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COMMUNITY 2

Navy Centennial marked at centre ice



NEWS 8

Orphaned eaglet finds a home at CFMETR



Beware the boss



Mary Ellen Green, Lookout

Sumo Sensei, better known as Base Commander Capt(N) Marcel Hallé, settles a dispute with Janine Sauvageau of Non-Public Funds Human Resources. The light-hearted wrestle was part of the Formation Barbecue at Duntze Head on July 15.

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Navy Centennial hits Wurtele ice

Mary Ellen Green
Staff writer

It's tough to find anything more Canadian than ice hockey.

And when the ice returns to CFB Esquimalt's Wurtele Arena, players and fans will be reminded of another national treasure: the Canadian Navy and its 100th birthday in 2010.

An official Canadian Naval Centennial (CNC) coin was placed at centre ice by Base Commander, Capt(N) Marcel Halle; Personnel Support Programs Fitness and Sports Director, Penny Murphy; and Maritime Forces Pacific (MARPAF) Canadian Naval Centennial Coordinator, Cdr Tony deRosenroll, last Wednesday morning. This is in line with the Canadian tradition of putting a special coin at centre ice for good luck.

Arena manager, Dave Horner said an arena employee came up with the idea to lay the coin at centre ice and to have the CNC logos painted on either side of the face-off circle.

The coin was donated by arena supervisor, Roger D'Amour, and the custom logos were created by Jet Ice in Newmarket, ON.

"They look great out there, even though the ice is just an eighth of an inch thick. But once all the ice is in, they'll look really vibrant," says Horner.

Arena staff are working long days to get the ice ready for the upcoming hockey season. A boom is spraying a fine mist of hot water on the surface until the ice reaches a thickness of three quarters of an inch, at which point the zamboni can be used to flood the surface until it reaches a thickness of one and a half inches.

Arena staff also have plans to put the CFB Esquimalt Tritons, United Way, and Support our Troops logos under the finished ice surface over the next few days.

"The identifiers are really big and really visible," said Cdr deRosenroll. "There will be a steady stream of people through Wurtele arena over the next year. Thank you to the arena staff for coming up with this great idea, because we didn't



Shelley Lipke, Lookout Base Commander Capt(N) Marcel Hallé (left), Personnel Support Programs Fitness and Sports Director, Penny Murphy, and Canadian Naval Centennial (CNC) Coordinator, Cdr Tony deRosenroll place an official CNC coin at centre ice at CFB Esquimalt's Wurtele Arena.



do it ourselves. This is exactly what we need, people using their imaginations."

Representatives from the base

hockey teams were also present at the coin laying ceremony, and they say they can't wait to get out on the new ice in a few weeks.

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HMCS Winnipeg's Executive Officer, LCdr Moore, assesses the situation ahead as HMCS Winnipeg makes a replenishment at sea approach to HMAS Success.

SLt Michael McWhinnie,
HMCS Winnipeg

HMCS Winnipeg on guard during Exercise Talisman Sabre 2009

SLt Michael McWhinnie
HMCS Winnipeg

The view from the bridge wing is deceptively calm. There is a clear sky and an empty blue ocean in all directions from *HMCS Winnipeg*.

However, there are few clues that just beyond the horizon thousands of marines are landing on sandy beaches, determined to fend off an invading force from allied territory.

While the situation is part of Exercise Talisman Sabre 2009, off the Australian coast, the skills practiced are for real-world situations.

The marines task was made possible by two supporting elements. To the north, the USS George Washington Carrier Battle Group endeavored to establish the air superiority necessary to support the landings. To the south, a destroyer squadron comprised of *Winnipeg* and allies from the Australian and U.S. navies spent the last 10 days clearing the area of enemy warships. At this point in the exercise, they guard the approach of the main expeditionary strike group based around the amphibious assault carrier USS Essex, HMAS Tobruk and USS Denver.

Exercise Talisman Sabre 2009 is the third in a series of joint and combined bilateral exercises held every two years, principally in the eastern maritime approaches to Australia. *Winnipeg's* participation is a first for a Canadian ship and is important to the navy for several reasons.

"At the unit level, this exercise has been an invaluable training experience," says Above Water Warfare Director, Lt(N) Stephen Wall. "We had little opportunity to conduct training on the higher-end warfare functions during our operational period of counter-piracy. Recent exercise serials have allowed us to increase our proficiency in anti-air and anti-surface defence while enhancing our combat readiness level."

Scenarios have required the ship's above-water warfare teams to detect and track live adversaries and conduct firings against air and surface targets. Highlights include *Winnipeg's* cun-

ning triumph over two "enemy" ships during a night encounter exercise and responding to missile raids simulated by Australian F-111 Aardvarks flying low-level attack profiles.

"The Combat and Combat System Engineering Departments have been especially busy. The entire team from sensor and weapon technicians and operators to warfare directors have benefited from this training which, additionally, allows us to verify equipment functions and tactics," said Lt(N) Wall.

Approximately 30,000 Australian and American personnel, including the crews of military support aircraft and army units, are taking part in the strategically significant exercise.

"The Asia-Pacific region is an area of increasing cultural and economic importance to Canada and participation in Talisman Sabre is allowing us to strengthen long-standing relationships in the region," said Combat Officer Lt(N) Todd Kennedy. "Concurrently, we are enhancing our capacity to operate with other navies. Our ability to seamlessly integrate into the NATO Task Group and immediately begin to contribute to the counter-piracy mission in April underscores the importance of this quality."

Exercise Talisman Sabre is the finale in a three-phase deployment that

began when *Winnipeg* left Canada in early February. The ship and its crew took part in Exercise Foal Eagle, together with the Republic of Korea and U.S. navies, before participating in the NATO-led counter piracy mission Operation Allied Protector. The ship is due to return to Esquimalt in late August.



U.S. Navy photo by Mass Communication Specialist 1st Class Geronimo Aquino

The Australian Army's forward support battalion unit disembarks from a U.S. Navy landing craft during a beach landing at Townsend Beach.



U.S. Navy photo by Mass Communication Specialist 2nd Class Nardelito Gervacio
A U.S. landing craft air cushion returns to Freshwater Bay, Australia, from amphibious assault ship USS Essex to offload marines and equipment to shore.

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FILM REVIEW

Check out the library's diversity videos

David Lau
Contributor

Looking for inspiration? *Emmanuel's Gift* is a documentary chronicling the remarkable journey of Ugandan athlete Emmanuel Ufosu Yeboah.

The cyclist's journey from a small impoverished Ugandan village to cheering crowds in the United States goes beyond the odds. Yeboah conveys the basic, yet uncommon notion that people who live with disabilities deserve opportunity. He made his triumphant journey with a severe disability in defiance of age-old prejudices prevalent in Uganda.

Inspired by Canadians Terry Fox and Rick

Hansen, and empowered by the American Challenged Athletes Foundation (CAF) Yeboah became the first disabled man to cycle across Uganda.

In the film, Bob Babbitt, CAF co-founder says, "What impressed me from the very beginning about Emmanuel is that what he said in his note wasn't, 'I'm a poor kid from Uganda and I've got a deformed leg, please send me money.' It was 'Send me a bicycle because I want to help other people. I want to prove a stereotype wrong.'"

His odyssey began because several individuals decided to give the gift of an inexpensive mountain bike to a man who said he had a vision.

This movie chronicles the powerful trans-

formations taking place today in East Africa and around the world by this truly remarkable man.

This documentary clearly proves that a driven person with a purpose cannot be held back. Narrated by Oprah Winfrey and featuring Robin Williams, this hopeful video takes you from the dusty alleys of rural Africa to gala receptions in Los Angeles to the halls of the UN Secretary General, and then through the heel-dragging offices of the Ugandan government. Witness a man who cannot be stopped.

You can sign out this video and dozens of other thought-provoking resources at the Diversity Reading Room, the newest section of the Base Library in building 12 in Naden.

WHAT SAY YOU

Sacrifice is part of the job

It is not natural for a father or mother to be separated from their young children, but often we in the military must endure this hardship.

Whether we are sent on missions around the world or work in one place while our families reside in another, we are still unable to enjoy many of the family events that others take for granted. It is not easy for the military member or their dependents to be separated, but we continue to do our jobs and serve out of devotion and love of our country.

I have been on Imposed Restriction for a year and hope to rejoin my family in 2010. I could choose to focus on the negative aspects of this lifestyle, but instead I try my best to find ways to ease the pain that I feel inside.

I imagine that everyone who is separated from their family wonders if he/she made the right decisions to join the military, but most will silently continue working through their problems.

I am writing this article to let people know they are not alone in their struggles,

and to remind everyone there is help available if required.

One of the most difficult things about being separated from our loved ones is realizing our children are growing older without the benefit of having both parents at home. Telephones, the Internet, and other electronic devices help to keep families connected, but it does not substitute for being at home. I am not sure if it is harder to know that our kids miss us while we are away, or to see them doing well without us.

Recently my daughter, Jordan, announced that she wanted to cut her long, beautiful hair on her ninth birthday. She explained to my wife and I that there are children with cancer who lost their hair as a result of their chemotherapy and desperately needed wigs. Jordan announced that she would cut her hair and raise money in an effort to make a difference in the life of another child. Her actions touched me deeply and made me realize that I am missing out on many of life's great moments.

My children continue to develop into responsible teens and I am proud of who they have become.

They both love Canada and want to do good things with their lives. My son Devin recently told me that he hopes I stay in the navy for a long time because it is important work. He is only 11 years old and he looks forward to joining Cadets and eventually joining the Army.

Although I am not with my family, I see that I have made quite an impact on my kids. Fortunately I have the most amazing wife in the world, so I am able to continue my work.

I will not be away from my family forever, and I take comfort in knowing they are safe and happy.

My son was right, the military is very important, but what he may not understand is that we can only continue to serve because of the support we have from those who love us.

Keep positive and look after your families!

Ron Pumphrey
Lieutenant-Commander
Executive Officer
HMCS Ottawa

SPORTS trivia

Sports Songs by PO2 Bill Sheridan Contributor

QUESTIONS?

1. In the Hockey Song by Stomping Tom, who scores?
2. What is the song, 50 Mission Cap about?
3. What was the coincidence of the song Take me Out to the Old Ballgame in Chicago?
4. Who are the three ballplayers named in John Fogerty's song Centerfield?
5. What song is sang before the Preakness Stakes?
6. What disgraced baseball player is named in Billy Joel's song called Zanzibar?
7. What was the name of the song that was created about the 56 game hitting streak?
8. Catfish by Bob Dylan was a song about who?
9. Who sang God Bless America at the Spectrum before playoff games?
10. Who sang the National Anthem at opening night for the Senators in 1992?

- ANSWERS
1. Bobby scores.
 2. Info on Bill Barliko, from a hockey card that was kept in a cap
 3. The song was sang the past few decades in Chicago at the Cubs and Sox games, by Harry Carey, and was written the same year the Cubs last won the World Series, 1908
 4. Say Hey Willie(Mays) Tell Ty Cobb and Joe Dimaggio
 5. Maryland My Maryland
 6. Pete Rose
 7. Joltin Joe Di Maggio
 8. Jim Catfish Hunter
 9. Kate Smith for the Flyers
 10. Allanis, (Morrisette)

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The Old Car Detective

Bill Sherk



My sister's French friend

Dave Tafel of Ottawa returns with another story:

"The car pictured here was a pea green Simca and bears a 1962 Quebec plate. I don't believe it was an Aronde, but I could be wrong.

"It came second or third hand to my Aunt Vera Hoag, who used it for shopping in Trois-Rivieres, Quebec, until she had no more need for it, at which time she passed it on to my sister Patricia as a freebee so that she could get back and forth to work in La Tuque, Quebec. I believe it was a four cylinder and I know it had a manual column shift. It was a solid little car (built in France and imported by Chrysler) and I don't remember us spending much in repairs, and I drove it more than she did. I was about 22 at the time and she was 30.

"In the summer of 1963, my sister and I decided to take a trip to the U.S. to visit relatives in New York State, then to visit Gettysburg and Washington. Once we had done that, we set our sights on the Big Apple, but when we got close to Baltimore, I made a fatal error and downshifted from second to first gear, at which point we lost a tooth in first gear. I guess I didn't realize the tranny wasn't synchro.



Dave Tafel's sister's long-gone Simca, her French friend.

"We weren't going to get a French car repaired in the U.S., so we learned real quick how to get going from second gear. New York became an impossible dream as we made a beeline for home, stopping as seldom as possible. We made amazing time and had fun counting the number of starts in 2nd gear.

"We kept the car around (unrepaired) and anyone in the family who needed some wheels was free to use it for short drives. Several kids, including my future wife Pat, learned how to drive standard on it. There were guidelines of course: 1) when you took the car you were to do your best to park it on a downhill slope to ease starting up again, or 2) park it on a flat

spot where minimal back-up and go were required to start up, or 3) avoid uphill slopes when parking, and 4) when all else failed, call home and someone would pick you up! When you learned to drive on the Simca, moving to three gears and a clutch was a breeze.

"Eventually, the Simca got too old and had to be sent to the big junkyard in the sky."

As a thank you, if your story is published in this column you will receive a copy of Bill Sherk's book "60 Years Behind the Wheel: The Cars We Drove in Canada 1900-1960". To share your stories or photos e-mail billtsherk@sympatico.ca or write Bill Sherk, 25 John St., P.O. Box 255, Leamington, ON N8H 3W2.

THOMAS EDISON, MOMENTS AFTER INVENTING THE PHONOGRAPH...

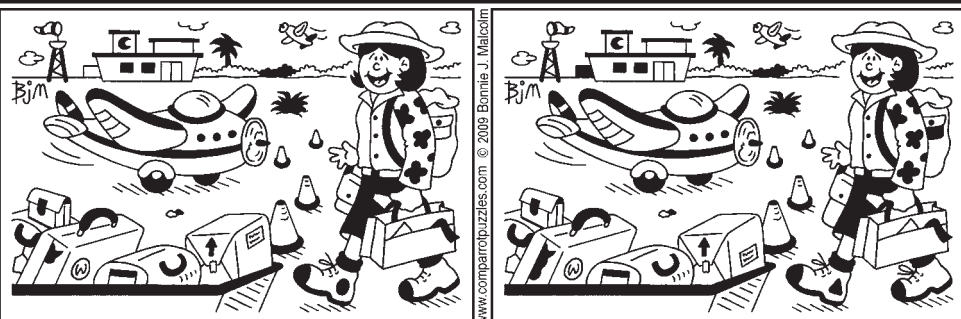


"HEY, MY VOICE DOESN'T REALLY SOUND LIKE THAT, DOES IT!?"

M. ERWIN

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by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



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OUR WORLD AT WAR

The exhibit features images from five award-winning photographers offering a unique and intimate look at what war and armed violence do to people's lives. The images depict the reality and brutality of armed



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Aboriginal youth gear up for Raven, a summer of fun

Shelley Lipke
Staff writer

Seventy-nine Aboriginal youth from as far away as Nunavut and North West Territories were sworn in July 6 as military recruits. Participating in Raven for six weeks, they'll be engrossed in military culture, waking up at the crack of dawn, learning drill and testing their fitness to see if they have the right stuff to be a Canadian Forces soldier, sailor or air man or woman.

"It's not a recruiting program, but it is geared to create awareness," explains LCdr Angus Fedoruk, officer in charge of leadership and recruit training. "This is the seventh year for this program, which pays the youth to be recruited for the summer. They learn basic military skills, physical fitness, drills, parade and how to maintain uniforms and quarters."

The recruits' summer began by honouring their heritage through building inuksuks, experiencing sweat lodges and sacred fires, and playing games to learn about First Nations, Inuit and Métis culture at a four-day culture camp in Nanoose Bay.

"The idea of the culture camp was to ease them into being away from home, and allow them to get to know each other," said Raven coordinator, MCpl Ruby McAleer. "Their backgrounds are so diverse, this acted as a teambuilding exercise. Some come from a community where their Aboriginal culture is strong, while others may not know a lot about their background, so this culture camp provided them with a better understanding of who they are."

Settling into a cot in the Work Point barracks was the start to their introduction of military life. For the next few weeks, they will learn to handle and fire a C-7 service rifle, brave heights by rappelling down a tower, and learn orienteering and how to survive in field conditions at Rocky Point. They'll also trial their sea legs with a day sail in a minor warship.

"By teaching them these skills, this fosters self discipline, self confidence, teamwork and leadership skills, and it gives them exposure to the Canadian Forces as a career. There is no obligation for them to stay in the Canadian Forces once they complete this program," says LCdr Fedoruk.

He has witnessed the results of the Raven program in the Canadian Forces first hand. "When I was executive officer of HMCS Nanaimo last year we had two former Raven recruits in our crew. Between five and 10 per cent end up joining the reserves," he says.



Shelley Lipke, Lookout

An excited Chelsea Green lugs away her new uniform and gear.

This year, the statistics show the average age of a recruit is 17, and there are 27 females out of the 79 recruits. Many come from remote areas, so the city is an eye-opener for them.

"Eight of them are from a community where we had to send a Private in by float plane to get them because there are no roads," said MCpl McAleer. "One girl from Nunavut was amazed at the trees we have here. Where she comes from they don't grow over three feet tall. They also say they like the water, but don't like the way it smells."

This year's Raven camp ends on Aug. 21 and already interest is peaking for next year.

"People generally start applying for Raven in February, and interested Aboriginal youths can apply at Canadian Forces Recruiting Centres. All travel expenses are paid for by the Canadian Forces from the time the youth leave their home to the time they return," said MCpl McAleer. Each recruit is paid approximately \$3,500 for the six weeks of recruit training.

Two similar camps exist within the Canadian Forces: Bold Eagle in Wainwright and Black Bear in Borden. But Raven is the only camp where students get to dip in the ocean and learn about the ships.



Shelley Lipke, Lookout

Step one in the Raven recruit's military training was to try drill and parade etiquette before receiving their gear and uniform.



Mary Ellen Green, Lookout

Chief of the Maritime Staff, VAdm Dean McFadden, inspects the parade at CFB Esquimalt's Duntze Head as he arrives for a visit and a series of town halls.

New top sailor visits CFB Esquimalt

Mary Ellen Green
Staff writer

Chief of the Maritime Staff, VAdm Dean McFadden made his first trip to CFB Esquimalt since taking the watch of Maritime Command from VAdm Drew Roberston on June 22.

VAdm McFadden arrived at CFB Esquimalt early on Thursday July 9, to the pomp and circumstance of the Naden Band and the parade at Duntze Head.

He conducted a brief inspection of the sailors before heading off to speak at a series of town halls. He also held a meeting with Fleet Maintenance Facility Cape Breton

employees to congratulate them on a job well done for their work on *HMCS Victoria*.

On Friday, he joined students and staff of Venture, the Naval Officers Training Centre, for coffee and donuts in the Gunroom. While there, he made a surprise presentation of a Maritime Command Commendation to Gunroom manager, MS Benoit L'Heureux, for the life saving action he took at the scene of a car accident last summer in Naden. MS L'Heureux performed CPR on a male that had been pulled out of the vehicle submerged in the waters of Esquimalt Harbour at the end of Naden Way.



Mary Ellen Green, Lookout

VAdm McFadden presents a Maritime Command Commendation to MS Benoit L'Heureux.



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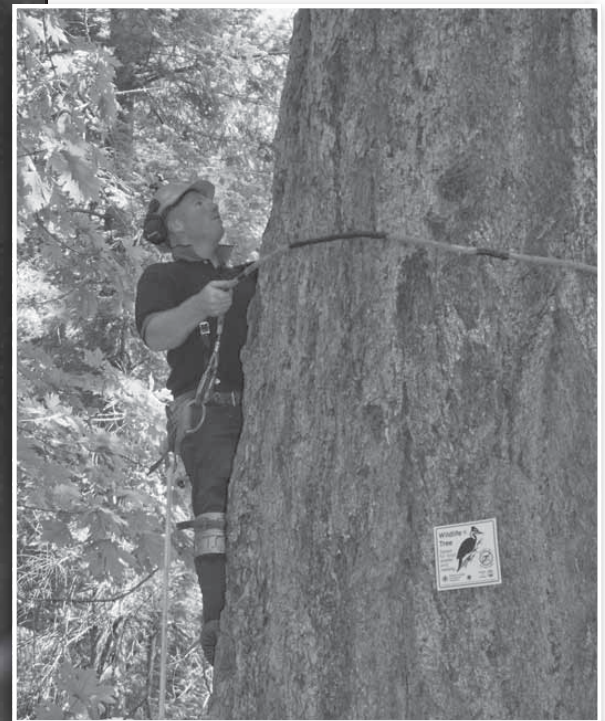
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The Eagle has landed

This makes for an excellent location for a young eaglet to get a second chance at survival. When the folks at Pacific Northwest Raptors approached us with the adoption idea, we were more than happy to help out.

-Cdr Gerry Laporte



CFMETR provides home for an eagle orphan

Deanne Gillespie
CFMETR

Canadian Forces Maritime Experimental and Test Ranges (CFMETR) in Nanoose Bay recently increased their population by one very "flighty" character.

While adding new members is not an unusual occurrence for most bases in the Canadian Forces, this new fellow is only 11-weeks-old, covered in feathers and has a pretty strong affinity for fresh salmon.

When Gillian Radcliffe of Pacific Northwest Raptors (PNWR) in Duncan called CFMETR in July asking to access one of the eagle nests on the site, Commander Gerry Laporte was more than happy to cooperate.

Radcliffe wasn't interested in observing the currently occupied nest, but rather using it to "foster" a rehabilitated baby eagle.

Found at the end of June after falling from its nest on the West Coast Trail, the orphaned eaglet had little chance of survival and was brought to PNWR for help. The eaglet flourished with proper feeding and attention, and one week later was ready to "spread its wings."

The next step was finding a home for the baby, and preferably in the wild. Radcliffe approached CFMETR, knowing they had an active eagle nest,

currently occupied with another chick of similar age.

After receiving approval from the Commander, Radcliffe enlisted Mike Cardinal of Canadian Tree Services to climb 100 feet up to the nest. After ensuring the parents were out of range, Radcliffe and her crew of volunteers hoisted a gym bag containing the baby eaglet up to Cardinal, perched patiently beside the six-foot-wide nest. Cardinal reported there were four or five fish in the nest, and that "it smelled really bad." As the other chick jumped to the edge of the nest, Cardinal gingerly placed the eaglet into its new "crib." Onlookers held their breath as they watched the two raptors meet for the first time, then erupted in applause as the two birds settled in together.

"We at CFMETR know how very fortunate we are to occupy this magnificent part of the island. We also recognize that not only is it ideal eagle habitat, but because of our security features, we can provide a very protected area. This makes for an excellent location for a young eaglet to get a second chance at survival. When the folks at Pacific Northwest Raptors approached us with the adoption idea, we were more than happy to help out," said Cdr Laporte.

After placement, volunteers monitored the nest, watching the new

siblings become accustomed to one another, but seeing little interaction from the parents. After two days, the first food delivery finally occurred when the parents arrived with a large fish and fresh rabbit to feed both chicks. The chicks were observed feeding side by side and are now stretching and preening – all signs that "look pretty good" according to Radcliffe.

"We hope they both fledge successfully, as it is out of our hands now and in the lap of the Gods - and a very large Douglas fir," she said.

Volunteers will continue to monitor the nest from below until the birds fledge, which could be several weeks. If the eagle family returns to the nest again next year, it will be a true sign of success. Bald eagles mate for life, and traditionally return to nest in the general area from which they fledged. Once a pair selects a nesting territory, they usually use it for the rest of their lives.

PNWR is dedicated to helping birds of prey and rehabilitating raptors, but it is time consuming and expensive, and the animals require a great deal of care and attention. Already home to a few injured, non-releasable raptors that are unable to hunt or fly for themselves, the centre also houses captive bred birds who fly free and come home daily. Visit PNWR on the web at: www.pnwrraptors.com.



Robyn Radcliffe from Pacific Northwest Raptors in Duncan prepares the orphaned eaglet for its 100 foot ascent to an existing eagle nest on CFMETR property.

443 MH Squadron welcomes Emperor Akihito

Right: Emperor Akihito and Empress Michiko of Japan wave to the crowd that greeted them upon arriving at 443 Maritime Helicopter Squadron .

Bottom left: Empress Michiko addresses a member of the public.

Bottom centre: The royal couple wave at the crowd as they leave 443 Squadron to begin their tour of Victoria.

Bottom right: Landon and Jessica Underwood of Pauquachin First Nation wait to present bouquets of flowers for the Emperor and Empress of Japan.

Photos by Pte Michael Bastien, CFB Esquimalt Imaging Services



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Engine Type	2.0L, 4-cylinder, DOHC	1.8L, 4-cylinder, SOHC	1.8L, 4-cylinder, DOHC	2.0L, 4-cylinder, DOHC	2.2L, 4-cylinder, DOHC	2.0L, 4-cylinder, DOHC
Horsepower	156 hp @ 6,200 rpm	140 hp @ 6,300 rpm	132 hp @ 6,000 rpm	148 hp @ 6,500 rpm	155 hp @ 6,100 rpm	138 hp @ 6,000 rpm
Torque	144 lb. ft. @ 4,300 rpm	128 lb. ft. @ 4,300 rpm	128 lb. ft. @ 4,400 rpm	135 lb. ft. @ 4,500 rpm	150 lb. ft. @ 4,900 rpm	136 lb. ft. @ 4,600 rpm
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Exterior Side Mirrors with Integrated Turn Signal	✓	✗	✗	✗	✗	✗
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Royal encounter

Shelley Lipke
Staff writer

The 150th anniversary of the Corps of Commissionaires on June 9 in London, England, proved a memorable experience for Victorian Commissionaire Captain George Vondrasek, who was given the rare honour of travelling to meet Queen Elizabeth and Prince Phillip.

Along with 48 other decorated veterans employed as Commissionaires from around the world, the retired Chief Warrant Officer proudly accepted the invitation.

"I was extremely grateful to be one of the few Canadians chosen to do this," said Captain Vondrasek. "I had met Prince Phillip in 1994 in Halifax when I was RSM 3rd Battalion The Royal Canadian Regiment, so it didn't seem that huge initially. But as the date neared and I started to tell people that I was going to London to meet the Queen, and some didn't believe me, I really started to think about the importance of it all."

Captain Vondrasek was one of six personnel from a pool of over 17,000 Canadian Commissionaires selected for this honour.

During his career, he was deployed to Cyprus, Israel and across Europe on several tours, and was recognized with numerous medals including the Commissionaires Long Service and Distinguished Service Medals.

"I served in The Royal Canadian Regiment and Canadian Airborne Regiment for 32 years," he says. "After retiring I stumbled on the Commissionaire's parking job by chance in 1997. A friend who worked with the Commissionaires asked if I could help out with a problem with the City Detachment. At the time I was working in the vehicle registration office at Esquimalt Dockyard, and 12 years later here I am."

Now working out of the downtown Victoria office, he handles parking enforcement administration and all security tasking for the City of Victoria

Commissionaires were originally formed in 1859 in the UK to employ servicemen who returned home after fighting in the Crimean War and were unemployed due to a harsh economy, explains Captain Vondrasek. Because economics and technology have changed over the years, the policy of military and RCMP veteran enrolment has changed to include civilians with various technical expertises (pardons, laser finger printing, background security checks, etcetera). To honour the history for the 150th anniversary, all six chosen to meet the Queen were Canadian military veterans.

"The closer I got to the departure date the more nervous I became. My son Mark couldn't believe it either and wanted to be a part of it, so he bought a ticket to London and joined me."

Upon arrival in London they met veterans



George Vondrasek works as a commissionaire for the City of Victoria.

Shelley Lipke, Lookout

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Local commissioner meets queen for 150th anniversary

from Asia, Australia and throughout the United Kingdom, and began several days of rehearsals to form a Guard of Honour fit for the Queen.

"We had to ensure our uniforms were meticulous, had completed our security clearances and then we were briefed on courtesy," he said. "We were told to let them inspect us first and speak only after being spoken to first. We were told to address the Queen as 'Her Majesty' the first time we spoke to her and then as 'ma'am' thereafter, and 'Your Royal Highness' to address Prince Phillip and then 'sir' thereafter," said Capt Vondrasek.

"I'm a historian by nature and as we moved into the Throne Room at the Royal Palace it was incredible. I saw all the historical paintings, the wall mounted antique weapons, the furniture and the gold and red throne. The whole atmosphere bought me to a point where I was quite nervous and I

realized it was different from seeing this on TV," he said. "It was real."

As the Royals inspected the Commissionaires they asked about their length of military service and how long each had been a commissionaire.

"The Queen was everything that I expected her to be. She was very cordial and pleasant."

After posing for photo with all the Commissionaires, the Queen and Prince departed in a maroon Rolls Royce, leaving the Commissionaires to chat about the experience during a reception with champagne and hors d'oeuvres.

"It was such a great experience that I wish I could have brought all of the Victorian commissionaires with me," said Capt Vondrasek. "My son also really loved the experience and was happy to be there with me. Not many Canadians ever get an opportunity like this."



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New support group for self-employed

Shelley Lipke
Staff writer

Nicola Greeley, a military spouse, has started a networking support group for other military spouses who own their own businesses.

Beginning in September, the Military Family Business Support Group will hold meetings twice a month to educate, network and share ideas, resources and friendships.

"I started this because I have a personal goal of getting to know people in my community," said the home-based travel counsellor. "When my husband, PO2 Boyd Greeley, goes away I want people I can call on. The more people you meet, the more you learn."

For the past few months, Greeley has worked with the Military Family Resource Centre (MFRC) to set-up the support group.

"I would like to get speakers from the community to come and talk at our meetings so we can learn new business angles from them," she says.

Meeting may be themed-based, such as advertising that works, or how to make the most out of the

web, or all about the Better Business Bureau.

Just through word of mouth, Greeley has interested seven women. Businesses such Mary Kay Cosmetics, Survivor Boot Camp, Creative Memories Scrapbooking, Nutrilite Health and Wellness, independent consultants and a mediator all want to be a part of this group that will meet beginning in September.

"I'm hoping we can get 20 people together. We are going to meet the first Wednesday of the month at 10 a.m. at Serious Coffee on Esquimalt Road in the upstairs area. I'm also trying to arrange for us to meet the third Tuesday at 7 p.m. at the Colwood Pacific Activity Centre," says Greeley.

"We are considering attending expos as a group, instead of as an individual, advertised under the umbrella of the MFRC. It's a cost effective way about getting the word out about our businesses."

For any military member or spouse who is self employed with a small business and interested in joining the support group, contact Greeley by phone at 250-590-0124 or email at Nicola.greeley@travelcounsellors.ca

Navy Dragons prove they are the fastest

Bruce Johnson
Contributor

The Navy Dragon Anchors dragon boat team faced stiff local and international competition at the 2009 Save-On-Foods Nanaimo Dragon Boat Festival races July 11 and 12.

The race featured 74 teams from Vancouver Island, the mainland and from as far away as Portland, Oregon. The returning champions from last year, the Navy Dragon Anchors, finished the first two races on Saturday. They posted the fastest time of the day, finishing the 500 metre course in 2:05.86 minutes, and leaving the team in contention for a medal in the top heats, the Platinum Division, on Sunday.

Sunday morning's races commenced with semi-final rounds, and Portland Fire Dragons posted a fast 2:07.73 in the first race, giving them the fastest time of the day, to that point.

The second half of the

Platinum Semis placed the Navy Dragon Anchors against three local teams and in the end they powered through to finish in 2:02.51, leaving them with the two fastest times of the weekend.

The Platinum Finals would have pitted the Navy Dragon Anchors against the Portland Fire Dragons, Xtreme Reach from Victoria and Blu by U from Nanaimo. Alas, it was not to be, as high winds resulted in the cancellation of the afternoon race.

Posting the fastest times for both days, and the fastest total aggregate time, the Navy Dragon Anchors took home gold medals in the Platinum Division, plus a trophy and a cup for First Place Overall. The Portland Fire Dragons were a close second, followed by Xtreme Reach.

Navy Dragon Anchors are back on the water competing in "Gorge Fest" Aug. 8 and the "Canada Dry Victoria Dragon Boat Festival" Aug. 14-16.

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FITNESS: CHALLENGE COULD MEAN PRIZES

Attention headquarters staff – now that you're fit, get logged in for prizes

Mary Ellen Green
Staff writer

If you were a participant in the 30-Day Health and Physical Fitness Challenge, you need to get your log booklet into Capt Gillian Worsfold in order to be considered for a prize.

The new health and physical fitness challenge at Maritime Forces Pacific (MARPAAC) and Joint Task Force Pacific (JTTF) headquarters had over 100 people collecting points for completing as many healthy activities as possible on a daily basis.

The challenge ended Saturday July 18.

Deadline for dropping

off the log books is July 31. After that, points will be tallied, and prizes awarded to those who came out on top. Results will be released Friday Aug. 15. Prizes will be awarded at the following Admiral's coffee meeting.

The 30-Day Challenge was the brainchild of "Super UHPR (Unit Health Promotion Representative)" Capt Worsfold, and Health Promotion Manager, Krista Theriault.

"Health and physical fitness is very important to me, and so when the UHPR position came up for secondary duties, I jumped on it," Capt Worsfold said.

"I wanted to get a special project going to get members to be more active, and I called Krista and she's been a real help."

The challenge kicked off at the 3rd annual MARPAAC/JTTF Thetis Lake Fun Day and Barbecue, held Friday June 19 and ran for a month. Each participant got a booklet filled with helpful health and fitness information and a place to track their progress.

Participants earned points for doing simple things for their body, mind and spirit, such as eating breakfast, getting seven or eight hours sleep, and drinking water.

They also earn points

for doing physical training, riding a bike to work, and refraining from smoking.


If a participant took advantage of a professional development opportunity, had a social connection, or took regular breaks, they also earned points.

Five bonus points were awarded to any member who attended the kick-off at Thetis Lake, or Formation Fun Day. Bonus points could also be earned for signing up another participant.

Theriault says they hope to hold another 30-Day challenge at MARPAAC/JTTF(P) next year, and that other units are showing interest the program.



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Navy showcased at Calgary Stampede

A/SLt David Thebault
Navy Public Affairs

Located at the base of the Western entrance of the Calgary Flames Pengrowth Saddledome, the Canadian Navy's display at the Calgary Stampede had something for people of all ages and all interests.

For boat enthusiasts, there was an opportunity to jump behind the wheel of a Rigid Hull Inflatable Boat from the reserve naval division in Calgary, *HMCS Tecumseh*.

For those interested in weapons, the display of *HMCS Calgary* had the latest in boarding party armaments, including hands-on exposure to a semi and fully automatic MP5 submachine gun, a 9-mm semi-automatic p225 Sig Sauer hand gun, and a pump action 12-gauge Remington law enforcement 870 police magnum shotgun.

Last, but not least, for rodeo lovers, *HMCS Victoria* brought out one of her MK48 torpedoes and strapped a Support Our Troops saddle to it for everyone to sit and have their



A/SLt David Thebault, Navy Public Affairs

A Stampede visitor gets a glimpse inside a survival raft at the HMCS Victoria display with help from Australian sailor Lt(RAN) Francis of HMCS Victoria.

photo taken.

This display provided an opportunity for members of the public and

tourists from around the globe to gain a snapshot into life and operations in the Canadian Navy.

Maurine Karagianis
MLA, ESQUIMALT-ROYAL ROADS


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Court martial

A standing court martial has been ordered to try ex-Pte Nieuwendorp. The standing court martial will take place at 9:30 a.m. on Aug. 4 in the courtroom building 30N (second floor) CFB Esquimalt.

Ex-Pte Nieuwendorp has been charged with the following offence under the National Defence Act (NDA): S. 130 NDA, uttering threats (s. 264.1(1) ccc).

Spectators are encouraged to attend. Military spectators are to wear the dress of the day and are to be seated by 9:20 a.m.

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Shock and awe: duo to rappel building

Shelley Lipke
Staff writer

The DND Voltage Drops, a dynamic duo of dockyard electrical systems officers, are preparing to shock and dazzle when they rappel off a tall building on Sept. 17.

Dave Dronsfield and Dena Ponech will earn a spot in the upcoming Easter Seals Drop Zone, after they raise \$1,000 each to send children with disabilities to Camp Shawnigan.

The two will don superhero costumes, take the elevator to the 13th floor of the downtown CIBC building, and then leave the roof to the street below using ropes and a harness.

"To me fundraising for this is important because my son Nicholas was born with cerebral palsy," said Dronsfield. "He has been going to Camp Shawnigan since he was six years old and I've seen first-hand how extremely social the kids are and how they make lifetime friendships there. I have watched my son's confidence build year after year and the councilors are good at making the disabilities invisible for the children."

Now 17 years old, Nicholas is in his last year of going to Camp Shawnigan and loves it so much he wants to take a leadership and training program to go back as a councilor next year.

The Easter Seals Drop Zone is in its fourth year and all the money raised stays on the island, either sending kids to the fully-subsidized camp or to house families at Easter Seals House when they travel to Victoria to seek medical treatment for their sick children.

"I've been asking people for four years to join me for the Drop Zone and to fund raise, and when I asked Dena she surprised me and said sure," said Dronsfield.

"The first time I had any exposure to the kids was when I met David and

Nick. I'm pretty confident the camp is a big part of Nick's confidence and I wanted to help out in any way I could," said Ponech. "I also wanted to jump off a building."

The DND Voltage Drops raised some money last year, but when the CIBC building pulled out due to a change in ownership, the money they fund raised was carried over to this year.

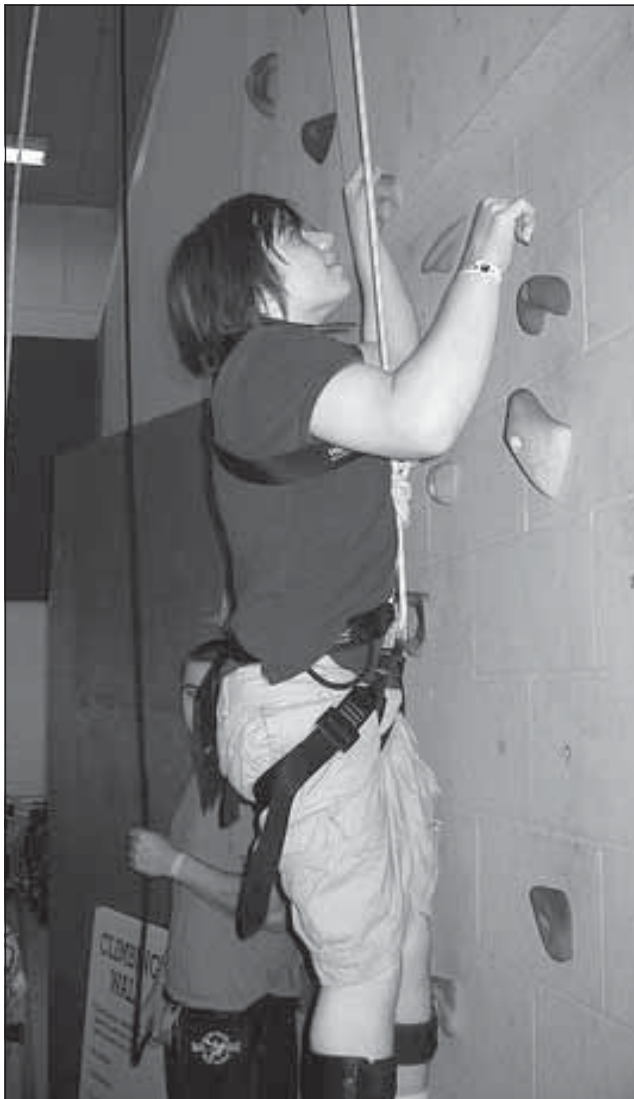
"We are nearly at \$1,000 already, and we have to raise \$1,000 each in order to rappel. I'm thinking between pledges and a bake sale that we are holding in August we should be able to get \$1,500 each," said Dronsfield.

The superhero theme is based on the premise that disabled children are superheroes because they overcome challenges everyday. "My son and I climbed Mt. Finlayson and it took us all day to do this," said Dronsfield. "Most people can beat up and down and still have lunch at the Six Mile Pub. Nicholas's brother Ryan went up and down eight times that day."

When it comes to choosing costumes for their moment in the limelight there are a number of ideas. "I want to go for an old school superhero like Mighty Mouse, Underdog of Duck Dodgers in the 24th and a half century," said Dronsfield. "But if I go as Daffy Duck dressed up as a superhero I'll need to find a bill. Either way when I jump I'm taking my time," said Dronsfield. "Maybe I'll take a little suction cup gun with me and shoot some of the windows on the way down."

"I am thinking of Sponge Bob, but it might be difficult to pull off," said Ponech. "The sponge may also be hard to fit into the harness, so I might be Bat Girl or Cat Woman instead."

The 2009 Easter Seals Drop Zone has 15 teams signed up so far and is still



Nicholas Dronsfield has enjoyed Easter Seals Camp Shawnigan for the past 10 years. This year, his father Dave Dronsfield and colleague Dena Ponech are raising money to send other kids to this camp. If they raise \$1,000, they will rappel down the CIBC building in downtown Victoria.



accepting teams. If individuals don't make their \$1,000 fund raising goal they can carry this over to next year to use towards the 2010 Easter Seals Drop Zone. Interested people can register their team online at www.thedropzone.ca Anyone looking for more information can contact Easter Seals event manager Sarah Facini at 250-386-

0668 extension 1, or email sarah@forthekidsbc.org.

"I hope that people will embrace this cause because it has benefited my whole family," said Dronsfield. "If they want to donate anything for the bake sale we are having in August or make a pledge or donation for our fundraising goal they can contact us 250-363-5871 or 250-363-2605."

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Bravo ZULU



Cdr Kathleen Ballantyne (centre), the new commanding officer of Base Logistics, is promoted by RAdm Tyrone Pile (right), Commander Maritime Forces Pacific with the help of Cdr Randy Caspick.



Kelly McLaughlin (centre) receives his new shoulder slip-ons for Petty Officer Second Class from Cdr Alex Inch (right) and CPO1 Robert Eldridge, Deputy Foods Officer.



LS Mike Gorrie, a Boatswain from the Marine Section of HMCS Quadra, accepts his certificate of retirement from 19 Wing Operations Officer LCol Luc Boucher.



PO2 Viet Phung receives his new shoulder slip-ons from Base Information Services Officer Cdr Allyn Holborn and CPO2 Dexter Goulding, Maintenance Detachment Matsqui In Charge.



Maj Kirk Jones, the Dispute Resolution Centre Coordinator, receives a certificate for 35 years of service in the military from Cdr Barb Carter.



MCpl Mallette, CFB Esquimalt Imaging Services Imaging Technician MCpl Chris Ward accepts his new shoulder slip-ons from Cdr Tim Howard, commanding officer of Port Operations and Emergency Services Branch.



In recognition of 12 years of service, Honorary Captain (Navy) Cedric Steele receives the Canadian Forces Decoration from the Chief of the Maritime Staff, VAdm Dean McFadden and RAdm Tyrone Pile, Commander Maritime Forces Pacific.

Military Police awards and promotions

MWO Necole Belanger
MWO IC MP

On June 26, the Military Police Section suspended all non-emergency services for the day and partook in a friendly softball tournament and barbecue, with a Hawaiian theme. During the softball tournament, the junior non commissioned officer (NCO) team won the A final, beating the Senior NCO and Officer team easily.

The B final saw the CFNIS defeat the team of the Commissionaires and NPM(P) civilian employees.

During the tournament "various fines" were handed out by Cmre Earl McCulloch, CFB Esquimalt Parking Enforcement Officer. Fines ranged from \$1 to \$10 and were issued to players who hit home runs, turned double plays, embarrassed other members of their team, failed to get on base the entire tournament, being poorly dressed etc. All monies raised were donated to the Cops for Cancer – Tour de Rock.

At the end of the tournament all personnel converged on the George Wilkinson Room, Military Police (MP) mess. After a nice lunch, an awards ceremony took place recognizing MP achievements, and promotions. Several Naval Provost Marshal Pacific (NPM(P)) Achievement Awards were handed out by the NPM(P), LCdr Tremblay, and the MWO IC MP, MWO Belanger. These awards recognize members of the MP Section for outstanding performance, which may not be recognized by other National Awards. Overall, seven members of the NPM(P) were acknowledged for their hard work, professionalism and strong dedication to duty.

The MP Section also said goodbye to Capt Rheume, MWO Belanger, Sgt Kwiatkowski and MCpl Corley, who are all posted out this summer. Most importantly, Cdr Howard recognized Sgt Lutyk, who will be leaving the MP Branch and retiring from the CF after 27 years of service and MCpl Darroch, who will be leaving the MP Branch and retiring from the CF after 23 years of service. A separate retirement ceremony will be held later this summer for these two individuals to mark this milestone in their lives.

Submariner promoted by CDS

A/SLt David Thebault
Navy Public Affairs

It is a rare occurrence for a submariner from Maritime Forces Pacific to get promoted outside the Pacific region. It is even more of a rare occurrence that a submariner from *HMCS Victoria* be promoted by both the Canadian Chief of Defence Staff and the United States Commander of Central Command at the Calgary Stampede.

On Friday, July 3, PO2 David

Johnston lived this rare combination of events.

While manning a *Victoria* display on the Stampede grounds in Calgary, then MS Johnston was promoted to PO2 by the Generals in front of the passing crowd.

"I knew I was going to be promoted because my career manager gave me a heads-up; I just didn't know when or where. To be promoted by those officers was definitely unexpected, and was pretty cool." Originally from Vancouver, B.C., David Johnston joined the navy in

1993 as a Naval Weapons Technician and after serving on board HMC Ships Kootenay, Annapolis, Charlottetown and Regina, PO2 Johnston switched to sub-surface in 2004 and has been attach posted to *HMCS Victoria* ever since.

"I made the decision to go subs because it was a new challenge and it was a great chance to gain some different experiences."

If it was in fact different experiences PO2 Johnston was looking for, none would argue this was as different as it gets.

Want to recognize someone?

Send your bravo zulu submission to melissa.atkinson@forces.gc.ca

INFOCUS



Pte Michael Bastien, CFB Esquimalt Imaging Services
 Capt(N) Couturier (centre) presides over the change of command ceremony in which Cdr Hugh Fitzpatrick (left) took command of Sea Training Pacific from Cdr Michael Knipple on July 3.



Mary Ellen Green, Lookout
 A huge crowd gathered at Duntze Head to enjoy some sunshine and a free lunch at the third annual Formation Barbecue on July 15. Members of the Defence Team were encouraged to attend dressed in their tropical Hawaiian best, enjoy a meal and some free entertainment.



Duncan Ayre, NPAO
 Major James Peirotti, incoming commanding officer, RAdm Tyrone Pile, Commander Maritime Forces Pacific, and outgoing commanding officer, Maj Mitch Leenders sign the change of command certificates for the Joint Rescue Coordination Centre.

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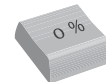
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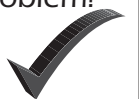
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