

# LOOKOUT

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## SHIP NEWS 8

HMCS Regina crew and mascot went inland



## COMMUNITY 10

Military Police complete charity ride



## NEWS 13

Senator of swing visits Naden Band



# Celebrating 40 years

Forty years of service for HMCS Protecteur was celebrated on Aug. 30 at Work Point with a barbecue and specially made cake. From left: Lt(N) Lombardo, LS Cook, CPO2 Eric Meredith, and LS Morin-Fortin collectively make the first cut. Waiting patiently for a taste are Jordin Monahan, George Sleen and Holly Belanger.

Penny Rogers, Contributor

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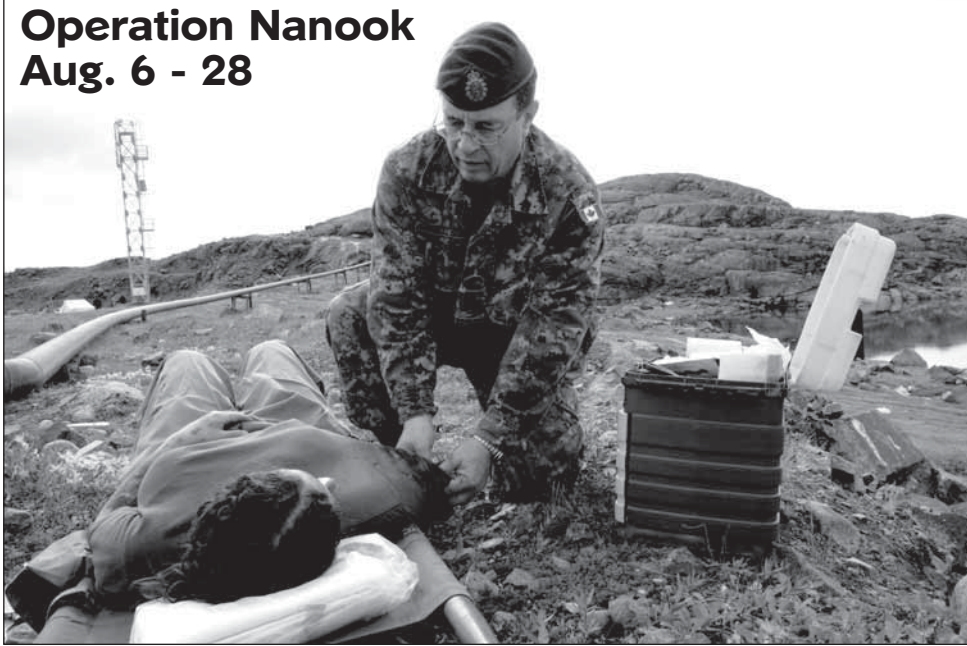
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## Operation Nanook Aug. 6 - 28



Sgt Bob Garceau, a Medical Technician from 11 Field Ambulance, puts the finishing touches on bandaging the arm of a simulated casualty. The mock medical procedures was part of a Whole of Government exercise during Operation Nanook 09. Personnel, ships and aircraft from the navy, army and air force worked under the command of Joint Task Force (North) (JTFN). The operation ran from Aug. 6 to 28 in Canada's eastern Arctic.

Sgt Eileen Redding,  
19 Wing Comox



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# Family feels pain of mother's illness

**Mary Ellen Green**  
Staff writer

Fern Kwantes has felt intense pain every second of every day for the last six years.

She was diagnosed with Complex Regional Pain Syndrome (also known as Reflex Sympathetic Dystrophy or RSD) after a long search to explain her relentless pain, which began spontaneously in her left knee, spread throughout her body and never went away.

"In six years, she has gone from an active, vibrant woman who was a school administrator, homemaker and mother of three, to someone for whom walking around the block is about as much physical activity as she can do in a day. In fact, when she goes out, it's usually in a wheelchair," explains Fern's husband, LS Theo Kwantes, who works as a clerk at Canadian Fleet Pacific Headquarters in

Dockyard.

The pain is so bad, she can no longer hug her three children, ages 14, 17, and 20.

The Kwantes family have exhausted every pain-reducing treatment option available in Canada, and are now turning south of the border for a remedy.

Fern has been accepted into a five-day ketamine coma study being conducted at a world-renowned medical facility in Monterrey, Mexico. The cost to the Kwantes family is about \$75,000.

The ketamine coma is designed to reset the nerves in the body, which have been kept on for such a long time. "If it works she will be almost entirely free of pain," LS Kwantes said.

"Right now she lives in constant, unrelenting pain. From her waist down, and to a lesser extent in other parts of her body, it feels like she's on fire, 24 hours a day, seven days a week, and the pain just contin-

ues to spread. There is no respite from the pain, ever."

Stitching on the top of a shoe can be unbearable. Wearing blue jeans feels like wearing razor blades, he says.

Fern's twin sister Faith, has started a fundraising campaign to cover the cost of treatment in Mexico. So far, half the \$75,000 total needed has been raised, and Fern needs to make a payment when she arrives for treatment in Mexico on Sept. 10.

"This is Fern's last and only hope for a normal life," LS Kwantes said. "We need all the help we can get."

A website has been set up at [www.faitforfern.com](http://www.faitforfern.com) where visitors can learn more about CRPS/RSD, meet Fern and her sister Faith, watch videos of Fern's treatments and donate to the cause.

"It's been really incredible. We're so extremely grateful for the response

we've received from the people we know, and those we don't," LS Kwantes said.

"It really means a lot that people whom we've never met have opened their hearts and their wallets to help Fern and our family. I'm really hoping we can reach a few more because we are only half way there."

All monies donated go directly into a trust fund in Calgary at Stewart and McCullough law firm. Cheques can be mailed to: Faith Wood, 117 5 Avenue NW, Airdrie, AB Canada, T4B 1C9.

Donations can also be made to LS Kwantes in building D70 until he leaves for Mexico with Fern Sept. 9.

Any donations in excess of Fern's medical treatments and directly-related costs will be held in trust for other victims of CRPS/RSD who seek to undergo coma therapy, says LS Kwantes.

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# matters of OPINION

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## WHAT SAY YOU

# Top of the line dental services not cosmetic

CF military personnel receive the finest dental care in the world; whatever dental work is required to ensure our members are operationally fit, it will get done. For the Canadian Forces Dental Services, this is job one and we spare no expense towards that end.

But our resources are limited, which means that our dentists must use sound clinical judgement and discretion when prescribing treatment for the health needs of our patients.

Civilian dentistry operates much differently. More and more these days, civilian dental practices promote cosmetic or elective

procedures that are aimed at satisfying the patient's cosmetic requests, not to mention the practice's bottom line. With so many soldiers, sailors and air personnel in need of dental care to deal with genuine dental diseases, and such stretched resources, this is a luxury we simply cannot afford.

So the next time you visit your friendly dental detachment, don't be surprised if you hear something like, "Hey, you are doing great! You don't even need a cleaning!"

Take it as the compliment it is.

As with every dental procedure, even a cleaning must be prescribed by a licensed dentist. If polishing the smoke/coffee/tea

stain from your teeth is not going to make you any healthier, prevent certain disease, or contribute to your operational fitness, you may not be prescribed an appointment with the hygienist for a cleaning.

As a CF member, rest assured you will be receiving the very best dental treatment to make and keep you healthy.

But in the interest of making your fellow CF buddy operationally fit, you may not get your teeth buffed.

Major M. Cuff  
Periodontist

1 Dental Unit Detachment, Esquimalt

**ComParrot** Can you spot 12 differences between these pictures?  
by Bonnie J. Malcolm

Solution: 1. Girl's shoelace is hidden. 2. Bow in hair braid is missing. 3. Cloud on book is missing. 4. Muffin is colored in. 5. Flower behind picnic basket has moved. 6. Girl's hand has moved. 7. Foam on glass has moved. 8. Jar is taller. 9. Handle on picnic basket is taller. 10. No seeds in slice of watermelon. 11. Cuff on girl's sleeve is colored in. 12. Pitcher of juice is empty.

Got a  
People Talk  
question?

Email it to  
melissa.atkinson@  
forces.gc.ca

## HOROSCOPES

**ARIES - Mar 21/Apr 20**  
Aries, this week promises to be one of the most romantic ever and it starts out on a high note as a personal relationship intensifies. You cannot do wrong creatively.

**TAURUS - Apr 21/May 21**  
Taurus, a friend's generosity touches your heart. You should get ready to party - an invitation may be on its way. This week will be a time for fun and friends.

**GEMINI - May 22/Jun 21**  
Gemini, a strong connection comes your way as you are drawn to someone new. You will soon see that your hard work is noticed and rewarded. A hidden agenda proves beneficial.

**CANCER - Jun 22/Jul 22**  
Cancer, your unique talents finally get the recognition they deserve this week. A fascinating friend returns to your life in an unexpected way.

**LEO - Jul 23/Aug 23**  
Leo, you are on a lucky roll. With every chance you take and every move you make you charm others into doing exactly what you want. It can't last forever, though.

**VIRGO - Aug 24/Sept 23**  
The week ahead may mark a significant turning point in your life, Virgo. The dreams and goals you've been working toward in your career and romantic life are realized.

**LIBRA - Sept 23/Oct 23**  
Libra, the past few months have seen a whirlwind of activity in your life. And now your love life is about to heat up in the same way. Financial gains may soon arrive.

**SCORPIO - Oct 24/Nov 22**  
Scorpio, you are given new opportunities for romance, love and travel. Your positive outlook comes in handy when a friend turns to you for help.

**SAGITTARIUS - Nov 23/Dec 21**  
Sagittarius, a new look will turn heads wherever you go. You have been searching for joy and it finds you when you least expect it. A new interest excites you.

**CAPRICORN - Dec 22/Jan 20**  
You're in the spotlight this week, Capricorn, and feel in the mood for fun. Don't worry because good times are awaiting you around every turn the next few days.

**AQUARIUS - Jan 21/Feb 18**  
Aquarius, a long-lost friend or love wants to be back in your life. This week, life is truly unexpected -- with each day filled with mysterious happenings that are delightful.

**PISCES - Feb 19/Mar 20**  
Happiness is yours for the taking, Pisces. A long-time goal is realized and good fortune falls into your lap.

## SUDOKU PUZZLE

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

ANSWERS ON PAGE 7 Level: Beginner

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# FILM *friday*

## Let the high octane games begin

**W. Andrew Powell**  
The GATE

Opening this Friday in theatres, Gerard Butler stars in the high octane action film, *Gamer*; Mike Judge's *Extract* stars Jason Bateman as a very unlucky guy trying to sell his extract business as the walls start crumbling around his head; and in *All About Steve*, Sandra Bullock co-stars alongside Bradley Cooper in the story of a love-lorn woman hunting down the man of her dreams.

**Gamer**

Taking the first-person shooter concept to new heights, *Gamer* is set in a futuristic America where mind-control technology has made it possible for players to fight battles as other people, with real weapons. Set on a massive scale, with multi-player games, the system is populated by prisoners who have no choice but to play along, as an audience around the world watches.

Greatest among the "slayers" is the cult hero known as Kable (Gerard Butler), who is controlled by Simon (Logan Lerman), a young guy who is considered a super star among gamers. Each week Simon gets all the glory as he pushes Kable to win time and again.

For Kable, the entire "game" is a torment, of course, but on top of playing for his life, he is also playing for his family, who have been taken from him. Fighting to free himself so he can prove who he really is once more, Kable also plans to take down the man behind the vicious game.

Starring Michael C. Hall as billionaire Ken Castle, the creator of the game, the film is a high-octane actioner from directors Mark Neveldine and Brian Taylor, the guys who also brought the two *Crank* movies to screen.

In that light, you can probably bank on *Gamer* being all about the action. Frankly though, I'm a big fan of

Neveldine and Taylor, so I'm curious to see what they've put together with Butler as their butt-kicking hero.

**Extract**

Writer and director Mike Judge is not a prolific filmmaker, but when he gets it right, he sure leaves his mark. Most people will remember Judge's biggest film, the cult classic *Office Space*, but it was seven years before he made another film, and now it's been another three more since that.

In his latest, Jason Bateman stars as Joel, the owner of an extract manufacturing plant who can't seem to get a break. As he considers selling the business, he has to deal with a work-place accident, a scamming employee, and on top of that, trouble at home after his drug-addled friend recommends a way to test if his wife is being faithful.

Co-starring Mila Kunis, Kristen Wiig, Ben Affleck, and J.K. Simmons, the film is bound to be a lot of fun, and critics are giving Judge and the film a healthy amount of praise.

**All About Steve**

Lastly this week, Sandra Bullock and Bradley Cooper star in the romantic comedy *All About Steve*.

Bullock plays crossword puzzle writer Mary, an over-the-top eccentric who is convinced that Steve, played by Cooper, is the man of her dreams after they have one single blind date.

Following him across the country as he covers breaking news stories with reporter Hartman Hughes, played by Thomas Haden Church, Mary finds every possibility to get in Steve's way. Meanwhile, Hartman encourages her, finding the entire situation exceedingly funny.

Steve and Hartman feel guilty though as a massive news story breaks, and Mary becomes embroiled in it. On top of that, they realize she may not be the person they

thought she was.

While I'm all for another Bullock-fronted romantic comedy, and while I am also a big fan of Cooper and Church, the film does not look very good. I'm not even going to get into the likelihood, in this day and age, of a cameraman travelling the country covering news, when there are likely lots of local crews, but on top of that, does Bullock really look like a desperate dater?

She's a good enough actress to pull it off, and I like that the premise turns the show around to have Bullock chasing Cooper, rather than the usual plot where the guy is chasing the girl, but the film has very little in the way of positives aside from the cast. Most notably on the down side of things, it was written by Kim Barker, who also helped pen the awful film *License to Wed*, and it was directed by Phil Traill, who doesn't have much of a resume at all.

**Upcoming releases...**

**September 9**

- 9 - Directed by newcomer Shane Acker, and produced by Timur Bekmambetov and Tim Burton, 9 is an animated movie set in a post-apoca-

lyptic time when humanity has been wiped out and all that remains are nine robotic puppets, and a world full of danger. Struggling to find answers, the group try to uncover the secrets of a small device that seems to be the key to everything.

**September 11**

- *Whiteout* - Kate Beckinsale stars in this thriller as the only U.S. Marshal in the frigid wastes of Antarctica, trying to uncover a mystery that surrounds the continent's first murder. As the darkness of winter approaches, she has only three days to solve the crime, or end up stuck in the remote area with the killer.

- *Sorority Row* - As a prank goes terribly wrong, five sorority girls cover up the truth of their friends murder, only to find themselves hunted by an unknown figure during graduation.

- *Tyler Perry's I Can Do Bad All By Myself* - Taraji P. Henson stars as April, a night-club singing party animal who has to take on two of her young nephews and a niece who have been causing trouble for the family. Now she has to decide whether to grow up and follow her heart, or continue being the part girl.



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# IN BRIEF

## Raise a reader drive

CFB Esquimalt is looking for military personnel to form a 15-person military team for the Times Colonist Raise a Reader fundraising event on Wednesday, Sept. 23.

Anyone interested in participating must be available from 7 to 10 a.m. to sell papers in a downtown location, and all teams will celebrate their success with a free breakfast at the Empress Hotel immediately following the event.

The team roster will be a first-come-first-serve registration, by calling Kelly Binette Recreation Director for PSP at 250-363-1008 or email at kelly.binette@forces.gc.ca

- Comfort measures for childbirth
  - Breastfeeding
  - Caring for your newborn
- Location: MFRC-CPAC Wednesdays, Sept. 23 – Oct. 14 (4 sessions), 6:30-8:30 p.m. \$40.

Please register by Sept. 16 (Cost covers workshop series for mother and partner. If you would like support while your partner is deployed, volunteers are available.) Series presented by the MFRC Pregnancy and Labour Companion Program with guest speakers from VIHA.

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Please call Christine Blackburn, Health Promotion Administrative Assistant at 363-5621 or check out our website at [www.pspesquimalt.ca](http://www.pspesquimalt.ca)

### Get Ready for Baby: Prenatal Workshop

- Labour and delivery

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PSP Recreation is looking for qualified Instructors to teach Fall classes at the Colwood Pacific Activity Centre and Naden Athletic Centre. We are currently looking for Instructors for the following Fall programs: Kickboxing, Hatha Yoga, and Pilates.

Please contact 363-1522 for more information.

### Parking lot closed

The parking area behind dockyard building D11 (old NOTC), Lot H will be closed on Sept. 16 and 17 in order to host the kick off of DND Charitable campaign. Users of this parking area will be required to park in the general parking lot areas out side of dockyard on the dates indicated.

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8	5	4	6	2	3	9	1	7
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4	1	5	3	7	6	2	9	8
3	9	8	5	4	2	6	7	1
5	4	7	2	3	8	1	6	9
9	8	3	1	6	4	7	2	5
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PUZZLE ON PAGE 4

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<b>2008 Scion TC</b> Stk. #X7058 auto, moonroof, alloys, rare little coupe. Was \$24,995....Now <b>\$23,888</b>	<b>2004 Chevrolet Aveo</b> Stk. #91464A 4 dr, H/B, A/C. Was \$8,995.....Now <b>\$6,888</b>
<b>2008 Toyota Camry Hybrid</b> Stk. #x6472 A/C, alloys, anti-lock brakes, Sat. radio, prem. audio Was \$26,995. Now <b>\$22,888</b>	<b>2004 Hyundai Elantra</b> Stk. #10185A 4 cylinder, automatic, 4 dr. sedan, black. Was \$7995.....Now <b>\$5,888</b>
<b>2008 GMC Savana</b> Stk. #X7080 Auto, RWD, A/C, anti-lock brakes, dual air bags Was \$25,995 Now <b>\$20,888</b>	<b>2004 BMW 325ci Coupe</b> Stk. #DX7065 Black on Tan leather. Sunroof, auto, low kms. Was \$26,995 Now <b>\$23,888</b>
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SLt David Noble, Contributor

Gunner the Gopher hams it up on the sidelines of Mosaic Stadium as the crowd waits for the Saskatchewan Roughriders to take on the Hamilton Tigercats.

## Prairie dog and sailors go home

### HMCS Regina

It was an emotional scene at Mosaic Stadium in Regina when "Gainer the Gopher" and his cousin "Gunner the Gopher" were re-united in front of a crowd of 30,000 screaming Saskatchewan Rough Rider fans.

A prairie dog at heart, Gunner heard the call of the sea at an early age and joined Canada's Navy in 1994. Fifteen years later,

the *HMCS Regina* veteran still considers Regina his people.

All 30,000 Rider fans in attendance were so touched by the reunion they decided to stick around to watch their team defeat the Hamilton Tigercats by a score of 33-23.

Accompanied by Cdr Derek Moss, CPO1 Malcolm Conlon and 12 *HMCS Regina* sailors, Gunner brought greetings

to local community and business leaders in the City of Regina.

"Why have you come to Regina Gunner?" asked a local media personality.

"Well," replied Gunner, "It's important that the folks in Regina, and the entire Province of Saskatchewan for that matter, know what their navy, and in particular *HMCS Regina*, is doing for them. Saskatchewan's economy is booming right now, with no end in sight. Roughly 40 per cent of the products that are produced here in Saskatchewan travel by sea at some point, and part of *Regina's* mission is to keep the sea lines of communication open, so that this trade can safely get to the consumer."

While in Regina, Gunner and his entourage paid a visit to the RCMP (Recruit Training) Depot, spent an afternoon with some local veterans, visited a children's hospital and spent a highly productive day helping Habitat for Humanity build a new home for an underprivileged family.



SLt David Noble, Contributor

The crew of *HMCS Regina* helped Habitat for Humanity in Regina complete a month's worth of work in one day.



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EAST COAST NEWS: 100 YEARS MARKED IN THE SAND

# Sand sculpture celebrates naval centennial

**Virginia Beaton**  
Trident staff

It took six hours and a lot of sand and sweat, but the result was a winner.

A sand sculpture created by CPO2 Gerry Doucet and his team won second place in the adult category of the annual Clam Harbour Sandcastle Contest, held on Sunday, Aug. 16.

CPO2 Doucet's sculpture was a tribute to the Canadian Naval Centennial (CNC). It featured a whaler with nine sailors rowing, a replica of the CNC logo and the numbers 1910-2010, reminding viewers of the upcoming celebration of Canada's Navy.

"I wanted to do something for the Canadian Naval Centennial," said CPO2 Doucet.

He said that when spectators at the beach viewed his sculpture, "I heard their comments such as, 'I like this one because it's Canadian.'"

More than 15,000 people attended the contest, which takes place annually at Clam Harbour Provincial Park, approximately 84 kilometres from Dartmouth, on the east coast of Nova Scotia.

CPO2 Doucet's contest team included his wife and children and several family friends and their children. Everyone got up at 6 a.m. the day of the contest and when they arrived at the beach at 8 a.m., "We were the 10th one in the gate," he said.

In building the castles, contestants could use their hands and hand tools such as shovels, spatulas, rakes, pails and natural objects found on the beach such as sand, driftwood, shells, seaweed and rocks from the exposed beach. They could not use cement, adhesive, metal or timber supports, food colouring, flags, paint or other non-beach materials.



CPO2 Gerry Doucet and his team's sand sculpture celebrating the Canadian Navy's centennial won second place in Halifax's Clam Harbour Sandcastle Contest.

"I find the biggest problem with creating these sculptures is that you have to manage your time," observed CPO2 Doucet. However, in his day job as manager of the Officers' Mess at Stadacona, CPO2 Doucet has strong organizational skills, so he assigned tasks that would suit the varied energy and concentration levels of the adults and children.

"I find the whole thing to be therapeutic," he observed. "It's fun and I enjoy doing something so different from my days in the office."

This is the third year CPO2 Doucet has participated in the contest.

"I always like to have a theme," he said, adding that the first year he sculpted a head of Elvis, and in the second year he did a memorial to the fallen in Afghanistan. "It was a bunker with two fallen soldiers in it and I received honourable mention, fourth prize."

Describing the CNC as "an important event for us", CPO2 Doucet said the sandcastle contest was a way to bring awareness of it to a large group of people. "If more people would do events like my team did, it would help to build the hype and the excitement. It's great exposure at a community event."

CPO2 Doucet and his family also handed out more 250 CNC temporary tattoos, stickers and a few Frisbees during the event.

The contest made the news on "Breakfast TV" the next morning and the "Live at 5" broadcast the next evening.

Second place prize was \$250 and CPO2 Doucet said that since he recently bought a cottage, and plans to invite all the team members there to visit him and his family. "I told them I'd buy something for the cottage and they can come there and enjoy it."

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# Military Police unite for charity relay ride

## MPs raise funds and awareness

**Mary Ellen Green**  
Staff writer

Six Military Police (MP) motorcycle riders made a stop in Victoria last week on the last leg of their 7,392 kilometre Military Police National Motorcycle Relay Ride across Canada.

They stayed the night at CFB Esquimalt before making their way to Thrifty Foods on Admirals Walk where the grocery chain offered a continental breakfast.

Sgt Lamont French, with CFB Esquimalt's Military Police, addressed the crowd gathered in the parking lot saying, "This has been an incredible journey. All these guys are taking time off work and spending their own money for a great cause. One person riding can make a little noise, but when you have a big group, you can really get a lot of attention."

The purpose of the ride was to raise money and awareness for the Military Police Fund for Blind Children (MPFBC) and the Support our Troops Campaign.

Ghislain Landry, 17, a beneficiary of the MPFBC, came out to show his support for the MPs who've made music therapy a real-

ity for him. He's going into his fifth year of therapy at the Victoria Conservatory of Music, where he receives one hour of therapy each week. He showed the crowd how therapy increased his mobility and his speech and diction after a brain injury.

The riders collected donations and ate breakfast before departing for Nanaimo, where they had lunch at Thrifty Foods then headed off for their final stop at 19 Wing Comox on Sept. 2.

Sgt French made the journey with his partner, Paulynn Jobin, sitting on the back of his cruiser. "I couldn't think of a better way to spend time with her. She's been steady support for everything I've taken on this year."

The motorcycle relay ride began in St. John's, NL, on Aug. 15. An MP Teddy Bear, called Sgt Stone after the creator of the MPFBC, rode along for the entire journey and served as the official baton as new riders took on a leg of the ride.

For information about the Military Police National Motorcycle Relay Ride, visit [www.mpnmrr.ca](http://www.mpnmrr.ca). For information on the Military Police Fund for Blind Children, visit [www.mpfbc.com](http://www.mpfbc.com).

*This has been an incredible journey. All these guys are taking time off work and spending their own money for a great cause.*

-Sgt Lamont French  
CFB Esquimalt Military Police



Photos by Mary Ellen Green, Lookout

Riders prepare to depart the Admirals Walk Thrifty Foods on the last leg of the Military Police National Motorcycle Relay Ride, which ended in Comox.



**Left:** Thrifty Foods employee Karen Anderson signs the Military Police National Motorcycle Relay Ride flag.

**Right:** Sgt Lamont French speaks with Member of Parliament Keith Martin. Martin is holding Cpl Stone, the official mascot of the relay, which was passed between riders on each leg of the journey across Canada.



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COMMUNITY NEWS: WHAT'S COOKING?

# Military chefs converge for tasty conference on food services

**Mary Ellen Green**  
Staff writer

CFB Esquimalt food services section is hosting 120 Canadian Forces food service professionals next week for the National Food Services Conference, Sept. 14-18.

The theme of the conference is Celebrating Success: A Positive Outlook to the Future.

Topics up for discussion this year are food security and safety, nutrition, career management, and current and future operations, plus compliance, standards, UNITRAK software and facilities/equipment.

Delegates will also be taking a tour of the newest naval platform PCT Orca.

"There is much discussion on how to provide food services on our latest naval platform, so this is a perfect opportunity to introduce the Orca galley to the food services community," says Lt(N) Radhika Carlyon, Base Foods Services Officer.

Conference delegates will be treated to a presentation by Capt(N) Mark Watson, Director Maritime Materiel Operational Support (DMMOS).

"He wrote a book on Sea Logistics and has been a long-time advocate for the logistics community inclusive of the cooks," says Lt(N) Carlyon. "He has also been a strong proponent of naval tradition and am sure that he will mention food-related aspects of historical significance during his presentation."

Each day, food services personnel will be treated to another naval tradition: 10 a.m. soup.

"We will be showcasing soups during our mid-morning health breaks," says Lt(N) Carlyon. "And in the spirit of culinary competition, have a number of our QL3 cook trainees prepare the soup for assessment by the CF food services community."

Over the course of five days, participants will have the opportunity to take in meals at four of the six eating establishments on base. They'll also be treated to a formal mess dinner at the Wardroom on Wednesday night.

"We're so lucky to have such beautiful facilities here at CFB Esquimalt," Lt(N) Carlyon said.

With budget cuts, staffing

shortages, galley closures and operational demands, including the upcoming Operation Podium for the Vancouver 2010 Winter Olympics and Paralympics, the last year has been very demanding on Base Foods. Adding a national conference to the mix meant a lot of sacrifice and dedication from the unit to pull it all off.

"We've had a very hectic year and it's only because of the hard work and diligence of our people that we're able to continue to provide great service to CFB Esquimalt. No one will give up. This is such an amazing group," says Lt(N) Carlyon.

"Sometimes it's been challenging, but it's been a great experience for all of us," she added.

Lt(N) Carlyon would like to recognize the hard work of the Base Foods team and in particular some of the unit members who were instrumental in planning the conference: CPO1 Bob Eldridge, A/SLt Bryce Johnson, Sgt Bill Cameron, PO2 Dwight Wiens, 2Lt Geoffrey Martin, A/SLt Simon Duvall, Matilda Belanger, Susan Plato-McLean and OCdts Sean Priestly, and Krista Seguin.

# MFRC welcomes new CF members

**Mary Ellen Green**  
Staff writer

If you're a military member who's been recently posted to CFB Esquimalt, the West Coast Welcome is a great chance to find out more about the community, make some new friends, enjoy a free pancake and sausage breakfast and win prizes.

On Saturday, Sept. 12 from 9:30 to 11:30 a.m. at the Colwood Pacific Activity Centre, the fourth annual West Coast Welcome will feature entertainment for CF members and their families, information from community organizations and groups, and information on Personnel Support Programs and Military Family Resource Centre (MFRC) programs and services.

Over 30 interactive displays will help new residents make the transition into CFB Esquimalt's military community and the Capital Regional District.

"The information provided at the display tables will range from the military community to the Greater Victoria community, including the YMCA and the Welcome Wagon," said MFRC Program Manager, Linda Scott.

"As a new feature this year, we're setting up tables from each region in Canada, which will have a volunteer from that area. So if you're moving here from another part of the country, you can connect with someone right away who knows what it's like to move from that area," Scott added.

Jack FM will be on site to provide music and 11 Field Ambulance will be hosting a teddy bear clinic. Children who want to make sure their stuffie is in good health should take advantage of this rare opportunity to see a teddy bear specialist.

Base clubs will be looking to sign up new members and the Kung Fu and Tai Chi Club will put on a demonstration in the gym.

"It will be a lively event," Scott said, emphasizing that single CF members should take advantage of the event because they will find helpful information as well.

Over \$2,000 in prizes are up for grabs including two BlackBerry Storm Smartphones plus activation and Blue Tooth courtesy of TELUS, a fishing charter for four people courtesy of Vancouver Island Pacific Fishing, and \$500 in gift certificates from Uniglobe Travel. A full list of prizes can be found at [www.esquimaltmfrc.com](http://www.esquimaltmfrc.com).

The Langford Trolley will provide free transportation to the Colwood Pacific Activity Centre, located at 2610 Rosebank Road, every 20 minutes from 9 a.m. to noon. Pick-up locations include the CANEX Expressmart, the Youth Activity Centre, the Ranger Station in Belmont Park, the bus stop near the gate at Sooke Rd. at Royal Roads University, the overflow parking on Ocean Boulevard and Colwood Pacific Activity Centre.

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# Bravo ZULU



**Left:** Cdr Kelly Larkin (left), presents PO2 Thandi Pilkey with her Canadian Forces Decoration with the support of LGen A.B. Leslie and CWO Ford.

**Right:** PO1 Pat MacLaughlin receives his second clasp to the Canadian Forces Decoration. The CDs were presented during the Raven graduation a few weeks ago.



**Left:** The senior military personnel also presented the Canadian Forces Decoration to Sgt William Webb.

**Right:** Lt(N) Peter Sage, Information Services Security Officer for Canadian Fleet Pacific, receives his second clasp to the Canadian Forces Decoration for 32 years of service from Cdr Greg Bannister, the Fleet Technical Officer.

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# Senator of swing visits Naden Band

**Mary Ellen Green**  
Staff writer

The Naden Band of Maritime Forces Pacific played host to legendary jazz musician and Canadian Senator, Tommy Banks when he visited CFB Esquimalt last week on a familiarization tour.

"I work with the Visits and Protocol office quite a bit, and when I noticed Tommy Banks was coming to the base, I called over and asked if we could invite him for a visit," said Lt(N) Rob Byrne, Commanding Officer of the Naden Band.

"He is one of Canada's premier pianists and because he's on the Senate Committee for National Security and Defence, we thought it would be a natural fit to invite him here and have him visit and hear us play," he added.

Senator Tommy Banks had a 55-year career as an international jazz pianist, composer,

conductor, arranger, TV personality, actor and producer before being appointed to the Senate in 2000 by then prime minister, Jean Chretien. He has been on the Committee for National Security and Defence since its inception eight years ago.

He is so popular in his native Edmonton: their premiere jazz venue, the Yardbird Suite, is at 11 Tommy Banks Way.

He is known as "Edmonton's Frank Sinatra" and the "Senator of Swing."

"Thank you all very much. I'm very grateful for this," said Senator Banks at the band's

locale in Naden. "I was delighted by the invitation. The Naden Band has a very distinguished history and has some very good players."

The concert band started the show with their rendition of *Resplendent Glory* by Rossano Galante, a dramatic overture that features brass fanfares and lush woodwind melodies. The concert band is a 35-piece ensemble that performs musical styles from classical to jazz, pop and contemporary music.

"The concert band has a wide variety of instrumentation and has more colours and textures

than some of our smaller ensembles," Lt(N) Byrne said.

Next the Stage Band took the limelight with PO1 Michael Broadley conducting a classic big band tune made famous by Stan Kenton. The Stage Band, known as Pacific Sound, is a 16-piece ensemble that plays original charts from the big band era. Pacific Sound thrills listeners with the contemporary sounds of the large jazz ensemble. Dynamic arrangements of swing, funk, rock, Latin, and blues charts roll out from the stage to audiences at festivals, special events, and concerts.

Catch the Naden Band playing a free senior's concert of traditional jazz at the Cameron Bandshell in Victoria's Beacon Hill Park, Friday, Sept. 11 at 1:30 p.m. weather permitting.

For more information about Senator Tommy Banks visit [www.thecanadianencyclopedia](http://www.thecanadianencyclopedia).



Mary Ellen Green, Lookout  
**Lt(N) Rob Byrne, Commanding Officer of the Naden Band, greets Canadian Senator Tommy Banks.**

***He is one of Canada's premier pianists and because he's on the Senate committee for National Security and Defence, we thought it would be a natural fit.***

-Lt(N) Rob Byrne  
Commanding Officer, Naden Band



Mary Ellen Green, Lookout  
**Canadian Senator Tommy Banks listens as PO1 Broadley conducts his fellow Naden Band members.**



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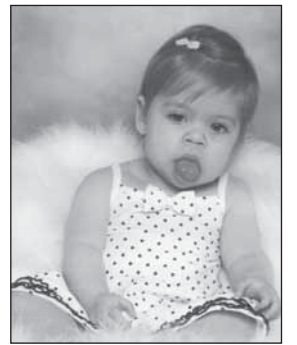
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**OBITUARIES**

**Dahlia Grace Gilmore-Sparling**

7 May 2008 - 28 Aug 2009

With us for a brief time, Dahlia succumbed to a lengthy battle with Pompe Disease. Missing her terribly, she leaves behind (parents) Will & Trista; (sister) Elysian; (Grandparents) Grace & Shane, Bill & Liz, Linda; (Great Grandparents) Leila, Gord; and numerous aunts, uncles & cousins; and the nursing staff at BC Children's Hospital who looked after her & showered her with attention to the end. In lieu of flowers, donations may be made to the BC Children's Hospital or the Canadian Association of Pompe.



**PO1 (Ret'd) Robert "Farley" Mowat**

7 May 2008 - 18 Aug 2009

Father, husband, friend, sailor, pastor. Petty Officer First Class (ret'd) Robert Alexander Laird Mowat was these things and more to those who had the privilege of knowing him.



"Farley" to his sailor buddies and "Sandy" to family will always be remembered for his zest for life and love of those close to him.

He passed away at home on Aug. 18, 2009, age 58 of a heart attack. He was predeceased by his parents, two brothers, and his sister Laura who died in February 2009. He is survived by wife Carole, daughter PO2 Erin Mowat R315 of HMCS Malahat, Sgt Robin Mowat of 737 Comm Sqn Saskatoon, and daughter-in-law Janelle. He also leaves behind three surviving siblings and his Anglican parish, which was like an extended family to him. Sadly, a fourth sibling, sister Mavis died two days after attending his funeral. Farley's naval career was colourful and long, typical of his generation of sailor. He had the tattoos to prove it! He was born on Nov. 8, 1950, in Toronto, ON, one of seven children. He joined the Royal Canadian Navy as a Stoker as soon as he was old enough, in search of adventure and a future.

Nor was he the first sailor to count himself lucky to find a lovely Nova Scotian bride. Farley had fond memories of his life in the Navy, from the early years on HMCS Bonnaventure, and Onanadaga, to later years on HMCS Kootenay, Qu'Appelle, Saskatchewan and Yukon and finally at HMCS Queen in Regina. He was so proud when his children followed his example by joining the Canadian Forces. His daughter was regularly approached at navy functions by former shipmates of her father's and the conversations always started with "let me tell you a story about your Dad." Upon retirement from the navy in 1991 Sandy heard a higher calling, which he answered. After his ordination as an Anglican minister in 1996 he joined the Midlakes Parish in Saskatchewan. His ministry took him to Moosomin, England, and finally Kindersley, SK, with the congregation of St Mary's. Be he "Farley" or "Sandy" to you, his guitar and singing were a huge part of his life. Pictures remain of him wearing square rig and leading a round of song in the mess. Music remained a large part of his life. In England he and his guitar closed down the local pub on countless occasions. At home in Saskatchewan his band the "Steamin Armpitz" were regular features. In pubs, pulpits, and legions wherever home was, it was never long before Sandy and his guitar would soon appear. Consider these final words from his eulogy as delivered by his son:

"Each of you here harbour your own special memory of your time with him. I ask you to consider these memories today and in the future. Memories are gifts from the great Sea of Life and you can board them and sail around in them anytime you like, regardless of if your life is swamped or softened under sunny skies."

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