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Hitting the snow to raise dough

Shelley Lipke, Lookout

LS Tyler Perry of Mexico races to the finish line against Jody Blankett of Spain in the snowshoe race during the Government of Canada Workplace Charitable Campaign / United Way kick off at Lot H in dockyard on Sept. 17.

MARPAC Olympic fun kicks off United Way

Shelley Lipke
Staff writer

The 2009 Government of Canada Workplace Charitable Campaign in support of the United Way kicked off in full force on Sept. 17 as 96 people representing 24 countries battled for gold medals in the MARPAC Olympics.

RAdm Tyrone Pile, Commander Maritime Forces Pacific / Joint Task Force Pacific, opened the event

saying, "We have been engaged in this campaign since 1939 and it's something that we should all be proud of."

Base Commander Capt(N) Marcel Hallé also took to the podium as campaign chair and thanked everyone for their continued support each year. "Your contributions provide relief to those who are in need, and I want to put an emphasis on ensuring we raise awareness of these needs

and give everyone in each unit an opportunity to participate in this campaign," he said.

After the opening speeches were over the fun began. Six dump truck loads of snow collected from three arenas throughout Victoria had been meticulously sculpted into a snowshoe course on the warm dockyard parking lot pavement.

Teams from three countries strapped on the awkward shoes and

dove into the snow as they raced around the course to the sound of laughter from the crowd.

In another corner of the parking lot curling was underway, and competitors knelt at eye level to judge the angle they would slide the rocks. Athletes then slammed their hockey sticks along the pavement aiming for nets and took turns throwing ropes in the hammer throw event.

See United Way on page 3

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Teen fighting for her life

Robyn Seymour
The Compass

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All those who know Sasha Cumby describe her as an intelligent, fun loving, dedicated teenager.

Sasha, a 16-year-old straight A student and an adventurous junior leader in Girl Guides, is now fighting for her life.

Her father, PO1 William Cumby, was stationed in Sierra Leone, Africa, with the International Military Advisory and Training Team for the last three months and had planned a family vacation to Disneyland.

The Harbour Grace native and his wife, Debbie, originally from Shearstown, landed in California on Thursday, Aug. 20 with their two vivacious children.

To begin their anticipated trip they visited Disneyland the next day, followed by the San Diego Zoo Aug. 22 and Universal Studios Aug. 23.

"Upon our arrival at Universal Studios we went directly to the Jurassic Park Ride and during our fall over the edge near the end of the ride, Sasha collapsed in her seat behind us in the car. While calling for help, myself and my good friend, Yance Sheehan (from Carbonear), managed to get to her. She wasn't breathing and there was no pulse. We performed CPR until we could get her out of the car and the paramedics took over," describes William.

"Her mom and brother witnessed the whole ordeal and you can imagine how traumatic this is to a 10-year-old," he adds.

Sasha was rushed to St. Joseph's Hospital in Burbank, California, where she remained unconscious in critical condition until Sept. 16, when she was transported to B.C. Children's Hospital.

Sasha has had bilateral cranial surgery, where parts of her skull were removed and placed in the wall of her stomach, to allow for the brain to swell and relieve pressure.



While vacationing with her family late last month, 16-year-old Sasha Cumby (front), fell unconscious during a ride at Universal Studios in California. As of Sept. 16, she still wasn't conscious. She was transported to B.C. Children's Hospital on Sept. 16. Cpl Yance Sheehan, a friend of the family, is holding a fund raiser on Sept. 27 at the Colwood Pacific Activity Centre from 1-4 p.m. consisting of a loonie and twoonie auction. If anybody would like to donate items for the auction or has any questions on how to donate, please contract Cpl Sheehan, 250-507-1113.

Her father says since the operation, the swelling is beginning to go down, however doctors are unable to tell if there is any permanent damage until she awakens.

"She is moving quite a bit

Sasha collapsed in her seat behind us in the car. We performed CPR until we could get her out of the car and the paramedics took over.

-PO1 William Cumby

and we are praying she will wake up soon. My work has been very supportive and they have indicated I can have the time off we need for her recovery. The hospital and people here have been wonderful and everyone we know, and don't know, are praying for her recovery," her father told The Compass.

Cpl Yance Sheehan, a friend of the family, is holding a fund raiser on Sept. 27 at the Colwood Pacific Activity Centre from 1-4 p.m. consisting of a loonie and twoonie auction.

If anybody would like to donate items for the auction or has any questions on how to donate, please contract Cpl Sheehan, 250-507-1113.

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A shoe-in for the win

United Way kicks off with Olympic spirit

From page 1

After rotating through each event and having two hours of fun, the winners emerged and medals were awarded to the individual best in their sport.

This year's United Way campaign theme is in tune with the Olympics - 'Going for gold.' MARPAC Olympic results:

Curling

- Gold – Mark Southam (Liechtenstein)
- Silver – OS Benoit Dupont (Austria)
- Bronze – Bruce Brown (England)

Snowshoe

- Gold – Doug Henderson (Poland)
- Silver – LS Tyler Perry (Mexico)
- Bronze – Ryan Chamberland (Netherlands)

Hockey

- Gold – Mike Knowland (Poland)
- Silver – Mike King (Cuba)
- Bronze – Anthony Bertoia (Norway)

Hammerthrow

- Gold – Pte Brad Wickens (Mexico)
- Silver – Slt Michael Mcwhinnie (Kiribati)
- Bronze – Kaare Sayer (Norway)



Photos by Shelley Lipke, Lookout

The 2009 Government of Canada Workplace Charitable Campaign in support of the United Way kicked off on Sept. 17 as 96 people from 24 countries competed in hockey, snowshoe, curling and hammer throw in a dockyard parking lot.

Top left: Darren Jess of Cuba battled hard to win first place in the snowshoe race against Jasper Tan of Fiji (second place) and Theresa Thomas of Liechtenstein.

Right: Bruce Brown of England competes in the curling event.

Above: Athletes parade onto the "Olympic" sports field.

Left: Slt Michael Mcwhinnie of Kiribati takes his turn in the hammer throw event.

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People Talk

Lookout asked this question:

If you were to leave all your money to one charity what charity would you leave it to and why?



If I were to leave all my money to charity it wouldn't be just one charity. This is mainly because of family and friends who have been affected by various diseases. My father has a heart condition, my grandparents suffer from diabetes and cancer, and recently a friend of mine has been diagnosed with pancreatic cancer. Because of this all of these organizations are close to my heart.

I also support organizations for youth sports, especially for the disabled. I play a lot of sports myself and I like to encourage kids to be more involved in sports no matter what their abilities or disabilities are. Some organizations have more fundraising campaigns and receive more donations to help with research and programs than others, so ideally I would donate more money to support those organizations that have less funding.

Capt Darlene Mackie
Health Care Administrator



I would support B.C. Children's hospital because we see children born with side effects and birth defects, and I think these things could be rectified if the funding was there to provide the hospital with services required to care for these children who need surgeries and medication. I don't know any children that are personally in need of help, but kids in general deserve this help.

PO1 Herman Rohrbach
Chief and Petty Officers' Mess Manager



I would leave it to the Cancer Society because my dad passed away from lung cancer. I was deployed with HMCS Protecteur in 1989 when I found out and the ship flew me home from Hawaii because it happened so fast. I don't want to see anyone go through what I did.

MS Kevin Campbell
Detention Barracks NCO



I would leave all my money to people with addictions to help get them off of drugs and alcohol. I think it's important to help people with addictions to achieve a better life and give them freedom to make their own choices. I know lots of people that have been affected by both drugs and alcohol abuse through personal experience. I volunteer at William Head jail to help people with these problems and I was also a phase three coordinator working as a base addiction counsellor in 2005 because I want to help these people.

Cpl Yance Sheehan
Base Manual Party



I would leave it to CNIB because my father was a British Merchant Marine skipper who went blind after 50 years at sea. The doctors figured it was from staring at the horizon. It was hard for me to accept and it was difficult for my mother because the last six years of his life he was blind. I'm sure today they could have helped him, but 25 years ago the technology was different. So by donating to help with research I think this would help other people. I would also donate to the Queen Alexandra Foundation for Children because we lost a son at age six to a condition called Hydrocephalus. This was devastating, and I'd hope that my donation would help other children.

Valerie Chatten
CFB Esquimalt Naval and Military Museum Gift Shop Volunteer

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3. Presto, Rodger Brady

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FILM *friday*

Jennifer's Body light on horror but fun

W. Andrew Powell
The GATE

Opening in theatres this week, two Toronto International Film Festival picks make their debut; the teen-horror film *Jennifer's Body*, and Steven Soderbergh's *The Informant!* Also new to theatres, Bill Hader stars in the animated tale *Cloudy With A Chance of Meatballs*, and Aaron Eckhart and Jennifer Aniston look for romance in *Love Happens*.



Photo by Doane Gregory

Meghan Fox in *Jennifer's Body*.

Jennifer's Body

Academy Award-winning screenwriter Diablo Cody has an intriguing sense of style. In her film *Juno*, she got into the mind of a high school girl struggling with pregnancy, and now in *Jennifer's Body*, she's exploring a different high school angle as a beautiful girl deals with her new urges to hunt and eat the boys at her school.

Thankfully, the only thing that connects Cody's last film to *Jennifer's Body* is the whole high school thing, and the way she seems to be able to write dialogue that sounds right when it comes out of Megan Fox's mouth. While I'm curious when Cody will move on to a project that doesn't include teenagers, she is good at what she does, and there are more than a few moments where it all works quite well for this particular film.

Set in the small town of Devil's Kettle, Fox plays the super hot Jennifer, a girl with sex on the brain, who drags her best friend Needy, played by Amanda Seyfried, to see her new favorite band, Low Shoulder. As we quickly see though, the band isn't really there for the fans, they're actually looking for someone to help them, and Jennifer ends up being the unsuspecting victim.

Covering lots of ground we've seen before, with retro panache but very little in terms of scares, the film is still somewhat entertaining, and I think Fox and Seyfried make a good pair in this bizarre teen tale of horror. The truth is though that Director Karyn Kusama is not up to the task of really making Cody's script amaze us or frighten us, although it can also be said that the script also plays it way too safe. We know very early where we're headed in the film and it goes without saying that it will wrap up in much the same way as these films always end.

All things considered, I still enjoyed *Jennifer's Body* for what it is - a light and funny quasi-horror film that has fun with the material. Fox has a couple of very good scenes which maybe

prove she can eventually move on to roles that deal with more than just her complexion or her curves, and I think she also aptly proves that she can lead a film based on her charisma.

Other new arrivals...

The Informant!

Mat Damon stars in Steven Soderbergh's *The Informant!* as that special class of corporate citizen: the whistleblower.

Working for a huge company accused of price-fixing, Damon plays Mark Whitacre, an average guy who dreams of big promotions and becoming the hero, but while he says he'll help the FBI get their criminals, something else seems to be going on.

With director Soderbergh at the helm, who also brought us *Ocean's Eleven* and the other sequels, you can expect a twisting tale that will only resolve itself when he's good and ready to reveal everything, and based on reviews, the good news is that critics are saying the recipe generally works.

"*The Informant!* is a return to form for Soderbergh, who couldn't seem to put anything resembling an emotional charge into his recent films," David Denby wrote for the *New Yorker*. "This time, Soderbergh is in full control, and his star is on fire."

Cloudy With A Chance of Meatballs

Based on the popular children's book, *Cloudy With A Chance of Meatballs* is an animated movie about an inventor and a weather girl who are trying to solve the riddle about the falling food. You see, rather than rain falling from the sky, a small town is experiencing the unexpected phenomenon where everything from candy to, yes, meat-

balls, is dropping out of thin air.

Starring the voices of Bill Hader, Anna Faris, Bruce Campbell, Mr. T., James Caan, and Adam Sandler, *Cloudy With A Chance of Meatballs* is looking like an instant hit for families this weekend. As Alonso Duralde of MSNBC wrote, the film is "overstuffed with enough sight gags to delight children while throwing in healthy dollops of wordplay and absurdist humor to keep their adult chaperones entertained as well."

Love Happens

Lastly this week, Aaron Eckhart and Jennifer Aniston star in a romantic drama about two somewhat broken people who can't keep their eyes off each other.

Eckhart plays self-help author Dr. Burke Ryan, who speaks to sold-out seminars, but can't accept his own advice it seems, even as he works on a major deal that could change his life. Aniston on the other hand is a florist who stumbles into the good doctor's life. Even though she has essentially sworn off men, she can't help but feel drawn to him, but can they forget about their pasts long enough to find something together?

Well, I'm going to take a guess and say yes, but it is a little tough to say. Very few reviews were available at press time, but Randy Cordova of the *Arizona Republic* was not a fan of the film.

"Because there's no mystery, no chemistry and paper-thin characters, the movie coasts by on the charms of its two stars," Cordova wrote. "And while Eckhart and Aniston are mighty appealing, they need to be given something more with which to work."

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Sutton

National golf play offs lead to international game

Mary Ellen Green
Staff writer

With 31 years service in the navy, PO1 Gilles LeBlanc, 51, is representing Canada on the green this November instead of the deep blue sea.

He found out one week before his wedding, which took place Sept. 17, that he'd been selected to represent Canada at the 6th World Military Championship Golf in Windhoek, Namibia, Nov. 14 to 21.

When the notification email popped up on his Outlook screen, he rubbed his eyes in disbelief.

"When I called Coleen [his new wife], she was very happy and told me she's so proud of me. Her and my step son Cory have been an unbelievable support for me."

It was a third place finish at the Canadian Forces National Golf Championships, held Aug. 29 to Sept. 4 at the Shilo Country Club, CFB Shilo, MB, that earned him the chance for international play.

"It was my goal to go to nationals and represent the navy and the Pacific Region. I never thought I'd be top five and I finished top three," said PO1 LeBlanc, Chief Clerk at *HMCS Malahat*.

The Shilo event is the first time since 1991 that golf was played

as a CF National Sports championship.

"On the first day, I scored my first ever sub-par round with a two-under-par 69. I was so pleased."

After scoring a 76 on day two, he was still in the lead after nine holes of his third round. That's when the momentum changed.

"The turning point for me was on the last day on hole 10. I was still in the lead at the time, but I lost my focus. I stumbled and it was hard to recover, but I kept fighting and minimized my mistakes. I came out in third place out of 34 players," he said, adding, "I got a double bogey on hole 10, but it could have been much worse. If you focus enough on the game, you can pull through anything. I learned that you have to keep going, keep fighting and never give up on your dreams."

PO1 LeBlanc was also nominated by his fellow players for the Royal Canadian Legion Fairplay Award.

"CFB Shilo did a phenomenal job in hosting this tournament. They put money and effort into the course, and it was bar none the best military course I've ever played on," PO1 LeBlanc said.

"The atmosphere was just like a professional golf championship. I'd recommend they host it again next year they did such a great job.



PO2 Gilles LeBlanc accepts his golf medal from 19 Wing Operations Officer, LCol Luc Boucher.

Pte Lindsay Grimster, Combat Camera

It was probably the best tournament I've ever played in, military or civilian."

Now that he's been selected, he says he and Coleen can start planning their honeymoon.

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Ships from Combined Task Force (CTF) Pacific sail in formation during the multinational exercise Fuerzas Aliadas (FA) Panamax 2009. Surface assets participating in the exercise are part of CTF Pacific or Caribbean, depending on which side of the canal they are operating.

U.S. Navy photo by Mass Communication Specialist 2nd Class Alan Gragg/Released

Calgary leads the way during Panamax

A/SLt Mark Fifield
HMCS Calgary

HMCS Calgary is playing a key role in the multinational exercise Fuerzas Aliadas (FA) Panamax 2009 as the flag ship for the Task Force Pacific Commander, Peruvian Rear Admiral Edmundo Deville Del Campo.

Calgary will operate independently within the task force as the Anti-Surface Warfare Commander (ASUWC) to govern warfare operations in its assigned operating areas and will report to the Commander of Task Force Pacific.

Calgary is assigned to operate in the international waters along the Pacific approaches to the Panama Canal and will operate alongside vessels from Ecuador, Chile and Peru.

FA Panamax 2009, which began Sept. 11 and will end on Sept. 22, has brought together civil, naval, air and ground forces from 20 countries to train for the defense of the Panama Canal, along its Caribbean and Pacific approaches. They have been organized into six multinational task forces.

In cooperation with the United Nations and the Conference of Central American Armies, the armed forces of these nations will respond to a variety of training scenarios that could potentially threaten the most important waterway in the region.

Apart from Calgary's role as flag ship, it is also an integral part of the maritime forces whose role is to monitor maritime, air traffic and if required, interdict threats before they can

endanger the Panama Canal. In this endeavor, the ship's Sea King helicopter is proving to be a critical asset as it greatly increases the area of the ocean the ship is able to keep under surveillance. Another important weapon in Calgary's arsenal is its Naval Boarding Party, which will be used to board and inspect vessels to ensure they pose no threat to the canal.

Exercise Panamax 2009 was designed by a team of civilian and military planners to support a broad spectrum of objectives. These objectives include exercising command and control of a multinational force in defense of the Panama Canal within a United Nations mandate, promoting interoperability that focuses on the security of the Panama Canal, developing the capability of participating nations to function as part of a multinational force, and coordination of both air and land components of a Joint Task Force (JTF).

According to Commander William Quinn, Commanding Officer of Calgary, "While exercising tactics and procedures to defend the Panama Canal is the primary goal of FA Panamax 2009, it is also an invaluable opportunity to improve our interoperability with other nations' navies and demonstrate the importance that Canada places on this region of the world."

In addition to Peruvian Rear Admiral Edmundo Deville Del Campo and his staff officers, Calgary has embarked naval officers from other participating nations such as the United States, Mexico and Peru.

FA Panamax 2009 will

exercise a variety of responses to requests from the Government of Panama to protect and guarantee safe passage of traffic through the Canal, ensuring its neutrality and respect Panamanian national sovereignty.

This year's exercise represents a significant increase both in terms of scope and in the number of participating nations for two main reasons:

- Various nations have shown heightened interest in FA Panamax based on previous years' exercises and positive results;

- The operational focus has expanded beyond the maritime aspect to include air and land elements. This expansion improves the ability to achieve increased security throughout the region.

FA Panamax began in 2003 initially with three countries - Panama, Chile and the United States - it has now expanded to include 20 countries. In 2006, the exer-

cise was a single component exercise where Proliferation Security Initiatives (PSI) was introduced and after 2006, the exercise became a multi-component exercise.

The Panama Canal is a neutral international waterway providing maritime commerce, peace and prosperity in the Western Hemisphere and is critical to the free flow of trade and goods not only of the region, but throughout the world. The areas economy and political stability largely depend on the safe transport of several hundred million tons of cargo through the canal each year; FA Panamax 2009 is designed to ensure plans are in place to respond to any transnational threats to this regions security. Today, the continued security of the Canal is more important than ever as there is a planned expansion of the waterway in the years ahead to accommodate the ever growing volume of oceangoing traffic.



U.S. Navy photo by Mass Communication Specialist 2nd Class Alan Gragg/Released

Canadian Sgt Stacey Sigurdson, an airborne electronic sensor operator, watches from a Sea King as ships from Combined Task Force Pacific sail in formation.

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Shelley Lipke, Lookout

With Fire Prevention Week approaching, CFB Esquimalt's firefighters gear up for the annual event, which encourages people to think about fire safety in their homes and workplaces. Left to right: Chief Fire Inspector Dan Turcotte, Assistant Fire Chief Randy Morton, Fire Inspector Mike McLean and Sparky the Safety Dog hold up a banner to launch the event.

Treasure to be found during October Fire Prevention Week

Shelley Lipke
Staff writer

The Hunt for Red October is on. CFB Esquimalt firefighters are looking for teams of two to join the Oct. 6 treasure/scavenger hunt that will see people scurrying through Dockyard solving riddles and gathering items during the Oct. 4 to 10 Fire Prevention Week.

"We did this hunt a few years ago and had great feedback and we are really looking forward to this year's event," said fire inspector Mike McLean. Already four teams have signed up and there is a cap of 15 teams, so McLean encourages people to register soon. Call 250-363-1538 or e-mail Michael.Mclean2@forces.gc.ca.

The fun begins outside the fire prevention office at Dockyard building 11 at 11:30 a.m. on Oct. 6 when teams are given one hour to complete 40 questions on assorted topics and collect requested items. "The team

who comes back with the right items and the most correct answers will win, but all participants will receive a prize," said McLean. Prizes for the treasure hunt include tools kits, fire extinguishers, digital picture frames, hats, cookies and coffee, and more.

"Our fire crew will be cooking a free barbecue that will be ready for the teams once they return from the hunt," said McLean. "We hope this event brings some fun while getting the message out for Fire Prevention Week."

The prizes for the Hunt for Red October will be presented on Oct. 7 during a community barbecue held outside the fire hall in Dockyard from 11:30 a.m. to 1 p.m. "During the barbecue we will be announcing the Fire Warden of the Year and also awarding 50 door prizes. Last year 2,000 people attended this barbecue and this year we hope to have even more," said McLean.

This year's Fire Prevention Week theme is "Stay fire smart - don't get burned." To encourage people to learn how to be fire smart, fire crews will perform fire drill blitzes during the week by entering buildings at CFB Esquimalt at random and pulling alarms. "We want to test how people react to this and assess the procedures they use so we can offer advice to better train them," said McLean.

Also, each morning Sparky the Safety Dog will be at the Naden or Dockyard gate to hand out pamphlets and answer any questions people may have on fire safety.

"We are encouraging families to put together a plan for fire safety in their homes and hope that this week will turn their attention to fire safety," said McLean.

Fire Prevention Week was created in 1922 and each year CFB Esquimalt's fire crew host a fun activity to get people thinking about fire safety.

Develop and practice a fire escape plan

- Install smoke alarms on every level. Keep them clean and dust-free, checking them monthly. Replace batteries yearly and alarms every 10 years.
- Draw a floor plan of your home showing all exits from each room. Where possible, plan two exits from each room.
- Practice your plan during the day and at night. Heavy smoke impairs breathing, so stay close to the floor.
- Teach small children unable to escape to open their windows and wave an article of clothing to attract attention. Instruct them to wait at the window until someone comes and to never hide from the fire.
- Sleep with doors closed. If children are frightened, close doors after they fall asleep and use a room monitor during the night.
- Instruct family members to feel the door for heat and check air at the bottom if there is a fire. If you don't smell smoke and the air is cool, kneel and open the door slowly, turning your face away from the opening. If smoke is present or the door is hot, use another exit.
- Purchase an A-B-C fire extinguisher. Remembering the acronym PASS. when you use it. Pull the pin, Aim the extinguisher, Squeeze or press the handle and Sweep side-to-side at the base of the fire.
- If you live in an apartment building, develop your escape plan taking into account fire escape procedures.
- Practice Your Escape Plan: regular practice is essential so that every family member knows what to do and will be able to react quickly.

Sailors' support to stranded vessel garners award

Mary Ellen Green
Staff writer

While boatswains AB Andrew Clark and LS Ryan Hart were out on the water doing routine training in June, they came across a situation that would later earn them a Bravo Zulu from the Commandant of Canadian Forces Fleet School Esquimalt.

As they conducted navigation training with their QL5 instructor, PO2 Andre Leger, they came across a sailing vessel in need of assistance.

"We had just passed south of Pender Island and came down through the San Juan Islands when we saw a sail boat in our path about a mile away," AB Clark said.

"We were on our way back in from training in the RHIB (Rigid Hulled Inflatable Boat) when we noticed the captain of a small sail boat waving us over," LS Hart said. "When we came alongside their engine was dead."

The boat had died in the middle of the Haro Strait and there was no wind for them to set sail. The three sailors quickly determined the sail boat's fuel gauge was broken and gave the stranded civilians some fuel and got the motor running.

"When we left Naden that morning we filled our fuel tank and brought two 25 gallon jerry cans," AB Clark said.



"Their 130 litre tank was bone dry. We gave them enough fuel to make it to the Oak Bay Marina."

The boat's occupants were so pleased they invited the men

on board for chocolate bars and soda.

"We are out there ready to assist any vessels in distress, we're looking all the time," LS Hart said. "It



Photos by Mary Ellen Green, Lookout

Clockwise from top left:

- AB Andrew Clark receives a Bravo Zulu certificate from Cdr Timothy Hargreaves.
- PO2 Andre Leger received a Bravo Zulu certificate from Cdr Hargreaves.
- LS Ryan Hart is presented the top student award by Cdr Hargreaves.

was just their luck that we crossed their path when we did."

LS Hart, AB Clark and PO2 Leger were presented with Certificates of Achievement at the QL5 boatswain graduation, held at the Naden Drill Hall Thursday, Sept. 10.

It read: "In recognition of his outstanding performance and dedicated efforts while providing assistance to the sailing vessel "Gailforce" which brought

great credit to the navy and the Canadian Forces."

LS Hart also won the top student award.

AB Clark has been posted to HMCS *Protecteur*.

While LS Hart has been posted to HMCS *Ottawa*, he has been attached posted to Joint Task Force Afghanistan and will be deploying to Kandahar in April 2010. "It will be one of the highlights of my career," he said.

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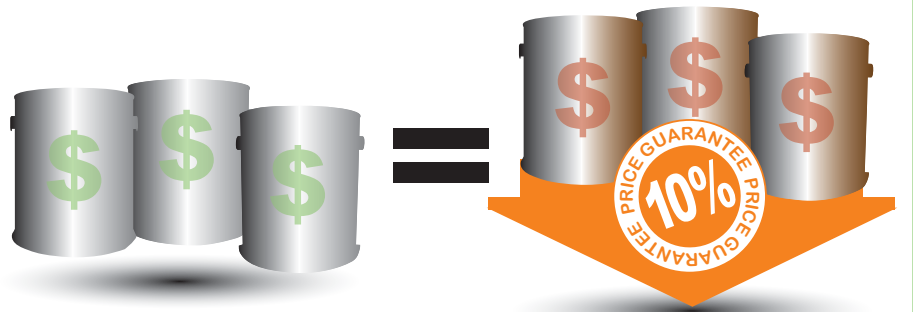
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Naval association lays up its flag

Mary Ellen Green
Staff writer

After 20 years together as the Victoria branch of the Royal Canadian Naval Association (RCNA), group members gathered at St. Paul's Anglican Church last Sunday, Sept. 13 to lay up their flag.

"We chose St. Paul's because it is the garrison church and it has a lot of history. Besides, Padre Gates is a pretty nice guy," said RCNA president Gerry Davis.

Davis is also the president of the Chief and Petty Officers Association, whose flag is also hanging from the rafters in St. Paul's Church.

Four of the original charter members were there to witness the ceremony, in which Ken Dubroy, Gerry Davis and Ken Levert formed the party that marched in the flag and presented it to Padre Gates at the foot of the lectern.

"In the faith of Jesus Christ we accept this flag for the glory of God, and in memory of those who were faithful in the sacred cause of Queen and Country, and in confidence of the inspiration that it may afford to all who behold this flag," Padre Gates said as he accepted the flag and carefully draped it over the altar.

The congregation then sang Eternal Father Strong to Save, which asks the Eternal Father to watch over those in peril on the sea.

The Victoria Branch of the RCNA is responsible for the placing of a large monument in the Naval



Mary Ellen Green, Lookout

Royal Canadian Naval Association members Gerry Davis (left), Ken Dubroy and Ken Levert present the RCNA flag to Padre Andrew Gates at St Paul's Anglican Church on Esquimalt Road.

Corner of Pioneer Square in memory of 55 Royal Navy seamen who perished here between 1840 and 1860; a large plinth in Duntze Head to commemorate the first ship to arrive in harbour in 1846 and the first warship to arrive in 1848; a large plaque at Naden's parade square to commemorate the fallen sailors of the Second World War; and in 2003 they planted 16 red oak trees in Naden in honour of the Commanders of Maritime Forces Pacific.

In November, they plan to plant approximately 10 trees at Duntze Head to commemorate the Naval Centennial.

They also have hopes to place a plaque in a prominent downtown location to honour those who died in

the Battle of the Atlantic.
Original Charter Members:
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Formation Health Services: Helping you fight the flu as the season nears

Lt(N) Jackie Chaulk
Contributor

Long before the catch phrase "flu season" reared its ugly head, CF Health Services Centre (Pacific) managed the annual cold and flu spell.

Most people are familiar with how vaccinations work and why they are, in most cases, beneficial. Statistically, the flu vaccine provides more than 70 per cent protection from catching seasonal influenza. However, what many people don't know is that vaccination helps health practitioners make a diagnosis of an illness – if you have had a flu shot and still became ill, then it is likely not what you were inoculated against, but probably a new strain.

For most people the flu is nothing more than a minor inconvenience marked by fever, chills, and an aching body. But for others such as the elderly, children and people with certain health conditions it could lead to more serious complications.

So what do you do when you have the flu?

Many people still manage to drag their tired and shivering bodies into the office and convey some semblance of efficiency and dedication, but practitioners at the base clinic warn this isn't a good idea.

They recommend staying at home, getting plenty of rest and drinking lots of fluids. Supervisors, if you have someone sniffing and sneezing all over their desk and yours, do everyone a favour and send them home.

If you are concerned about your illness or are at risk of flu-related complications, consult your healthcare provider and arrange to go for an examination. But before you do, there are a few things you need to know.

Since November of last year clinic staff members have asked all personnel who may be infected with a cold or flu to stop and read the instructions posted at each of the base clinic's entrances. There are also bins

of masks and alcohol-based hand gel, and a highly visible stop sign for those with a cough or fever. Due to the increased importance placed on infection control - thanks to diseases such as SARS and H1N1 - hospitals are asking everyone with a cough or fever to stop, disinfect their hands and put on a mask before entering the premises.

These measures come as the latest set of recommendations from the Centre for Disease Control (CDC) and are in place across the country in hospitals and clinics.

Think health officials are over-reacting? Experts warn that while there is no need for panic, the H1N1 pandemic does exist.

In addition to all that's being done globally, practitioners at the Esquimalt base clinic are proactively tweaking their own infection control measures and raising awareness throughout Maritime Forces Pacific.

Included in their recommendations are the CDC and PHAC guidelines for

hand washing, which is 49 per cent effective when using soap and water, and 88 per cent effective when using alcohol-based products. Also recommended is covering your mouth and nose with your sleeve or a tissue – not your hand – when sneezing or coughing and disposing of the tissue immediately. After washing your hands use a hand dryer or paper towel to dry them, and use another towel to turn off the tap. The use of no-touch taps and garbage receptacles is also a plus.

Through the management of an ongoing immunization program, education on preventive measures and the use of recommended best practices, the risk of catching your colleagues' flu bugs or giving them your own, will be significantly reduced.

Dr. Jane Cruchley, A/Base Surgeon, WO Rizzolo former Preventive Medicine CFB Esquimalt; and Immunization and Infection Control nurse, Marjie Hanks provided their expertise to this article.



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Saul is one of three bands who will bring their fusion of metal, rock and pop to the Fleet Club in support of the United Way.

Fleet Club set to rock and roll

Mary Ellen Green
Staff writer

Get ready for a rocking showcase of local bands to hit the stage at the Pacific Fleet Club, Oct. 3.

Threestyle RockFest is the culmination of three of Victoria's best bands coming together to play some great tunes for a good cause - the Government of Canada Workplace Charitable Campaign (GCWCC/United Way).

It's also a great chance for young rock and rollers to get out and enjoy a rare aged 15-plus show.

"I want this place to rock

like it's never rocked before," says LS Joe Sunstrum, vocalist for opening band Steel Beach, who'll kick off the night with their brand of rock and blues.

This will be the second time the five-piece band hits the stage at the PFC, but this time they'll be bringing their new guitarist, Scawt Polachuk.

"MCpl Dave Burke left the band, decreasing our average age about 40 years," laughed LS Sunstrum.

Next up is The Zone 91.3 FM's band of the month for August, Funk Vigilante with some amped up funk-metal protest music.

"Funk Vigilante's live show is one straight mission to blast the crowd with the heaviest, funkier beats, get everyone in the audience involved, and light the room on fire," according to the band's my-space page.

Funk Vigilante just released their debut album, *Civil Disobedience*, Aug. 27 at Evolution night club.

Closing out the show will be Saul, whose fusion of metal, rock, and pop has been earning them a strong fan base with what LS Sunstrum calls "one of the best live shows in Victoria, or even Canada."

"Our music is derived from the blues sound, but we take


it to unconventional places," said vocalist and guitar player, David Fraelic. "We like to push the limits to commercial music and try to make it bubblegum, but not too bubblegum."

Saul was also a Zone FM band of the month in 2007, and they recently released their debut album *All Gods to the Front*, which features 13 of their most hard-hitting tracks.

Cover for all three bands is just \$10 in advance or \$15 at the door. Ages 15 and over are welcome. Doors open at 8 p.m.


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Base Commander Capt(N) Marcel Hallé presented several awards and promotions during a Base Divisions Parade, held at the Naden Drill Deck on Sept. 10.



WO Dave Pickett, of the Port Operations and Emergency Services branch, receives the first clasp to his Canadian Forces Decoration for 22 years of dedicated service.



PO2 Michael O'Brien, of the Base Information Services branch, is presented with the first clasp to his Canadian Forces Decoration for 22 years of dedicated service.



MCpl Richard Cummings, of the Base Logistics branch, is presented with the first clasp to his Canadian Forces Decoration for 22 years of dedicated service.



PO2 Dwight Wiens, of the Base Foods branch, is awarded a Base Commander's commendation for his immediate and decisive action in rendering first aid.



Cpl Edward Brown, of the Base Logistics branch, is awarded a Base Commander's commendation for his professionalism and outstanding driving skills.



Cpl John Bangs, of the Base Information Services branch, is awarded the Base Commander's Recognition Award for his outstanding contribution to the planning and installation of network infrastructure in Building D100.



Officer Cadet Tyler Johnson, of the Base Construction Engineering branch, receives a Base Commander's commendation for his outstanding service in the production of the MARPAC Master Realty Asset Development Plan. OCdt Johnson was also promoted to Second Lieutenant.



Marcel Gingras, of the Base Construction Engineering branch, is awarded a Base Commander's commendation for his outstanding service in the production of the MARPAC Master Realty Asset Development Plan.



Newly promoted, CPO1 Magee receives his new shoulder slip-ons from Capt(N) Martin Adamson and CPO1 Barry Petten. CPO1 Magee is posted to National Defence Headquarters in Ottawa/Chief of the Maritime Staff and will be filling the position of DMTE 2-4-2 as the Training Co-ordinator.

Want to recognize someone? Send your submission to melissa.atkinson@forces.gc.ca



Cpl Tyler Lange, of the Port Operations and Emergency Services (POESB) branch, is awarded a Base Commander's commendation for her outstanding service in the base anti-graffiti education program.

Fight against graffiti earns award for Corporal

MWO Necole Belanger
Contributor

During the course of her patrol duties, Corporal Tyler Lange began to notice a growing problem with graffiti on buildings, signs and structures throughout CFB Esquimalt. This growing trend intrigued her so much she decided to research the problem and potential solutions.

She started by contacting local police agencies to find out what they had in place to combat the growing problem of graffiti (more commonly known as tagging) in their communities.

She quickly discovered there is an intricate tagging underground in which taggers use graffiti to send cryptic messages, display gang symbols or mark territory to name a few. Also identified was the more popular tagging for sport, which applies a comprehensive point system for the type of structure tagged, level of visibility and amount of time the tag remains in place. She also learned of "The Broken Window Theory", which holds that if broken windows in a building go unrepaired, it leads to further vandalism to other windows, which can then in turn lead to squatters, vandals lighting fires in the building, increased drug use and other criminal activity.

With her newfound knowledge, she quickly learned the same theory applies to graffiti, and therefore identified the requirement to have graffiti removed in the timeliest fashion possible.

Armed with a basic understanding of tagging, Cpl Lange reached out to a counterpart with the Victoria Police Department (VicPD) and established a protocol between the Military Police and Victoria Police, because VicPD has a tagging database, which was no doubt filled with the same offenders as those responsible for tagging on the Base.

She quickly volunteered to be the graffiti representative for the MP Detachment and volunteered for an in depth graffiti course, to be held later this year.

In the interim, Cpl Lange wrote and developed a graffiti Standing Operating Procedure (SOP) for the MP Detachment. She also developed an instructional Power Point presentation designed to educate audiences on the history and theory behind graffiti, and the solutions to eradicating it. This presentation has been given at the Canadian Forces Military Police Academy (CFMPA) and more importantly to CFB Esquimalt Construction and Engineering (CE), both of which resulted in a resounding success. CE has since made graffiti removal a priority at CFB Esquimalt, in addition to the obtaining of special treatments that will be applied to signs and other surfaces specifically designed to assist in the easy removal of graffiti.

Cpl Lange's steadfast dedication in both this and many other initiatives during her service with the CFB Esquimalt MP Detachment recently earned her a Base Commander's Commendation at the last Base Divisions.

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