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SPORTS

9

Local athletes push their limits at Ironman Canada



COMMUNITY

10

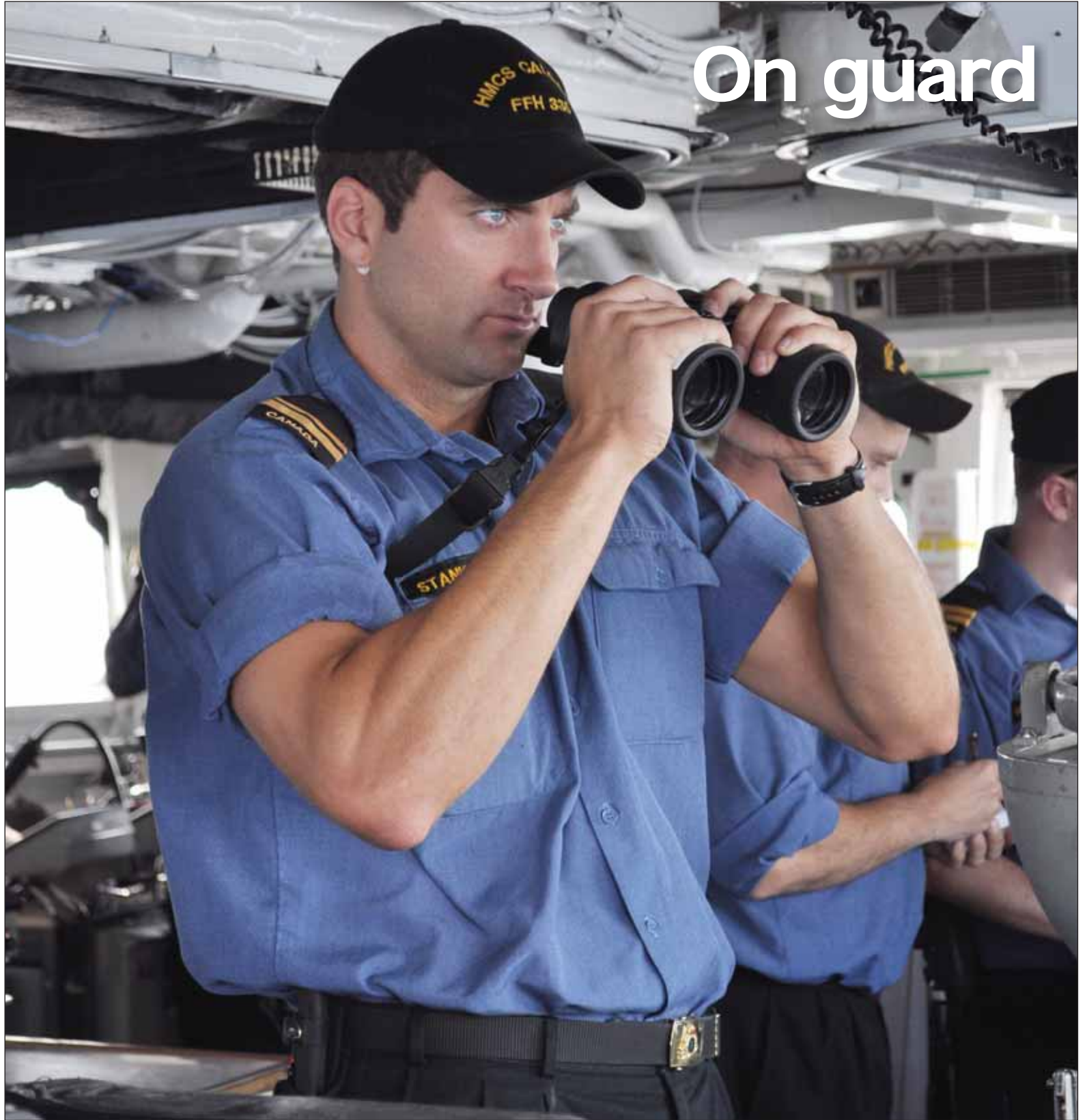
Blue Boat wins over judges at festival



FEATURE

11

Local medic recognized for work in Afghanistan



On guard

A/SLt Mark Fifield, HMCS Calgary

SLt Nicola Stankov, a Maritime Surface and Sub-surface Officer, scans the horizon for contacts on the bridge of HMCS Calgary as it departs from the port of Mazatlan. HMCS Calgary is currently sailing en route to Panama to participate in PANAMAX 2009.

Editorial & Opinion..... 4
 Sudoku 5
 Bravo Zulu..... 16-17
 Classifieds..... 18

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MARPAC OLYMPICS



EVENTS PICTURED BELOW!

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FROM THE BASE COMMANDER

Let the charity games begin

■ Support United Way/GCWCC

Capt(N) Marcel Hallé,
Base Commander, Formation
UW/GCWCC Campaign Chair



Make no mistake about it, CFB Esquimalt is a vital component to the success of helping those in need, not only in Victoria, but across this great country of ours.

Way Board of Directors and the United Way Cabinet Committee, and have seen firsthand how multitudes of organizations within Greater Victoria are provided the critical funding they require in order to support those in need. I also am privileged to be the recipient on your behalf of the many accolades I receive from folks within the community who express their appreciation, and single out the outstanding support that the Defence Team provides.

Make no mistake about it, CFB Esquimalt is a vital component to the success of helping those in need, not only in Victoria, but across this great country of ours. Many may not be aware, but our very own MFRC (which operates as a non-profit/charitable organization) has been a benefactor of the gifts that you've directed to them through your GCWCC giving.

As Canadians, it's ingrained in us to look after one another, especially those less fortunate and those most in need – we do this because, simply put, it's the right thing to do. For those of you that have participated in previous campaigns, I thank you for your contributions and encourage your continued support. For those that have yet to participate, I challenge you, as a minimum, to increase your awareness of all the good that the United Way does for our community, and hopefully with increased awareness will emerge the natural desire to help.

This year's campaign will run from Sept. 17 to Dec. 11 with Vicki Ilkka as the Formation Campaign Co-ordinator (thanks Vicki). She can be reached at 250-363-2595 should you have any questions. Campaign updates are available by following the link to the Formation GCWCC website located on the Splash Screen - <http://local.esquimalt.mil.ca/unitedway/>.

I look forward to seeing all of you on the campaign trail. Have fun with it, challenge sister units on who can out do who, and let it be a team building adventure – remembering it's all in support of our great community.

As the Formation prepares for Operation Podium in support of Vancouver 2010, there is another Olympic event that will take place within the Formation – the launch of the 2009 Formation United Way/ Government of Canada Workplace Charitable Campaign (UW/GCWCC) kick-off on Sept. 17 from 11 a.m. to 1:30 p.m. in Dockyard.

This year's event is centered around an Olympic theme complete with our very own athletes representing the various units that make up MARPAC/JTFP.

An invitation to attend is extended to all defence team members – so come out and watch, participate and cheer on your favourite country (unit), and enjoy the fun as these teams battle it out for podium glory.

This kick-off represents the official start of the Formation Campaign and as Chair, I'm very much looking forward to this year's events. I'm confident that we will continue to build on past year's successes in support of the many community organizations that rely on our tremendous generosity.

The defence team at CFB Esquimalt continues to lead within the greater Victoria community as your actions speak volumes to your very giving and philanthropic spirit, focused on helping those who are less fortunate.

As Base Commander, I have the great privilege of representing all of you on the Greater Victoria United

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PARENTS PLEASE BRING: Carecard, check-book,
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INMEMORIAM



Cpl Jean-François Drouin (left) and Maj Yannick Pépin (right) were killed when an improvised explosive device detonated near their armoured patrol vehicle on Sept. 6. Both soldiers were from the 5e Régiment du génie de combat based at Valcartier, Quebec and was serving as a member of the 2nd Battalion, Royal 22e Régiment Battle Group.



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People Talk

While at the FMF Employment Equity Trades Orientation Program graduation, Lookout asked: *Which gadget are you truly happy you spent money to buy and why?*



"My Motokrzr cell phone. It helps me keep in touch with everyone, take pictures and set reminders because I'm really forgetful."

Harry Brown
EETOP - Aboriginal component participant



"My Arduino development board. It's a micro-processing development board that has allowed me to learn a lot about micro-processing."

Jim Cliffe
FMF Shop 151,
Electronic Communications



"Probably my PC that I built from the ground up, piece by piece. I love my computer and I use it all the time."

Steve Paine
EETOP - Aboriginal component participant



"It's got to be my Jackson Dinky guitar. Plus my Marshall half stack amp, she's my other baby. I've been playing music my whole life."

Ricky Albany
EETOP - Aboriginal component participant



"My cell phone. It has an MP3 player, video and camera capabilities, radio, calculator, organizer, calendar, alarm clock and games. It's everything you could ever need."

Israyelle Claxton
EETOP - Aboriginal component participant

WHAT SAY YOU

Labour Day no hardship at Belmont Park

WO Dan Menard
Contributor

The community spirit of numerous families came alive this Labour Day for several residents of Belmont Park Residential Housing Units.

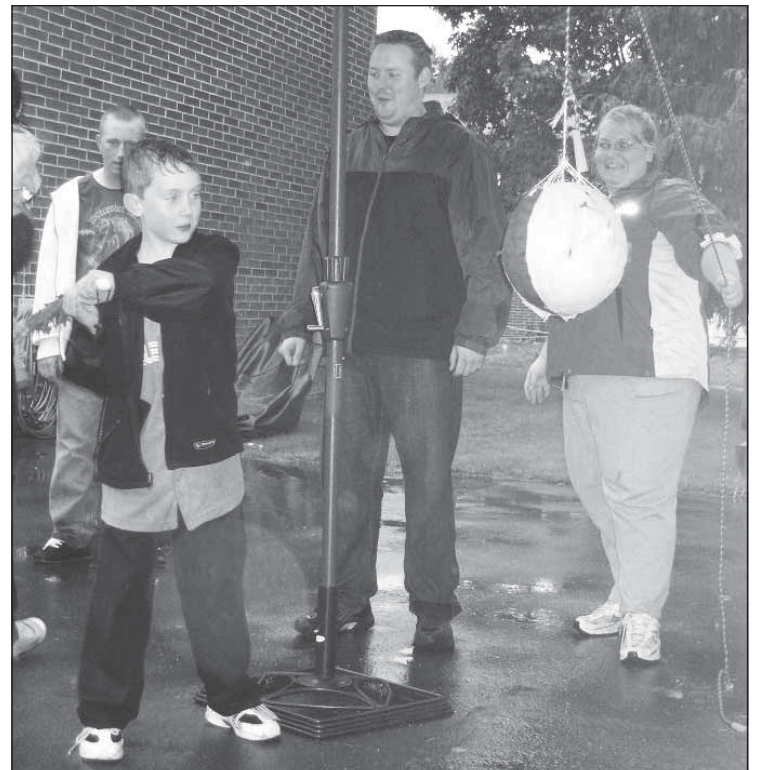
Despite the rain, and with the gracious help of several people with tarps and poles and one very generous family with a gazebo, the

planned family day community barbecue still went on.

The end result was plenty of excellent food prepared by everyone, the chance for good community friends to get together, and to let children play in the rain. Everyone had a great time, especially the children when it came to liberating the contents of a piñata, home-made by one of the tenants. It was great to see the

poor weather could not dampen community spirit. It was also an excellent opportunity for families who have not yet met, or who are newly posted in, to come together

for good food and relaxation. I personally wish to thank all those that took part, without whom this event could not have taken place.



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The Old Car Detective

Bill Sherk



Hood went flying off 1951 Buick Roadmaster

Don Brown was a deejay at a radio station in Sault Ste. Marie, ON, around 1960 when he purchased a maroon and white 1951 Buick Roadmaster two-door hardtop. He drove it south when he returned to his hometown of Leamington to spin the records on the local station, then known as CJSP (where your dial Can Just Stay Put!).

He was hired one night to spin the records at a dance in Chatham, a town 45 minutes away. Running late, he and a friend drove fast to get there on time. When they passed a transport truck going just as fast in the opposite direction, the wind sucked Don's hood right off the car and sent it flying into a cornfield.

There was no time to stop and go back to get it because hundreds of screaming teenagers were waiting for him. He pulled up to the dance in his hoodless Buick and all the teeny boppers thought Don's car was really cool with its big straight eight engine on display. Their parents never drove around in a car like that!

Sometime after midnight, Don and his buddy headed back to Leamington. They stopped where they thought the hood flew off and searched every cornfield for two miles in both directions, all to no avail. The hood was gone, man, really gone.

All of which brings to mind the 1951 Buick four-door sedan owned over 50

years ago by Bill Myers when he was living in the east end of Toronto. He was late in leaving the parking lot of a supermarket one evening and a chain had been put across the entrance and exit. Not wanting to sleep in his car all night, Bill drove overtop one of the concrete curbs that ringed the parking lot, then bounced onto the street and began driving away.

What's that loud scraping sound from the rear of the car? Bill stopped and climbed out to have a look. It was his gas tank. The concrete curb had sheared off the straps holding up his tank and he was dragging it along the street behind his car with the gas line still connected to it.

What to do? It was after dark and all the repair shops were closed. Bill removed his belt from his pants and re-attached the gas tank up under the floor of the trunk, then drove home. When he sold the car six months later, his belt was still holding up the tank. I never did find out if his pants fell down.

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



Don Brown's long-gone 1951 Buick Roadmaster two-door hardtop before the hood flew off the car.

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SPORTS trivia

Baseball by POZ Bill Sheridan, Contributor

QUESTIONS?

1. This team is known as being the first professional baseball club?
2. What is a split finger fastball and what is it supposed to do?
3. After Pete Rose, who is now second in hits?
4. Who leads the ML's in RBI's for a career?
5. What team has gone the longest without being in the playoffs?
6. What team has gone the longest without winning the World Series?
7. How many teams have not won the world series?
8. What part of Canada was Larry Walker born?
9. What is the oldest Award in Baseball?
10. What was the 1934 St Louis Cardinals team nicknamed?
11. What current Park has the shortest right field line?
12. What current Park has the longest right field line?
13. What was the first Major league team nicknamed the Bluejays?
14. Who gave up Babe Ruth's first Homer?
15. What 70's Redsox catcher was nicknamed Pudge?
16. Who was the first million dollar a season player?
17. How long did Ty Cobb hold the hits record?
18. What is Bob Aspromonte known for?
19. Of the first five elected to Baseball's Hall of Fame, who had the most votes?
20. Craig McMurtry of the Braves gave up this slugger's first home run?

- ANSWERS
1. Cincinnati Red Stockings
 2. A type of fastball which will usually drop as it approaches the plate, and breaks right or left. It's most effective when it's outside of the strike zone; the pitch starts in the strike zone and then falls out of it, causing batters to "chase" the pitch.
 3. Ty Cobb at 4191
 4. Hank Aaron 2297, 80 more than the Babe
 5. Expos, Nationals. But we all know about 1994.
 6. The Cubs are approaching 101 years.
 7. Seven current teams have not won the Series, however the Giants won it as NYC.
 8. Maple Ridge BC.
 9. Hitters triple crown award.
 10. Gashouse Gang
 11. Fenway Park at 302 ft.
 12. Wrigley field at 353 ft.
 13. The Phillies were also referred by nickname of Bluejays from 1943 to 1948.
 14. Jack Warhop of the Yankees.
 15. Carlton Fisk
 16. Nolan Ryan 1979.
 17. Approximately 61 years
 18. Last former Brooklyn Dodger to retire from the ML.
 19. Ty Cobb 222, Ruth & Wagner: 215, Mathewson 205, Johnson had 189.
 20. Barry Bonds.

HOROSCOPES

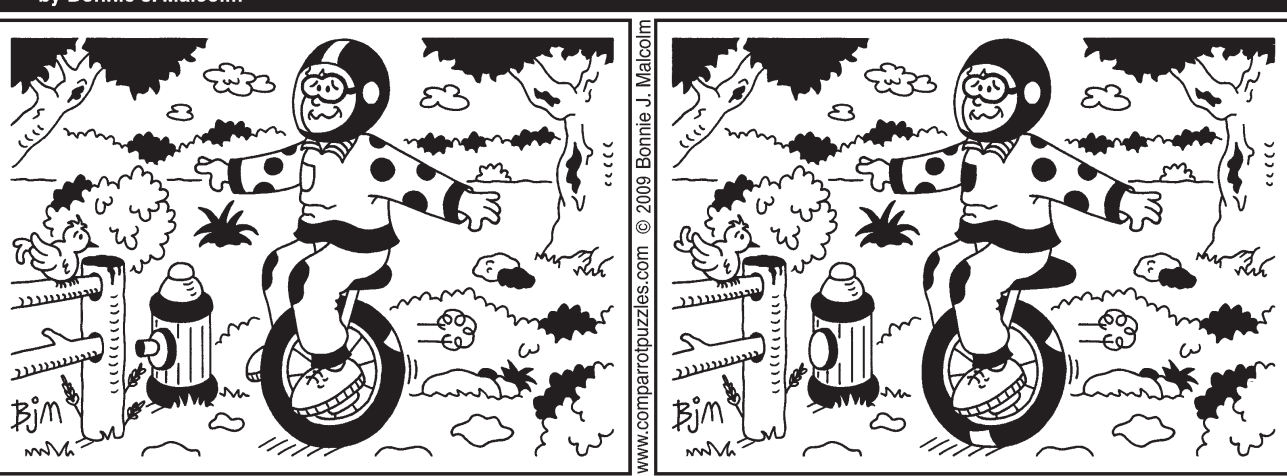
- ARIES** - Mar 21/Apr 20
Aries, big things have been happening to you and you may not be ready for all of the changes. There's no turning back this week, so you'd better get used to the idea.
- LIBRA** - Sept 23/Oct 23
You may have bitten off more than you can chew, Libra. Now you will spend the week working hard to complete all of your tasks. Ask Cancer for some help.
- TAURUS** - Apr 21/May 21
Gloating does not become you, Taurus. Share your special news in a way that will make others feel involved and happy for your good fortune. Tuesday is a key day.
- SCORPIO** - Oct 24/Nov 22
Scorpio, feeling overwhelmed is normal for someone in your position this week. However, you have the dedication to muster through and get any job done.
- GEMINI** - May 22/Jun 21
Gemini, tempers flare and it will be up to you to put out the flames. You just need to find the right approach to the situation. Money matters are of concern later in the week.
- SAGITTARIUS** - Nov 23/Dec 21
A few changes are in store for you, Sagittarius. Are you ready? You may want to do a little end-of-season cleaning in your home. Now is the time to sort through old things and trash them.
- CANCER** - Jun 22/Jul 22
Cancer, you will have to take the reigns when someone who is close to you is unable to fulfill his or her responsibility this week. You'll be a trooper and get the job done.
- CAPRICORN** - Dec 22/Jan 20
Capricorn, surprise news leaves others baffled by your actions. Next time you may want to drop some hints to lessen the blow. Don't expect a warm reception.
- LEO** - Jul 23/Aug 23
Leo, fear of the unknown is causing you to hang out in the shadows. This isn't in your nature, so get out there and show off your stuff. You'll be surprised.
- AQUARIUS** - Jan 21/Feb 18
Aquarius, you have a lot on your plate right now, but the best thing to do is to check one item off the "to-do" list each day. This way things won't start backing up.
- VRIGO** - Aug 24/Sept 22
Virgo, you wish you were one of those people with too much time on your hands. But as this week proves, it's simply not the case. You'll be running around.
- PISCES** - Feb 19/Mar 20
Pisces, things don't always work out the way you expect them to. This week is the same, but you'll be surprised at the outcome.

SUDOKU PUZZLE

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

ANSWERS ON PAGE 16 Level: Beginner

ComParrot Can you spot 12 differences between these pictures?



Solution: 1. Part on fire hydrant is missing. 2. Grass by fence post is missing. 3. Branch on tree is missing. 4. Patch appears on unicycle tire. 5. Boy's foot is hidden. 6. Pocket on shirt is colored in. 7. Stripe on helmet is missing. 8. Bush in background has moved. 9. Branch on fence has moved. 10. Bird's tail feather is different. 11. Spoke in wheel is missing. 12. Seat is wider.

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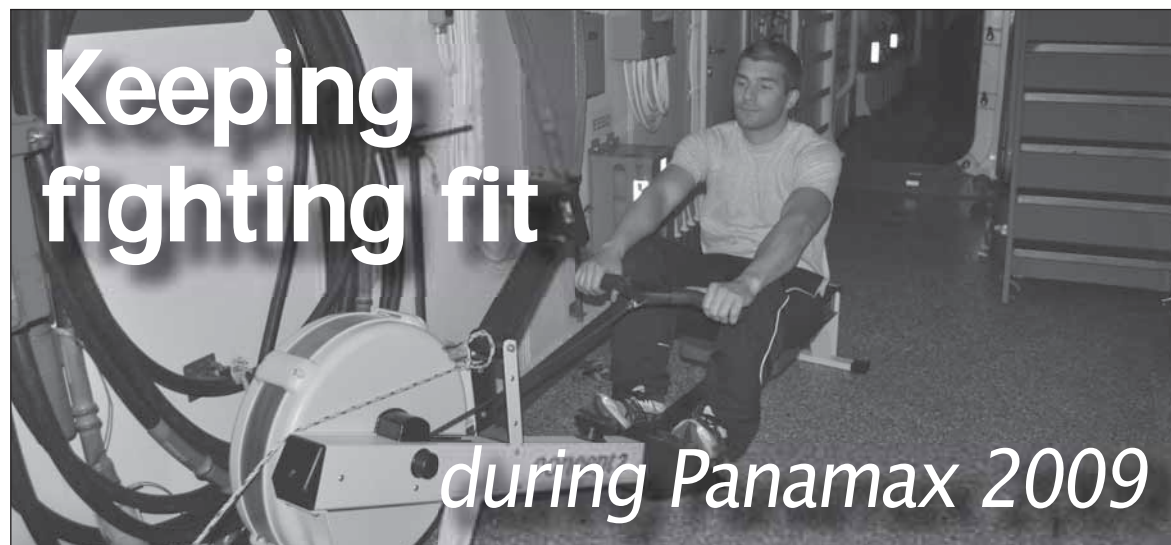
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CALGARY AT SEA



A/SLt Mark Fifield
HMCS Calgary

As any salty sailor is well aware, lengthy deployments at sea tend to pack on the pounds, especially so around the hips and waistlines.

Delicious high-calorie meals prepared by the cooks and seemingly endless plates of duff combined with a lack of exercise create a perfect storm resulting in many spare tires and thunder thighs around the fleet.

However, there are numerous ways to fight "The Battle of the Bulge" while at sea, and the sailors on board *HMCS Calgary* are leading the way with their efforts to improve fitness and overall wellness during their three-month deployment to Central and South America for Panamax 2009, a joint multinational exercise involving navies from 16 countries.

Calgary has numerous cardio machines and other fitness equipment on board and all the ship's personnel are strongly encouraged to incorporate a daily fitness routine into their schedules.

The list of cardio machines includes: treadmills, stationary bikes, an elliptical trainer, rowing machine, and a recumbent bike.

Calgary also has a small gym located near the stern of the ship that contains

various weights, a pull up / dip station, a bench press, and a new dual cable crossover machine. The dual cable crossover machine is a versatile piece of equipment that allows the user to exercise many different areas of their physique without the danger associated with using free weights on an unstable platform such as a ship at sea.

In addition to having excellent fitness equipment, *Calgary* also has dedicated personnel available to help sailors train and improve other aspects of their wellness, such as diet counselling and cessation of smoking.

WO Chris Robinson, the ship's Physician's Assistant and Express test coordinator during the deployment, has taken the initiative to start up a "boot camp style" circuit training class each morning on the flight deck, with help from PO2 Terry Birchard. These exercise sessions consist of a series of 10 stations where participants focus on core strength and cardiovascular conditioning. In addition to helping sailors improve their fitness, WO Robinson offers nutritional counselling based on guidelines from the Canadian Food Guide to anyone who requests it.

Running simultaneously with the circuit training classes is a "Biggest Loser" competition where 13 teams of four personnel will try to lose the most weight over the

course of three months. Every couple of weeks, participants will attend scheduled weigh-ins during port visits so that each team can track their progress at the scale. WO Robinson has allotted prizes for individual participants and a grand prize for the winning team, an extravagant dinner for four with the Commanding Officer of *Calgary*, Cdr William Quinn. The prizes will be awarded after the last weigh-in in San Diego.

On Sept. 5, *Calgary* started a ship "butt out" program for smokers who want to kick the habit during the deployment. MS Shawn Pertl runs the program, and with assistance from WO Robinson, they provide guidance and anti-smoking aids such as nicotine patches and chewing gum to alleviate withdrawal symptoms associated with tobacco smoking. All 12 participants in the program set Sept. 14 as their first day completely tobacco free on board the ship.

All these measures comply with the intent of the Commander of Canadian Fleet Pacific, Commodore Ron Lloyd, who said, "Fitness and the ability to deploy are intrinsically linked and it cannot be overstated that physical fitness directly affects the ability of sailors, soldiers, air men and women to perform their duties."

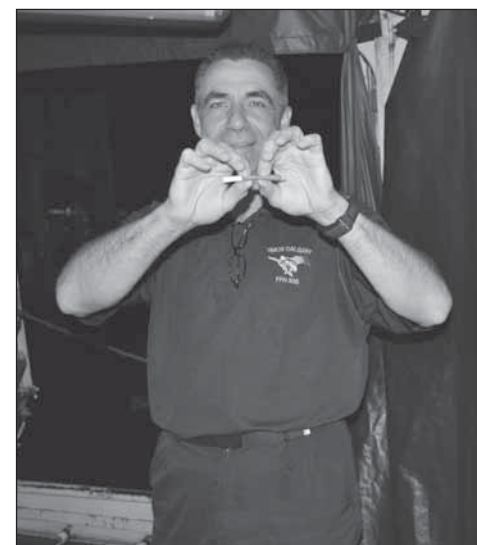
Panamax 2009 aims to improve cooperation and interoperability between the

Clockwise from left:

- LS Patrice Daigle uses a rowing machine located in the flats.

- CPO2 Charles Kuyper decides to break the habit during Panamax.

- OS Andrew Bruce jogs on a treadmill to stay fit.



Canadian Forces and our international partners. Panamax is designed to strengthen the naval interoperability of nations that have security interests in the Panama Canal. This annual exercise is cosponsored by United States Southern Command and the Government of Panama.

Naval Boarding Party team thrills civilian guests

A/SLt Mark Fifield
HMCS Calgary

The day before Labour Day weekend the Naval Boarding Party on board *HMCS Calgary* conducted a team shoot on the flight deck using an improvised firing range on the port side of the ship.

Boarding party teams are experts in executing interdiction operations - hailing, stopping and boarding vessels - to help enforce trade sanctions, blockades, and international laws and regulations governing the seas.

The main goal of the exercise was to allow boarding party members to improve their level of proficiency in firing the tactical shotgun and the 9mm submachine gun. It was also a fantastic opportunity for embarked civilian guests, Brett Witthoef and John Pilling, to become familiar with the weapons used by the

boarding party, and to experience the thrill of firing these powerful weapons at designated targets on the firing range.

Once the targets were assembled, participants were briefed by the boarding party officer, Lt(N) Tim Turner, and MS Kristina Correa, who both supervised the live firing exercise. The two gave a brief regarding range safety and proper firing procedures. Once the exercise was underway, the flight deck was off limits to ship's personnel not involved with the shoot.

"The safety of all participants is paramount when conducting a living firing exercise such as this, said Lt(N) Turner. "Every reasonable safety precaution is put in place prior to each shoot so that we can give our sailors the training they require to do their jobs while reducing the danger associated with firing live ammunition."

After the boarding party had finished shooting, the civilians were permitted to try their hand at using both the MP-5 and the shotgun. Judging by their facial expressions during and after the shoot, they thoroughly enjoyed themselves.

"What an incredible experience. It was the highlight of my time aboard *Calgary*," said Witthoef. However his enthusiasm dampened slightly when the adrenalin wore off and he felt pain in his shoulder from the kickback of the shotgun.

Naval Boarding Party members utilize a variety of realistic training scenarios that require them to hone reaction times and sharpen their judgments. They are proficient in small arms safety and marksmanship, strength training, unarmed combat, small-boat handling and search and sweep tactics. They also receive instruction



Members of *HMCS Calgary's* Naval Boarding Party team shoot their MP-5's at targets on an improvised firing range on the flight deck of the ship.

from legal staff on topics such as rules of engagement and the law of the sea.

Teams are trained to apply

escalating steps that may be required, when authorized, to persuade a vessel of interest into submitting to lawful authority.



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Punishment and pride at the Penticton Ironman

LS Kristopher Langford
Contributor

"I was emotionally distraught and overcome with satisfaction to know this is the culmination of one simple event, standing in line 364 days earlier, and signing up for Ironman Canada 2009. Those who have taken the plunge know, and those who are about to take it will know."

-Lt(N) David Dallin,
Course Training Officer,
NOTC Venture

It was Aug. 30; the heat was sweltering, and the asphalt baking in Penticton. At some point in the day the temperature topped 33 degrees Celsius, with constant humidity.

Littering 180 kilometres of road was lake water, used power gel cases, water bottles and vomit.

This was no ordinary day. This was the 2009 Subaru Ironman Canada, and only mid point in the race.

The winner will not complete the marathon portion for another two hours, and the rest will still be trickling in until midnight, pushing hard to get under the 17 hour cut-off time.

At this point in the race the bulk of CFB Esquimalt triathletes are coming off their bikes and heading out on the final leg of the race, a 42-km marathon run.

On Main Street in Penticton the bike and run courses overlap, so there was constant pounding of progressive feet harmonized with the bladed whirring of time-trial bikes as they screamed past the spectator-lined streets. The crowd's excitement was palatable and growing as the day went on.

It was in this frenzy of hurried activity that nine of our Iron athletes tested their metal. This day, this consolidation of years of training, focus and sacrifice, began with a 5 a.m. check in. The pro race started at 6:45 a.m., so the age groupers had 15 minutes to contemplate the next 17 hours.

At 7 a.m. those thoughts dissipate as over 2,500 people hit the waters of Okanagan Lake. That many people moving through water at one time, swimming as hard as they can towards the same point, was intense.

"It was like swimming in a washing machine for the first 1,800 metres," said Capt George Beatteay, a helicopter pilot from 443 MH Squadron and multi time Ironman Canada finisher, after the race. He went on to finish the race in a time of 10 hours and 52 minutes making him the fastest Esquimalt triathlete of the day.

Following the swim, competitors transitioned for the gruelling 180-km bike ride. This course is considered one of the toughest in the Ironman series. It's not only hilly, but with heavy head and cross winds.

Even out in the middle of nowhere there were spectators cheering, ringing cow bells and motivating everyone they saw.

As the sun set on the 10-hour mark, a steady stream of athletes continued to make their way into the transition from bike to run. This monotonous ritual continued long into the night's darkness. It went on until midnight when the race officially closed.

Endurance races like Ironman push the limits of the human body and mind. Going too hard on the bike or forgetting to hydrate or eat can have devastating results during the run. LCdr Dan Bouchard knows this all too well. After suffering medical complications during the race, he was unable to eat and refuel. Even with years of training and the toughest of resolve, he pulled out halfway through the marathon distance run.

Even those who could satisfy their body's needs had difficulty.

"I let myself get a bit dehydrated on the bike and I paid for it on the run. I ran the first 25 kilometres, and then started to feel pretty bad. I ran/

walked the next seven or eight kilometres and then got myself together again," said Capt Beatteay.

LCdr Bouchard and Capt Beatteay both sought medical attention after the race.

"I spent an hour and a half in the med tent trying to get re-hydrated again. My blood pressure dropped to about 80 over 50," he said.

Even LS Mark Ritchie, who is a seasoned runner, found the run difficult. He said it took an "unbelievable amount of focus to keep running during the second half of the marathon." He still managed to finish in 11 hours and 31 minutes.

The final 200 metres of the course swelled with spectators and well wishers. The yellow "Power Bar" arch beckoned the weary athletes to the finish line.

"Heading down the last few kilometres, hearing the voice of Steve King announcing that I had six minutes to make a sub 11:30. I ran as fast as I could (about 10km/h) to make sure I beat that milestone," said Lt(N) Dave Dallin, course training officer at NOTC Venture. He finished his first Ironman in a time of 11 hours and 28 minutes.

For LCdr Lucie Tremblay, Naval Provost Marshal (Pacific), the day was bitter sweet. As she crossed the finish line for the first time at the 12 hours and 28 minute mark, she was thrilled she'd finally become an



Lt(N) Dave Dallin and LCdr Lucie Tremblay are still smiling as they hit the home stretch, having completed the swim and cycle portions of Ironman Canada.

Ironman. But the news that her husband, LCdr Bouchard didn't complete was difficult to swallow.

Congratulations are warranted for all triathletes, including CPO1 Ron Mierau, 12 hours and 15

minutes; LCdr Mike Lawless (12 hours 16 minutes), Captain Matt MacMillan (11 hours 54 minutes) and CWO Kirk Lewis (12 hours and 32 minutes).

CWO won a lottery

spot in the Ironman World Championships and will be travelling to Kona, Hawaii, Oct. 10.

"Pain is temporary, but becoming an Ironman is forever," said LCdr Lucie Tremblay after the race.

I was emotionally distraught and overcome with satisfaction to know this is the culmination of one simple event, standing in line 364 days earlier, and signing up for Ironman Canada 2009. Those who have taken the plunge know, and those who are about to take it will know.

-Lt(N) David Dallin,
Course Training Officer, NOTC Venture

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CFB Esquimalt's Blue Boat sailed back to work last week bearing the award for Best Workboat from the Victoria Classic Boat Festival. The 54-year-old vessel was the navy's first entry into the festival, which just marked its 32nd year.

Blue ribbon win for Blue Boat

Mary Ellen Green
Staff writer

The meticulous maintenance of "Blue Boat" Yard Ferry Boat (YFB) 318 blew away the judges at last week's Victoria Classic Boat Festival.

The 54-year-old vessel built from solid wood took home the Peter London Best Workboat Award.

"I knew the boat was in good shape, but I didn't realize just how good it was. This is the first wooden boat I've worked on and I was really surprised at the high level of maintenance," said skipper, David Jones.

"Some judges were so impressed they invited us to come to some other shows in the United States."

It was the first time the Department of National Defence auxiliary vessel was entered into the 32-year festival.

"We've never done a public show before, and it was great to see the

public take an interest in it. A lot of people had never heard of it before," Jones said.

The solid wooden vessel built from oak and fir was built at Star Shipyards in New Westminster in 1955 for use as a passenger ferry. It has been in service at CFB Esquimalt ever since.

CFB Esquimalt has two Blue Boats that ferry 15,000 passengers from dockyard to Colwood monthly.

"We serve about 800 people every-

day," Jones said. "There's parking for 500 cars in Colwood, so we take a ton of people out of the Colwood crawl. It's a very green initiative."

Although the weather over the Labour Day long weekend didn't fully cooperate with the festival's schedule of events, the crew of YFB 318 had a great time touring other vintage crafts and playing tour guide to the 2,700 visitors that made their way through the Blue Boat's wheel house and passenger accommodation room.

Jones' son Jacob thrilled the guests by playing a flute on the deck, gathering donations for the United Way.

"He raised over \$200. It was a lot of fun and the people really enjoyed it."

Sunday's sail-past was cancelled due to high winds. The festival ran Sept. 4, 5 and 6 in Victoria's Inner Harbour and celebrated 50 years of service by the Coho Ferry.

Some judges were so impressed they invited us to come to some other shows in the United States.

-David Jones
Blue Boat Skipper

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Local medic commended for work in Afghanistan

Mary Ellen Green
Staff writer

Forty-five days into Capt Mike McBride's 2008 tour in Afghanistan, he found himself confronting a medical situation that would prompt him to develop a life-saving device, and later earn him a Canadian Expeditionary Force Command (CEFCOM) Commendation.

The local soldier and former CF Health Services Group RSM, served as a senior medical mentor to the 1st/205 Brigade, Afghan National Army (ANA) with the Operational Mentor Liaison Team (OMLT) from February to September 2008. When a rocket propelled grenade exploded in bunker with 12 ANA soldiers inside, he was asked to track the casualties on behalf of the ANA.

"Four people were killed outright. Many others had limbs blown off," he recalls. "They didn't have the skill set or the equipment to manage the situation. Had they applied tourniquets right after the incident, they could have saved a few guys, but they bled out."

Three out of four ANA soldiers died en route to the hospital.

"With my hand over my heart I know we could have saved their lives if a tourniquet was applied."

"I was upset these young guys died because they didn't have a simple piece of equipment," he added. "I knew we had to do something."

He brought his concerns to the OMLT medical staff, who in turn, worked to revise the ANA's first aid refresher training program. The first priority was to improve a soldier's chance of surviving a mas-

With my hand over my heart I know we could have saved their lives if a tourniquet was applied.

-Capt Mike McBride

sive haemorrhage; so the OMLT medics developed a comprehensive plan to develop and promote tourniquets.

A tourniquet is simple piece of equipment that improves the survival rate of soldiers suffering serious injuries and massive haemorrhage. It is easily applied and requires minimal training to use effectively.

However, the tourniquets used by Canadian Forces soldiers in Afghanistan cost \$23 each and are manufactured in the United States. Given the fragility of the ANA Medical Supply system, securing western style tourniquets in a timely fashion was virtually impossible.

"We really wanted to give them a local solution," Capt McBride said. "We didn't want to introduce something that wasn't sustainable."

Under Capt McBride's leadership, the OMLT medics designed a tourniquet that could be manufactured in Afghanistan.

"We designed a simple tourniquet that local [Afghan] manufacturers could produce from readily available materials, incidentally providing employment for women in Kandahar Province," Capt McBride said. "The result is the Kandahar Emergency Tourniquet: a length of nylon webbing

with two loops sewn into it. Wrap it around the limb above the wound; insert a section of C-7 rifle cleaning rod through the loops and twist."

The first 100 tourniquets were used to train the next Infantry Kandak preparing for deployment. A few months later, manufacturers had produced 5,000 tourniquets complete with instructional sheets written in Dari, the official language of the ANA, and visual posters.

Now almost 12,000 units have been manufactured and the Afghan National Police have also benefited from the project.

"My brother-in-law is an RCMP officer mentor and is over there now. It's been almost a year since I came home and the legacy is that they're still using it."

The British OMLT in Helmand Province is also using the Kandahar Emergency Tourniquet.

Capt McBride hopes the initiative is extended throughout the ANA.

"They're not riding around in armoured vehicles," he said. "They're riding in the backs of Ford Ranger pick-up trucks and they're suffering horrific injuries."

For his efforts in bringing the life-saving device to Afghan soldiers, Capt McBride has been recognized by a CEFCOM commendation.

"I'm very happy about it because it's something very near and dear to my heart, but no one goes into this kind of thing expecting to be rewarded. It was a team effort and lots of guys supported this initiative," he said. "It was the most fulfilling challenge I've faced in the military since being commissioned."

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Esquimalt lights up for festival

Since its inception in 1997, the Esquimalt Lantern Festival has given Esquimalt residents an evening of free, family-friendly fun for the whole community to enjoy.

In February, the Esquimalt Residents Association successfully recruited volunteers to resurrect the Festival. Bolstered by a grant from the Municipality of Esquimalt, and with support from Parks and Recreation, the West Bay Residents Association, and the Community Art Council of Greater Victoria, plans have been taking shape over the summer. Local businesses have also stepped forward with their support, including JackFM, OceanFM, A&W and Gorge Video.

An enterprising group of local residents have been busy making preparations for this year's event by restoring lighting installations from past festivals, and working with the community to create new displays.

With the last festival held in 2004, this year's Lantern Fest promises to bring back the original magic and intent of the event at Captain Jacobson Park on Head Street, Sept. 19.

Starting at Captain Jacobson's Park at 6 p.m., local musicians and entertainers including the Balkan Babes will kick things off until dusk. At sunset, festival-goers will be invited to bring their lantern creations and follow a piper, musicians Samba du Soleil, and

a marching band in a light parade, winding along the West Bay Walkway.

The lantern route will loop back at Barnard Park, and return to Captain Jacobson Park where festivities will continue with light and fire dancing by the Poi Pixies, as well as musical entertainment featuring the Kemal Evans Band and Jeremy Walsh, until 11 p.m.

Festival organizers are encouraging participants to create their own lanterns so they can join in on the fun.

See the light and show your community spirit by attending the Esquimalt Lantern Festival on Sept. 19 from 6 to 11 p.m. at Captain Jacobson's Park on Head St (near Paradise Ave.).

New policy on the delivery of language training

DAOD 5039-6 entitled Delivery of Training and Education in Both Official Languages, was published under the authority of CMP on Aug. 21. This DAOD outlines the policy and procedures governing the official language in which individual training and education shall be offered and delivered to CF members.

As the CF is subject to the Official Languages Act, CF members shall receive individual training and education in the Official Language of their choice, regardless of their first official language recorded in the Human Resources Management System.

CF members shall have access to instructional materials, examinations and tools in both official languages as stipulated in DAOD 5039-6. CF members shall also have access to assistance such as but not limited to, quali-

fied instructional or tutorial staff, reference materials, glossaries, examinations, and simultaneous interpretation in their Official Language of choice.

For more information on Official Language with regards to the delivery of individual training and education, read DAOD 5039-6 and talk to Emile Chartrand your Coordinator of Official Languages.

DAOD 5039-6 is available on the ADM(Fin CS) intranet site at http://admfincs.mil.ca/admfincs/subjects/daod/5039/6_e.asp and on the ADM(Fin CS) Internet site at <http://www.admfincs-smafinsm.forces.gc.ca/dao-doa/5000/5039-6-eng.asp>.

Nouvelle politique sur la prestation de l'instruction et de l'éducation dans les deux langues officielles

La DOAD 5039-

6, intitulée Prestation de l'instruction et de l'éducation dans les deux langues officielles, a été publiée le 21 août 2009 sous l'autorité du CPM. Cette DOAD fait état des politiques et des procédures régissant la langue officielle (LO) dans laquelle l'instruction et l'éducation doivent être offertes et dispensées aux militaires. Comme les FC sont assujetties à la Loi sur les langues officielles, les militaires peuvent recevoir des cours d'instruction et d'éducation dans la LO de leur choix, et ce, indépendamment de leur PLO inscrite dans le Système de gestion des ressources humaines.

Les membres des FC doivent avoir accès au matériel d'instruction, aux examens et aux outils dans les deux langues officielles, comme il est stipulé dans la DOAD 5039-6. De

plus, l'aide linguistique, en outre, l'accès à du personnel enseignant ou à des formateurs-tuteurs qualifiés, à des documents de référence, à des glossaires, à des examens et à l'interprétation simultanée, doit être offerte aux militaires dans la langue officielle de leur choix.

Pour de plus amples détails sur les questions liées à la prestation de l'instruction individuelle et de l'éducation, veuillez lire la DOAD 5039-6 et communiquer avec votre Emile Chartrand coordonnateur de langues officielles.

La DOAD 5039-6 est disponible sur le site intranet du SMA(Fin SM) à http://admfincs.mil.ca/admfincs/subjects/daod/5039/6_f.asp et sur le site Internet à <http://www.admfincs-smafinsm.forces.gc.ca/dao-doa/5000/5039-6-fra.asp>.

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Cpl Belisle Julie, Combat Camera

Two members of team "Chevalier," one of 12 teams participating in the annual obstacle course of the Royal Military College in St-Jean, QC, crawl into the the mud to complete "the low crawl." The traditional obstacle course is the culmination of the orientation program and it marks the official welcoming of the new officer cadets into the Cadet Wing. The obstacle course, which develops perseverance and teamwork, is composed of 12 varied obstacles that challenge each part of the body and tests the stamina and team spirit of participants.

INBRIEF

Chief and Petty Officers' mess hosts dinner

The Fall Mess Dinner will be held on Thursday, Oct. 8 at the CFB Esquimalt Chief and Petty Officers' Mess.

This Mess Dinner will be at no cost to attendees.

Timings are:

- assembly is at 1900 hrs in the Rainbow Room; with
- dinner, in the dining room, at 1930 hrs.

Dress: Mess Kit or No. 2 Forward the names of your attendees to the undersigned and I will fwd to the Mess Receptionist, local 363-3163 or via email at Smith LA@BADM@Esquimalt, no later than noon Friday Oct. 2.

Indicate if you are a non-drinker or have any dietary restrictions.

Celebrating flight

In celebrating the Canadian Centennial of Flight, CBC Television and Radio-Canada have produced an aviation documentary, "Canada Above And Beyond: 100 Years of Aviation." The production is a four-part documentary series that explores the revolutionary impact of aviation on this country and our great passion for flight.

The series will be aired nationally in French on Radio-Canada beginning

Friday, Sept. 4 at 8 p.m. ET/PT and running for four consecutive weeks. The series will be aired in English on CBC Television beginning Thursday, Oct. 8 at 8 p.m. ET/PT for four consecutive weeks.

Canada Above And Beyond captures extraordinary stories of flight told by passionate individuals—from fighter pilots learning to navigate the CF-18 Hornet at 4 Wing Cold Lake, Alta. to a dedicated paediatrician who flies to remote native communities to treat young patients.

An encore presentation of the English four-part series, Canada Above

And Beyond: 100 Years of Aviation, can be seen on CBC Newsworld, each Friday beginning Oct. 9 at 10 p.m. ET/PT.

These documentaries are available on the Radio-Canada.ca/aviation website, which also offers a great deal of information on past and present Canadian aviation, a calendar depicting different events across the country and a blog.

For more on the series, visit www.cbc.ca/canadaaboveandbeyond.

For more information on the Air Force Centennial of Flight celebrations visit www.airforce.canadian-centennialofflight.ca

YOUR LEGAL DEFENCE TEAM

Mel Hunt BA (Hons), LLB Lieut Col (ret'd)
Leigh Gagnon BEd, BA, LLB

Mel Hunt practises military law, criminal law, and personal injury law, and is a former member of the Judge Advocate General's Branch in The Canadian Forces.

Leigh Gagnon practises family law, real estate law, and in the area of wills and estates.

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Foodsafe at CPAC

Foodsafe is a requirement for individuals working in the food and beverage industry, and great for those looking to work in the industry in the future. Successful participants will receive certification upon completion.

Participants must be at least 13 years of age to register

Where: Colwood Pacific Activity Centre

When: Saturday, Sept. 19, 9:30 a.m. to 5 p.m.

Cost: \$60 per person

To register or for more information call 250-363-1009.

SHIPYARD: MORE GROWTH TO COME

Contract awarded for next phase of dockyard expansion

National Defence

The Government of Canada has awarded a contract for \$47.3 million to Stuart Olson Constructors Inc. of Richmond, B.C., for phase four of the modernization of the Fleet Maintenance Facility Cape Breton (FMF CB) at the Esquimalt Dockyard.

This construction contract will generate approximately 255 direct employment opportunities throughout the course of the work.

The project is a five phased project that is consolidating and modernizing the DND ship maintenance facilities at Her Majesty's Canadian Dockyard Esquimalt. The work involved, which has been unfolding over the

last several years, will see the Esquimalt facilities consolidated into three modern buildings.

The project scope includes: construction of one new industrial-support building; significant additions and renovation work on two existing modern industrial buildings; extensive upgrading of the Dockyard's utility services; and general site improvements.

The recently announced contract is for construction work on one of the existing modern industrial buildings.

The scope of the contract includes: completion of a large addition to accommodate industrial and office functions; extensive renovation to office areas and the existing cafeteria; and configuring of existing industrial space to accommodate a new plating shop and waste-water treatment plant.

The balance of Phase IV work that will include the demolition of a further five buildings, and extensive environmental site remediation work will be included in the scope of future contracts.

This construction contract will generate approximately 255 direct employment opportunities.

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- *The White Queen* by Philippa Gregory

- *The Law of Nines* by Terry Goodkind
- *The Bolter* by Frances Osbourne
- *Cheap: the High Cost of Discount Culture*
- *Unmasked: the Final Years of Michael Jackson*
- *Woodstock: Three Days That Rocked the World*

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Bravo ZULU



Left: MWO Grant Whittla (J2-SSE) is commissioned to Captain by Cdr G. Bolduc, Commanding Officer of Maritime Forces Pacific/Joint Task Force Pacific Headquarters, assisted by LCdr Thornhill.
Right: MS Ahmed, from the Port Security Section (PSS), receives his new rank from LCdr Fletcher, Commanding Officer of Port Operations and Emergency Services Branch, and CPO2 Preston, PSS Coxswain.



Kevin Simmons (centre) was sworn in as a Naval Electronics Technician under the Non-commissioned Member Subsidized Education Program by PO1 Mike Babcock (left) and Sgt Farid Karmali (right). He is currently a student at North Island College in Campbell River. Under the NCM SEP program, the navy pays for Simmons' books, tuition and equipment and gives him a wage of \$37,000 per year. When he completes his program, he will complete naval training and join a ship.

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

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FMF RECRUITING: TRADES HELPERS

The Employment Equity Trades Orientation Program Aboriginal Component recognized the achievements of its participants on Sept. 2 at a reception at the Chief and Petty Officers' Mess. Fleet Maintenance Facility Cape Breton developed the outreach initiative to expose participants to careers in the trades over a nine week period. Participants work with mentors, receive valuable work experience in a naval industrial environment and are paid as trades helpers. FMF Commanding Officer Capt(N) Martin Adamson presented the participants with certificates of achievement.



Capt(N) Martin Adamson and Aldeen Mason present a certificate of achievement to Steve Paine.



Capt(N) Martin Adamson presents a certificate of achievement to Ricky Albany.



Capt(N) Martin Adamson presents a certificate of achievement to Doug Atleo.



Capt(N) Martin Adamson presents a certificate of achievement to Harry Brown.



Capt(N) Martin Adamson presents a certificate of achievement to Israyelle Claxton.



Capt(N) Martin Adamson presents a certificate of achievement to Grant Frenchy.



Capt(N) Martin Adamson presents a certificate of achievement to Jen Henry.



Capt(N) Martin Adamson presents a certificate of achievement to Aggatha Siah.



Capt(N) Martin Adamson presents a certificate of achievement to Edward Jim.



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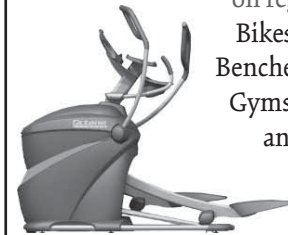


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