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High pressure fun

Mary Ellen Green, Lookout
Madison McCarthy holds on tight as water blasts from a fire hose outside Damage Control School Galiano. Sgt Joseph DeBalinhard helps the youngster fight a simulated helicopter fire. More than a dozen youth visited the training centre in Colwood as one of many fun-filled summer camps put on by the Recreation Department of Personnel Support Programs.



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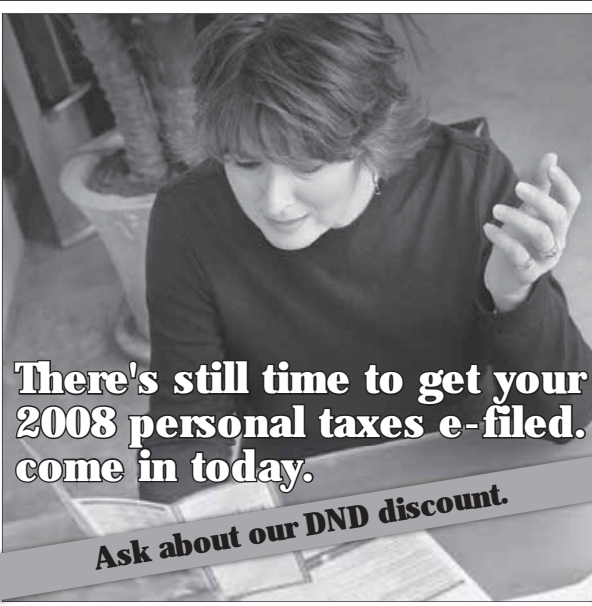
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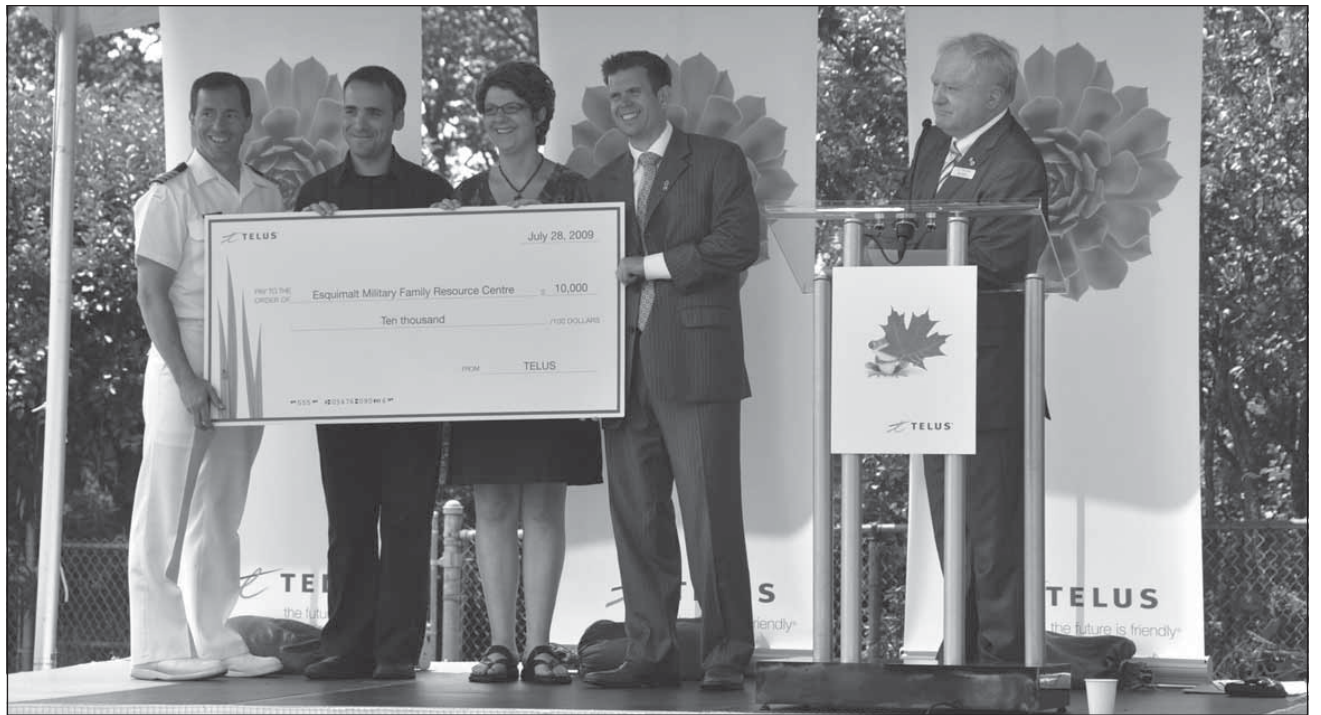
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Sara Helmeczi, Contributor

On a scorching day last week, as part of their Support the Troops initiative, TELUS hosted about 100 Defence Team members and their families at a gourmet barbecue. Children received colouring books and enjoyed painting, storytelling, Tiggly Wiggly the clown and airbrush tattoos, plus received their own thermal lunch kits to take home. Adults enjoyed lunch paid for by TELUS and supplied by Truffles catering, but the real winner was the Military Family Resource Centre who accepted a donation cheque from TELUS for \$10,000, which will go towards various programs that support Formation families. Left to right: Capt(N) Gilles Couturier, CMOG4; Scott Branch, Esquimalt MFRC Children's Services Coordinator; Leanne Kopp, Chairperson of the Board of Director's Esquimalt MFRC; Marshall Berkin, Co-Vice Chair, TELUS Victoria Community Board; and Mel Cooper, Chair TELUS Victoria Community Board.

Military invited to Island Comedy Fest

Shelley Lipke
Staff writer

Contagious laughter will echo through the Sidney Mary Winspear Centre on Aug. 14 and 15 as stand-up comics Mike MacDonald, David Granirer and the comics of Stand Up For Mental Health take to the stage in the premiere of the Island Comedy Fest.

With this event comes a new genre of comedy. The acts take a healing approach with humor and aim to break the stigma associated with mental illness.

"I wanted to use stand-up comedy to break down the prejudice and discrimination that surrounds mental illness, so I started Stand Up For Mental Health in 2004 to help teach people to perform their own material about their mental health journey," said Granirer,

who suffers from depression.

Opening night, Aug. 14, is dedicated to deployed Canadian troops. CFB Esquimalt and CFB Comox base commanders have been invited, as well as the entire military community on the Island.

"My sense is the military wants to show the troops they are behind them getting help with operational stress injuries and other mental health issues."

The money raised from the Comedy Fest will be split between the Military Family Resource Centre, Island Rotary Projects and Stand Up For Mental Health programs.

Headliner MacDonald has been on Letterman, Showtime, Just for Laughs and Comedy Central. He suffers from bipolar disorder. When asked to join Granirer on his quest to lighten up mental health issues, the

renowned comedian said "Sure!"

"Mike is a great example of what someone with a mental illness can accomplish," said Granirer. "Some of his act talks about the times he's spent in the psychiatric ward."

Granirer's 11-year-old son Jonathan is also taking to the stage. "Jonathan's act is a comic routine about being the son of a person with a mental illness. He's been doing stand-up comedy since he was five and has done over 300 shows. It's a demonstration to parents that you can talk to kids about mental illness and they can handle it."


Granirer hopes to make the Island Comedy Fest an annual affair.

Tickets for the show are \$45 and can be purchased by contacting the Mary Winspear Box Office at 250-656-0275. More details can be found at www.IslandComedyFest.com and www.standupformentalhealth.com.

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Underwater game of hide and seek

Winnipeg involved in submarine chase as part of trilateral exercise

SLt Michael McWhinnie
HMCS Winnipeg

Nothing brings people together like adversity or the need to confront a common threat.

Crews from HMCS Winnipeg and five ships from the Australian and U.S. navies shared a little of both during a week of cat and mouse play with a nuclear powered attack submarine off the Australian coast.

The exercise, referred to as SHAREM for Ship Anti-Submarine Warfare Readiness and Evaluation Measurement, pitted Winnipeg, U.S. ships McCampbell and Mustin, and HMA Ships Newcastle and Darwin against the nuclear powered Los Angeles-class attack submarine USS Topeka.

Combined anti-submarine warfare scenarios saw the group collaborate in area searches, high-value unit protection and opposed transits and replenishments at sea.

"The serials challenged the entire ASW (anti submarine warfare) team," said Weapons Officer Lt(N) Christopher Nucci. "From a tactical perspective, every navy brought a particular strength to the combined effort. The 'four-eyes' community (Canada, the United States, Australia and Britain) represents one of our strongest military alliances. With three-quarters of those nations participating, it was like working with your closest friends."

American and Australian

P-3C Orions flew ASW patrols and seeded the exercise area with sonobuoys, while a total of six organic shipborne ASW helicopters darted to specific locations to search for the submerged adversary using their active dipping sonars.

"The sonar operators were particularly busy this week. Typically, we had people operating every console analyzing acoustic data from the towed array, from hundreds of sonobuoys and searching with the hull-mounted sonar. We achieved a good number of valid detections and our capabilities continue to compare favourably with those who are amongst the world's best at ASW," said Lt(N) Nucci. "It was good to see that our tradition of excellence in ASW specialization has not been lost."

Detecting and tracking a submarine in open waters is no simple feat. In addition to their ability to literally slip under the RADAR, submarines have traditionally enjoyed a number of advantages when matched against surface ships.

During SHAREM, Winnipeg had help from of Defence Research and Development Canada (DRDC) Atlantic that altered the playing field to their advantage. Researchers installed Pleiades, an experimental acoustic data processing system intended to enhance the navy's ability to detect and track both submarines and torpedoes. The prototype was operated in conjunction with ship's fitted systems.

"The immediately apparent advantage offered by



Cpl Rick Ayer, HMCS Winnipeg

Sonar Operator MS Stephen Kovacs sifts through acoustic data looking for a submarine using the new Pleiades prototype display.

Pleiades is that all sensor information is brought together for display to a single operator. The process of resolving acoustic detections with other sensor information was greatly simplified. We also experienced significant improvements in other performance characteristics," said Lt(N) Nucci. "It is encouraging to be reminded how our defence team is not limited to the ship's crew, but extends in many directions including a group of scientists and officers in Dartmouth, NS. Technology is a key element of defence capability and this exercise allowed us to support equipment research while honing our skills and developing tactics alongside our allies."

The exercise found participating ships in proximity on several occasions, allowing for short exchange visits between the Canadian and Australian crews.

"Time spent on their ship reinforced the sense I gained during our Aussie port visits. Once you get past the superficial dif-

ferences like accents and uniforms and unfamiliar brands of consumer products, you discover that we share more similarities than differences, especially in terms of values and outlook on life," said SLt Matthew Keeling, who spent time aboard HMAS Newcastle. "They are like cousins: you may not see them every day but when you do, you definitely get a sense they are related."

The completion of SHAREM marked the end of Winnipeg's participation in Exercise Talisman Saber 2009 and the beginning of its transit back to Canada. Since leaving in early February, the ship and its crew have taken 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 until early June.

The crew will make stops in Tonga and Hawaii prior to the final leg of a deployment that will see the frigate arrive in Esquimalt in late August.



AB Cody Hardy guides the end of the passive sonar array during the deployment of Winnipeg's Canadian Towed Array Sonar System (CANTASS).

Cpl Rick Ayer, HMCS Winnipeg

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People Talk

While touring HMCS Victoria, Lookout asked Fleet Maintenance Facility employees this question:

What material object brings you the most pleasure and why?



My golf clubs, because golf is my favorite outdoor activity. I've been golfing for 30 years and I like the escape. I find it very therapeutic and I can forget about everything else. I like to either golf by myself or with my regular group of friends, but I also like to meet new people. I try to get out to the golf course at least once a week, even in the winter if it's not raining.

Dave Conconi,
Submarine Manager



Motorbikes. I like the freedom they provide and the adrenaline rush when you're pounding the throttle and doing a tight turn at a fast speed. I haven't ridden a bike in a while, but I really love to ride. I would like to buy a Suzuki GSXR750 because of the horsepower specs and being a bigger guy, I want a powerful bike.

Ryan Toovey,
Electrical Lockout
Coordinator



Food and wine. We all have to eat and drink, and food and wine are one of the pleasures of life. I like a Merlot from B.C. and my favorite food is Mexican, but I like a lot of different foods. I also love to cook and like adding creativity to any meal. I give my wife a break from cooking sometimes and she likes when I make pancakes, omelets and sauces for different dishes.

Dale Gallis,
Electrician



My beach towel. I like going to the beach. I like to read books and listen to the ocean. My favorite beach is Wreck beach in Vancouver.

LS David Niezen,
Electrical Technician



My cabin at Cowichan Lake because it's relaxing. I've had it for 10 years and I love to get away from it all. I go 10 or more times a year. It is located very close to the water where I like to crack a cold beer and go for a swim.

Lucas Lindley,
Electrician



My running shoes because they allow me to go fast. I have been running for my whole life and I am really starting to get serious about it this year. It's not electronics and it won't break down. I am going in the eight kilometre run, the Gutbuster at Mount Doug, and the Navy 10 K. I like the rush of running. The goal is to get the time I want and be at the very edge of what my capabilities are. I just love that. I've done half marathons before and I really like them, but I like the smaller races best because I can go fast.

George Seaton,
Electronics Technician

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Old friends reunite in Winnipeg

PO1 Joe Scheubel
HMCS Winnipeg

People bump into old friends all the time, at a coffee shop or grocery store. It happens less frequently between chums that live on opposite ends of the country. So, imagine my surprise and delight when one such encounter took place in the middle of the waters off the Australian Great Barrier Reef.

PO1 Doug Prall and I have maintained a friendship for 18 years, and our careers have been intertwined as we progressed from initial trainees through all the professional stages to warfare directors.

I met him in 1991 at Nelles Block when we were both Ordinary Seamen. Following QL3 training, Doug went on to serve in HMCS Mackenzie and while I headed to HMCS Yukon. Our paths did not cross again until 1994, where we commissioned HMCS Winnipeg as Leading Seamen. We spent four years sailing together in Winnipeg

and attended the same QL5 Ocean Op conversion training, resulting in the two of us being "room mates" in Atlantic Block in Halifax. It was during this course that we were both promoted to Master Seamen on the same day in September 1998.

As a result of our promotions, we parted ways for three years, as I proceeded to CF Fleet School Esquimalt (CFFS(E)) as a QL3 instructor and Doug proceeded back to Winnipeg. Our next postings saw Doug come ashore to CFFS(E), also as a QL3 instructor, while I proceeded to Naval Ocean Processing Facility (NOPF) Whidbey Island. We were re-united in the fall of 2001 after being loaded on the same QL6A course. We were actually room mates again, where witnesses stated we were much like the characters portrayed in the classic sitcom "The Odd Couple."

After achieving Top Student on our QL6A and immediate promotion to PO2, Doug proceeded to HMCS Ottawa

while I remained in NOPF Whidbey Island until 2004. In June 2005, Doug transferred to the East Coast, where we corresponded mainly with emails and the occasional phone call.

While on QL6B training in Halifax last year over dinner, Doug and I reflected on the regretful fact that as PO1s, we would never again sail together.

So when I found out that PO1 Prall from the Canadian Forces Maritime Warfare Center would be joining us for Exercise SHAREM, a coordinated anti-submarine warfare (ASW) intensive exercise off the coast of Australia, I was extremely pleased. As soon as he departed the helicopter, I took great pleasure in getting his luggage to his mess deck, as I constantly harassed him for showing up in civilian attire.

Surprisingly, we were limited in our time to socialize, as the ASW program allowed little time in between serials due to the preparation required.


However, the old adage remains true, as your closest friends can easily carry on a conversation from months before.

We also enjoyed several hours of "Uckers", a board game, similar to "Sorry" involving taking four pieces around a board, trying to get all your pieces "home" and knocking your enemies out of the game. This also involved the appropriate catcalls and name calling, when not gasping for air caused by excessive bouts of hilarity.

As the exercise drew to a close, we again reflected on our good fortune, briefly considered bribing the senior leadership to allow PO1 Prall to join us in Tonga, but we mutually agreed that would not be in our professional interests to do so.

Upon completion of his requirements, I carried his luggage to the hangar, wished him safe travels, and watched him leave Winnipeg, wondering if this opportunity might again present itself.

I think it might.



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Learning life skills at camp Quadra

Shelley Lipke
Staff writer

Each July and August more than 900 youth from across Canada are whisked away from their homes across Canada and stationed at HMCS Quadra, a cadet summer training centre in Comox, B.C.

Here, cadets age 13 to 18 get their feet wet learning many new skills at a training centre that caters to the sea elements of the Canadian Cadet Program.

"This summer the cadets have access to the Maple Leaf, which provides tall ships sail training to boat-swain course cadets, and the PCT Wolf, the newest vessel in the Canadian Navy, which provides further training to cadets and staff," says public affairs officer Lt(N) Ann Mount.

HMCS Quadra has served continuously as a sea cadet training centre since 1952 and teaches the cadets life-skills and leadership.

Cadets gather at the training centre on Goose Spit, where they meet up with 119 cadet instructor officers and 163 staff cadets who teach leadership, seamanship, sailing, drill and ceremonial, shipwright, marine engineering, music, marksmanship, canoeing, orienteering and a variety of other programs in the weeks they are there.

"While the training centre is organized along military lines, there is no commitment for sea cadets



Cadet Gibbens from Royal Canadian Sea Cadet Corps (RCSCC) Warrior in Edmonton and Cadet Jacques from RCSCC in Lonsdale North Vancouver are all smiles because they are spending the summer at HMCS Quadra learning and having fun.

to embark on a naval career," said Lt(N) Mount. "However, only youth who are members of the cadet program can attend the training centre."

While previous years focused on a six to eight week program, the curriculum has recently been revamped.

"Our new program focuses on a summer training program that spans over four summers," explains Lt(N) Mount.

Each summer program varies in length, from two to six weeks, and encompasses increasingly more complex skills and knowledge for the cadets to absorb. The first summer, as the most junior cadets, they learn sum-

mer biathlon, marksmanship, sailing, ceremonial drill, radio communication, basic music theory and more. The following summer, cadets can choose from basic sail, seamanship, leadership, fitness and sports or musician components, and then the next year try ship's boat operator, air rifle marksmanship instructor, marine engineer, and shipwright.

"At the end of the summer they tell their parents that it was a lot of hard work, a lot of fun, and they can't wait to return next summer," she said. "The parents see how their child has blossomed and notice how they seek out more responsibility than they had before."

There is no enrolment fee to join the cadet program or to attend any training centre and uniforms are loaned to any cadet who joins. Interested cadets must apply to their corps commanding officer before Dec. 31 for the following summer. If recommended to attend, their application is sent to the region headquarters where it is pooled and prioritized. Factors such as performance, attendance, community service, training levels they have achieved, and the cadet's behaviour and attitude are all taken into consideration.

For more information on the cadet summer training program go to www.cadets.ca.

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Lace up for the Navy 10K

Shelley Lipke
Staff writer

The sound of rubber hitting the pavement will resound through the streets of Esquimalt and Naden when hundreds of runners tackle one of the most challenging 10-kilometre runs in Victoria.

On Aug. 16 military members will mix with civilians for the third annual CFB Esquimalt Navy 10K Run hosted by Personnel Support Programs.

"This course really gives runners a work out. It's one of the toughest runs in Victoria with many steep hills and gradients," says event coordinator Kelly Binette.

Runners set off from Naden at 8:30 a.m., exiting the base at the Sturdee Street gate, then head for the Chief and Petty Officer's Mess, down Lyall Street towards Admirals and then onto Work Point before making a double loop back to Naden.

New to the run this year is the SISIP Kids Fun Run, a 1.5 kilometre course set up for kids ages five to 14.

"The kids run will be broken into three age groups: five to seven, eight to 10 and 11 to 14 and will start 30 to 45 minutes into the adult race," said Binette. "There will be volunteers to monitor the kids during the race, but parents need to be present to supervise their children prior to the start."

Also new this year are timing chips to automatically calculate when a runner crosses the start and finish lines. This means military personnel can use the race as a qualifier for other DND races. These timers will be included in the race package that runners pick up at the back of the Naden Athletic Centre on race day.

Unit competitions are also being tallied for fun this year.

"People will register as individuals, but at registration they can sign up all the runners in their unit, and

we will tally their combined run time to come out with an average. The winning team will receive bragging rights of being the fastest unit," she said.

After the race, medals in six age categories will be awarded, and there will be refreshments and live music from Steel Beach, a local rock and blues band comprised of navy personnel.

Parking will be available at the CANEX lot and outside the Naden gate.

Runners can register in advance online at www.eventsonline.ca or by calling Kelly Binette at 250-363-1008. As there will be limited registration on race day, it is recommended to register before Aug. 14.

Cost for the DND community is \$15 and \$20 for non-DND participants. Registration packages will be available at 7:30 on race day for the 8:30 am start.

Registration for the kids' fun run can be organized through Personnel Support Programs at 250-363-1009.

Another sailor honoured with Sailor of the Quarter achievement

CP01 Paul Helston
Fleet Chief

The Canadian Fleet Pacific initiative to recognize a sailor for outstanding achievements has selected its second quarter sailor of the year.

Commodore Ron Lloyd approved the selection of MS Kevin Andres from Maritime Operations Group 4 (MOG4) headquarters, and formerly from HMCS Yellowknife.

MS Andres was born in St. Catharines, ON. The son of entrepreneurs David and Sara, he spent many years moving around. The entrepreneurial spirit carried him through his younger years until settling in Victoria in 1990. After several years of corporate sales, marketing and management, MS Andres joined the Canadian Forces in 2002 at the age of 35.

After completing his Basic and QL3 training, MS Andres was posted to HMCS Algonquin in December 2004 to complete his on-the-job training. After completing his QL5 training, MS Andres was posted to HMCS Yellowknife as the NETECH, and is now currently at MOG4 HQ MWV.

MS Andres spends all of his "off work" time with his wife and three children. He is fully involved in his children's activities, volunteering with various organizations such as Cowichan Bowmen Association and the Admiral Mainguy Sea Cadets Corps. He is also involved with community projects to assist the less fortunate.

Commanding Officer of Yellowknife, LCdr Grant Bannister, says MS Andres is an exceptional sailor who projects the best qualities through his confidence, leadership abilities, trade skills and community involvement. He welcomes additional responsibilities and makes every effort to broaden his field of knowledge. He is a dedicated individual who fosters teamwork, sets high standards



MS Kevin Andres

and encourages others to do the same.

MS Andres' stellar work and dedication to his community make him an outstanding choice as Sailor of the Quarter.

The selection process occurs in April, July, October and December for the sailor of the quarter, and in January for the Fleet sailor of the year. This award is not intended to replace any other awards but merely to compliment it. The criteria are professionalism, performance, volunteering in the unit and in the community, as well as specific outstanding achievements.

The award for the sailors of the quarter consists of a non-monetary prize worth \$250, official portraits, and news articles. There will be a coin presentation by the Fleet Commander, which will include a luncheon for the winner and his or her family. The sailor of the year will receive the same package, plus a plaque and dockyard parking spot for the year.

The nominations from Fleet units are reviewed by a board consisting of the Fleet Chief and two Coxswains.



HMCS Oriole bears its new sail to mark the Canadian Navy's Centennial celebrations coming up next year.

Oriole spinnaker in bloom for centennial

Heather Fitzsimons-Hunter
CNC Public Affairs Intern

Her Majesty's Canadian Ship Oriole hoisted the Canadian Naval Centennial spinnaker for the first time on Monday, July 27.

The wind picked up to fill the 6,000 square foot sail on the foremast, to proudly reveal the colourful Canadian Naval Centennial logo.

The new spinnaker, ordered from UKH-Halsey North West of Sidney, B.C., travelled across three continents before arriving on Oriole. This international endeavour began in Germany where the cloth was made. It was then sent to Hong Kong where it was plotted and cut. On being returned to Europe, the Canadian Naval Centennial logo was computer printed in

Denmark. All the parts were sent back to Hong Kong for assembly and finally sent to HMC Dockyard in Esquimalt, British Columbia, to be delivered to the historic Oriole. At 88 years-old, Oriole is the oldest and longest commissioned ship in the Canadian Navy. Oriole will display the commemorative Centennial spinnaker from now through the navy's Centennial year, in 2010.

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↓ EDUCATION: LANGUAGE TRAINING POLICY

New policy released on Second Official Language training and education for military

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

Because SOLET is an important component of individual training and education (IT&E), the CF provides SOLET, 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 programmes. 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, improvement and developmental programmes, read DAOD 5039-7 and talk to Emile Chartrand your Coordinator of Official Languages.

DAOD 5039-7 is available on the ADM(Fin CS) intranet site at http://admfincs.mil.ca/admfincs/subjects/daod/5039/7_e.asp and on the ADM(Fin CS) Internet site at <http://www.admfincs-smafinsm.forces.gc.ca/dao-doa/5000/5039-7-eng.asp>.

Le CPM publie une nouvelle politique sur l'éducation et la formation en seconde langue officielle pour les militaires

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.

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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/dao-doa/5000/5039-7-fra.asp>.

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SHIP NEWS: CONNECTING WITH CITIZENS

Edmonton front and centre during exposition

Shelley Lipke
Staff writer

As the summer Capital Regional Exposition in Edmonton got underway mid-July, crew members from *HMCS Edmonton* set up a booth to connect with their namesake city citizens.

Fifteen sailors, including the ship's Coxswain, Executive Officer and Commanding Officer, flew to the city July 15 for a seven-day visit.

"The purpose of the visit was two fold," said LCdr James Hopkins, Executive Officer. "We were there for Operation Connection – a Canadian Forces mission to reach out across Canada and promote recruiting at Capital EX, and also to maintain a close relationship with the people in our namesake city."

More the 717,966 visitors attended the Expo this year and together with army members from CFB Edmonton, and the air

The people who visited us showed a lot of interest in what we were doing, and we received a lot of positive comments from people thanking us for what we do for our country.

-LCdr James Hopkins
Executive Officer

force from CFB Cold Lake, the ships' crew hosted a Canadian Forces booth for five days, reviewed by more than 1,000 visitors a day.

"At our booth we had a Rigid Hull Inflatable Boat (RHIB) on display, the army had some vehicles and the air force had a mock up of a CF18 aircraft," said LCdr Hopkins. "The people who visited us showed a lot of interest in what we were doing, and we received a lot of positive comments from people thanking us for what we do for our country. Whether they were age 10 or 50, the people were full of questions for us, and because the crew are really

proud of what they do, they enjoyed talking to the people about their jobs."

Aside from spotlighting the navy in the public eye, the crew met Edmonton Mayor Stephen Mandel.

"The Mayor held a press conference and spoke about the city's strong support for the Canadian Forces and proclaimed July 24 as Red Friday – a day where he and his council will try to get as many civilians to wear red shirts and red ball caps to support the Canadian Forces," said LCdr Hopkins. "The mayor said he supports both our ship and the large CFB Edmonton base there, and we will proudly

display the framed proclamation he gave us in our ship."

One highlight for the crew was visiting the naval reserve unit *HMCS Nonsuch*, which hosted a barbecue for the ship's company and arranged for them to meet with the Edmonton Salutes Committee.

"This committee is a civic organization that includes retired military members from the Women's Royal Canadian Naval Service, Royal Canadian Naval Association and Naval officers' Association of Canada. This was a great opportunity to mingle with veterans, and some of the crew members chatted with an anti-aircraft gunner from the Second World War," said LCdr Hopkins. "They really felt a connection with him and enjoyed the way he described some of his actions in the war. It doesn't matter if it was 50 years ago, or what's currently happening today, military members share a common bond."

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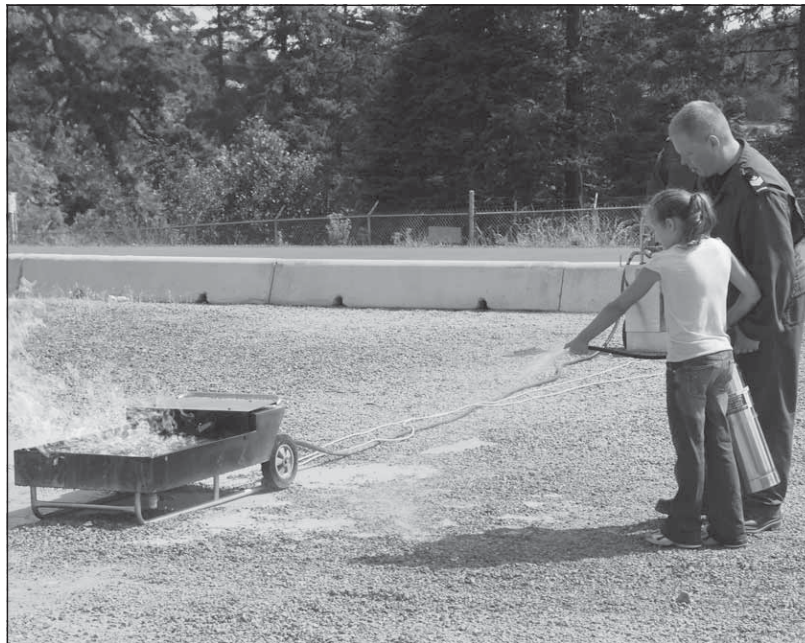
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Mary Ellen Green, Lookout

Left: PO2 Williams Speers helps Miranda Cyr fight a fire with a fire extinguisher Damage Control Facility Galiano.

Right: Madison McCarthy accepts her Junior Damage Control Technician certificate from CPO2 Dennis Plonka, Damage Control Facility Galiano's Training Chief Petty Officer.

Several canoes were escorted from Songhees First Nations lands in Esquimalt Harbour by training vessel PCT Moose on July 29. This canoe Tribal Journey is a native cultural and athletic event where paddlers rally at First Nations communities along the way to their destination of Port Townsend, Washington.

Shelley Lipke, Lookout



Regional golf tournament results

PO1 Gilles LeBlanc Contributor

From July 7-10, 19 Wing Comox hosted the 2009 Pacific Region Golf Play downs to help decide who would represent the Pacific Region at the National Golf Championship being held at CFB Shilo from Aug. 30-Sept. 2.

The Play downs took place at the Glacier Greens golf course where the playing conditions were made tough both by the wind and course set up. Sixteen men and three women were in attendance with hopes to make the Pacific Region Golf Team where the top five men and top two women are selected at the end of the 54-hole competition to compete at the National level.

By the end of the 54 holes the results were as follows:

Men's Divisions

- PO1 Gilles LeBlanc, Esquimalt, Gold Medalist, 235
- CPO2 Damien McCabe, Esquimalt, Silver Medalist, 239
- Cpl Joel Livingstone,

Esquimalt, 240

- PO2 Rob Turnbull, Esquimalt, 240
- Capt Dave Mansi, Esquimalt, 241
- Pte Alex Coles, Comox, 246
- Capt Keith Morris Elmendorf, AFB AK, 246
- Sgt Jim Larocque, Comox, 254
- Cpl Mike Clark, Comox, 261
- CPO1 Glenn Bell, Esquimalt, 262
- CPO2 Reg Rogers, Esquimalt, 263
- Capt Randy Doan, Esquimalt, 263
- CPO2 Shane Holwell, Esquimalt, 266
- MWO Rob Egan, Comox, 272
- MCpl Tony Russell, Comox, 283

Women's Division

- MCpl Sandy Bate, CFB Esquimalt Gold Medalist, 266
- MCpl Jean Scoullar, Comox, 274
- Cpl Brenda Cardinal, Comox, 282

As there is a national competition this year, there was no team award, but the top five men and top two women will be representing the Pacific Region at the nationals at CFB Shilo.

Unfortunately PO2 Turnbull and Capt Mansi, two of the top five players for the nationals will not be

able to attend due to prior commitments, and will be replaced by Pte Coles and Capt Morris. Also MCpl Bate will not be able to attend due to her retirement from the CF and has been replaced by Cpl Cardinal. The Pacific Region National Golf team will consist of:

- PO1 Gilles LeBlanc, Esquimalt, Team Captain
- CPO2 Damien McCabe, Esquimalt, Team Co/Captain
- Cpl Joel Livingstone, Esquimalt
- Pte Alex Coles, Comox
- Capt Keith Morris, Elmendorf AFB, AK
- MCpl Jean Scoullar, Comox
- Cpl Brenda Cardinal, Comox

Also CPO2 Damien McCabe will be attending the CISM Golf Selection camps in Ottawa, Peterborough and Shilo in hopes of making the 2009 CISM Team. PO1 Gilles LeBlanc has forwarded his resume to the selection committee and will be competing in the Gorge Vale Open and the Nationals also hoping to be selected for the 2009 CISM Team.

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Lookout Classifieds Work.
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2008 KLR 650 in Excellent Condition, with Luggage & Accessories. Red. Extended Warranty. REDUCED - \$7,500. Ask for Andrew. 250-363-5129, M-F only.

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- Any weather
- Demolition

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250-384-0033
proself@shaw.ca

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Got a group?
Get a free historical tour of Dockyard.
Contact Base Public Affairs 363-7060

REAL ESTATE • FOR RENT

THETIS HEIGHTS 4 BDRM. Home w/den, family rm, 3/bth on quiet cul-de-sac. Close to VGH, schools, shopping, transit, rec facilities. HW floors, cntrl vac, 2 fp., furn. Bsmnt., 5 appls, 2 decks, tree'd yard. NS/NP. \$1900/mo. + utilil. Equitex 250-386-6071

WANTED: TENANTS. LOOKING for quiet, clean & responsible tenants. Condo for rent, 2-3 yr. tenancy, in Langford, \$1450/mon. Utilities extra. 2bdr/2bth, open concept, 1200 sq.ft. Includes parking spot, in-suite laundry, all appliances, laminate floors, new carpet in bdrm., tile floor in bathrooms, basement storage, electric fireplace & balcony with quiet forest view. Available 1st of September, 2009 contact 250-590-4204

BRAND NEW UPSCALE Condo Available Sept. 1st. 1 bdrm/1bth, Stainless steel F/S/M. W/D, window coverings, granite counter tops & secure underground parking, storage locker. NS. \$890/mon. Call 250-514-7626.

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Large, newly renovated 1 Bdrm - \$795/month with move-in bonus. Avail. immediately.
1 Bdrm - \$750/month. Avail. Sept 1st

Includes heat and hot water
CALL 250-217-0757

LARGE FAMILY LIVING

This big house has 5 bdrms/3bth, den, rec rm, large laundry rm, 2-car garage. A well cared fenced-in yard w/ gazebo, RV parking. M. bdrm. has updated ensuite w/ soaker tub. Open country kitchen. Open floor plan, vaulted ceilings. downstairs rec room w/ wet bar. Extensive renovations in past year: new roof, furnace, water heater, carpet, HW floors, toilets, sinks, lighting, paint+ more. Move-in ready. Great deal! Email bhowe@shaw.ca for pics. 250-749-6303

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1 & 2 BEDROOM APARTMENTS

RENTALS CENTRALLY LOCATED
PARKING INCLUDED
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Call for a free estimate:

- Renovations
- General Contractor
- Design Service
- Additions and more

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BIRTHDAYS

You're awesome!
It's a special day
Happy Birthday

Happy Birthday Chrissy

Love from Dan

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VOLUNTEERS

Volunteer Opportunity

The 2136 RCACC (Royal Canadian Army Cadet Corps) are seeking an individual to handle Accounts Payable/Receivable.

The individual should have experience in AccPac, Excel and Word.
Location - Bay Street Armoury
Approximately 2-4 hour per month.

Apply to:
Mr. Mark Hallam.
2136 RCACC
Sponsoring Committee Chair
Sponsor2136@shaw.ca

The Seagate

Apartments
707 Esquimalt Rd

Ocean front, Olympic mountain views, seawalk to downtown, spacious and clean.

Bachelor, 1, 2 & 3 bedrooms

Rent includes:

- Hot water
- Heat
- Secured parking
- Squash court
- Indoor pool/hot tub
- Fitness centre
- Games room

Building is wired for Shaw@home.
Reasonable rent in a very quiet building.

Call to view
383-1731

Recreation Specialty Instructors Needed

Yoga	Kickboxing	Wages negotiable.
Pilates	Fitness 101	Contact the Recreation Director for more information, 250-363-1008.
Stability Ball		



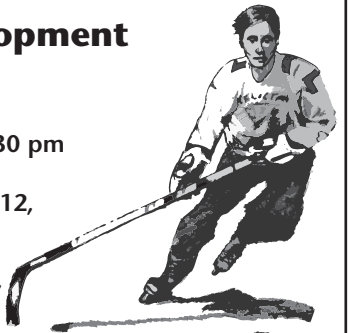
HOCKEY INSTRUCTOR NEEDED

Adult Hockey Development
(must have coaching certification or extensive experience with hockey)

Aug. 17-28, Mon/Wed/Fri 4, 5:30 pm
at Wurtele Arena
and every Friday Sept 25 - Dec 12, 4:30-5:30pm

Wage \$15.32 - \$19.41 per hour, depending on experience

Call the Recreation Director for information 250-363-1008.



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RATES: MILITARY and DND PERSONNEL: 25 words \$7.35 • ALL OTHERS: 20 words \$8.40 • Each additional word 15¢ • GST Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11 a.m.

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NAVY CFB ESQUIMALT 10K

Sunday August 16
7:30 am check-in
8:30 am race start

Door Prizes Individual Medals

Kid's 1.5km Fun Run FREE

\$20 DND guests
\$15 DND community
Photo ID required to enter Naden property

contact PSP at 250-363-1009 to register

Register at eventsonline.ca/events/cfb_esquimalt








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NANAIMO - 753-2032

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Chris Benesch




VOLUNTEERS NEEDED

Route marshals
Van Driver
SISIP Kids Fun Run
Prize table/Awards
Warm up (1 fitness staff)
Registration/Race Package/
End Race Chip Collectors

The commitment for this event will be from approximately 7 to 11am on Aug 16.
Contact Natalie Vincent at 363-2989 or at Natalie.Vincent@forces.gc.ca to volunteer.



A SNEAK PEAK AT OUR WEEKLY SPECIALS!

Weekly Specials in Effect from Wednesday, August 5th to Tuesday, August 11th, 2009

Just peachy savings

Red Haven Peaches

Canada #1
Grown in the Okanagan Valley, BC
\$2.18/kg



99¢
Per lb

Island Farms
Country
Cream
Ice Cream
or No Sugar
Added Dessert
1.65L

4.99
Each

Fresh Boneless Skinless Chicken Breast

Product of Surrey, BC
Family Pack Savings Size
\$9.90/kg



4.49
Per lb

**FAMILY
PACK
SAVINGS**

Nestlé Pure Life Water

Selected
12 pack

2 \$5
FOR

Sun-Ripe Pure Juice

or Juice Blends
Assorted
1L

5 \$6
FOR

Thrifty Kitchens Tzatziki or Hummus Dip

300g



3.49
Each

New Fougasse

Typically associated with Provence, France, this bread is sculpted into a pattern resembling a ladder! Enjoy by tearing and eating or use for dipping.
300g

3.49
Each

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FOODS**
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