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SHIP NEWS 3
 HMCS Calgary sets sail for Panamax



SHIP NEWS 14
 HMCS Nanaimo makes waves during bathrub race



SPORTS 17
 Navy 10K runners put their best foot forward



Finally home

We missed you!

Hundreds swarmed the deck of HMCS Winnipeg, including Owen, 5, and his family, to greet MCpl Jim McIver. Winnipeg arrived back from a seven-month deployment to the Gulf of Aden on Friday Aug. 21.
 Mary Ellen Green, Lookout
More photos on page 2

Editorial & Opinion..... 4
 In Focus 16
 Classifieds..... 18-19

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**Welcome
home
Winnipeg**

Mary Ellen Green, Lookout

HMCS Winnipeg's embarked Sea King helicopter flies its custom-made pirate flag past A Jetty just before the ship came alongside following a seven-month deployment to the Gulf of Aden. The flag was made by The Victoria Flag Shop to mark the success of Winnipeg's counter-piracy mission.



Mary Ellen Green, Lookout



Corporal Alex Croskery, Esquimalt Imaging Services

Above left: Winnipeg's Assistant Logistics Officer, Lt(N) Lynda Hinch gets a big hug from her son, Ethan, 3.

Above right: PO2 Byron Rempel, dressed up as a Bison, the official mascot of Winnipeg, hugs his wife Shannon and daughter Jessica. PO2 Rempel won the raffle for the first kiss.

Right: Cheers and applause greet Winnipeg as the ship sails past Duntze Head.



Corporal Alex Croskery, Esquimalt Imaging Services

SHIP NEWS: PANAMAX BEGINS

Heading south: Calgary sets sail

Mary Ellen Green
Staff writer

After spending the weekend with friends and family, HMCS Calgary's crew put the finishing touches into their preparation plan and set sail last week on a three-month deployment to Central and South America.

After RAdm Tyrone Pile, Commander Maritime Forces Pacific (MARPAF) and Joint Task Force Pacific (JTFP), addressed the crew briefly on Calgary's flight deck, the lines were untied and Calgary pulled away from the jetty.

With a crew of 225 and an embarked Sea King helicopter, the frigate departed Esquimalt Harbour on Monday, Aug. 17, en route for Panama where the ship will join navies from 16 countries for Panamax 2009, a joint multinational exercise that runs from Sept. 13 to 21.

"The deployment of HMCS Calgary is a reflection of the Government of Canada's commitment to stability and prosperity in Central and South America," said Commodore Ron Lloyd, Commander Canadian Fleet Pacific. "Canada's continuing involvement

in exercise Panamax improves cooperation and interoperability between the Canadian Forces and our international partners."

Panamax is designed to strengthen the naval interoperability of nations that have security interests in the Panama Canal. The annual exercise is cosponsored by United States Southern Command and the Government of Panama. Crisis response scenarios will test the alliance's ability to counter maritime-based threats to the Panama Canal, an invaluable international trade route.

Exercise participants will be deployed on both sides of the Isthmus of Panama and will practice a range of joint coalition activities including command and control, surveillance and monitoring, and naval boarding operations.

The deployment will also see Calgary participating in multinational drug surveillance and interdiction operations led by U.S. Joint Interagency Task Force South (JIATF-S). With assistance from international partners including Canada, the United Kingdom, the Netherlands, Spain and France, JIATF-S has



Mary Ellen Green, Lookout
HMCS Calgary sails out of Esquimalt Harbour on its way to Central and South America for a three-month deployment.

stopped more than 200 metric tonnes of cocaine from entering North America since 2007.

In October, Calgary will

conduct diplomatic visits at a number of ports of call in Peru, Chile and Mexico before returning to Esquimalt in November.

GCWCC: CAMPAIGN KICKOFF

Olympics come early for charity drive

Mary Ellen Green
Staff writer

As the 2010 Winter Olympics draw near, members of the defence team will get a chance to compete in a pre-Olympic qualifier in support of the United Way.

The Maritime Forces Pacific (MARPAF) Olympics is the theme for this year's Government of Canada Workplace Charitable Campaign (GCWCC)/ United Way kick off.

On Sept. 17, parking lot H in dockyard will be converted into an Olympic venue complete with standing boards and medal podiums.

The day will begin with athletes parading from the dockyard main gate to the rhythm of The Canadian Scottish Regiment (Princess Mary's) 2136 Royal Canadian Army Cadets Corps Pipes and Drums band.

The grand stands will be set up for the 2,000 spectators who are expected to come cheer on their favourite country in four sporting events.

Registration for teams of four ath-

letes is now underway. Each team must choose a country to represent, plus an alternative. Registration is \$20 per team and will be limited to approximately 20 teams. "It's a you snooze, you lose kind of thing, so get those registrations in early," said event organizer, Dan Deringer.

Each member of a team will represent their country in one of four sports: curling, hockey skills competition, snowshoe race, and monkey fist toss.

"We tried to look at events that related to the 2010 Winter

We tried to look at events that related to the 2010 Winter Olympics, but we can only do what's in the realm of possibility in September.

-Dan Deringer
Event organizer

Olympics," Deringer said. "But we can only do what's in the realm of possibility in September."

"We also wanted to include one traditional naval event, so Canadian Forces Fleet School Esquimalt will host the Monkey Fist throwing competition," he added.

"Fleet Maintenance Facility Cape Breton has taken on the lion's share of organization in the past, but this year, lodger units are taking care of one event each."

Deringer has organized CFB Esquimalt's GCWCC/United Way kick off event since 2005. This will be his last year as event organizer.

"I've been very blessed to go to work with a number of people here who aren't afraid to make eye contact with me. Because most of them know that when I'm looking at you, I want something," Deringer laughed. "I work with a lot of very dedicated people, and that's one thing I'll miss a lot."

To register a team for the Pre-Olympic GCWCC/United Way Charity Qualifier, contact Dan Deringer by email at Deringer.DL@forces.gc.ca or call (250) 363-2367.



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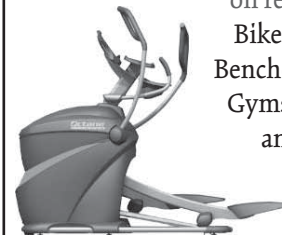
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WHO WE ARE

MANAGING EDITOR

Melissa Atkinson 250-363-3372
melissa.atkinson@forces.gc.ca

STAFF WRITERS

Mary Ellen Green 250-363-3672
maryellen.green@forces.gc.ca
Shelley Lipke 250-363-3130
shelley.lipke@forces.gc.ca

PRODUCTION

Carmel Ecker 250-363-8033
Shelley Fox
Monique Mermoud

ADMINISTRATIVE ASSISTANT

Kate King 250-363-3014
kate.king@forces.gc.ca

ACCOUNTS

Kerri Waye 250-363-3127
kerri.waye@forces.gc.ca

SALES REPRESENTATIVES

Ivan Groth 250-363-3133
ivan.groth@forces.gc.ca
Joshua Buck 250-363-8602
joshua.buck@forces.gc.ca
Mike Laidlow 250-363-3422
mike.laidlow@forces.gc.ca

EDITORIAL ADVISOR

Capt Darin Guenette 250-363-4371

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CFB Esquimalt, PO Box 17000 Stn. Forces,
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E-mail: frontoffice@lookoutnewspaper.com

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FROM FLEET HEADQUARTERS

A plan to deliver on fleet priorities

CP01 Paul Helston
Fleet Chief

This past June the Fleet Commander gathered all the ships' Commanding Officers, Fleet Senior Staff and the DCO from 443 Maritime Helicopter Squadron for a two-day off-site. The aim of the off-site was to discuss the strategic challenges of the Canadian Forces (CF), where the navy fits into these challenges, and to identify internal Fleet issues in order to fully understand what the leadership in the Fleet need to do to lead the Pacific Fleet through these challenges.

The Fleet Commander's intent for the next 18 months is to implement a governance structure that will ensure the successful execution of a plan to effectively meet the Chief of Defence Staff, Commander Maritime Command, and Commander Maritime Forces Pacific's stated goals.

The priorities, in order, are: people, success in operations today and success in operations tomorrow.

As a result of a number of CF, naval and operational factors, including what seemed like incremental decisions over the past decade, albeit which made sense given the context of the day, we protected our ability

to succeed in operations today by placing our ability to succeed in future operations at increasing risk.

In particular, we put increased expectations on our personnel to meet an increasing number of challenges, including difficult leadership challenges. Moreover, today, as a result of HCM/FELEX, various capital projects, critical retention issues, and severe recruiting challenges, there is an increased need to ensure the current resources are allocated in a balanced way, and particularly, that we deliver on our number one priority: our people. Therefore, the Commander Canadian Fleet Pacific implementation plan is aimed at providing a deliberate way ahead to better balance these competing demands.

At the off-site, issues and concerns within the Fleet were discussed with the output being an action plan to address them to ensure the Fleet is more efficient and effective. The issues to be examined and addressed are extensive and varied but include some of the following:

- Fleet Headquarter re-organization that would include the establishment of the Fleet Personnel Manager. This is intended to assist in addressing the Fleet Commander's number one priority: our people;

- Fleet Efficiency Working Group activities are rolled up into the plan, which include such initiatives as reduced home and away from home port duty watches, changes to watch on deck and standard readiness manning;

- Attach Posting Command oversight and personnel management tools;

- Orca crewing;
- Reducing the length of time away due to out of area training;

- Development of a longer range and predictable operations schedule. This is to include a varied and interesting foreign ports program;

- Recognition awards and increased pride in the Fleet programs;

- Improved combat readiness tools and measurement.

The common theme at the Commanding Officers off-site and articulated in the implementation plan is that priorities two and three cannot be successful without seriously addressing our number one priority: our people.

For further details the CCFP implementation plan can be found on the CANFLTPACHQ website <http://esquimalt.mil.ca/cfp/>

WHAT SAY YOU

Hey Navy, let's lace up

I recently participated in the Navy 10K held in Esquimalt on Aug. 16. This was the third annual run since they re-introduced it after a 10 year hiatus.

The past three years have seen a dismal showing, in my opinion. There are more runners taking part in each of the VIRA running series races. The East Coast can boast numbers of 580 or more annually and did not have our 10-year gap. They have even included a Navy 5K, which brought approximately 154 more runners to the race.

Out west we have better weather and much more to provide for any type of running distance. Yet, we pale in comparison to Halifax.

Our 10k numbers are bolstered by a good number of civilians as well.

I see personnel running every day around Dockyard and Naden. I know many who are

trying to get into shape and back into shape. The treadmills at the gyms are usually full. Vancouver Island has thousands of runners.

Where were they on August 16th?

Where were our military personnel?

Where were the ship/unit teams?

There were very few of these.

I give everyone who showed up and ran a big "High-Five" and thank you all for taking time out of your relaxing summer Sunday morning to take part in what I hope will continue to grow into a larger event.

For those who chose not to participate, for whatever reason, don't make the same excuses for next year.

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Another Tarantino film soaked with violence

W. Andrew Powell
The GATE

Opening in theatres this weekend: Quentin Tarantino's *Inglourious Basterds* debuts alongside the political satire *In The Loop*, and the far-out family comedy, *Shorts*. I also take a look at last week's big debut film, *District 9*.

Inglourious Basterds

The years seem to pass quickly between director Quentin Tarantino's projects. After all, it's been over two years since he debuted the dark, somewhat campy grind house film, *Death Proof*, and it's been five years since *Kill Bill, Vol. 2* came out.

Actually, if truth be told, Tarantino may be a highly touted director, but since 1992 he's only released seven films, and that includes *Kill Bill* in two parts.

In Tarantino's latest blood-soaked film, Brad Pitt stars as Lieutenant Aldo Raine, the leader of a group of Jewish soldiers sent into Germany to kill Nazis and take down Hitler and his Third Reich.

Meanwhile in France, a woman named Shosanna (Mélanie Laurent) bears witness to the execution of her family by a Nazi leader and vows revenge, planning to find a way to kill Hitler by herself.

With these two converging story arcs, the *Basterds* and Shosanna fight their way toward their shared goal with the hopes of being the one to change the course of the war, and get even.

On the surface, the plot sounds thin, but as with all of his films, Quentin Tarantino wrote the screenplay, which is always a good sign. Tarantino crafts some intriguing tales, made all the better because he knows how to take a simple story and twist it into something mesmerizing. He is also a master of dialogue, working miracles with his characters through the most random subject matter. The only trouble, which also seems common throughout his scripts, is that he often gets a little too complicated with his story arcs, needlessly drawing out unnecessary elements of the story.

Also opening this week...

In The Loop

Tom Hollander and James Gandolfini star in this politically charged comedy about the heavy topic of the war in the Middle East. Using satire to make a point, the film has Hollander playing a British Secretary of State who mis-

takenly gives American officials fodder to campaign for war, while those against the war try to back out of the corner they have been painted into.

Backed by solidly positive reviews, *In The Loop* is a funny, intriguing film that also has a great cast.

Shorts

In this farcical family comedy set in the everyday boring world of your average suburb, an 11-year-old finds himself the proud owner of a magical rock that grants unlimited wishes. The problem is that wishes gone awry are taking over the neighbourhood, and once the adults start getting their hands on the stone, things start getting really weird.

Written and directed by Robert Rodriguez, who also made the *Spy Kids* movies, *Shorts* looks like a far out hit, although not every critic is happy with the film.

Already in theatres...

District 9

The summer of 2009 has been a huge disappointment in terms of popcorn movies, but there is some good news with director Neill Blomkamp's *District 9*, a sci-fi film that is so good, it might be the best movie I've seen all year.

Shot documentary-style, Blomkamp's film is set in Johannesburg, South Africa, where a massive space ship has parked itself above the city. With no movement,



François Duhamel

Aldo Raine, played by Brad Pitt, addresses his troop in Quentin Tarantino's *Inglourious Basterds*.

humans cut open the ship to discover thousands of aliens, who look like a cross between a human and a lobster, surviving in their own filth.

With the ship completely inoperable, the company Multi-National United (MNU) steps forward to deal with the refugees, creating the equivalent of a barricaded slum for the aliens and locking them away from the rest of the city, who have come to resent and revile the intruders.

Set some 20 years after the aliens first arrived, the movie starts as Wikus van der Merwe (Sharlto Copley), a harassed paper-pusher at the MNU, who is far out of his depth. He has been charged with evicting the prawn from *District 9* and moving them to a new holding area far outside of the city. Backed up by MNU militia, Wikus handles the situation

poorly and ends up contaminating himself with a fluid that begins an awful process, slowly transforming him into a half-prawn mutant.

Much like Wikus, *District 9* is a bit of a mutant itself, crossing the lines between a brainy sci-fi drama, and an all-out action film. The trick is that it avoids the usual plot points and instead leaps at every chance to do something different. That goes as much for the performances as it does for the script, cinematography, and special effects; a rare accomplishment for a sci-fi film.

Although the film deals with xenophobia and racism at its core, *District 9* is not necessarily a film with a message. At the same time, the film really all comes down to Copley, who is a marvelous star, transforming Wikus from the desk-jockey to something else.

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For some athletes, iron is greater than gold

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The name Ironman is synonymous with pain, suffering and the depth of human determination.

It is the epitome of endurance and the most prestigious of all triathlons.

Nine members of CFB Esquimalt's Triathlon Club have spent their time, money and energy to get themselves to Ironman Canada 2009, held Aug. 30 in Penticton, B.C.

"The racing portion of Ironman is the easiest part of the whole process," said Lt(N) David Dallin, the triathlon club's president.

"The preparation that is required leading up to the event is where it takes the most impact on your life. Twenty-five hours per week of training alongside a full time career means that early mornings are a must, and lunchtime workouts mean I get to be home for dinner."

Ironman Canada is continental North America's oldest Ironman competition. Athletes will attempt to complete a 3.8 kilometre swim, a 180 km bike ride and a 42.2 km run in succession. They will have 17 hours to complete the race or face disqualification.

Participating in an event of this magnitude means spending a lot of time training. Triathletes often train in bricks: training on two disciplines during the same workout, one after the other with minimal or no interruption in between, just as they would do in a race.

"The longest training brick I



Mary Ellen Green, Lookout

Base triathletes are making their way to Penticton this weekend to compete in Subaru Ironman Canada. They are from left: Capt George Beattey, LS Mark Ritchie, CPO1 Ron Mierau, CWO Kirk Lewis, and Lt(N) Dave Dallin.

completed was a 160 kilometre bike ride followed by a 17 kilometre run. Total time was seven hours on a Saturday, only to "cool down" the next day with a 50 kilometre ride and a five kilometre run and a four kilometre swim," Lt(N) Dallin said.

Their bodies are poked, prodded and scrutinized in order to reach maximal potential. Almost all of these athletes paid for a coach or coaching agency, and almost all had VO₂ max testing done in order to determine

the maximum intensity they can sustain while racing. The effort required to take one from simple triathlete to Ironman is exponential.

As a triathlete, every detail and every second matters. Every point is checked and rechecked.

They spend thousands of dollars on the most lightweight and aerodynamic equipment for the big race: wetsuits for the swim, a road or time trial bike and helmet for the bike ride, and a high quality running shoe

for the marathon distance run. Individuals may choose to purchase accessories such as a fuel belt or aerobic bike handles to make their race more comfortable. Every triathlete has unique preferences.

Some athletes have spent almost \$10,000 on equipment alone. Then they also have to pay for travel and accommodation expenses, which can add up quickly.

"I'm staying at the Riverside Motel. It was \$150 a night for

The racing portion of Ironman is the easiest part of the whole process. The preparation that is required leading up to the event is where it takes the most impact on your life.

-Lt(N) David Dallin,
Triathlon Club president

five nights minimum. It has one bedroom, a kitchen and a pull out sofa bed in the living room. There will be about four or five of us in there. Accommodations are tough to come by in Penticton this time of year," said Capt George Beattey, Training and Readiness Pilot and Flight Training Officer at 443 Maritime Helicopter Squadron. This will be Capt Beattey's third Ironman competition.

Naval Provost Marshal, LCdr Lucie Tremblay, and her husband, Base Personnel Services Officer LCdr Dan Bouchard, are both competing in this year's Ironman. They also both balance training with full-time high-responsibility jobs and a family.

"We both fully understand the commitment required," LCdr Bouchard said.

These athletes embody the ethos of what it means to be a leader in the Canadian Forces.

What is VO₂ Max?

The anatomy of an endurance athlete

VO₂ max testing determines the volume of oxygen that can be consumed by an individual at a maximal workload over a given period of time. It is a good predictor of potential performance capabilities in aerobic endurance events as well as a measure of cardiovascular fitness.

During a direct VO₂ test, athletes don a heart rate monitor and a mouth piece attached to a complex computer tracking system and run on a treadmill until they reach exhaustion.

There are a number of protocols for determining VO₂ max. Most commonly, the test begins at the athlete's aerobic threshold, which occurs at approximately 65 to 77 per cent of VO₂ max, and is the athlete's most comfortable running pace.

Intensity is escalated by increasing speed and incline over two minute intervals, continuing until the subject can no longer sustain the pace.

Once they've determined they've had enough, the treadmill stops and focus changes to recovery time.

Once VO₂ max is determined, athletes and their coaches can better determine the appropriate zones for training and racing.

"VO₂ max isn't the only predictor of performance. Athletes need to learn to be very efficient with their movement. They also need to determine their lactic threshold, or the intensity at which they stop using oxygen as their primary fuel source. They want that to be as high as possible," said Rachel Blacklock research coordinator at Personnel Support Program's Human Performance Research and Development lab at Dockyard Gym.

"When racing an endurance event, it's all about keeping below threshold for the entire race, that's why triathlon is such



Mary Ellen Green, Lookout

LS Kris Langford undergoes VO₂ max testing at the Dockyard Gym's Human Performance Research and Development lab.

a numbers game."

Unlike some sports that rely on natural talents, VO₂ max values can be increased with a combi-

nation of interval and long slow distance training. While approximately 50 per cent is determined by the athlete's genetic

make-up, the other 50 per cent can increase with training. That's why endurance athletes are said to be created and not born.

MILITARY IRONMEN



Captain George Beateay

Position: Training and Readiness Pilot and Flight Training Officer at 443 (MH) Sqn

Age: 36

Years doing triathlon: Five

Goal Time: 10h30m or so.

What are your fears?

I feel like I can deal with what ever the day deals me. I competed at Ironman Canada in 2000 and there were hail storms at the top of Richter pass, many people were pulled off the course due to hypothermia. I also crashed on the bike that year, slid on my back and tore it up and had a pretty good concussion. Finished with a time of 12:51 I think.



Lieutenant Commander Daniel Bouchard

Rank/Position: Base Personnel Services Officer

Age: 39

Years doing triathlon: Four

What is your goal time? The first goal is to complete, then hopefully in 12 hours or less.

Do you have an endurance background?

No. Have to go long because I am so slow...

Which discipline is your strongest?

I am weak in all three disciplines. My strongest aspect of endurance is the transition zones. I can spend more time there than any other competitors.



Lieutenant (Navy) David Dallin

Position: Course Training Officer, NOTC Venture

Age: 28

Years doing triathlon: Three

Goal Time: 12hours +/- 45 minutes

What special race day prep do you have?

Get up early, stay relaxed (Damien Rice). Don't pump up your tires until as late as possible. Go out and warm up for 15 minutes of swimming. Position yourself in a comfortable position on the start line. Relax.



Leading Seaman Mark Ritchie

Rank/Position: Naval Communicator

Age: 41

Years doing triathlon: Two

What is your goal time? sub-11 hours.

Has Triathlon/IMC led to any emotional, personal or relationship hardship?

Triathlon has been a great help for me these last two years. It is tough, however, as there is a lot of training to be done in a limited number of hours per week.

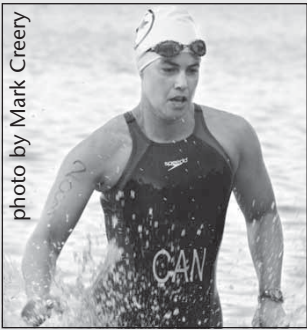


photo by Mark Creery

Lieutenant Commander Lucie Tremblay

Rank/Position: Naval Provost Marshal (Pacific)

Age: 39

Years doing triathlon: Three

What is your goal time? 12 hours

Has Triathlon/IMC led to any emotional, personal or relationship hardship?

It's hard to balance a demanding Base Section head job, training and an all triathlete family while preparing for the 2010 Games security.



Chief Perry Officer First Class Ron Mierau

Rank/Position: Transition Project Manager, FMF Cape Breton

Age: 51

Years doing triathlon: 28

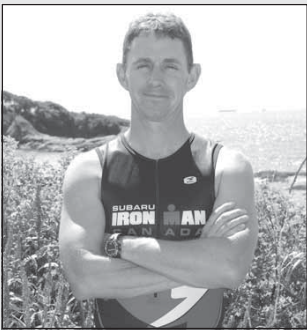
What is your goal time? Depending on many things, I hope to get under 11h30m

What special race day prep do you have?

This starts two nights before with quality home-cooked meals. Then the night before getting all the nutrition ready, all gear bags ready for each discipline and the bike all turned up the week before. A good routine that has been established for all the races and training: a good breakfast two hours prior to the race, water up to one hour then nothing at all until 10 minutes prior 250 ml water with a gel.

How do you plan to deal with hydration/nutrition during the race?

Stick with the plan, about 400 calories or 84 grams of carbohydrates an hour. I will use a fuel belt for the run. I like having my power gels in a bottle pre-mixed with water with lines marking the amount I have to drink at predetermined times. My routine is every 15 minutes I will drink and or eat. Remember water is just as important as energy drinks and is easier on the stomach than straight Gatorade.



Chief Warrant Officer Kirk Lewis

Rank/Position: Division Sergeant Major – Venture Leadership Recruit Training Division

Age: 43

Years doing triathlon: Four

Do you have an endurance background? I'm in the Army.

How do you plan to deal with hydration/nutrition during the race?

Out of the water: 1 gel, when I get on to the bike I start eating 20 minutes in. Every 30 minutes after, I eat one gel and half a Cliff bar and one salt/ electrolyte tablet. Every 60 minutes I drink one litre of water and 750ml Gatorade. Off the bike: I eat one gel and one salt/electrolyte tablet every 30 minutes and drink a combination of water and sports drink every 15 minutes.

An education in endurance The history of Ironman

LS Kristopher Langford
Contributor

"Swim 2.4 miles!
Bike 112 miles! Run 26.2 miles! Brag for the rest of your life", these were the words written on three sheets of paper given to the athletes of the first ever Ironman Triathlon in Honolulu Hawaii. It was February 18, 1978 and 15 men were about to finally decide who was the greater athlete; swimmers, cyclist or runners. Only 12 finished the race.

The test was conceived by US Navy Commander John Collins who had combined the Waikiki Rough Water Swim (2.4 mi./3.86 km), the Around-Oahu Bike Race (115 mi./185.07 km; originally a two-day event) and the Honolulu Marathon (26.219 mi./42.195 km). Although not the first triathlon it was the first time an event of this extreme distance had been attempted. Since its founding days Ironman Hawaii has been the most prestigious of all triathlons, and why not? In 1979 Sports Illustrated

called the participants of Ironman "lunatics."

One of the most characteristic Iron moments, which was beamed around the world was in 1982 when Julie Moss collapse a few hundred meters from the finish. Suffering from dehydration and exhaustion she continued to crawl towards the finish line. Although she gave up her first place position to Kathleen McCartney by a mere 29 seconds her struggle had encapsulated what it mean to be an Ironman. Although Ironman Hawaii, (now held in Kona)

was the first and remains the world championships; Ironman is now raced all over the world. In 1983 23 people made history by staring in the first Iron distance event in Penticton, British Columbia. By 1986 it had become an official Ironman and was the North American main land qualifier. It is the oldest Ironman triathlon on continental North America.

"Whoever finishes first, we'll call *him* the Iron Man,"

-US Navy Commander John Collins



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-Karen Jeffery, Artistic Director, Sunset Theatre

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jake's gift

written and performed by Julia Mackey

Jake's gift is an award winning Canadian comedy-drama about a cantankerous WWII veteran who reluctantly returns to Juno Beach for the 60th anniversary of D-Day. While there, he meets Isabelle, a precocious 10-year-old from the local village, whose inquisitive nature and charm challenge the old veteran to confront some long ignored ghosts.

In 2004, playwright Julia traveled to Normandy, France, for the 60th anniversary of D-Day. While there, she interviewed dozens of WWII veterans from Canada, Britain and America who had returned for the ceremonies. Their stories and the events that unfolded on her eight-day journey were the inspiration to create *Jake's Gift*.

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COMMUNITY: FRINGE FESTIVAL

Play confronts war ghosts

Sammie Gough
Contributor

Jake's Gift is written and performed by Julia Mackey (juliamackey.com) and will be playing at the McPherson Playhouse, Victoria for one night only on Monday, Aug. 31 at 8 p.m. as a special fundraiser for Intrepid Theatre and the Randy Smith Scholarship Fund. Tickets are \$20 for children, \$24 for military and \$30 for general public (phone 250-386-6121 or 1-888-717-6121 or online at www.rmts.bc.ca)

Writer and performer Julia Mackey is leading the march to ensure the role of Second World War Veterans remains in our living memory.

Her award-winning play, *Jake's Gift*, about a Second World War veteran who reluctantly returns to Juno Beach for the 60th Anniversary of D-Day, is being feted as one of the best works of new theatre to come out to Canada in recent years.

Mackey, who grew up in Montreal, has worked as a professional actor since 1997 in theatres across Canada,

Travelling to Normandy was one of the most profoundly moving experiences of my life, and I knew I had to write about it.

-Julia Mackey
Playwright

including many shows in Victoria with Theatre SKAM. In 2004, she travelled to Normandy, France, for the 60th Anniversary of D-Day. While there, she interviewed dozens of Second World War veterans from Canada, Britain and America who had returned for the ceremonies.

Their stories and the events that unfolded on her eight-day journey were the inspiration for *Jake's Gift*.

"Travelling to Normandy was one of the most profoundly moving experiences of my life, and I knew I had to write about it and share that experience with other Canadians," Mackey says.

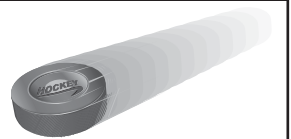
Jake's Gift has won awards and hearts across the country as well as five star reviews, and it is the only show in Victoria's Fringe history to win the Audience-Pick-of-Fringe and Best Performer awards two years in a row.

Everywhere she performs the play, whether it be a small town or a city, Mackey is amazed by the emotional reaction to *Jake's Gift* from audiences. The feedback from veterans and members of the military has been overwhelmingly positive and many often come up to chat with her after the performance and share their own experiences.

"So far, I've got thumbs up from them, and my band of 80-year-old boyfriends continues to grow. Saying that though, I recently had some Afghanistan veterans in the audience in Winnipeg and that was a very moving experience meeting veterans my own age. Even though the play is about a Second World War soldier, the story is really about a soldier's struggle to deal with the loss and guilt and memories of war; the good and bad," Mackey says.

CFB Esquimalt Tritons 2009/10 Season

Men's Hockey Tryouts



Tryouts are open to all in uniform Regular and Reserve class. The Team plays in a local mens league in Victoria playing about 30 games a season along with practicing twice a week from Sept to Apr. The team also will compete at the CF Pacific Regional Championships with a chance to represent the region at the CF National Championships. Ice time has been booked for conditioning so you can get into shape before tryouts begin:

Aug 17, 4 to 5:45 Light Conditioning

Aug 19, 5:45 to 7:30 Light Conditioning

Aug 24, 4 to 5:45 Conditioning

Aug 26, 4 to 5:45 Conditioning

Aug 31, 4 to 5:45 Conditioning

Sep 2, 4 to 5:45 Try Outs

Sep 7, 5:30 to 7 Try Outs

Sep 9, 7 to 8:30 Try Outs

Team dryland training at Naden Lower Gym Tuesdays, 2:30 to 3:30 and Fridays 12:30 to 1:30 starting the Aug. 11.

Inquiries can be e-mailed to Mike Vogt, Mike.Vogt@forces.gc.ca or Roger D'Amour, Roger.Damour@forces.gc.ca



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O most beautiful flower of Mount Carmel, fruitful vine, splendor of heaven, blessed mother of the son of God, immaculate virgin, assist me in my necessity. O Star of the Sea, help me and show me that you are my mother, O, Holy Mary Mother of God, Queen of heaven and earth, I humbly beseech you from the bottom of my heart to help me in my necessity. (Make your request.) There are none that can withstand your power. "O Mary conceived without sin, pray for us who have recourse to you." (Threetimes.) "Holy Mary place this prayer in your hands." Say this prayer three consecutive days and then publish it and it will be granted you. JK

IN BRIEF

Photo contest now open

The annual DND Photography Contest is now officially open.

Since 1998 the contest has seen a steady increase in participation, from 254 entries in 1998, to 2,096 entries in 2008.

What you could win: Over \$20,000 in prizes such as digital cameras, printers and cash awards will be distributed amongst winners. Most importantly, winners will get recognition by receiving a Certificate of Achievement and having their winning entry published on the DND Intranet and the Internet with full credit.

How to enter: Entry forms, rules, and tips to enhance your chances to win are now available online at the Canadian Forces Personnel Support Agency internet site: www.cfpsa.com/dnd-photocontest

Deadline: Bring your entries to Base Imaging Services, Dockyard Building D-25 (across the street from the gym) no later than Wednesday, Sept. 23 to ensure they are received in Ottawa before the Oct. 1 deadline.

Standing court martial results

From Aug. 4-6, ex-Pte Nieuwendorp was tried by standing court martial on the following charge under the National Defence Act: A. S. 130 nda, uttering threats (s. 264.1(1) ccc).

The accused was found not guilty.

War artist seeks photos

Toronto artist Gertrude Kearns is calling on soldiers who have served in Afghanistan to send her their photos.

She plans to use these photos to create large canvas

works with a focus on battlefields and combat scenarios.

She visited Kandahar in January 2006. Working as an official war artist with Joint Task Force Afghanistan, she completed numerous drawings while in theatre.

She later used them, along with photos she took in theatre, as working studies for six paintings for the Canadian Forces.

"I am seeking photographs that are powerful visually and informatively on both emotional and situational levels, and most importantly, compelling as both proud and searing memories to those soldiers who have taken them," she said. "These images would be utilized as crucial reference materials." Soldiers interested in participating in the project should send their photos to Kearns at: war_artist@hotmail.com.

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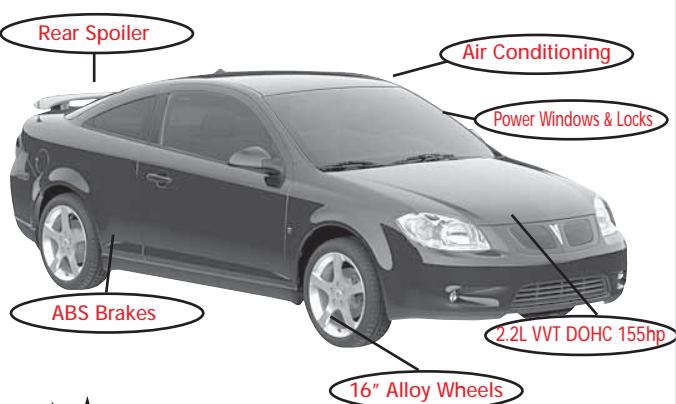
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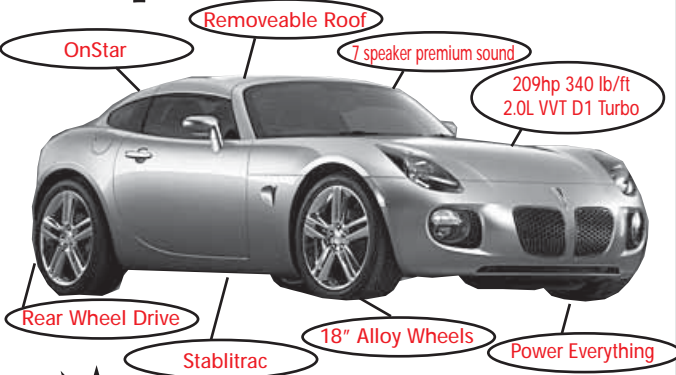
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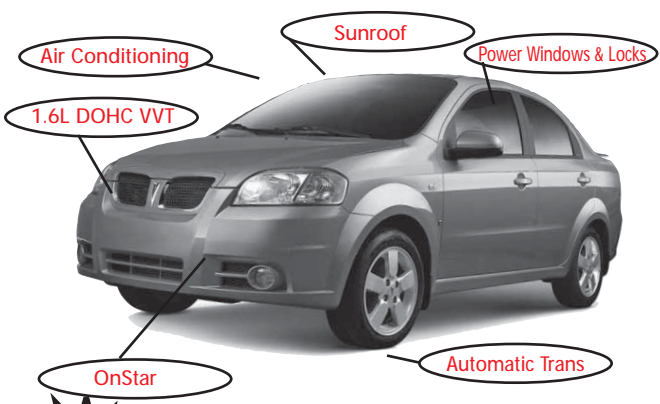
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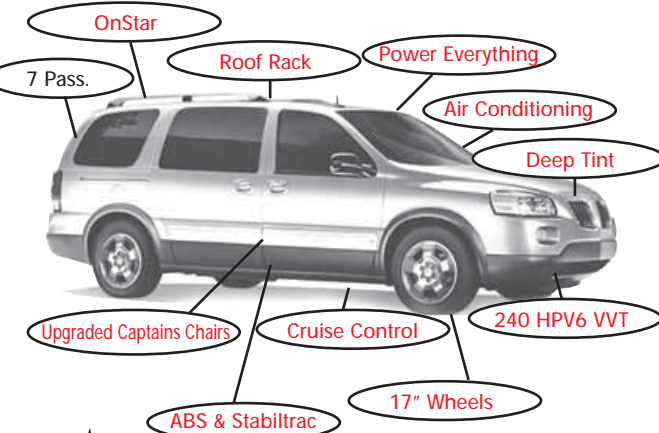
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WE DID IT!



Pte Michael Bastien, Base Imaging Esquimalt

Left: LGen Andrew Leslie, Chief of the Land Staff, addresses OS Sarena Wright during an inspection of graduates from the 2009 Raven Aboriginal Youth Program.

Above: LCdr Kelly Larkin (left) and Gen Leslie (right) give the Top Student Award to OS Nathan Kelly for his performance during the recruit course.

Below: The General gives the Top Student Female Award to OS Mandy Jack for her performance during the seven-week course.



Aboriginal recruits graduate from Raven Program

Mary Ellen Green
Staff writer

Twenty-one-year-old Bonnie Etuangat has faced some tough challenges over the last seven weeks.

As a trainee in the annual Raven Aboriginal Youth Employment Program she had to leave her home in the remote northern town of Pangnirtung, Nunavut on Baffin Island, and settle into Victoria, a city much larger than any she'd ever seen before.

She even had to speak English.

"We don't normally speak English," she said. "My family speaks Inuktitut at home and I didn't even start learning English until Grade 7. It's been a challenge and I found it really tough."

Etuangat was just one of over 50 participants who graduated from the Raven program last Friday.

Seventy-nine youth started the program in early July; their average age is 17.

LGen Andrew Leslie, Chief of Land Staff, made the journey from Ottawa to Esquimalt to be the reviewing officer for the graduation parade held at Work Point's parade square Aug. 21.

Graduates have no obligation to continue on in the Canadian Forces after graduation, but statistics show that between five and 10 per cent end up joining the Reserves.

"It's not a recruiting program, but it is geared to create awareness," explains LCdr Angus Fedoruk, officer in charge of the Leadership and Recruit Training Division at Venture.

"This is the seventh year for this program, which has built bridges between the military community and Canada's First Nation peoples. They learn basic military skills,

physical fitness, drills, parade and how to maintain uniforms and quarters. The seven-week program fosters self-discipline, self-confidence, teamwork and leadership skills, and gives exposure to the Canadian Forces as a career."

Eighteen-year-old Wade Daigneault from Ile-a-la-Crosse, SK said he was shy to speak in front of people before he arrived at Raven, but is now enjoying a new sense of self-reliance. "I was so shy before, but this program has been a big confidence booster and that brings inspiration," he said.

Daigneault had doubts about leaving his friends behind for the summer. "I was thinking a lot about what I might miss out on, but I know I made the right choice coming here. It really helped me think about the future."

Daigneault said he'd like to join the reserves and hopefully

be accepted to the Aboriginal Leadership Opportunity Year (ALOY) program, which will see him enrol in Royal Military College as an officer cadet for a year.

Darcy Ahenakew, 17, from Prince Albert, SK, said the Raven program opened his eyes to what the Canadian Forces do, so much so, that he said he'd like to join the navy as a boatswain.

"I really enjoyed having a day sail in *HMCS Brandon* and seeing what it was like to work on a ship. I even got to check out the engines, which was really cool."

Ahenakew found out about the Raven program through his father.

"My first impression was no, but now that I'm here, I know I made the right choice. I've learned more here in the last seven weeks than I did in my whole Grade 12 year."

He told a councillor at his high

school where he was working this summer, and they've asked him to return to the school and make a presentation to the students about his experience.

"Every day is different here and that's why I like it. It made me more open-minded and assertive. It's been very rewarding. I would recommend this program to anyone who reads this. If you get the opportunity, you should do it."

Interested Aboriginal youth can find out more about Raven at Canadian Forces Recruiting Centres throughout Canada and from the Internet at www.raven.forces.gc.ca.

Two similar camps exist within the Canadian Forces, Bold Eagle in Wainwright and Black Bear in Borden. Participants in the three programs are paid at the Class B Private/Ordinary Seaman pay rate, and all travel expenses are covered.

SHIP NEWS: AT SEA WITH LAUGHTER

Entertainment night rounds off deployment for HMCS Winnipeg

Cpl Wayne Hannah
HMCS Winnipeg

Two weeks before coming alongside Esquimalt, HMCS Winnipeg hosted one of the most memorable post-deployment shows ever held by the Navy.

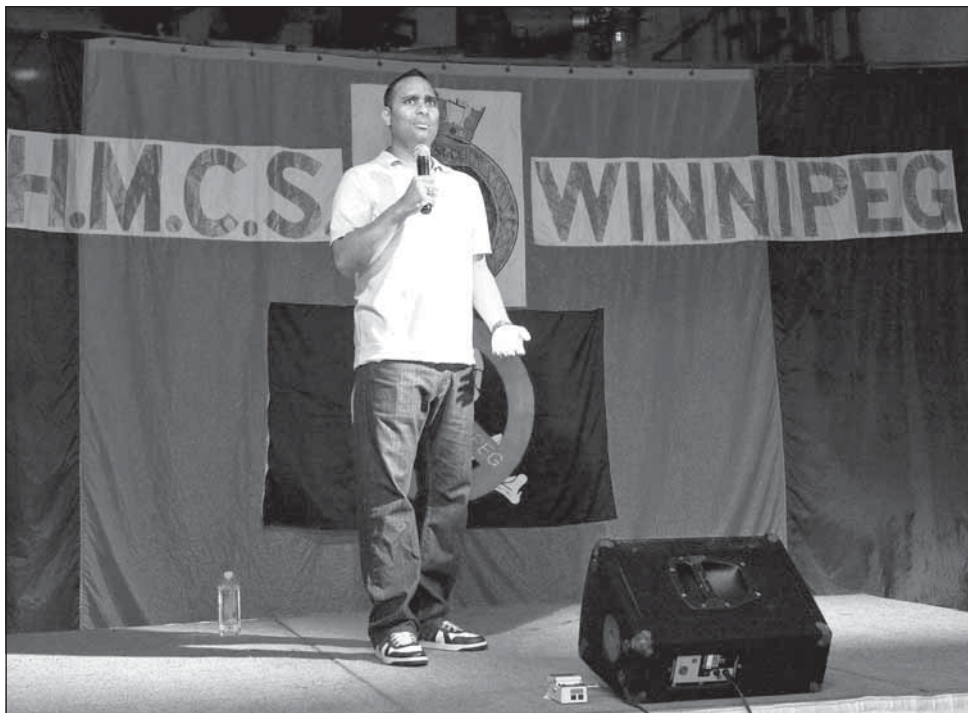
Two singers from Vancouver, B.C., a local Hawaiian comedian and a world-renowned stand-up comic unleashed a barrage of entertainment on the ship's flight deck on Aug. 12.

In the morning, a stage was delivered along with 250 chairs, and the crew began rigging the awning for the show that evening. After preparations were complete, a welcome committee comprised of LCdr Chris Moore, CPO1 Dave Bliss, LS Aaron Murray and Cpl Wayne Hannah jumped in a van and headed off to the Royal Hawaiian on Waikiki Beach to meet Russell Peters, Melanie Decker and Vicky Sjohall. Once there, they discussed the show and let them know how excited the ship's company were to have them on board.

The evening started to the wonderful sounds of Decker and Sjohall, two recording artists that had heard about Winnipeg's deployment and wanted to show their support by performing their music.

They have been described as Simon and Garfunkel meets Fleetwood Mac, with Dekker winning an LA Music award for her song "Wounded Soldier."

The stage was then taken by local Hawaiian comedian Shawn Felipe, a featured comic on the DVD, Comedy Zen, who was handpicked by Russell Peters to open for his show. He joked of life as a U.S. Air Force base brat and really made a connection with the crew.



Cpl 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 en route to Esquimalt after a six-and-a-half month deployment in the Gulf of Aden and the South Pacific. Winnipeg returned home at 9:30 a.m. on Aug. 21.

After 40 minutes everyone could feel the anticipation growing. For once, it was not the anticipation of going home, but the excitement that Canadian celebrity Russell Peters was behind the curtain and was soon to take the stage.

Cpl Hannah, one of the organizers of the event, stood behind the curtain clenching the microphone, waiting to introduce Peters. Just before Cpl Hannah took the stage, Russell looked at him and said "alright Wayne brother,

let's do this."

The wait was over, the show was finally here, and what had started with an email from Cpl Hannah to Peters' Manager was finally a reality.

He took the stage and everyone went wild. He quickly made himself at home, tailoring his show towards Winnipeg and the sailors on board. Having fun with the cultural diversity of the Winnipeg family, he joked about their experiences over the last six months. The

whole show was about the ship and all of his material was new, never having been used before on any of his shows. It was 90 minutes of comedy not one member of the ship's company will ever forget.

After the show, portraits of the ship that were signed by the ship's company, were given to Peters, Decker and Sjohall, along with ship's hats, crests, and coins.

Russell took about two more hours to sign his latest DVD "Red, White, and Brown," of which 250 were given to the ship's company.

Decker and Sjohall also sat and signed their latest album for the crew.

It was a night that will be remembered by all, and talked about for many weeks to come.

The whole show was about the ship and all of Russell Peters' material was new, never having been used before on any of his shows.

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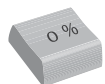
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DOCKYARD DENTAL CLINIC RE-OPENS

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.

RÉOUVERTURE DE LA CLINIQUE DENTAIRE DE L'ARSENAL

La clinique dentaire de l'arsenal (Dockyard) sera ouverte à partir de mardi le 1 septembre 2009. Les militaires qui reçoivent habituellement des soins dentaires à cette clinique pourront recommencer à s'y rendre pour la revue médicale (7 h 30) et leurs visites régulières à compter de cette date. Pour prendre un rendez-vous pour un examen dentaire annuel ou pour tout autre renseignement, veuillez continuer à appeler la clinique de Naden 363 4149 jusqu'au 31 août.

À partir du 1 septembre, vous pourrez communiquer avec la clinique dentaire de l'arsenal (Dockyard) au 363 2310. Nous sommes désolés du dérangement que cela pourrait vous causer.

Maurine Karagianis

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LS Dustan Cooper of HMCS Nanaimo captained the ship's bathtub through choppy waters and several bailouts.

One man and his tub go down the drain

AB Dylan Clarkson
HMCS Nanaimo

Rooster tails 30-feet high, bright colours and hydroplaning bathtubs all came together for the 42nd Annual Nanaimo Bathtub Race over the July 25 weekend.

One of those bathtubs, painted a brilliant yellow and blue, raced with the numbers 702 emblazoned on the side, steered by Leading Seaman Dustan Cooper of *HMCS Nanaimo*.

Nanaimo and *HMCS Brandon* arrived late in the afternoon of Friday, July 24 to the visiting vessel pier in Nanaimo.

Up went the awnings and out came the whites as Her Majesty's Canadian Ships swiftly prepared for the evening cocktail party.

Friday became Saturday and the *Nanaimo* bathtub, along with its deck department, stepped out in their whites to join the parade of bathtubs through the streets of Nanaimo.

The parade gave the crew some time to scope out the competition, revealing bathtub designs that ranged from an arm chair in a bathtub for comfort, to a kayak gone wrong with a bathtub sticking from its hull.

Next came the official inspection where the Royal Bathtub Society of Nanaimo inspects every tub to ensure no special modifications have been made and that everyone is on the same playing field.

Parade and inspection

complete without incident, it was time for a test run, and here disaster struck.

The bathtub was lowered over the stern of *Nanaimo* to rest dangerously low in the water next to the ship *Hurricane*, steadied by several crewmembers.

LS Cooper, dressed in an alluring blue wet suit, joined the crew in the *Hurricane*, making last minute adjustments to the bathtub before gingerly stepping across into the bathtub.

It capsized immediately, throwing LS Cooper and his equipment into the ocean, completely submerging the engine.

Through the timely efforts of the boat's crew, and the Buffer offering guidance from the sweepdeck, the bathtub was hoisted back aboard *Nanaimo* where it was discovered her engine no longer worked.

A flurry of activity spearheaded by *Nanaimo's* Commanding Officer, LCdr Shawn Connelly, quickly had the engine off the ship and rushed to a mechanic.

By late evening the

engine was purring again and a second test run was aborted in favour of preserving the engine for the race the following day.

Sunday dawned clear and crisp as LS Cooper and his safety boat crew prepared for the race. This time the bathtub launch went off without a hitch and LS Cooper sped off towards the start line, the safety boat taking up position just outside the harbour.

At eleven o'clock the race began with an explosion of sound. To those in the safety boats just outside the harbour it appeared as if the bathtubs would simply disintegrate as they raced across the water, slamming through the choppy waves caused by other vessels.

LS Cooper emerged from the harbour in the midst of the pack and the safety boat took up the chase, the two vessels racing through the water as he guided his small craft through waves that more often than not washed right over him.

Efforts to free his bailer in order to rid himself of

the extra water proved futile and the safety boat was forced to close within five feet to throw across a bucket saved just for such an occasion.

The bathtub was quickly bailed clear and the bucket returned to the safety boat before LS Cooper turned his full attention to the race.

Troubles did not end there as a cap on the forward portion of the bathtub came loose 40 minutes into the race and water began to seep into the hull of the bathtub causing it to crash into the ocean swells as opposed to hydroplaning across.

Finally, it became too much as the bathtub struck a large wave and began to roll over. LS Cooper valiantly tried to keep the tub on track, but it was not to be. The bathtub capsized and began to sink.

The safety boat closed within seconds and willing hands reached out to free the engine from the bathtub and haul both, followed by its furious skipper, into the *Hurricane* as a news chopper circled overhead.

The return to harbour was slow going but when at last the *Hurricane* was back alongside and the bathtub hoisted aboard the day had come and gone.

The next day *Nanaimo* and *Brandon* said their farewells to the City of Nanaimo and turned their bows out to sea once again.

LS Cooper emerged from the harbour in the midst of the pack and the safety boat took up the chase, the two vessels racing through the waves as he guided his small craft through waves that more often than not washed right over him.

Volunteering: in support of cancer research

■ It's only a buck, but it'll shave away cancer

Mary Ellen Green
Staff writer

When Canadian hero Terry Fox set out on his "Marathon of Hope" on April 12, 1980, in St. John's, N.L., he had a goal to raise one dollar for every one of the 22 million citizens of Canada.

It took almost two years when, on Feb. 1, 1981, the goal was met.

Now, base firefighter Dave Hill is shaving his head in Terry's name on Sept. 10 at Mile Zero at Beacon Hill Park, and is hoping to do something similar.

"We have more than 6,000 people here on base. It would be great if everyone could donate a dollar," Hill says, "in keeping with Terry's goal."

Hill also has his moustache of 32 years for sale. "It'll take the big bucks, but if I raise \$6,500, I'll do it!"

Hill's wife of 22 years has never seen him without the permanent fixture on his face. She's never seen him bald either.

"I don't think she's too happy about me losing my hair, but it's for a great cause," Hill says.

Hill is a member of 4 Platoon at the Base Fire Hall in Dockyard. Since he works shift work, he's hoping there may be a few "angels" on base to help him collect the donations.

"I'm really hoping that there's someone in your building that can canvas your shop, ship or unit to gather all the donations and make contact with me," Hill says. "Anyone out there who believes in the run and what Terry did, I could really use the help."

He would like to pres-



Firefighter Dave Hill promises to shave his locks in support of cancer research and hopes every person on the base will donate \$1 toward the cause. If he can raise \$6,500, he'll shave his 32-year-old moustache too.

We have more than 6,000 people here on base. It would be great if everyone could donate a dollar in keeping with Terry's goal.

-Dave Hill
Firefighter

ent the donations on behalf of CFB Esquimalt, and says anyone who would like to join him in the head shave can contact him to exchange information.

The firefighter has been involved with the Terry Fox Foundation for 14 years, organizing the Terry Fox Run in Victoria's Western communities.

He's even had the opportunity to meet Terry's parents,

Rolly and Betty, his brother Fred, his sister Judith, and Doug Alward, Terry's friend and driver of the van that followed behind him as he ran.

"Getting to talk with these people and hear the effect Terry had on their lives was incredible. The determination and drive that he had was unbelievable," Hill says. "The way they talk about him is just something else."

"I'm doing this because too many people have been affected by cancer and I believe in what the Terry Fox Foundation does with the money they receive. Over 87 per cent of the donations go to cancer research, which is more than other organizations."

Hill was inspired by his daughter who shaved her head in last year's event.

"I watched her get it done last year and I was so proud of her for doing it," he said. "Now it's my turn."

Hill can be contacted by phone at the fire hall at (250) 386-4431 or at home (250) 478-8807. He can also be reached by email at debutill@shaw.ca. For more information about Terry Fox, visit www.terryfox.org.



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INFOCUS: UP NORTH



Cpl Andrew Davis, Imaging Services Halifax

LS Clein helps a member of Fleet Diving Unit (Atlantic) into the Zodiac after conducting inspections on buoy chains in Frobisher Bay, Nunavut, during Operation Nanook 09. The exercise is a Canada Command sovereignty operation conducted with the participation of personnel, ships and aircraft from the navy, army and air force, working under the command of Joint Task Force (North).



Sgt Eileen Redding

Pte Stephen Pritchard, Aviation Technician from 407 Squadron, 19 Wing Comox, conducts a pre-flight check on the CP-140 Aurora aircraft prior to departure on an Arctic sovereignty patrol during Operation Nanook 09.



Cpl Dany Veillette

Cdr Alex Grant, Commanding Officer of HMCS Toronto; Prime Minister Stephen Harper, and Minister of National Defence Peter Mackay view HMCS Corner Brook and CCGS Pierre Radisson as three CF-18 Hornets fly over head during Operation Nanook 09.



Come support charity ride

Left to right: Commissionaire Craig Smith, LS Brad Wallman, MS Rob Jones and Sgt Lamont French will fire up their motorcycle engines and join the last leg of the Military Police National Motorcycle Relay Ride, which ends at Airforce Beach, CFB Comox, on Sept. 2. Motorcyclists in St. John's, NL, started the relay on Aug. 15 in support of the Military Police Fund for Blind Children and the Support Our Troops Campaign. The riders will be at the Admirals Walk Thrifty Foods for a free outdoor continental community breakfast at 9 a.m. on Sept. 2. For lunch, the riders will stop at the Longwood Station Thrifty Foods. All food and beverages have been sponsored by Thrifty Foods. Everyone is welcome to attend either event and show their support for the causes and the riders before they depart for the last leg of their journey to CFB Comox.

NAVY CFB ESQUIMALT 10K

all photos by Penny Rogers

RESULTS



The Navy 10K was fun for the whole family with a separate 1.5 km kids race sponsored by SISIP, which included race packages for the young runners.

MILITARY MALE WINNERS



1st

Pte Ryan McKenzie of 11 Service Battalion.



2nd

Lt(N) Blake Poirier of Joint Task Force Games.



3rd

LS Luis Paico-Aviles of Maritime Operations Group 4.



Base Commander Capt(N) Marcel Hallé congratulated the overall winners following the race. Left to right: Felipe Edora (masters 40+ male winner, 37:55); Cathy Cullen (under 40 and overall female winner, 38:54); Pte Ryan McKenzie (under 40 and overall male winner, 31:25); Suzanne Mandy (masters 40+ female winner, 45:10).

MILITARY FEMALE WINNERS



1st

A/SLt Cherilyn Dignan of Venture, the Naval Officer Training Centre.



2nd

LCdr Lucie Tremblay of the Port Operations and Emergency Services Branch.



3rd

Capt Isabelle Malczynski of RCSU (Pacific).

Navy 10K team results

Congratulations to all those runners who participated in the CFB Esquimalt Navy 10K, Sunday, Aug. 16.

For those units that signed up to participate in the Team Bragging rights for fastest unit, here are the results of the 10 participating units.

In order of the average fastest 10K:

11 Service Battalion - 31:25	Venture/NOTC - 51:51
HMCS Victoria - 48:46	HMCS Calgary - 52:17
BLOG - 49:03	MARPAC HQ - 52:44
HMCS Regina - 49:52	CFE - 55:36
Navy Wives - 51:25	HMCS Vancouver - 56:39

Thanks to all for having some fun with us.

-Kelly Binette, PSP Recreation Director



And they're off! Runners in this year's Navy 10K Race were raring to go when the start gun fired at exactly 8:30 a.m. on Aug. 16. Sunny skies drew 188 racers out to the event.

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SATURDAY 9-6
SUNDAY 11-5

A SNEAK PEAK AT OUR WEEKLY SPECIALS!

Weekly Specials in Effect from Wednesday, August 26th to Tuesday, September 1st, 2009



26⁹⁹
Each

CASE LOT SALE

Chicken Breasts

Seasoned, Boneless, Skinless
Ice Glazed
4kg Box
Works out to: \$3.06/lb, \$6.75/kg



THRIFTY Chunk Light Yellowfin Tuna

Water or Broth
170g
Single, \$1.29

13⁹⁹
Case of 12

Stock up and save

CASE LOT SALE



THIS WEEK ONLY!

THRIFTY Tomatoes

Assorted
796ml
Single, \$1.09

CASE LOT SALE

11⁹⁹
Case of 12



Hunt's Tomato Sauce

Assorted
398ml
Single, 89¢

8⁹⁹
Case of 12

THRIFTY Mushrooms

Pieces & Stems
284ml
Single, 69¢



6⁹⁹
Case of 12

CASE LOT SALE

Compliments
Shrimp
Cooked & Peeled,
31-40 to the lb
Frozen
2lb/908g Bag



12⁹⁹
Each

