

# LOOKOUT

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## Remembering the Peacekeepers

Cpl Frieda Van Putten, Base Imaging Esquimalt

Members of the Canadian Peacekeeping Veterans Association stand at attention during the 17th Annual Peacekeeping Memorial Day Parade held Sunday Aug. 9, on the grounds in front of the British Columbia Legislature.

<b>NEWS</b> 6	<b>FEATURE</b> 11	<b>NEWS</b> 15	
 <b>PPCLI celebrates 95 years</b>	 <b>Red tulips mark navy centennial</b>	 <b>Winnipeg air crew reflects on six months of firsts</b>	<b>People Talk.....4</b> <b>Sudoku .....5</b> <b>In Focus ..... 13</b> <b>Bravo Zulu..... 16</b> <b>Classifieds..... 18</b>

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Shelley Lipke, Lookout

Sports Traders store co-owner Terry Mellett (left) and PO2 Karl Rayment stand in the hockey section of the store with the new referee jerseys and ball hockey balls for Canadian troops serving in Kandahar.

**Sports Traders supports Kandahar ball hockey**

**Shelley Lipke**  
Staff writer

Victoria sports supply store Sports Traders is donating new referee jerseys and ball hockey balls to Canadian troops deployed in Afghanistan.

Canadian, American and Slovakian teams play five nights a week in the Kandahar ball hockey league. With so much use, their equipment has seen better days, so Supply Tech, PO2 Karl Rayment approached Sports Traders co-owner Terry Mellett for a donation.

"I was home on leave for two weeks and I knew Sport Traders is a big advocate of the military, so I decided to see if they might help us before I go back to Kandahar," said PO2 Rayment.

When PO2 Rayment approached Mellett, he received the response he was hoping for: "We'll do all we can to help you."

A week later PO2 Rayment was in the store accepting four new referee jerseys and 12 new ball hockey balls donated by Sports Traders and CCM.

"Being a larger guy, I

couldn't fit into the jerseys we have in Kandahar," said PO2 Rayment. "I appreciate Sport Traders doing this. It shows they support what we are doing over there and are willing to help out."

Playing ball hockey in Afghanistan gives the soldiers a chance to get some exercise in a fun game.

"I'm a hockey fanatic so I play anytime I can and in Kandahar the atmosphere of the games is electric," said PO2 Rayment. "The Slovakian team rarely loses to anybody and they are the team to beat. They are all very fit and don't get frustrated if they are losing, they just get stronger. Refing their games is more like being at a soccer game. They whistle at you when you make a bad call and they go bananas with drums and rattles and sing songs through the whole game. The atmosphere is really great, and it feels like an international event instead of a ball game in Kandahar. It's a lot of fun."

"I'm looking forward to getting back to Kandahar and I know how grateful our league will be to receive the new equipment," he added.

**Holes are cheesy.**

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Mary Ellen Green, Lookout

HMCS Griffon will soon replace its old bell (top left), which was handed down from Royal Navy ship HMS Griffin, with a new one (bottom left). Above: Machinist apprentice, John Rice loads stencil letters onto the manual engraving machine at Fleet Maintenance Facility Cape Breton's Machine Shop to engrave Griffon's new bell.

# HMCS Griffon receives new bell in trade

**Mary Ellen Green**  
Staff writer

Machinist Dave Hope has been working diligently in Fleet Maintenance Facility Cape Breton's machine shop to engrave 22 names on a new ship's bell for Naval Reserve Division HMCS Griffon.

Each name represents a child who was baptized at Griffon in Thunder Bay, ON, since its commissioning.

Each day, Hope carefully carves the names of four children and the dates of their baptisms into the smooth shiny brass bell.

"It's all about set up," Hope says as he carefully loads the letter stencils onto the engraving machine. "It only takes a few seconds to do each letter."

It will take about a week to finish the job.

The bell was taken out of surplus after a request was made to the foundry to create a new ship's bell for the Naval Reserve Division.

It was turned to smooth out the

dents and ripples, polished at the plating shop and had its crown painted blue before making its final stop at the machine shop.

It will soon be shipped to Thunder Bay where it will be installed on Griffon's drill deck.

Until now, the naval reserve division has used the bell of former Royal Navy ship HMS Griffin, which was transferred to the Royal Canadian Navy in March of 1943.

After only three weeks as HMCS Griffon, the ship was renamed HMCS Ottawa, replacing the first Ottawa, which was torpedoed by U-boats the year before.

The ship's bell was soon removed from the ship and rendered surplus, but resurfaced a year later at Naval Reserve Division HMCS Griffon.

"By training, I'm a military historian," said HMCS Griffon's Commanding Officer, LCdr John Bell. "So when I looked into the bell's history, I realized very quickly what its lineage was and determined the appropriate place for

the bell was with *HMCS Ottawa*."

"I also thought it was a good idea to finally get our own bell," he added.

Nine months ago, LCdr Bell contacted *Ottawa's* commanding officer at the time, Cdr Martin Teft, to see if he would accept the bell.

"He really liked the idea," LCdr Bell said.

"We made arrangements with the foundry to have the names of all the children who were baptized with that bell engraved on a new bell and have it shipped back to us," LCdr Bell said. "We didn't want to lose that piece of history."

The new HMCS Griffon bell will be shipped next week. Since it hasn't yet been commissioned, it won't need an escort.

When it arrives in Thunder Bay, it will be consecrated and permanently installed on Griffon's drill deck.

HMS Griffin's original bell will soon make an escorted journey to CFB Esquimalt and it will be presented to *HMCS Ottawa* sometime in the fall.



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## WHAT SAY YOU

### People Talk

Lookout asked sailors on board HMCS Winnipeg: *What do you miss most when you are at sea?*



Going to the Cactus Club for chicken fajitas!

**Capt Dennis Mann, Maritime Helicopter Pilot**



Eating at home, and spending time with my wife.

**Lt(N) Nick Vaja, Assistant Combat Systems Engineering Officer**



Standing in the shower for an hour!

**LS Grant MacDonald, Sonar Operator**



Kissing my girlfriend.

**LS Kris Jenkins, Naval Communicator**



I miss giving my beautiful girlfriend hugs and kisses.

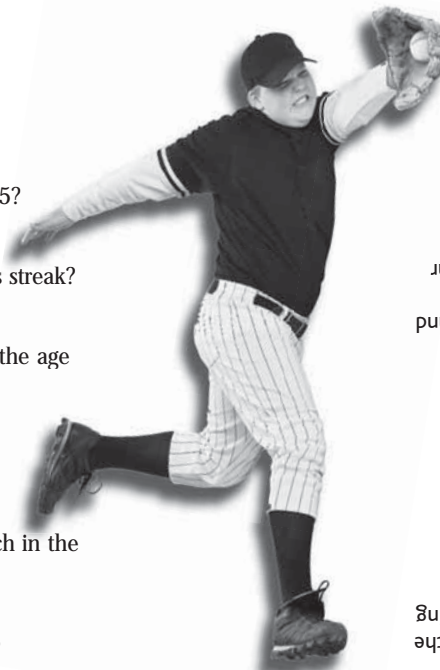
**MS Jason Tucker, Naval Electronic Tech (Tactical)**

## SPORTS trivia by PO2 Bill Sheridan Contributor

### Baseball Trivia

#### QUESTIONS

1. What is a wild pitch?
2. What is a K in baseball stats?
3. Who was the Yankee Clipper?
4. What pitcher has allowed the most home runs at 505?
5. Who has the most complete games by a pitcher?
6. Who is the alltime RBI leader?
7. After Ripken who has the longest consecutive games streak?
8. What are Gold Gloves and who receives them?
9. What was termed as the first division?
10. Who holds the record for the most home runs after the age of 40?
11. Where was the first all star game held?
12. Fernando Tatis holds this inning record of 6 what?
13. Who has the longest tenure in games managed?
14. What player had the most home runs as a teenager?
15. Who was the Big Train?
16. How many players have hit homers on their first pitch in the majors?
17. Who has the most saves in his career?
18. What pitcher has a brother playing in the NHL?
19. What team gave up the most homers in one season?
20. What pitcher pitched the most innings in a season?



- ANSWERS**
1. A throw by a pitcher which gets away from the catcher through the normal means of catching it. Some of obvious and some are called passed balls.
  2. Strikeout
  3. Joltin' Joe Dimaggio
  4. Robin Roberts
  5. Denton True (aka Cy) Young
  6. Hammerin' Hank Aaron
  7. Lou Gehrig
  8. Players judged to have exhibited superior individual fielding performances at each fielding position as voted by the managers and coaches in each league.
  9. Before 1962, finishing 1<sup>st</sup> to 4<sup>th</sup> in the regular season and getting share of World Series Money
  10. Julio Franco
  11. Chicago
  12. RBIs
  13. Connie Mack, Born Cornelius MacGillivuddy
  14. Tony Conigliaro
  15. Walter Johnson
  16. 24
  17. Trevor Hoffman
  18. Eric Gagne brother Simon Gagne of the Flyers.
  19. 96 Tigers gave up 241 homers
  20. Will Wright of the Reds

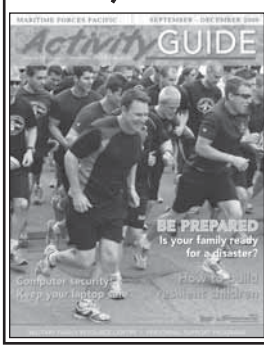
### ComParrot<sup>®</sup> Can you spot 12 differences between these pictures?

by Bonnie J. Malcolm



Solution: 1. Opening appears in boy's cap. 2. Shoelace loop is hidden. 3. Cloud is missing. 4. Cleat on shoe is missing. 5. Pocket on boy's pants is colored in. 6. Wristband is colored in. 7. Plant in flowerbed is colored in. 8. Dust cloud from boy's shoe has moved. 9. Tree on hillside has moved. 10. Design on shorts is longer. 11. Brim on cap is hidden. 12. Pocket on boy's shirt is wider.

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# The Old Car Detective

Bill Sherk



## My grandfather's 1931 Model A Ford

**By Bill Sherk**  
The Old Car Detective

Rene Peron of Kanata, ON, reads this column in the local EMC paper. Here is his story:

"My grandfather's Model A Ford replaced an old Model T with the gas tank under the front seat. His beautiful new maroon and black Model A cost \$600 in 1931. Years later, three of his grandchildren learned to drive on it and were able to borrow it.

"Dad was reluctant to teach me to drive so 'grand-père' took me out on the old county gravel road one summer in the late 1930s where I learned to drive. From then on it was unabashedly borrowed to go 'a-courtin.' You could pull up on the spring-loaded gearshift in the middle of the floor and push it under the dash to give more room for 'bundling.' Also, after a little practice you could shift gears without using the clutch.

"Following a night of courting along country roads and in farmers' fields, we returned the girls safely

home. Then my friend and I, while speeding, failed to negotiate a 'T' intersection and landed on our left side in a deep ditch at 2 a.m. What to do? Woke up the farmer a little way down the road and he towed us out. Upon returning home, we woke up Grandfather to report what had happened. He asked if we were O.K., then went back to sleep. The next day the car was checked out in Saint Jean, Quebec, and all it had was a small dent.

"When I got married, the car was loaned to me until my young wife and I could afford our own car. A new manifold heater I had installed was not very efficient, particularly in winter, and I replaced it myself with a hot water heater under the dash. What luxury!

"One very cold Christmas day, my sister and her husband had to drive some 30 kms to my parents' home in Montreal. The windshield frosted up so much that visibility was nil. What to do to avoid an accident save sticking the head out of the side win-



Rene Peron and friend at Missisquoi Bay, Quebec, in 1943.

dow and freeze? Ah, yes! The bottle of gin could help. Needless to say, that young couple reeked of booze when they arrived and we all had a good laugh.

"Grandfather drove that car till his dying day. Then Mother sold it for \$50 to a young country lad who owned a garage. The car still runs, has all its original parts, and has been repainted in the original colours. It purrs in an un mistake-

able way, especially when loaned or rented out for country weddings. What tales it could tell!"

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](mailto:billtsherk@sympatico.ca) or write Bill Sherk, 25 John St., P.O. Box 255, Leamington, ON N8H 3W2.

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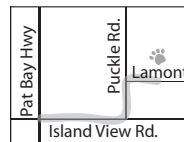
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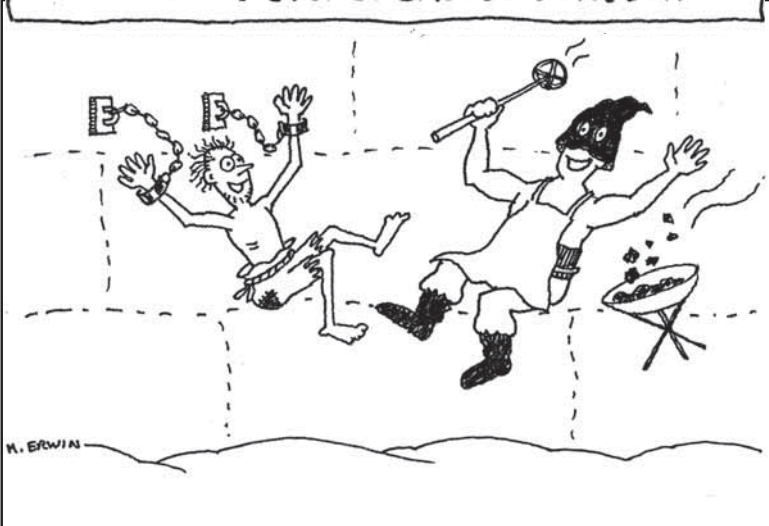
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### DOWN IN THE BOUNCY CASTLE DUNGEON...



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

ANSWERS ON PAGE 13

Level: Intermediate

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Mary Ellen Green, Lookout  
**BGen (ret'd) Joseph Gollner, Colonel of the Regiment, unveils a refurbished cairn dedicated to Princess Patricia's Canadian Light Infantry in Beacon Hill Park on August 10.**

■ **Anniversary marked with refurbished cairn**

**Mary Ellen Green**  
 Staff writer

Fifty years ago, Her Majesty Queen Elizabeth II came to Victoria's Beacon Hill Park and presented her colour and a new regimental colour to Princess Patricia's Canadian Light Infantry (PPCLI).

Last Monday, PPCLI soldiers from the past and present gathered in the same spot to celebrate the regiment's 95th birthday and to unveil and rededicate a refurbished stone cairn that marks that special occasion.

Don Robertson addressed the crowd gathered on the former parade square to remember that extraordinary day when he was the commander of the colour party that escorted the old colour.

Standing alongside fellow soldiers, from those he served with in the Second World War to those about to deploy to Afghanistan, he said, "It's hard to believe it was 50 years

ago. It was a very dry summer and there was no pavement here to stand on. It was a dust bowl. There were 10,000 people here. It's a good garrison town, Victoria."

The 1st and 3rd Battalions were once stationed at Esquimalt's Work Point Barracks and at a camp in Gordon Head.

"We have over 700 monuments spread throughout the countryside," said PPCLI Colonel of the Regiment and Master of Ceremonies BGen (ret'd) Joseph Gollner as he unveiled the cairn. "We are now working with our [PPCLI] Association branches to fix them up."

Regimental headquarters in Edmonton hired a Victoria company to restore the cairn to its former glory by power washing it and repainting each etched letter.

Four members from regimental headquarters made the trip to Victoria to attend the celebration, which wrapped up with a lunch reception at the Trafalgar/Pro Patria Legion Branch 292 on Gorge Road.

**About the PPCLI**

The Regiment was stood up in Ottawa in August 1914, as a result of the offer of Captain Andrew Hamilton Gault to provide \$100,000 to finance and equip a battalion for overseas service.

Mobilization began on August 11th and eight days later it was completed as soldiers flocked to Ottawa from every part of Canada. In just over a week the Regiment grew to 1,098 all ranks, with 1,049 of those members having seen

previous service in South Africa or in the forces of the British Empire.

LCol Francis D. Farquhar, an officer of the Coldstream Guards who was Military Secretary to His Royal Highness, the Duke of Connaught and Stathearn, The Governor-General of Canada, was selected to command the new battalion.

LCol Farquhar suggested the regiment bear the name of the Duke's youngest daughter, Her Royal

Highness Princess Patricia of Connaught.

The full title of Princess Patricia's Canadian Light Infantry was too long for everyday use, and the new unit became known as "PPCLI", with "PP's" or "Pip Pip's", the most common variants.

The Regiment has been awarded 39 battle honours, a United States Presidential Distinguished Unit Citation and two Commander-in-Chief Commendations for its overseas service.



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# Kung Fu and Tai Chi

## Teaching self-defence, health and tradition

**Mary Ellen Green**  
Staff writer

Kung Fu, loosely translated from Chinese to English, means "achievement through great effort."

It is this philosophy that brought about a base club almost a decade ago dedicated to the martial art.

A handful of employees at CFB Esquimalt, including retired navy Lieutenant Commander Kit Wong, developed the fellowship that is devoted to self-defence, fighting skills and overall holistic health of its members.

Since then it has blossomed into a comprehensive club that offers Jow Gar style Kung Fu and Chen Style Tai Chi in a warehouse in Work Point's transportation compound.

"We welcome you as part of the family and treat everyone as if they were brothers and sisters. We're not here to show off. We come to share and help those with lesser knowledge grow to our level," says Wong.

An adorned altar welcomes members to their practice space, where they've been meeting over the last five years every Tuesday and Thursday evening.

Beginning at 6 p.m., members train in hand-to-hand combat, weaponry, healing with traditional medicines and the art of self development. Novices are taught by the more seasoned members.

Like all martial arts, students must learn the basics of Jow Gar, such as stances and hand forms, before moving to the more advanced stages, which include weapon forms using knives, sabres, staffs, tridents, chain whips, choppers, spears, and the two and three section sticks.

"Just like Bruce Lee used to use," says Wong, who continues to be the technical advisor at the club even though he has retired from the navy.

At 7:30 p.m., members can practise Tai Chi, the most popular form of Kung Fu.

Without strong and flexible muscles, including the management of the concept of "chi" (breath, or energy) and proper body mechanics, many movements of Chinese martial arts are simply impossible to perform correctly.

Tai Chi combines Kung Fu techniques with deep breathing exercises, balance and the concentrated exer-

tion of internal energy. The practitioner's consciousness, breathing and actions are integrated to achieve total unity.

Any member of the defence team, including military members and civilians, and their families and friends, are welcome to join the club. Beginners are asked to observe a few sessions before they begin to practise. The club welcomes members of all ages and abilities. Membership is \$25 annually.

"We can accommodate a variety of ages in the club. Our members range from kids to those in their 60s," said Keith Laverty, Fleet Maintenance Facility Cape Breton Combat Systems Engineering Range Engineer.

Laverty has been a member of the club for over nine years. "There is a lot of knowledge exchanged here in this warehouse, especially from Kit."

Kit Wong came to Canada in 1967 from Hong Kong, as a traditional Chinese medicine practitioner and martial arts instructor.

"In those days, you couldn't make a living with this stuff, so I went back to university and studied engineering and joined the navy as a combat systems engineer," he said.

He is currently a member of the faculty at the Oshio College of Acupuncture and Herbology, and he also maintains a Chinese medicine clinic on Rockheights Avenue.

Using his expertise in oriental medicine, Wong teaches members to make remedies to both prevent and treat injuries.

"Healing is a big part of practising Chinese martial arts," says Wong. "We make our own medicines with herbs and gin, and use it to massage into our arms and legs so we don't get bruises."

The club holds an annual dinner and Chinese New Year celebration, and often takes part in multicultural events around the base and city.

"It's not just a sport, it's a lifestyle," says Wong.

All classes are held in WP 1119 at the McCauley Street gate entrance to Work Point.

Anyone interested in attending should wear comfortable, loose-fitting clothing, bring plenty of water and arrive a little early. Identification may be needed to get in the gate, which is locked after 6 p.m.

For more information about the CFB Esquimalt



Mary Ellen Green, Lookout

**Above:** Traditional Chinese Medicine student and CFB Esquimalt Kung Fu Club member, Anna Simms practises her weapons skills.

**Below:** Kit Wong explains what is written above the club's altar. It reads "no excess, no deficiency."



Kung Fu and Tai Chi Club, contact Kit Wong at 250-388-7889 or WO Joe Merritt at 250-363-4034, or check their website at <http://esquimalt.mil.ca/badm/psp/Recreation/Clubs/taichi/taichi.htm>.

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Freddy Salter is the namesake for this award given each year to the best all-around diver who contributes the most to the unit throughout the year.



Freddy Salter and Dave Mattson, both retired divers from Fleet Diving Unit, show one of the dive suits they used to wear.

## Retired divers' volunteer dedication runs deep

**Shelley Lipke**  
Staff writer

At every change of command, summer barbecue or party at Fleet Diving Unit Pacific (FDU (P)), two "men of steel" from yesteryear resurface, and can be found happily prepping food in the kitchen. Retired Leading Seaman Freddy Salter and retired Chief Warrant Officer Dave Mattson have more than 82 years of food preparation experience between them, plus more than a dash of diving knowledge.

Seventy-year-old Salter spent most of his adult life at FDU(P) as a Clearance Diver. Mattson, 65, worked at the unit as a ship's diver and cook.

Even though the two have hung

up their uniforms, the duo continues to traverse the pathways of the unit, located in Colwood, mixing with the divers of today. "They are amazed to hear about the equipment we used to wear. In my day we had one suit among all of us; these days they each have three or four. Most of our diving back then was brute force," says Salter.

They lovingly prepare a huge variety of meals during special occasions and drop by on Friday afternoons for a visit, keeping these retirees in touch with the unit. They regularly provide colourful diving stories and are a wealth of diving history to the current CF divers. Fred has donated numerous irreplaceable diving articles to the FDU(P) mess providing a tremendous historical

record of Canadian navy diving through the decades.

"Diving was the happiest time of my life," says Mattson. "I love everything about it. When we tell the young guys about it we get a lot of respect from them. I served 35 years and 83 days in the regular force, but who's counting."

The FDU divers were so appreciative of Mattson and Salter's ongoing dedication to the unit, they created an award named after them.

"Each year, since 2005, the Freddy Salter award has been presented to the best all-around diver who contributes the most to the unit throughout the year," says Repair Chief CPO2 Mark Oliver. "All the mess members cast a vote to determine who is most deserving of the award, and then

that person's name is added to a nameplate on the award."

The award was initiated by the unit when Salter was battling throat cancer four years ago.

"We were afraid we were going to lose him and we wanted to honour him for everything he had done for us and for the unit," said CPO2 Oliver. "One of the guys found a statue of a diver in an old dive suit like the one Freddy used to dive in. He bought it, and we had it cast in brass and mounted on a base, and we named it the Freddy Salter award," he said.

When the 37-pound statue was presented to Salter as the first recipient, he was both emotional and grateful. "I thought it was my departing trophy," says Salter, who eventually underwent a tracheotomy and became a cancer survivor.

Long-time friend and colleague Mattson was the recipient of the award the following year for his devotion and dedication to the unit, and he felt equally honored to accept it.

Both veterans continue to frequent the unit with spatulas and frying pans in hand, to satisfy the hunger of the Unit and their own thirst to stay involved with FDU(P).

"This is our world here," says Mattson.

The Freddy Salter award has been given to many deserving FDU(P) members since Salter and Mattson, and as new divers tour the mess they learn about the men who inspired the award, and that one day they may see their own names on it, but only if their dedication matches that of the retirees.

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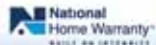
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**NAVY CENTENNIAL: PAINT THE TOWN TULIP**

**Celebrate the cent**

**Shelley Lipke**  
Staff writer

The Canadian Tulip Festival, the largest tulip festival in the world, is celebrating its 2010 campaign with a naval twist.

Next year's festival will focus on honouring the Canadian Naval Centennial (CNC) with 10 per cent of the proceeds from the sale of all tulips going to the Canadian Legion's Poppy Campaign. With this theme comes the navy centennial's official tulip – the Red Impression.

Anyone can purchase the

*This Red Impression tulip is reminiscent of the scarlet poppy we are familiar with for Remembrance Day.*

-Cdr Tony deRosenroll  
MARPAAC Canadian Naval Centennial Coordinator

bulbs for their garden, but with the Aug. 20 deadline for orders looming, gardeners must act quickly.

"Because tulips bloom simultaneously, they make for a beautiful flower show each spring when blooms in every colour present themselves," said MARPAAC Canadian Naval Centennial Coordinator Cdr Tony deRosenroll. "This Red Impression tulip is reminiscent of the scarlet poppy we are familiar with for Remembrance Day, so we are very enthusiastic to be celebrating the navy centennial with flowers of a colour which honours the linkage between Canadian veterans and the Netherlands."

This year the Canadian Tulip Festival celebrates the 65th anniversary of the liberation of Holland along with the navy's centennial.

The festival began in the fall of 1945 when Princess Juliana of the Netherlands presented Ottawa with 100,000 tulip bulbs. The gift was to show appreciation to Canadians for liberating Holland and keeping



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# Centennial with tulips



The Canadian Tulip Festival has marked 100 years of the Canadian Navy with a special tulip, the Red Impression.

Holland's exiled royal family safe during the Second World War.

Over the years the festival has grown to be the largest tulip festival in the world with more than three million tulips decoratively colouring four locations throughout Ottawa. Last year it attracted 593,000 visitors with the rainbow-coloured tulip gardens, live music, entertainment, circus acts and other events.

Festival organizers encourage Canadians outside Ottawa to take part in the festival by purchasing tulip bulbs and planting them. All proceeds normally help keep the festival running and pay for the entertainment, but this year a portion will also support the Canadian Legion's Poppy Campaign.

Recently, Capt deRosenroll and the Maritime Forces Pacific CNC team met with City of Victoria officials to brief them on plans surrounding the centennial, and the city staff was interested in the opportunity to plant a bed of Red Impression tulips in town.

"The city was very enthusiastic about the centennial tulip project, having already initiated a plan to host a flower bed display at Topaz Park in honour of the navy centennial. However, they did say that the CNC logo is a bit too challenging and intricate to duplicate, but they might do an anchor and some navy centennial text in the garden instead," he said.

Tulip bulbs can be ordered through the Canadian Tulip Festival until Aug. 20. The bulbs will be shipped from Ottawa in early October for planting in the fall and then blossoming next spring.

As spring comes early in Victoria, the tulips will likely bloom in March or April while the rest of Canada can expect the blooms to come out closer to the May 4 centennial date.

Tulips can be ordered in quantities of 20 for \$15 or 100 for \$70 and orders can be placed at [www.navy.forces.gc.ca/centennial](http://www.navy.forces.gc.ca/centennial) or [www.tulipfestival.ca](http://www.tulipfestival.ca) or by calling (613) 567-5757. Shipping fees will be added to the orders.

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Sidney Crosby (center left), team captain of the 2009 Stanley Cup champions the Pittsburgh Penguins, holds the Stanley Cup over his head after arriving on board HMCS Preserver Aug. 7. Peter MacKay (right), Minister of National Defence and Minister for the Atlantic Gateway, and RAdm Paul Maddison (second from right), Commander of Joint Task Force Atlantic, look on. Crosby met a group of sailors, soldiers, air personnel and civilian national defence employees and their families representing the Halifax Region for photos and autographs before leaving the dockyard in a Light Armored Vehicle convoy to bring the cup to his hometown of Cole Harbour, N.S.

## Local MPs make top finish at triathlon

LS Matthew Schlauch (bike), LCdr Lucie Tremblay (swim) and MCpl Adam Seegmiller (run) won second place in the Police, Firefighters and Medics Triathlon Relay Team Challenge Cup held at Elk Lake on August 2.

The military police team competed the Olympic distance against 37 other teams and finished in two hours, 25 minutes and 34 seconds to come in second place to receive flowers and medals, just five minutes behind the Victoria Police team who won the challenge.

"We did really well in our transition times compared to other teams and MCpl Seegmiller's run

came in fourth overall," said LCdr Tremblay.

Each year since the challenge began in 2007, the Military Police try to increase their participation by adding a team of three and this year they entered with three teams. "We had a lot of interest shown from our young Military Police members who want to sign up for next year, so we hope to have many teams next year," said LCdr Tremblay.

Because the World Police and Fire Games were taking place in Vancouver on the same weekend, participation was down from previous years. This marked the 30th year of the Elk Lake Triathlon, which is the longest



From left: LS Matthew Schlauch, LCdr Lucie Tremblay and MCpl Adam Seegmiller powered their way to a second place finish in the Police, Firefighters and Medics Triathlon Relay Team Challenge Cup.

running triathlon in Canada. Since 2007 the emergency services have competed in the relay alongside other athletes as they tackle the challenging course.



Mark Kalvaitis, Alex Bowman, Andrew Petaroudas and James Smith of "An Odd Bunch" enjoy their day at Wild Play Element Park in Nanaimo, their prize for beating out the competition at the Formation Fun Day Amazing Race. Their first place finish earned them a round in the Tree Course, a high rise obstacle course that includes zip lines, bridges, scramble nets and swinging logs suspended 50 feet above the ground, plus the King Swing, which swings passengers 150 feet above ground at speeds of up to 140 km/hr.

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

PUZZLE ON PAGE 5

## ROAD CLOSURE

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# Q & A

## Winnipeg CO reflects on a successful mission

**Shelley Lipke**  
Staff writer

*With his ship enroute back to Esquimalt, HMCS Winnipeg's Commanding Officer Cdr Robert Ferguson took some time to answer Lookout's questions about the ship's deployment.*

**Q.** What was the most memorable occasion during this deployment?

**A.** Seven hours chasing pirates on April 18 that ended up with both the helicopter and ship firing warning shots to get the pirates to finally stop and allow a boarding. It was the culmination of a lot of training that really paid off when it happened for real. The entire ship's company came together as a team to get the job done.

**Q.** What was the greatest challenge you and the crew faced?

**A.** Developing tactics to deal with the piracy situation and then implementing them while spending 51 days at sea without a break. The crew handled this challenge very well.

**Q.** What was the most rewarding aspect of this deployment from a career perspective?

**A.** The most rewarding aspect of this deployment was working with a very large team who came together

to get the job done.

**Q.** Name and describe something that happened unexpectedly and how it was handled well by the crew.

**A.** Boarding two pirate vessels that were working together and finding a large stash of weapons. The two vessels were both trying to evade and the different sub-teams in the ship coordinated their efforts to track the vessels and then carry out two separate boardings within an hour of each other.

**Q.** What did you learn?

**A.** If you give a crew a mission, tell them why it is important, they will take care of the rest.

**Q.** Describe the roughest weather you faced?

**A.** Between Perth and Melbourne we experienced three days of heavy weather, the roughest of my time in *Winnipeg*.

**Q.** Describe a moment of anticipation.

**A.** The biggest moment of anticipation was on the night the ship entered the Gulf of Aden to join the NATO task force to commence the counter-piracy operations. Things started happening very quickly after that.

**Q.** What is the first thing you will do when you return home and why?



**Cdr Robert Ferguson**

**A.** Hug my family, and then start unpacking and setting up our new home as they just completed a move across Canada without my help.

**Q.** What is next for *Winnipeg*?

**A.** *Winnipeg* will conduct operations in the local area into the New Year including support to Operation Podium [the military's contribution to the 2010 Olympics security].

**DOCKYARD DENTAL CLINIC RE-OPENS**

Dockyard Dental Clinic will re-open Tuesday, Sept. 1. All members who normally receive treatment at the Dockyard Clinic will report to the Dockyard Dental Clinic for sick parade (0730) and for regularly scheduled appointments. When calling to schedule an annual dental exam or for any other inquires, please continue to contact 363-4149 Naden Clinic (until 31 Aug).

Starting 1 Sep 09 please contact 363-2310 Dockyard Dental Clinic. We apologize for any inconveniences this may cause.

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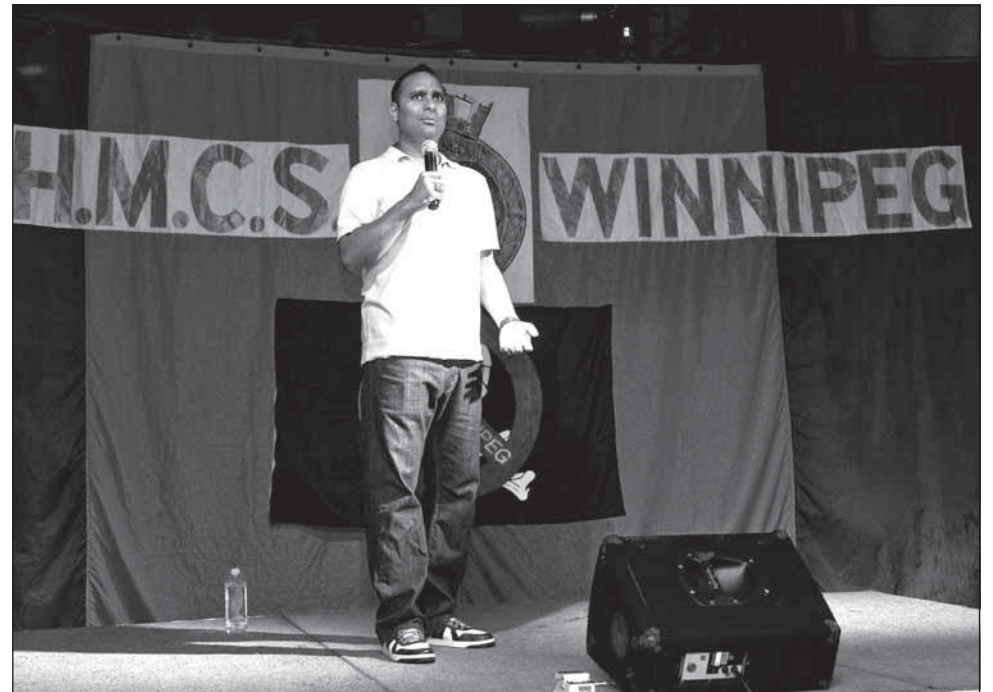
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**Deployment statistics**

During *Winnipeg's* deployment the sailors used up:

- 1,675 kg ground beef
- 674 kg apples
- 560 kg bananas
- 6,070 litres of milk
- 2,721 loaves of bread
- 65,880 eggs
- 6,157 kg of potatoes
- 14,976 individual boxes of cereal
- 3,300 chocolate bars
- 480 twizzlers
- 589 boxes of ice cream
- 227 boxes of Gatorade
- 588 sleeves of Pringles
- 270 ships Pirate T-Shirts
- 167 boxes of popcorn
- 1,000 bags of chips
- 250 *Winnipeg* coins
- 55 tubes of toothpaste



Corporal Rick Ayer, Combat Camera

Performing on a makeshift stage in HMCS *Winnipeg's* hangar, Canadian Comedian Russell Peters brought a healthy dose of laughter to the ship's crew during a stop in Pearl Harbor, Hawaii, on Aug. 12. The ship made a four-day port visit there while enroute to Esquimalt after a six-and-a-half month deployment in the Gulf of Aden and the South Pacific. *Winnipeg* will round Duntze Head at 9:30 a.m. on Aug. 21.



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# Winnipeg air crew reflects on six months of firsts

**Sgt Andy Gervais and Capt Avert Pyne**  
HMCS Winnipeg

Just under seven months ago on Feb. 5, a fierce bunch of maritime helicopter warriors embarked on what would become a ground-breaking mission for the Canadian Forces. Having made all our preparations for our deployment to the Asian rim and the Indian Ocean, we set sail knowing we would not enjoy the comforts of home again until August.

The trip started with an emergency. It wasn't a real emergency; the crew in *HMCS Winnipeg*, which would be our base of operations for the next seven months, was in the process of getting its mission work-ups completed. After Sea Training had put us through intense training exercises, we had an early, but much-de-

served break in Hawaii.

Our deployment was to be broken up into three parts. Exercise Foal Eagle, off the coast of South Korea, was the first part. It was an anti-submarine warfare exercise with the South Koreans and Americans, which was cut short due to ever-changing taskings.

We started hearing rumors that our out-of-area mission with Standing NATO Maritime Group 1 in the Indian Ocean was going to change from basic patrolling to a counter-piracy mission in the Gulf of Aden. Once our new tasking, the second part of our deployment, was confirmed, we started preparing for counter-piracy operations, carrying out C-6 gun shoots and flights incorporating our new rules of engagement while our technicians prepared our helicopter, Palomino 16, for hot weather conditions.



WO Carole Morissette, Combat Camera

**After completing a monthly load certification on Palomino 16, Cpl Rory Bentley, an Aviation Systems Technician, prepares to use a torpedo dolly on the flight deck of HMCS Winnipeg.**

During Operation Allied Protector, the name given to our counter-piracy mission in the Gulf of Aden, we experienced many firsts. It was the first time a Sea King had fired small arms at an armed combatant. As part of our rules of engagement, warning shots could be ordered, and when they were, the flying crews were ready. It was also the first time that such an ambitious flying schedule had been undertaken - everyday, we had two flights in the morning just after sun up and one in the evening ending just

before sun down. These are peak times of day for pirate activity and the strategy was very successful.

Several times during our patrols we found skiffs and were able to either make them flee or report the pirate's location and vector the ship in so they could carry out a boarding.

Palomino 16 proved instrumental in *HMCS Winnipeg's* counter-piracy mission, extending the ship's ability to detect and intercept pirate activity well beyond its normal sensor range.

Having located and tracked pirates on numerous occasions, our Airborne Electronic Sensor Operators were ordered to fire warning shots three separate times in attempts to stop the pirate skiffs and allow *Winnipeg's* boarding party to board them.

On one occasion Palomino 16 was tasked to investigate the MV Irene in response to a distress call that *Winnipeg* had received during the previous night. As we approached the MV Irene in the early morning hours, our tactical coordinator attempted to make radio contact with the tanker over FM radio. After numerous attempts, the tanker came back with the heavily accented and eerie response, "The Irene already disappeared... we already hijacked." *Winnipeg* ordered us to maintain a standoff,

so as not to endanger any hostages, and to try to get some imagery of any activity on the Irene. It was a sobering encounter and brought home to us just how serious the piracy situation was.

After accumulating many airframe hours during the first two phases of our deployment, Palomino 16 was rapidly running out of time before it had to be serviced. To remedy this situation, the air force commissioned the swap our Sea King for another one back at 443 (MH) Squadron. The plan was to use C-17s out of Trenton for this task, another first for our deployment. It was disconcerting to read in the Canadian news that this swap was necessary because Palomino 16 was just another aging Sea King finally giving up the ghost, when the exact opposite was true. Palomino 16 had such a good serviceability rate that, with the high tempo of counter-piracy operations, we were able to fly off all its hours before anyone expected.

The swap took place in Australia. The plan was to bring a replacement Sea King to Brisbane and take our veteran helo back to Shearwater. It sounds easy, but took many hours of planning.

Palomino 16 flew from Melbourne to Brisbane (another first for a Sea King), to meet the C-17, and

Tijuana 04 joined *Winnipeg*. We received the newest member of our team in time for Exercise Talisman Saber, the third and final phase of our deployment.

Talisman Saber was a combined Australian-American exercise. This year, the Canadian Navy was invited to participate and the exercise provided excellent anti-submarine warfare training for both the ship and the helicopter crews. Unfortunately, due to aircraft unserviceability, we did not get as much training as we would have liked. However, with extra effort from our technicians we were able to fly on a final free play serial with an American submarine, which acted as a hostile vessel for the exercise.

Once Talisman Saber was complete we started the long trip home. We had been away for six months and missed many firsts at home, but we had a great feeling of accomplishment. We had undertaken the first ever counter-piracy mission by the Canadian Forces and having our accomplishments recognized by the SNMGI Commander and the media left us with a great sense of pride. We had also had the time to pass through many new countries and fostered international relations that will last for years to come.



WO Carole Morissette, Combat Camera

**Avionic Systems Technicians Cpl Adam Struthers (front) and Aviation Systems Technician MCpl Jim McIver perform a pre-load inspection of a torpedo during a load certification for Palomino 16.**



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# Bravo ZULU



2Lt Mathieu Adam of JRCC Victoria receives his new shoulder slip-ons from Maj James Pierotti.



Lt(N) Melanie Graham of Public Affairs (centre) is promoted by MARPAC HQ Acting Commanding Officer LCdr Joanne Steinmetz and LCdr Natalie Garcia.



MS Christopher Mackay of J3 Operations is promoted by Lt(N) Michael Greer and MARPAC HQ Acting Commanding Officer LCdr Joanna Steinmetz.



Lt(N) Justin Raymond of J2 Intelligence is promoted by LCdr Wade Thornhill and MARPAC HQ Acting Commanding Officer LCdr Joanna Steinmetz.



MS Eric Lemay of J2 Intelligence is promoted by LCdr Wade Thornhill and MARPAC HQ Acting Commanding Officer LCdr Joanna Steinmetz.



U.S. Navy PO2 Jhomil Bansil, Command Photographer NORAD and USNORTHCOM LGen Marcel Duval (left), NORAD Deputy Commander, presents LCdr Craig Marsh with a U.S. Meritorious Service Medal and certificate for his work at NORAD and U.S. Northern Command Headquarters.

## Local officer receives U.S. commendation

LCdr Craig Marsh recently received a U.S. Meritorious Service Medal for his work at NORAD and U.S. Northern Command Headquarters. The ceremony took place at NORAD and USNORTHCOM HQ. LCdr Marsh is now serving in *HMCS Algonquin*. His citation reads:

"LCdr Craig Marsh, Canadian Forces, distinguished himself in the performance of outstanding service to the United States, as Lead Command, Control, Communications, and Computer Exercise

Planner, and Command Protocol Officer, NORAD and USNORTHCOM, Peterson AFB, Colorado. During this period, the outstanding professional skill, leadership, and ceaseless efforts of LCdr Marsh demonstrated proficiency as Lead Command, Control, Communications, and Computer Exercise Planner, and Chairman of the Command, Control, Communications, and Computers Working Group for the National Level Exercise Ardent Sentry, which paved the way for the Commands'

successful communication with numerous government, military, and civilian mission partners, some of whom collaborated with NORAD and USNORTHCOM and the DoD for the first time. A first-class leader and devoted professional, his exceptional support to over 1,000 distinguished visitors contributed to the accomplishment of the Commands' missions. The singularly distinctive accomplishments of LCdr Marsh reflect great credit upon himself, the Canadian Forces, and the United States Air Force."

## Sea Cadets show strength at youth sailing championships

**Lt(N) Jean Cyr**  
RCSC

The Royal Canadian Sea Cadets Sailing Team once again demonstrated its ability to produce top level competitors with four awards at the 2009 Canadian Yachting Association Canadian Youth Championships.

The Regatta was held at the Royal Victoria Yacht Club from Aug. 1 to 6 with winds ranging from three to 15 knots.

Thirteen races were conducted in Bravo Fleet (Byte, Laser 4.7 and 420 dinghies) and 15 races were conducted in Alpha Fleet (Laser Radial and Laser full rig). Youth from Ontario, Manitoba, Saskatchewan, Alberta and British Columbia made up

the Sea Cadet team, which was bussed down from HMCS Quadra Sea Cadet Summer Training Centre for the event in Comox.

In addition to race training, sailors were evaluated on Silver Six and Bronze Sail five skills by their coaches. The coaching staff was exposed to high level athletes and provincial coaches from all over Canada, including Paul Ulibarri (Olympics 2008). This initiative not only makes stronger sailors, but the Trade Group Three sailors will be better coaches in the future due to the exposure to this level of competition. Sailing in Canada is becoming more and more 'sport' focussed, and this exposure will ensure we

continue to have high calibre cadet coaches.

The cadets are to be congratulated on not only their performance, but in their behaviour and personal bearing, which were noted several times by the organizing committee. Sporting their Sea Cadet Sailing Team shirts, they proudly represented the cadet organization well. The cadets returned to HMCS Quadra to complete their training with tanned faces and a new appreciation for what it takes to be coaches and athletes.

Sea Cadets top finishes:

- Third Place medal - Double Handed Club 420 - Kevin Bowen (Skip) and Luzzara Mazariegos (Crew)
- 102 Royal Canadian Sea Cadet Corps (RCSCC)



Cadets from HMCS Quadra bussed down to Victoria for the Canadian Yachting Association Canadian Youth Championships.

"Fraser" New Westminster, B.C.

- Mid Fleet Award (5th) - Single Handed Laser 4.7 - Mary Clouston 33 RCSCC,

"St. Lawrence", Kingston, ON.

- Top Female - Single Handed Byte - Hannah Carruthers 169 RCSCC
- "Columbia" in Aldergrove,

B.C. Cadet Carruthers was also awarded Canada's Young Women in Single Handed Sailing Award - Byte Class.



# CF introduces plan to improve programs for military families

**Shelley Lipke**  
Staff writer

On Aug. 21, as friends and family gather at Duntze Head to welcome the sailors of *HMCS Winnipeg* back from a successful mission, RAdm Tyrone Pile, Commander Maritime Forces Pacific, will unveil a new initiative that promises to improve programs for military family members.

"The Canadian Forces Family Covenant is a commitment from the Canadian Forces to take a good hard look at all the services they are providing for families to make sure they are the right ones being offered and see if they need to be enhanced," said Gaynor Jackson, executive director of the Esquimalt Military Family Resource Centre.

This promise from the leadership of the Canadian Forces aims to standardize services offered in six key areas across Canada. "The Military Family Services Program staff in Ottawa

is looking at child care, deployment, health care, mental health services, education and employment," said Jackson.

"Part of the transformation of the program is to create a greater consistency among the services offered at the local centres, so this means if a family moves

**Part of the transformation of the program is to create a greater consistency... so this means if a family moves from one base to another, the services offered will be similar.**

-Gaynor Jackson  
Esquimalt MFRC Executive Director

from one base to another, the services offered will be similar," said Jackson.

"The Director of Military Family Services will lead the way in the upcoming months in developing initiatives to enhance existing services offered to families and introduce new programs that are relevant to the needs of military families today."

While the covenant was unveiled already in Ottawa, Halifax and Gagetown earlier this year, each base is taking its own opportunity to announce it locally. *Winnipeg's* homecoming and RAdm Tyrone Pile's garden party the following day will act as grounds to announce it at CFB Esquimalt.

The transformation of the Military Family Services Program is a work in progress and is expected to be completed by 2014. Members can visit [www.cfpsa.ca](http://www.cfpsa.ca) and click on Director of Military Family Services for updates on the progress of this initiative.

# Reducing attach posting to ships

**CPO1 Paul Helston**  
Fleet Chief

The aim of this article is to broadly communicate the "Red, Yellow and Green show" that were discussed by the Fleet Commander during town halls in *HMC Ships Protecteur, Winnipeg* and *Regina*.

During and since this time, he and I have been analysing detailed personnel reports produced by your ships' command teams with the aim of ascertaining a "fleet view" on manning in our ships. This detailed analysis is intended to reduce the churn caused by frequent attach postings and ensuring just enough personnel are moved to meet the mission or training objectives. Concurrently, the Fleet recently promulgated new direction and guidance in consultation with Maritime Forces Pacific on personnel shortage management. This is the "Red, Yellow and Green show" I referred to earlier.

Personnel shortages in ships directly impact unit readiness and affect preparedness for each deployment or task. However, frequent attach postings of personnel to fill shortages in deploying ships seriously affects ship's readiness by reducing crew stability, individual train-

ing and morale of ship's companies. The aim is to minimize attach postings and "pier head jumps" while delivering the highest level of capability for force generation and force employment missions.

Canadian Fleet Pacific Headquarters will be fully engaged to set priorities for both shortage requests and the identification of a replacement. Ship's commanding officer oversight is required throughout the process to ensure fleet priorities are met, and to balance mission requirements with individual personnel tempo limitations. These limitations are as varied as there are individuals, but in effect, it is the cumulative effect of time away from home being better balanced against the member's and service needs. In some instances someone else could take the sailor's place that has less time away if their personal circumstances do not preclude them from deploying. All personnel requirements will be considered for resolution based on unit need within the context of formation resource availability and crewing priorities.

Their personnel tempo, personnel issues and mission requirements have been broken down into three categories:

- Red – An individual who meets the criteria identified to fill a critical or mission limiting shortage, but is not in the best interest of the sailor or the losing unit. Reasons for this may include: the individual has personal issues, personnel tempo considerations, a career course, or command assesses the absence of the individual would have a significant impact on the losing unit's operations. The Fleet Commander himself is the only one who can approve a red attach posting.

- Yellow – A suitable individual identified to fill a critical or mission limiting shortage, and does not significantly disadvantage the individual or the losing unit. The individual is not a willing volunteer, but his absence would not seriously impact the losing unit's mission.

- Green – The loss of the individual does not negatively impact the losing unit, provides the sailor with a favourable training opportunity, and is in the interest of the sailor or losing unit.

For further details refer to the message CFP 023 191446Z MAR 09 or speak to a member of your command team who is well versed in this recent initiative.

Lead the Fleet.



Chris Kiiskila  
Pharmacy Manager

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VENTURE: STUDENTS REACH OUT TO ISLAND COMMUNITY



Lt(N) Nathanael Moulson, Contributor

Naval Environmental Training Program - Officers students lead the way during a parade through the streets of Powell River during the city's Sea Fair.

## Venture students take navy to Sea Fair

**Lt(N) Nathanael Moulson**  
NOTC Venture

Students of a recently graduated Naval Environmental Training Program – Officers spent an eventful weekend in the City of Powell River during the City's 2009 Sea Fair.

The Powell River Sea Fair has been an annual tradition since 1963, during which the community gets together to enjoy local vendor displays, live entertainment, a carnival, parade and fireworks.

The city was excited to welcome two Orca class vessels and 44 staff and students to this year's event.

The navy was involved in several aspects of the fair, starting with a ceremonial march during the opening ceremonies. This was followed by a brief speech from the course training officer, where it was announced that the ships would be open to visitors the following afternoon. The Orca vessels quickly became a popular destination and over 250 tours were provided over the course of

the weekend.

On Saturday, NCdt Buxton, a third year Royal Military College student, led 18 others on a parade through the streets of Powell River. Following the parade, the staff and students enjoyed an afternoon sharing stories with veterans at the local Legion.

After one more week of sailing through the Gulf Islands, the students returned to Venture, The Naval Officer Training Centre in Esquimalt to complete their course.

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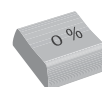
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