overall.

CF triathlon nationals are less than a week away, so for many, this was what is called a tune up race.

Survey results will translate to better army website

The Western Sentinel

The infinite cache of information on the internet can be challenging, thrilling and infinitely frustrating. People often go to the internet in hopes of quickly finding what they're looking for, but spend hours sifting through unrelated information.

The Canadian Army is aiming to improve its websites and is conducting a short survey to help better define what individuals are looking for. It will also help identify keywords that will allow individuals to find what they need faster.

"There is a real cross-section of people who visit our pages," said Pat MacNeil, webmaster for Land Force Western Area. "Our survey will help us ensure those visitors can find what they are looking for, and fast," MacNeil said.

The survey asks a few background questions to identify the profiles of average users and asks people to rate the importance of some of the topics that might appear on the site. The informa-

tion gathered from the survey will help the army better address the needs of the public, military members and everyone who visits the site.

"We can better meet our readers' needs only with hard facts about what they want to see on our sites, and the results from this survey will provide those facts," said MacNeil.

"This will allow us to focus our sites on what's most important to our visitors. We're willing to post what users want to see, but first they have to tell us what they want."

Participation in the survey will help ensure that pertinent information can always be found on the Canadian Army websites. By taking the time to fill out the survey, visitors can unlock the Canadian military world with just a click.

The survey is available during the summer at a variety of locations and special events throughout Land Force Western Area, from Thunder Bay to Vancouver Island. It only takes a few minutes to fill it out and is also available online at www.army.gc.ca/lfwa/web_survey.asp.



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Published each Monday, under the authority of Capt(N) Marcel Hallé, Base Commander.

Le LOOKOUT est publié tous les lundis, sous l'égide du Capt(N) Marcel Hallé, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in CFAO 57.5. Views and opinions expressed are not necessarily those of the Department of National Defence.

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Circulation - 4,500

One year subscription - \$35.31
Six month subscription - \$17.66
Three month subscription - \$11.77

A Division of Personnel Support Programs
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People Talk

While visiting 443 Maritime Helicopter Squadron Lookout asked this question:
Name three things in your life that are more important to you than money?



"You have to eat, but I don't let money run my life. You have to be happy, have friendship and enjoy your family."

Cpl Duncan Taylor,
AVN Technician



"Money can be important if you have none. But I prefer family, health and happiness."

MWO Sylvia Grant,
AVN Technician



"The most important things to me are good health, my family and my bicycle."

Capt George Beateay,
Pilot



"The most important things in my life are my daughter, my wife and airplanes."

MCpl Brian Kilbride,
AVS Technician



"The greatest things in life are family, friends and work, because I just love it here and the people I work with. If I wasn't working at 443 Squadron, I'd be retired."

Bud Hickson,
Commissionaire

FILM *friday*

Depp dazzles as anti-hero in "Public Enemies"

W. Andrew Powell
The GATE

This week I take a look at the recent release, *Public Enemies*, starring Johnny Depp as gangster, bank robber and general anti-hero, John Dillinger. Plus, new films this week include Sacha Baron Cohen's latest comic extravaganza, *Bruno*.

Public Enemies

During the Great Depression, in 1933 to be exact, there was hardly anyone more admired and reviled than bank robber and known killer John Dillinger. While the United States suffered in the turmoil of a huge economic downturn, Dillinger was robbing banks, escaping from police and being idolized as an anti-hero.

In director Michael Mann's latest crime drama, following films like *Miami Vice*, *Collateral*, and *Heat*, Johnny Depp takes on the role of the infamous Dillinger, while Christian Bale plays FBI agent Melvin Purvis.

Based closely on the real-life events, and even shot on-location in a few cases, the film delves into the extended manhunt that had the FBI searching the country for any trace of Dillinger. Meanwhile,

as Purvis hunted for Dillinger, the famed criminal and his gang continued their crime spree, going as far as robbing a police station to get weapons and bullet-proof vests.

While *The GATE's* Christopher Heard considers it one of the best films on Dillinger, he had a few issues.

"I was expecting a lush, richly photographed film like Mann's *Last of the Mohicans* or *Thief*, or even *Ali* or *Heat*," Heard wrote, "but what I was watching was a film that looked more like *Collateral*."

He went on to write, "John Dillinger has been portrayed on film in a starring role at least five times and virtually all of them, as is the case with *Public Enemies*, focus on the eight furious weeks of crime and punishment that followed Dillinger's release from a nine year prison term. *Public Enemies*, in my opinion, ties for the best of the bunch with the 1973 John Milius written and directed film called *Dillinger*."

"*Public Enemies* is a solid movie made by a group of very talented people all at or near the top of their game. I just wished it looked as good as the sum of its parts."

Bruno

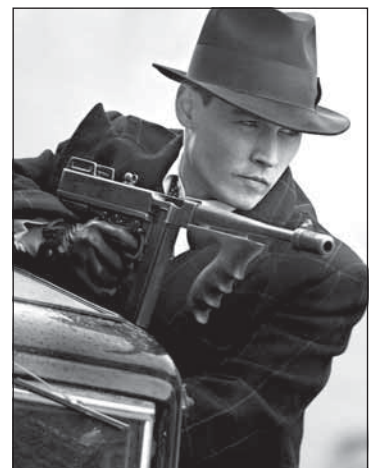
This may shock some of you, but I think Sacha Baron Cohen is actually a uniquely gifted actor and comedian. He also has the almost miraculous ability to shock and surprise people again and again, which comes in handy for his latest comedic foray.

The first time he shocked America was back in 2006 when he stumbled into the country as the somewhat bumbling, socially backwards (and yet oddly likeable) Borat.

Now he's back, but this time it's as the unmistakably gay Austrian model, Bruno, who has come to America in search of... well, it hardly even seems to matter.

Once again, Cohen hides his camera crew in plain sight, getting the most unbelievable people to appear in his film under the false pretence that they're actually there for some other insane reason. Playing Bruno as a backwards but oh-so-very gay model, Cohen finds new ways to push everyone's buttons.

In one scene, Bruno proclaims to a studio audience that he has adopted a baby from Africa, and he's given him a "traditional African



Johnny Depp plays notorious bank robber John Dillinger in "Public Enemies."

name"... O.J. In another, he has gone to a psychiatrist who believes Bruno wants to become straight somehow.

Essentially, it's the kind of setup for the film that should remind most audiences that this is a "one trick pony" kind of movie, which consists of a series of gags strung together. The thing is, as these films go, Cohen is very good at turning emotional button-mashing experiences into a wonderful form of comic mayhem.

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'Heart of Oak' beats strong in Calgary

A/Slt David Thebault, Navy Public Affairs

The Naden Band of Maritime Forces Pacific, under the direction of Lt(N) Robert Byrne, paraded front and centre in the International Ring of the Spruce Meadows Equestrian Complex in Calgary, AB, on July 4.

A/Slt David Thebault
Navy Public Affairs

The steady rhythm of galloping horses and the smooth sounds of the Naden Band of Maritime Forces Pacific rolled over the infield of the International Ring at the Spruce Meadows Equestrian Complex in Calgary, AB, on July 4.

The 35-member Naden Band was in Calgary to contribute to the navy's support of the Calgary Stampede and to perform at Spruce Meadows on a weekend where the Canadian Forces were saluted by the Equestrian Complex.

"The Naden Band is grateful to have been part of the ceremony where the internationally renowned Spruce

Meadows saluted the men and women of the Canadian Forces," said Lt(N) Robert Byrne, Commanding Officer of the Naden Band. "To have the opportunity to bring the navy to all parts of Western Canada, and raise the profile of our fast-approaching naval centennial, is a task that gives our band great pride."

In addition to performing the national anthems of the winning riders during the presentation ceremony of the Queen Elizabeth II Cup, the band participated in The Parade of Nations and played two stand-up concerts. The first concert featured a set-list of music that spanned the last three-hundred years. Included was the Louis Armstrong popularized "When the Saints Go Marching

In," the classic swing piece "Sing, Sing, Sing," and the official march of the Canadian Navy, "Heart of Oak."

The performance at the foothills of the Canadian Rockies concluded a busy few weeks for the Naden Band. This period saw them perform in Halifax for the Consecration of the Queen's Colour, followed by a stop in Vancouver, B.C., for Canada Day celebrations, wrapping up with a weekend in Calgary for the Stampede parade and Spruce Meadows performances.

On the near horizon for the band is performing in Ladysmith, B.C. on July 13 followed by a trip to Edmonton, AB, for a Capital Exercise performance on July 16.

New policy on second official language education and training

On June 25, the Chief Military Personnel (CMP) published DAOD 5039-7, entitled Second Official Language Education and Training (SOLET) for CF Members. This DAOD outlines the management framework, provides the principles regarding access to programs by CF members, outlines options, summarizes the monitoring and reporting requirements, and identifies key responsibilities.

Because SOLET is an important component of individual training and education (ITE), the CF provides learning retention opportunities, and language testing to its members. Access to SOLET is based on imperatives set in the Official Languages Act and CF operational requirements. These are prioritized each year by the Director Official Languages in consultation with the various stakeholders.

More opportunities to learn than ever before!

CF members can study their second official language on a full or part-time basis, either in a classroom, by distance learning, or through a combination of different resources, activities or programs. Those who are not selected for full-time SOLET in a given year may register for distance learning and online courses. These courses are interactive and provide self-study opportunities to CF members who are self-motivated and want to advance their SOL.

For more information on SOLET accessibility, SOL retention, improve-

ment and developmental programs, read DAOD 5039-7 and talk to Emile Chartrand, your Coordinator of Official Languages, 250-363-8604.

DAOD 5039-7 is available on the intranet at http://admfincs.mil.ca/admfincs/subjects/daod/5039/7_e.asp and on the Internet at www.admfincs-smafinsm.forces.gc.ca/daodoa/5000/5039-7-eng.asp.

Une nouvelle politique sur l'éducation et la formation en seconde langue officielle

La DOAD 5039-7, intitulée Éducation et formation en seconde langue officielle (EFSLO) pour les militaires, a été publiée le 25 juin 2009 sous l'autorité du CPM. Cette DOAD présente le cadre de gestion de l'EFSLO; énonce les principes encadrant l'accès des militaires aux programmes d'EFSLO; expose les possibilités en matière d'EFSLO; résume les exigences en matière de contrôle et de production de rapports relatives à l'EFSLO; précise les responsabilités principales des divers intervenants.

L'EFSLO est une composante importante de l'instruction individuelle et de l'éducation (II et E). À cet égard, les FC offrent aux militaires de l'EFSLO ainsi que la possibilité de maintenir leur acquis en seconde langue officielle et de subir une évaluation linguistique. L'accès à l'EFSLO dépend des obligations qui découlent

de la Loi sur les langues officielles et des besoins opérationnels des FC. Ces obligations et ces besoins font l'objet chaque année d'un classement par ordre de priorité par le Directeur - Langues officielles en consultation avec les divers intervenants.

Plus d'occasions d'apprendre qu'avant!

Les militaires peuvent étudier leur seconde langue officielle à temps plein ou à temps partiel, et ce, en classe, par apprentissage à distance, en ligne ou par l'entremise d'une variété de ressources, d'activités ou de programmes. Les militaires qui, au cours d'une année donnée, n'ont pas été choisis pour participer à l'EFSLO à temps plein peuvent s'inscrire à des cours d'apprentissage à distance ou en ligne. Ces cours d'auto-apprentissage offrent aux militaires qui sont motivés et désireux d'apprendre, la possibilité de progresser dans leur apprentissage de la SLO.

Pour de plus amples détails sur l'EFSLO, le maintien ou l'amélioration de l'acquis, et les autres activités de développement en matière de SLO, veuillez lire la DOAD 5039-7 et communiquer avec votre coordonnateur de langues officielles.

DOAD 5039-7 est disponible sur le site intranet du SMA (Fin SM) à http://admfincs.mil.ca/admfincs/subjects/daod/5039/7_f.asp et sur le site Internet à <http://www.admfincs-smafinsm.forces.gc.ca/daodoa/5000/5039-7-fra.asp>.

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New cooks for Orcas

Mary Ellen Green
Staff writer

Summer is the busiest time for training here at CFB Esquimalt and the quick pace has taken its toll on the already understaffed Base Food Services.

There aren't enough trained cooks in the trade to go around, and that means the Orca Patrol Craft Training (PCT) vessels conducting Mars III training will have to go to sea without.

"We had one MARS III class go to sea their first day with IMPs [individual meal packs]," said LCdr Blair Saltel, officer in charge of the Naval Tender Section (NTS).

It was the only quick solution to the problem of supporting the training schedule already in place, though alternatives are being explored.

"We were getting to the point where a ship couldn't sail because there were no cooks available," LCdr Saltel said.

"It's a matter of policy that we have properly trained personnel handling food, so we investigated some alternatives to ensure the health of the crew is not compromised."

It was determined that all personnel in the Naval Tender Section as well as Naval Officer Training Centre Venture staff and students will be given a one-day Foodsafe training package, and training has already begun.

Foodsafe teaches safe food handling procedures to students, workers, supervisors, and operators in the food services industry.

Trained personnel will provide semi-prepared fresh meals to the crew as a secondary duty on a rotating basis.

The training has been contracted out and is being held in the galley of an Orca PCT so the new cooks feel comfortable working with the facilities and equipment onboard.

A/SLt Penny Trusty was one of the first members called up for training.

"It was a last minute thing. I am at French School right now, so they called on Friday and told me to pack my bags and be ready on Monday

"We recognize we have a shortfall in the manning construct here at NTS and would like to see cooks be part of the manning here in the future."

-LCdr Blair Saltel,
Officer in charge of the
Naval Tender Section

because they needed extra hands," she said.

"We got details on what's appropriate for meals, how to cook things, and at what temperature to cook and store specific foods. It was very interesting. Some of the things we learned I already knew some details about, but it was interesting to learn new things like what temperature to cook a certain meat at and what happens if it's left out," she said.

A/SLt Trusty was onboard PCT Orca for the Mars III and Naval Environment Training Program for Officers (NETPO) courses, preparing meals for 15 members of the ship's company.

"You have to be inventive. They gave me all sorts of different fresh and frozen foods to prepare and so you have to use your imagination, but I really liked getting out of the office and I loved being at sea," she said.

"We're not asking them to whip up a soufflé," said LCdr Saltel. "The expectation is that healthy and safe meals be prepared with the limited personnel resources and storage space we have available. This training, combined with pre-prepared meals, will hopefully balance crew health, happiness and efficiency."

Fleet Logistics Officer LCdr Lori McAllister added, "Crews will be preparing simple meals with as much prepared dishes as possible. They will be given a set menu and issued rations accordingly with recipes if required."

Crewing has been an issue since the Orca vessels were delivered to the navy. Since there are no cooks in the NTS manning construct, this solution is for the interim.

"We recognize we have a shortfall in the manning construct here at NTS and would like to see cooks be part of the manning here in the future," LCdr Saltel said.

"The long term solution is to build an official establishment within the Naval Tender Section that includes cooks. When cooks are not employed at sea onboard Orcas, they will be seconded to other units that require temporary manning support such as Base Foods," LCdr McAllister said.



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Chaplain Lt(N) Lara Bowditch presided over the wedding ceremony of retired U.S. Navy Captain Hank Koehler and his sweetheart, Janice Shields on board HMCS Calgary, July 3.

Mary Ellen Green, Lookout

Love on the deck of HMCS Calgary

Mary Ellen Green
Staff writer

HMCS Calgary's flight deck was dressed to the nines for an international celebration of love last week when a retired U.S. Navy Captain married his sweetheart in front of a small crowd of family and friends, Friday, July 3.

Canadian Forces Chaplain Lt(N) Lara Bowditch presided over the ceremony, which was arranged by Maritime Forces Pacific's Visits and Protocol office.

"This is not very common," said Lt(N) Bowditch. "It's very seldom that we have a wedding on a ship. This one is very special because it is international. It's like the chaplain

version of a NATO mission."

Capt Hank Koehler met his now wife, Janice Shields at the Phoenix Naval Ball in Tempe, Arizona, thanks in part to their cupid, Koehler's daughter, Megan.

"I couldn't take my eyes off her during dinner, and so when Megan got up and went over to her table, I followed," Capt Koehler said.

"When he came over, he was all dressed up in his regalia and asked me for my phone number, and the rest is history," Shields said. "I have all the letters he's written to me since and I've saved them in a brocade box."

The two had planned to get married on an Alaskan cruise liner, but couldn't afford the standard charge for a wedding ceremony, so Capt Koehler decided to look for

other options.

"The idea to get married here in Victoria came to me in a moment of inspiration," he said. "I remembered the navy has a presence here, and I connected with Jamie Webb from the Visits and Protocol office. It was a pleasure to hear from him just 40 hours later saying they embraced the idea. Everything was taken care of in such a professional and loving manner. To the members of the ship's company and to everyone involved, it was extraordinary and we are so grateful."

A small reception was held at the Admiral's cottage after the ceremony. The newlyweds and Koehler's two adult daughters, Kathy and Megan, boarded a Holland America Alaskan cruise liner in Vancouver the next day.

SISIP changes long-term disability plan

The Canadian Forces Long-Term Disability (LTD) program administered by SISIP Financial Services has recently been changed to allow the Government of Canada to cover 100 per cent of LTD insurance premiums for service-attributable injuries and illnesses, and 85 per cent of LTD premiums for non service-attributable injuries and illnesses impacting Regular Force personnel.

Premiums for reserve force personnel will continue to be 100 per cent covered by the Government of Canada, and as a result of these changes effective April 1, 2009, the LTD insurance premium for a regular force person earn-

	Types of Injury and Illness Insurance Coverage	OLD Premium Percentage Paid By:		NEW Premium Percentage Paid By:	
		Government of Canada	CF Member	Government of Canada	CF Member
Regular Force	Service-related injuries and illness	85 %	15 %	100 %	0 %
	Non-service-related injuries and illness	85 %	15 %	No change	
Reserve Force	Service-related injuries and illness	100 %	0 %	No change	
	Non-service-related injuries and illness	100 %	0 %	No change	

The above chart shows how changes to the long-term disability program affects the premium costs paid by regular force and reserve force personnel.

ing \$60,000 per year will be reduced from \$10.47 per month to \$8.57 per month.

Information on the SISIP LTD program can be found at www.sisip.com and any related queries can

be addressed to a local base or wing SISIP office or by calling the national office at 1-800-267-6681.

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Submariners bring smiles to sick children

A/SLt David Thebault
Navy Public Affairs

Table hockey, friendly pirates and ice cream bars all combined to make a great afternoon for children in Calgary's Ronald McDonald House of Southern Alberta during a visit by submariners from *HMCS Victoria* on July 6.

The sailors visited the house while they were attending this year's Calgary Stampede.

A few dressed as pirates and the rest equipped themselves with navy back packs, yoga mats, stickers, hats, dog tags, bracelets and bandanas to give to the children and families staying at the hospice. The group of submariners brought not only the latest and greatest swag, but also smiles to the faces of the children and families who have a true appreciation for how tough life can be.

"As a close-knit family of submariners, it is our pleasure to support the aim of the Ronald McDonald House," said *Victoria's* executive officer LCdr Paul Sutherland. "To give a few hours of our day to show our support to these children and their families is truly our honour and pleasure."

After an introduction and a brief description of their jobs, the submariners made a three-hundred dollar donation to the foundation, just prior to touring the facility.

In the basement games room, LCdr Sutherland faced off against five-year-old Westley Steed in a game of table hockey. The crew then toured the house, which included a work-out facility, a



A/SLt David Thebault, Navy Public Affairs

All eyes are on the puck as five-year-old Westley Steed and LS David Niezen shoot it out during a game of table hockey in the games room of Ronald McDonald House of Southern Alberta. LS Niezen is one of three submariners from *HMCS Victoria* who dressed up as a pirate for the visit.

library, an arts and crafts room, a TV room (equipped with Nintendo Wii), a birthday room, a computer room and, of course, a kitchen full of cookies and a freezer full of ice cream bars.

"The house provides a lot of entertainment for the kids and their families, but for a special group to come to us and help break up the routine of hospital visits and day-to-day life in the house, is really something special," said Leigha Schielke, the Family Recreation Coordinator at the House. "Being away

from their homes and undergoing medical treatment can make for pretty tough lives for these children, and it is the wonderful people like the sailors who provide these great opportunities for the families to make the best of a tough situation."

The Ronald McDonald House of Southern Alberta is a non-profit organization that gives support to sick children and their families and also provides them a home away from home. It is one of 12 across Canada.

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A/SLt David Thebault, Navy Public Affairs

LS Jennifer Wagner (right), a supply technician on HMCS Calgary, was recognized as the Calgary Stampede's deserving soldier on July 8. LS Wagner joined other special guests on the Grandstand stage for "Oh Canada." The deserving soldier is an honour bestowed daily during the Stampede upon a CF member to recognize the contributions they have made to Canada.

Calgary goes above and beyond

A/SLt David Thebault
Navy Public Affairs

HMCS Calgary's saddlebags are a little lighter this week after the ship's Commanding Officer, Cdr William Quinn, presented an \$8,000 cheque to the Calgary Firefighters Burn Treatment Centre in Calgary, AB.



A/SLt David Thebault, Navy Public Affairs

Members of HMCS Calgary presented an \$8,000 cheque to the Firefighters Burn Treatment Centre in Calgary, AB, on July 6.

On July 3, a group of officers and crew from Calgary presented the cheque to representatives from the centre during the ship's annual Calgary Stampede namesake city visit.

The donated funds were raised by the ship's company during Operation Altair as well as through other fundraising efforts including this year's 'Cowboy-Up' anniversary celebration.

During Operation Altair, the generosity of the ship's company came through fundraising initiatives such as the purchase of: Sundaes on Sundays, donated Tim Horton's coffee and hot dogs. In addition, pizza orders were phoned-in from various spaces within the ship and delivered by senior personnel. One hundred per cent of the profits went to support Calgary's charities.

"The support we receive from the city of Calgary when we deploy is a key to maintaining the high morale of the ship's company and ultimately leads to the success of our operations," said Cdr Quinn. "When you come back from a six-

month deployment and the mayor of your namesake city is waiting on the jetty, it means an incredible amount to the ship's officers and crew. The money we fund-raise is our way of giving back to the city and people who are so generous to us." The time and effort Calgary's crew put into raising this money didn't go unnoticed by the management and doctors at the burn treatment centre.

"We are blown away," said Dr. Duncan Nickerson, a plastic surgeon at the centre. "For a group of people who already do so much for our country, going above and beyond to help provide state of the art burn care through their donations is greatly appreciated."

The Calgary Firefighters Burn Treatment Centre at Foothills Medical Centre is a state-of-the-art burn treatment referral centre for burn victims in Southern Alberta, South-Eastern

British Columbia, South-Western Saskatchewan and Northern Montana. The money Calgary donated will fund upgrades to highly specialized equipment and assist burn unit staff with staying up-to-date with advancements in burn care and treatment.

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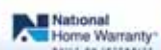
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A figure fit for competition

Mary Ellen Green
Staff writer

LS Crystal Lockyer eats seven meals a day.

At just five feet one inch tall, it's amazing all that food doesn't go to her hips. Instead it fuels her rigorous bodybuilding regime.

Five times a week she lifts weights, and puts in 10 cardio sessions to create perfectly balanced physical proportions, a much sought-after trait among competitive bodybuilders.

In April, the sailor took second place in the short class at the B.C. Amateur Body Building Association Western Canadian Figure Competition in Kelowna, where she was judged on beauty and athletics, which included size, shape and symmetry of muscles.

"Taking second place at my first competition was a huge accomplishment for me. It made all the training and dieting and preparation worth it, and definitely got me hooked on the sport," she says.

Now LS Lockyer is focused on attaining a top spot at the B.C. Provincial Figure Competition in Vancouver on July 25.

"I'd like to place top five in the short class in order to qualify for the national figure competition in August. There will be some tough competition there for sure."

For each competition, LS Lockyer goes through a lengthy preparation program with a trainer.



Photo courtesy of Twixpix.com

LS Crystal Lockyer presents to the judges at the B.C. Amateur Body Building Association Western Canadian Figure Competition in Kelowna.

"The length of the program varies depending on the amount of weight I have to lose before the competition. Right now I'm on a 14-week preparation that includes a pretty intense diet."

She drinks up to 10 litres of water daily, and eats a large number of carbohydrates. As competition day nears, the number of carbohydrates tapers off to the

point where she's now eating only 100 grams a day.

"I've done 10 weeks of my prep so far, and I have four to go until provincials," she said.

"Right now, my diet is pretty much just protein and fat. I eat a half cup of oatmeal in the morning and six ounces of potatoes after my work out, and that's it for starches."

Her trainer not only gives

her a meal and training plan, but she also helps pick out swim suits and shoes for the show. LS Lockyer needs three suits for each show, which she orders online or has custom-made by a local seamstress.

"When you add up the cost of a trainer, the suits, shoes, tanning, food and travel, it can be a pretty expensive hobby," she says.

Her position at Fleet Diving Unit (Pacific) helps her stay in shape. "It's the perfect place to train. They are very fitness oriented here, and really supportive of what I do. It also helps that we have an hour each morning for physical training."

She does a second work out after work each day before picking up her daughter from day care, and then goes home for family time.

"I've always been athletic and played a lot of team sports growing up and through high school. When I graduated in 2001, I joined the navy as a marine engineer and moved to Victoria from Newfoundland. Being in the military definitely encouraged me to stay fit, and I started going to the gym and lifting weights off and on after I finished basic training to stay in shape," she said.

After her daughter was born, she stepped up her fitness training, and when her boyfriend trained for his bodybuilding competition, her interest peaked.

"I finally mustered the courage to do one too," she says.

For more information about the B.C. Amateur Body Building Association, check out their website at www.bcabba.org.

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Nathan Scott, the sculptor making The Homecoming statue for the Canadian Navy's 2010 Centennial celebrations, works in his studio in Central Saanich. The piece – a daughter greeting her father returned home from sea – will first be made out of clay, then made in ceramic and rubber before it is cast in bronze.

Shelley Lipke, Lookout

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Navy Centennial statue taking shape

Shelley Lipke
 Staff writer

Tucked in his Central Saanich studio, artist and sculptor Nathan Scott spends his days crafting the father and daughter figures, which are the centerpiece of the 2010 Naval Centennial Homecoming Statue.

As he shapes the clay structures, details and expressions emerge on the child and father as the two prepare to embrace.

"Being able to create and make something come alive is my gift and passion," says Scott.

Modeling the sculpture, and then casting it in bronze will take a year. On May 4, 2010, it will be revealed in the Inner Harbour beside the Visitors' Centre in celebration of the Navy's 100th birthday.

"It's very honouring to do this sculpture and to have it displayed in such a prominent place. This project will relate to tourists as well as locals, and it crosses borders because military life and this emotion of homecoming is a global thing."

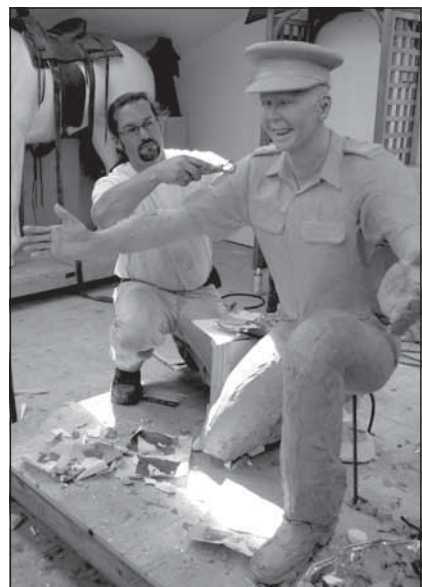
The Homecoming Statue depicts a sailor kneeling on a dock with outstretched arms ready to embrace his daughter who is running to him.

Scott easily relates to the emotion the characters convey. "My dad did 33 years with the Princess Patricia Canadian Light Infantry, and while I never met him at the dock, I'd meet him at the airport," says Scott. "Twenty or 30 years ago everybody had someone in their family who was in the military, and I think Victoria is well suited for this project."

Now into his eleventh year as a sculptor, and with 15 public sculptures throughout Canada, such as the notable Terry Fox sculpture at Mile Zero, Scott is a sought-after artist.

Sculpting to me is a matter of capturing emotion. I am trying to imagine what it would feel like to me after six to nine months of deployment, and then seeing my children.

-Nathan Scott
 Sculptor



"I began this project with photographs," said Scott. "I had the base get some sailors together to pose as models to photograph. I then had my five-and-a-half-year-old daughter Acacia run towards me while a professional photographer captured pictures of her in motion."

After 320 photos, Scott found the

emotion and detail needed and started the armature in June, an internal frame or skeleton made of rebar covered in Styrofoam that supports the modeled sculpture.

"When I work with the clay it's like framing a house. It is starting to take shape, but doesn't have incredible detail yet," says Scott. "Sculpting to me is a matter of capturing emotion. I am trying to imagine what it would feel like to me after six to nine months of deployment, and then seeing my children."

The photographs serve as reference for details such as wrinkles in the skin and clothing.

Once the clay sculpture is complete, Scott will make the mold. The sculpture will be brushed with a polyurethane rubber, and then backed up with a fiberglass mother mold to support the shape of the flexible rubber. This negative mold is then taken off, the clay discarded, and the mold filled with wax.

"Once completely reconstructed in wax, I cut it into workable pieces that will be dipped into ceramic to create a negative ceramic shell. The ceramic shell is then heated up to 1,800 degrees Fahrenheit to melt the wax out of the ceramic mold. It's then ready for pouring. The bronze is heated up to about 2,100 degrees and poured into the 1,800 degree ceramic shell mold. Once cool, the ceramic shell is removed from the casting and the laborious job of welding the pieces of the sculpture back together begins," says Scott.

Grinding and re-texturing each area to create a seamless sculpture takes weeks. The final steps are sandblasting to get rid of impurities and adding a patina to give it depth and beauty.

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Pte Lindsay Grimster, 19 Wing Public Affairs

Ten-year-old Erin Roulston of Comox donates \$31.82 to Cpl Trevour Harding for Cops for Cancer Tour de Rock. For her 10th birthday, Roulston held a twoonie party where, for each twoonie, she donated \$1 to charity and kept \$1 for a present. After reading about Cpl Harding, Roulston decided to donate all of her birthday money and some allowance money to help Cpl Harding reach his fundraising goal.



Gary Webster, Royal Canadian Cadet Corps

CPO Kira Gill-Maher, a cadet with Admiral Rayner Navy League Cadet Corps, receives the National President Award from Don Bendall of Vancouver Island Navy League Division for her outstanding contribution in the cadet movement. CPO Gill-Maher looks forward to joining Royal Canadian Sea Cadet Corps Rainbow in September.



On July 6 Base Commander Capt(N) Marcel Halle (left) and Base Information Systems Officer, Commander Allyn Holborn (right) promoted Doug Bowser to the rank of Lieutenant (Navy).



Angeline Francis (centre) is promoted to Petty Officer Second Class by Cdr John Tremblay (left), of Canadian Fleet Pacific F3, with help from PO1 Darryl Mauger.



Several members of the NCIOP trade took part in CFB Esquimalt's first annual Naval Combat Information Operator (NCIOP) Golf Tournament, held at Metchosin Golf course on June 29. Spearheaded by CPO2 Don Lee, the event was organized to get members out of the dim, red lights of the operations room and into the sun for fellowship and physical fitness. The team of CPO2 Rob Cook and MS Alex Pelletier from CF Fleet School (CFFS) took top prize. PO1 Steve Gilks from CFFS and PO2 Dan Simister from HMCS Regina were close behind in second.



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Thanks to the staff & volunteers for their contribution to Formation Fun Day 2009

Fleet Diving Unit promotions and awards

Jeff Nelson was promoted to Master Seaman. (photo unavailable)



Fleet Diving Unit (Pacific) changed hands on July 3 in a change of command ceremony at the unit. From left: Incoming Commanding Officer LCdr Jean Couillard; Capt(N) Gilles Couturier, Commander Maritime Operations Group 4; and outgoing Commanding Officer, LCdr Rob Watt, sign the Change of Command Certificates.

Pte Michael Bastien, Esquimalt Imaging Services



Pte Michael Bastien, Esquimalt Imaging Services LCdr Couillard and Capt(N) Couturier change Darrell Colwell's shoulder slip-ons to reflect his new rank of Chief Petty Officer First Class.



Pte Michael Bastien, Esquimalt Imaging Services LCdr Couillard and Capt(N) Couturier change Rob DeProy's shoulder slip-ons to reflect his new rank of Chief Petty Officer Second Class.



Pte Michael Bastien, Esquimalt Imaging Services LCdr Couillard and Capt(N) Couturier change Brad Gillespie's shoulder slip-ons to reflect his new rank of Petty Officer First Class.



Pte Michael Bastien, Esquimalt Imaging Services LCdr Couillard and Capt(N) Couturier change Santy Khammoungkhouné's shoulder slip-ons to reflect his new rank of Master Corporal.



Pte Michael Bastien, Esquimalt Imaging Services Capt(N) Couturier presents CPO2 Gerry David with his CD2.



Pte Michael Bastien, Esquimalt Imaging Services Capt(N) Couturier presents PO2 Steve Mandy with his CD2.



Pte Michael Bastien, Esquimalt Imaging Services Capt(N) Couturier presents LS Donald Allan with his CD1.



Pte Michael Bastien, Esquimalt Imaging Services Capt(N) Couturier presents PO2 Sean Ratz with his CD2.



Pte Michael Bastien, Esquimalt Imaging Services Capt(N) Couturier presents a Certificate of Acknowledgment to CPO1 Walter Dubeau for his dedicated work.

Pull out your Hawaiian shirts and leis. It's a Luau theme!

8TH ANNUAL FORMATION BARBECUE

FREE LUNCH & FUN FOR EVERYONE ON THE DEFENCE TEAM!

July 15 • Duntze Head • 11:30 a.m. to 1 p.m.

Hamburgers, hot dogs, veggie burgers and pop provided.

Celebrate the dedication and hard work of the MARPAC Defence Team!

Bus transportation from Naden and Workpoint:

- Naden Athletic Centre at 1045 & 1115 ; Return trips from Duntze Head at 1300 & 1330
- Workpoint Drill Square at 1030 & 1100 ; Return trips from Duntze Head at 1300 & 1330

Musical entertainment by Lori Murphy and her award-winning singing barbershop quartet "Euphoria," and a local radio station

Environmental, EAP, DAG and Organ Donor displays

Sumo Wrestling challenge, \$5 per participant to be donated to the United Way, call 363-7855 to sign up

Fire Brand and Tug Boats demonstration

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SUNDAY JULY 26TH 2009. From the hottest books of the day to hard to find treasures of the past. Toys, non sports card & other collectables as well. 3277 Douglas Street (Ukrainian Cultural Centre). 11am to 4pm. Free Admission

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

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VOLUNTEERS ARE NEEDED to assist individuals with disabilities to get out and be active! By devoting as little as one hour a week, you have the opportunity to participate in an activity you enjoy while giving back to the community. Males needed especially! For more information or to volunteer please call the Leisure Assistant Coordinator at 250-477-6314 ext. 15 or HYPERLINK "mailto:volunteers@rivonline.org" volunteers@rivonline.org

Base Library Catalogue Online

<http://library.esquimalt.mil.ca>

Unfortunately, holds cannot be processed online at this time. If an item you want to borrow is out, call 363-4095 or email irwin.sl@forces.gc.ca to place a hold.

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August 7, 8 & 9
2009
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- Completely fluent English language skills; both written and verbal
- Clear, precise, professional and helpful telephone manner
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Compensation: Currently \$24.66 per hour, increasing to \$25.40 per hour effective Sept 1, 2009. Comprehensive benefits and pension plan package, discount travel program, duty meals and uniform dry cleaning.

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SISIP RARM

Canadian presence strong in high Arctic town

Capt Cheryl Major
JTFN, RCSU Northern

It's surprising to meet someone who started life in a tent.

But that is how life began for Canadian Ranger Jarloo Kiguktak, who acts as the eyes and ears for Canada in the North. In fact, he and his family, along with the 141 other residents of Grise Fiord are one of the main reasons Canada has a footprint in the High Arctic. Ranger Kiguktak was born near Pangnirtung, Nunavut, to nomadic parents. In the 1960s his family relocated to Grise Fiord, the only permanently inhabited community on Ellesmere Island. In 1976, he joined the Grise Fiord Ranger Patrol. Since that time he been on almost every single patrol or training session, except for four years starting when his son, now 11, was born.

Over the past 33 years he has traversed much of Ellesmere Island on personal trips and small Ranger patrols, making him a perfect candidate for one of the largest sovereignty operations held each year in the High Arctic: Operation Nunaliut (Op N09). Canadian Rangers are valued for their knowledge of the land and survival skills in the harsh weather and tundra in the High Arctic, but only a few are chosen each year for Op N09. Grise Fiord Ranger Sergeant Jimmie Qaapik says he nominated Ranger Kiguktak for Op N09 "because he knows the land around here so well, he can help the patrols find their way through the passes." During Op N09, Ranger



Sgt Errol Morel, CFLAWC

Canadian Ranger Jarloo Kiguktak, Ranger Instructor WO Dave Dunn and pilot Chuck Rockwell inspect a map of Ellesmere Island before departing on a reconnaissance during Operation Nunaliut 2009. They are looking for a secondary route from Fort Eureka to the eastern shore of Ellesmere Island.

Kiguktak helped his patrol find a new route from Fort Eureka to the eastern coast of Ellesmere Island after their original plan brought them to a waterfall that was impassable due to time constraints. Ranger Instructor Warrant Officer Dave Dunn credits Ranger Kiguktak with the patrol's ability to change routes quickly during the operation.

"Every Ranger is invaluable. We wouldn't be able to do our jobs here without them, and every person contributes to achieving the objective," he says. "Jarloo's experience and memory of the land is key to this patrol. With one glance at a map he can tell from memory what it's like to travel there." Asked if he sees his role in Operation Nunaliut as important, Ranger Kiguktak replies, "I don't know what makes one person more

important than another. I just want to help. That's what I'm here for."

The idea of helping is echoed throughout the small hamlet of Grise Fiord where Ranger Kiguktak recently turned over the role of mayor to his sister, Meeka. A tour of the hamlet elicits calls of "Hello Ranger!" to anyone in uniform, and excited stories from youth waiting to become a Junior Canadian Ranger when they turn 12. Passing on knowledge to youth is one of their key roles Ranger Kiguktak fulfills as a Ranger.

"In the community we give the youth something to look up to; they want to do what we do and learn the skills we have so they can help," he says. "We know that we are the eyes and ears for Canada in the North. We have a responsibility that makes us proud."

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FEATURED MSRP <small>Including automatic transmission (AT)</small>	\$20,845	\$21,415	\$21,095	\$19,890	\$19,623
Performance	Kia	Dodge	Toyota	Suzuki	Nissan
Engine Type	2.0L, 4-cylinder, DOHC	2.0L, 4-cylinder, DOHC	1.8L, 4-cylinder, DOHC	2.0L, 4-cylinder, DOHC	1.8L, 4-cylinder, DOHC
Horsepower	142 hp @ 6,000 rpm	158 hp @ 6,400 rpm	132 hp @ 6,000 rpm	143 hp @ 5,800 rpm	122 hp @ 5,200 rpm
Torque	137 lb.ft. @ 4,600 rpm	141 lb.ft. @ 5,000 rpm	128 lb.ft. @ 4,400 rpm	136 lb.ft. @ 3,500 rpm	127 lb.ft. @ 4,800 rpm
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