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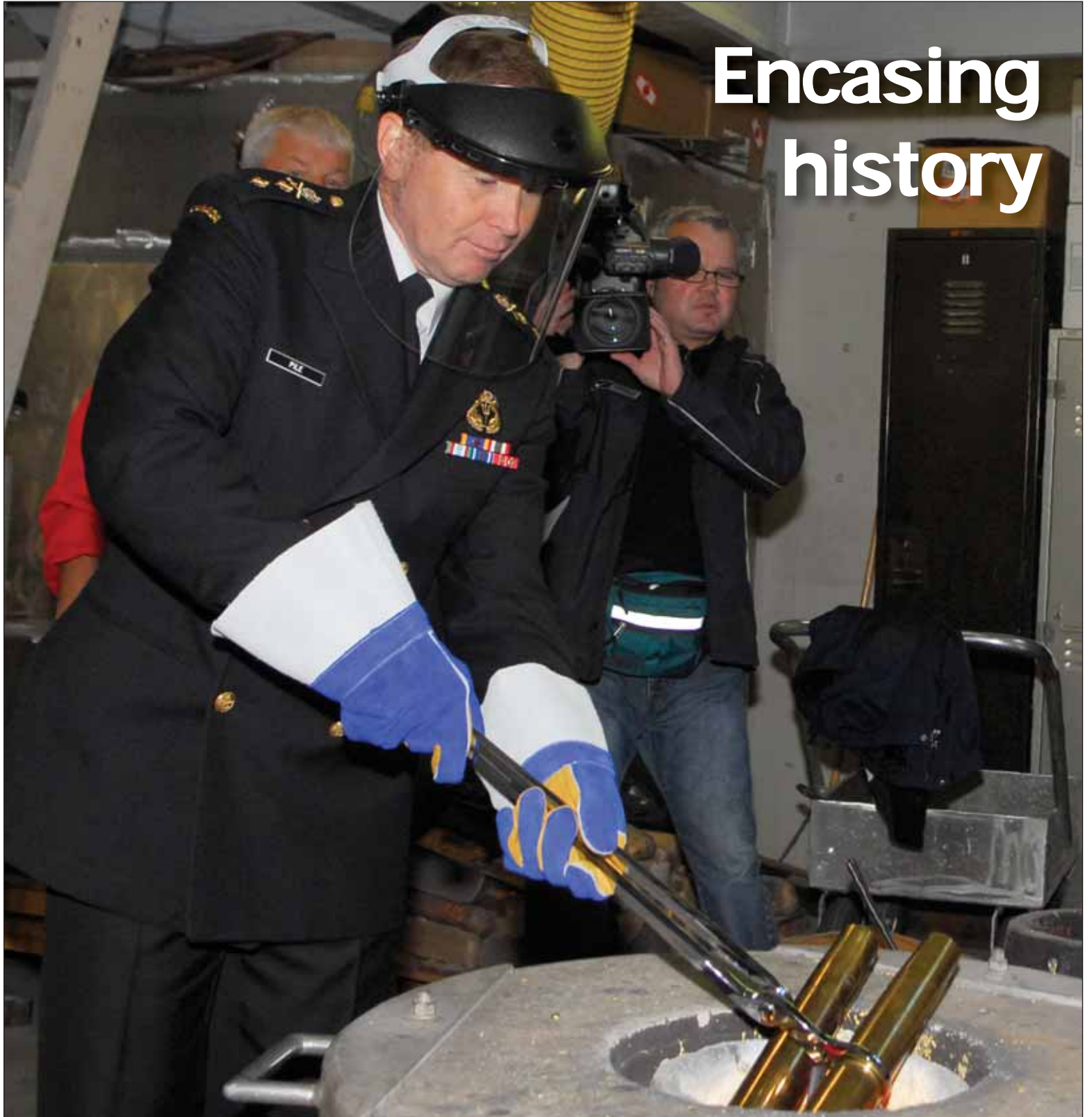
CENTENNIAL 3

Bell rope entries strike a cord with judges



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Encasing history

Shelley Lipke, Lookout

RAdm Tyrone Pile, Commander Maritime Forces Pacific/Joint Task Force Pacific, adds metal mementos to the Naval Centennial Bell crucible. In honour of the Canadian Naval Centennial, keepsakes, mementos and heirlooms representing 100 years of naval history were melted down and poured to form the 150-pound bell at the Fleet Maintenance Facility foundry on Sept. 30. The bell will be dedicated on Parliament Hill in Ottawa on May 4, 2010, the anniversary of the Naval Service Act.

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One hundred years cast in metal

Shelley Lipke
 Staff writer

History was made at HMC Dockyard last Wednesday when five foundry workers poured molten metal into moulds for the Naval Centennial Bell.

Naval heirlooms and keepsakes, symbolic of the navy's 100 years, were melted down to create the bell.

Crammed into the small foundry workshop by the Admiral's headquarters, media, guests and dignitaries listened as speakers stepped up to the podium to remark on the monumental occasion.

Fleet Maintenance Facility Cape Breton Commanding Officer, Capt(N) Martin Adamson described in detail for everyone the process guests were about to witness.

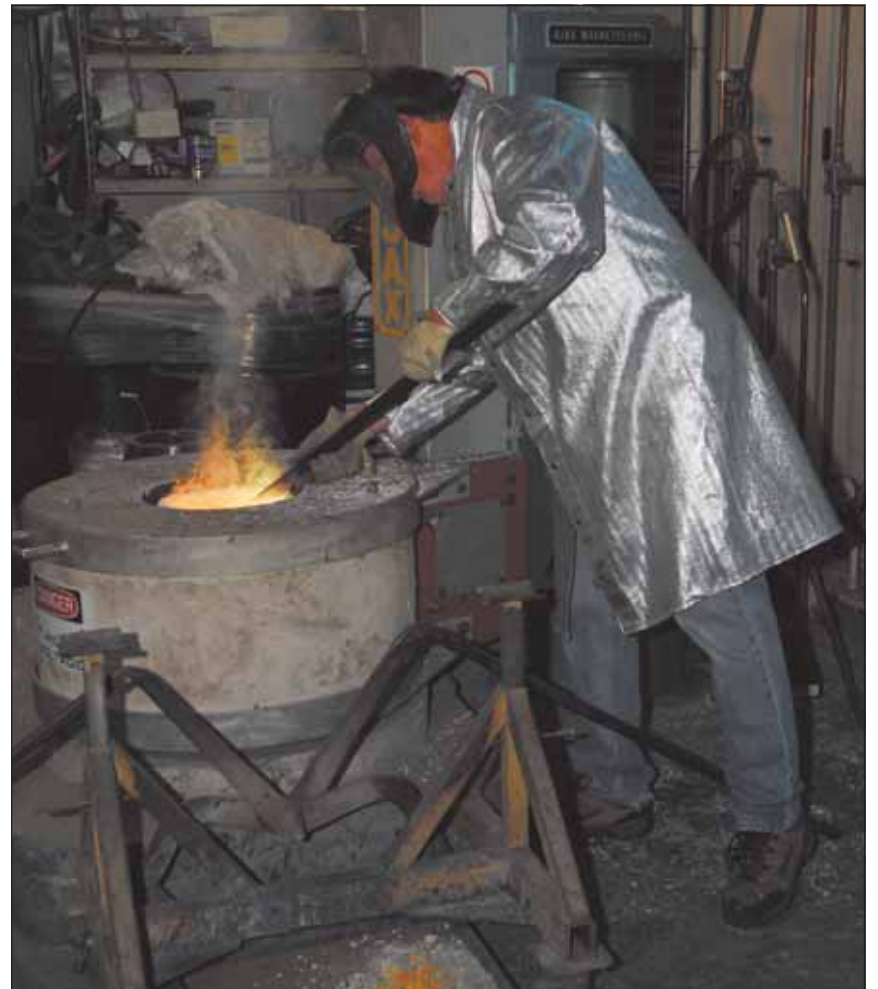
Cmdre Jennifer Bennett, Commander Canadian Naval Reserve, followed him by saying, "This bell is special because it is made of people's memories and anyone who has contributed to the bell has contributed to its legacy. This legacy is a lasting gift to Canadians, which will honour the past, look at the present, and take the navy into the future."

Last to speak was the Commander of Maritime Forces Pacific, RAdm Tyrone Pile, who spoke about the importance of bells throughout the navy's history and explained why September was chosen to pour and cast the bell.

"September is significant to the history of the Canadian Navy in two World Wars, Korea, the Gulf War and the current campaign against terrorism. The bell, with its decorative rope and artefact book, will be a permanent reminder to all Canadians that Canada is a maritime nation dependant upon the oceans for our national prosperity."

In the smoking smouldering crucible that lay behind the speakers were more than a hundred metal items including navigational tools, uniform buttons, and ship's fitting equipment.

Before workers started the pouring process, RAdm Pile, outfitted in special foundry wear, added a shell casing containing a small amount of metal from an artefact representing the fisheries protection ship HMCS Canada. Cmdre Bennett then placed a shell casing containing the Englefield clips from various flags the Canadian Navy



Shelley Lipke, Lookout

A foundry worker stirs the pot of molten metal as its temperature rises high enough for it to be cast into the Centennial Bell.

has sailed under, and Retired RAdm Roger Girouard, past Commander of Maritime Forces Pacific, added a piece of the port wheelhouse door from the last remaining Corvette that fought in the Second World War.

Within minutes the bell's recently added contents had melted, and once the billow of smoke cleared, foundry workers began their trade.

Wearing protective gear, the five workers skimmed off residue from the top of the steaming liquid metal, and then working together to steady the crucible, they carefully poured it into vessels. The bell, the hangar, the crown and clanger all involved separate pours, and all eyes watched the team of five as they moved around the room with their steaming cauldron.

"Tomorrow we'll take the bell out of the sand and clean up the rough edges," explained foundry supervisor

Gary Callandar. "Then the machine shop will shape and finish the bell, and finally it will go to the engraver. It's pretty interesting being involved in this project and it's also great to be a part of the centennial."

Once completed, the 150-pound bell will be fitted with a clapper and an award-winning bell rope chosen from a collection of national submissions. Then it will be transported to Ottawa where it will be part of the May 4, 2010, ceremony when it is presented to the people of Canada to mark the 100th anniversary of the Canadian Navy.

Also during the official ceremony in Ottawa six water samples collected by HMC ships and submarines will be combined to make a national collection that will reflect and represent Canada's domestic and international maritime presence.

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Competitors strike a cord with rope

Mary Ellen Green
Staff writer

Seven bell ropes have been chosen out of a field of 15 to travel to Halifax where they'll be judged and a winner selected to hang from the Canadian Navy's Centennial Bell.

Four judges toiled over the bell ropes before narrowing the field to seven.

"This is really a hard choice," said judge Cdr Max Harvey, Naval Reserve Centennial Project Manager.

The 15 bell ropes came from Regular and Reserve members from across Canada. Units represented in the contest were: CFB Esquimalt, Fleet Maintenance Facility Cape Breton, HMC Ships Regina and Winnipeg, retired navy members, and Naval Reserve divisions HMCS York and HMCS Brunswick.

Each rope required between 30 and 70 hours of decorative rope work and a ton of imagination.

The judging criteria were: use of the Centennial theme, overall look and design and quality of the decorative rope work.

The four judges milled about the table at Canadian Forces Fleet School Esquimalt's (CFFSE) Seamanship Division, inspecting each one diligently and ranking them from one to 15.

In the end, seven were chosen to undergo the final evaluation in Halifax, where the winner will be awarded \$500 from retired Capt(N) Hal Davis and the place of prominence beneath the Centennial Bell at its eventual home on Ottawa's Parliament Hill.

Decorative rope work used to be part of the curriculum at CFFSE for the QL5/QL6A boatswain courses. They stopped teaching the time-honoured technique about eight years ago.

The bell ropes were on display at the casting of the



Mary Ellen Green, Lookout

Cdr Max Harvey, Naval Reserve Centennial Project Coordinator, inspects the centennial bell rope submissions at Canadian Forces Fleet School Esquimalt Seamanship Division.

Centennial Bell at the base foundry on Sept. 30.

"We had a lot of positive comments. There's some pretty impressive work here," said CPO1 Gino Spinelli, bell rope competition coordinator and CFFSE Seamanship Division Chief Petty Officer.

In the end, three bell ropes chosen are from the West Coast and three from the East Coast, with one representing the Naval Reserve.

The final judgement will take place on board HMCS Sackville Canadian Naval Memorial and Museum

Nov. 18. The judging panel will be retired Capt(N) Hal Davies, CPO1 Gino Spinelli, Cdr Max Harvey.

First Round Selections:

- CPO2 Rick Meredith, Sea Training Atlantic (3 entries)
- CPO2 David Lowther, CFB Esquimalt Base Regulating CPO (2 entries)
- Master Seaman Julie Soogree, HMCS York (1 entry)
- Len Hanley, Retired Canadian Navy (1 entry)

We had a lot of positive comments. There's some pretty impressive work here.

-CPO1 Gino Spinelli
Bell Rope Competition Coordinator

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WHAT SAY YOU

A hearty thanks to military farm volunteers

Editor's Note: This letter was sent to PO2 Emilia Marchisio, and then passed on to share with Lookout readers.

Dear Emilia,

Thank you for all that you do for our therapeutic farm and for forwarding me the names of all the volunteers that you have recruited from the military.

I have never met such a hard working, more responsible and compassionate group of people.

Around 5 p.m. four to six people from CFB Esquimalt show up and do whatever needs to be done. It takes a special person to volunteer at a therapeutic farm. The work is physical and needs to be done in the rain or snow. I can always count on having help on Monday nights.

In fact, I know that whenever we are stuck, particularly in the snow, you manage to find someone from CFB Esquimalt who will come and help. Remember the day PO1 Kreger came to help with his big 4 x 4 during the snow storm. Or the time we needed first aid for an event and you recruited trained military first aid people to man our first aid station. There are other volunteers who also deserve honourable mention. They have come out on weekends and spent over 50 hours helping manage our pasture. They are Cpl LeJeune, Cpl Mo and Cpl Wedel.

PO2 Power also deserves mention. She has taken it upon herself to personally sponsor the feeding of one of the rescue horses and also collects bottles from the base to raise money to feed Buddy.

I would definitely like to take this opportunity to send heartfelt thanks to a long time friend MS Duchesne for over seven years of help at our farm.

I am very happy to say that with the support of all these amazing volunteers, the intention of this farm is being received. It is my intention that this farm be a sanctuary - a little piece of heaven here on earth where all beings are honoured



CPO1 Bell, President of the Mess Committee for the Chiefs and Petty Officers' Mess, presents a cheque for \$500 to Mary Rostad for Rostad's Therapeutic Farm Society, which rehabilitates injured animals.

for their part in the sacred web of life.

I would like to take this opportunity to thank the Chiefs and Petty Officers for their \$500 donation to our therapeutic farm and all the ongoing volunteer support. This donation will help feed two horses for a month and is most appreciated. Buddy is the beautiful bay thoroughbred gelding and Summer is the appaloosa mare. Both are senior citizens and are lame.

We have helped over 25 horses and had hundreds of therapeutic visits over the past seven years. We currently are providing sanctuary for 10 horses, two llamas, two ponies, a donkey and a goat. During these tougher economic times it becomes increasingly difficult to find sponsors and donations for these animals. As a result we are actively looking for homes for them.

If after hearing about the farm, people are interested in helping out or accessing our therapeutic services there are a few options. They can join the volunteer team. Volunteers are

able to access the therapeutic benefits of the farm for free.

Another option is to sponsor a horse. This means paying for their feed expenses, which we estimate at \$250 per month. It also means that you are responsible for coming out and loving and brushing your sponsor horse. It does not include riding privileges because, as mentioned above, most of our rescue horses are here because they are old or lame and not rideable.

A third option is to access our therapeutic farm services, which could be a private guided one-on-one experience or book the farm for a group experience, retreat or workshop. We can learn so much from horses.

We also have a counsellor on site, offering counselling sessions in the presence of horses.

I can be reached at Mary's Therapeutic Farm 250-478-4116. The farm is also open for visits by appointment and by donation.

Thank you to these current and previous volunteers:

• PO2 Marchisio (Emilia), CFRC Victoria

- PO1 Kreger (Freddy), CFFSE
- PO1 Sorrell (Heidi) - BOR CFB Esquimalt
- Troy Sorrell - retired Sgt, Air Force
- PO2 Power (Alana) - BIS
- Cpl Wedel (Sarah) - 11 Field Ambulance
- Cpl Le Jeune (Rachel) - was posted at BIS
- Liona Duclos (Padre Duclos' wife, now posted to Dundurn from CFB Esquimalt)
- MS Laal (Debbie) - BOR CFB Esquimalt
- Cpl MO (Shelsing) - 443 Squadron
- Cpl Bancroft (Brian) - 741 Com Sqn
- Cpl Poulin (Jessica) - was posted at 74 Comm Group HQ
- Bob Duchesne (retired MS employed in dockyard)
- MS Gilbert (Kevin) - FMF
- WO Orr (Christine) - Base Hospital
- Sgt Broderick (Braden) - Base Hospital

Warmly,
Mary Rostad
Founder, Mary's Therapeutic Farm Society

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FILM *friday*

Zombie comedy scores high

W. Andrew Powell
The GATE

Once again theatres are jammed with new releases, and the good news is this is a banner weekend for movies with most of the films.

Coming out this weekend we have the light-horror comedy *Zombieland*, Michael Moore's *Capitalism: A Love Story*, the comedy *The Invention Of Lying*, and Drew Barrymore's *Whip It*. *Zombieland*

Setting itself apart from your average zombie movie, director Ruben Fleischer's *Zombieland* is a fun, fresh, laugh-out-loud trip across a ruined America where the new national pastime is killing zombies. In the vein of *Shaun of the Dead*, the film is a tongue-in-cheek romp that comes through with lots of laughs, and more than a little heart.

The oddest part is that, for a zombie movie, the film is incredibly high spirited. There is a constant sense of doom around the corner, but that's eclipsed by this clever group of actors, and the brilliant script that's stuffed with witty dialogue and bloody good humour.

Starring Woody Harrelson as Tallahassee, the hard-living terroriser of the dead, and Jesse Eisenberg as the young, but prepared Columbus, *Zombieland* is a what-if kind of film about the downfall of America at the hands of the undead.

Actually, that undead part isn't quite true since these zombies are apparently suffering from a much-mutated version of mad cow disease, but the effect is the same. The infected are disgusting, crazed, blood-

thirsty creatures intent on eating the innards of anyone they can corner.

In this harsh reality, which has claimed pretty much everyone in the country, Tallahassee and Columbus set out together for no particular reason, and end up stumbling on two other survivors. What they didn't count on was that these two, dubbed Wichita and Little Rock and played by Emma Stone and Abigail Breslin respectively, are actually con artists who don't trust anyone but themselves.

Admittedly, the second half of the film is slightly weaker than the first, meandering a little as the film's purpose gets muddled, but that problem is not quite noticeable thanks to a brilliant cameo by Bill Murray, and a big, fun-filled finale.

I also can't help but mention the fact that Fleischer has crafted a wickedly fun movie, and it's highlighted frequently by big, believable sets, and the dynamic between Harrelson and Eisenberg. One of the best parts though has to be the stunning slow-motion sequence that opens the film.

There's no doubt about it for me, *Zombieland* is the feel good zombie movie of the year, and it's long overdue to see someone come up with a new angle on the zombie premise.

Capitalism: A Love Story

One of America's more controversial directors, the one and only Michael Moore, is back again and this time he's taking on the volatile topic of the financial crisis that shook up the world in 2008.

Known for his slanted

documentaries, which are obviously biased to his own point of view, *Capitalism* is a critical attack of the U.S. government's bailout strategy, while also attacking the businesses that ended up soaking up American tax payer dollars.

Also opening this weekend...

The Invention of Lying

What if you lived in a world where no one lied, and suddenly realized you didn't always have to tell the truth?

Written and directed by Ricky Gervais and Matthew Robinson, *The Invention of Lying* is a clever concept comedy that stars Gervais as Mark, the lucky guy who figures he can do anything if he lies. Paying off with benefits around every corner, the only problem is that, well, people are actually believe him. He also can't seem to win the heart of the woman he loves with any of these lies.

Co-starring Jennifer Garner, Jonah Hill, and Rob Lowe, the story is a fun commentary on the nature of lies, and why we tell them in our day-to-day lives.

Whip It

In the first film from director Drew Barrymore, Ellen Page stars as Bliss, a new player in the often bruise-inducing sport of roller derby. Although Bliss is being pressured to enter beauty pageants by her mother, that's not the kind of thing she wants to do with her life. The trouble is, if her mother ever does find out what she's really doing, that could be the end of it.

Debuting at the Toronto International Film Festival, the film has been getting big praise from critics.



Jesse Eisenberg, Emma Stone, Abigail Breslin and Woody Harrelson star in the comedy *Zombieland*.

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What University did Robert Picardo attend when he was a part of an undergraduate acappella singing group?

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Shelley Lipke
Staff writer

With a keen eye and a steady hand, Master Bombardier William MacKeigan aimed his C7A1 service rifle at the target, firing off round after round with precision.

As he squeezed the trigger in the final moments of the Canadian Forces Small Arms Competition, he knew his sharpened skills had paid off.

The weeklong competition left him exhilarated and elated – he had just won the Queen's medal for competitive shooting.

"I was in absolute joy and disbelief," said MBdr MacKeigan. "My goal going into the Canadian Forces Small Arms Competition was to break 550 in stage one and qualify for Bisley, England, but as it turns out I crushed my goal with a score of 565."

The competition, held at the Connaught Range outside of Ottawa from Sept. 14 to 20, saw 185 Reserve and Regular Force members from across Canada discharging Browning high-power ser-

vice pistols, and firing sniper and service rifles.

Competitors had to shoot a series of matches to show different levels of skill.

"For rapid matches, two targets come up at once. You start standing and you have 30 seconds to drop into position, sitting or prone and fire five rounds into each target before they drop. The most difficult match for me was match eight where I ran from 300 to 200 metres, firing two shots at each target, which is exposed for eight seconds, and then repeating this five times. It's difficult because you have only 40 seconds to run the 100 metres and it's a challenge to get into the correct kneeling position from standing, let your sight settle on the target, control your breathing and then make the shot within eight seconds."

After much shooting, only one Regular Force and one Reserve Force member walked away with the sought-after Queen's Medal for Champion Shot. PO1 Martin Cashin of Halifax won the Regular Force member, and MBdr

MacKeigan of the 5th BC Field Regiment RCA won as Reservist.

"After my name was announced as the winner, I was immediately hoisted up into a wooden chair with rails by 10 of my teammates who paraded me off of the range to the tune of bagpipers that marched in front of us," he said. "I had hoped to one day win it, but it was so far off in my dreams that I hadn't prepared myself for this moment."

The initial announcement was followed by a champagne celebration and a flurry of congratulatory pats on the back and handshakes.

Not only is he the top reservist shooter in the Canadian Forces, but he also earned his way into three elite shooting competitions. "I qualified to represent the Canadian Forces internationally in Bisley, England; Arkansas and Australia."

He proudly received his medal during the ceremony from Vice Chief of the Defence Staff, VAdm Denis Rouleau.

Before he could savour his win, he joined his team of Land Forces Western Area reservists for one final match.



DND photos

Above: MBdr Will MacKeigan, a reservist sheet metal worker at Fleet Maintenance Facility, won the Queen's medal for competitive shooting in the Canadian Forces Small Arms Competition held in the Connaught ranges outside Ottawa. After winning, he was paraded around the range in royal fashion.

Left: MBdr MacKeigan fires on the range.

"We had to compete in the Soldier's Cup," explained MBdr MacKeigan. "This was a 3.2 kilometre run through an obstacle course doing fire movement, and it was set up as a staggered shooting match against seven other teams. We ended up winning this as well, which was the ultimate cherry on top. This meant our team had won the right to represent the Canadian Forces at the Australian Army (AASAM) skill-at-arms meeting held in Australia in May 2010. Our combined scores from stage one and the Soldier's Cup were added together. We had also won the ATA Cup, qualifying us to compete at the American Armed Forces skill-at-arms meeting (AFSAM) in Arkansas in October 2009."

How it all began for MacKeigan

MBdr MacKeigan's love for sharp shooting was inspired through his family.

"My father was a firearms instructor with B.C. Corrections and both my parents were ex-military, so I grew up around firearms and knowing they were a tool to be mastered."

Joining cadets at age 12 and

learning to shoot a Small Bore 22 hooked him to the sport. When he joined the reserves 13 years ago he put competitive shooting aside; however, in 2007 he was offered the chance to compete at Canadian Forces Small Arms Competition, and the rest is history.

"I liked competitive shooting and searching for the perfect shot. There is an immediate reward behind it, and I like how it is not a team sport, so there is no blaming anybody else. When you are shooting you know your results immediately and you know how well you've done," he says.

"The pursuit of the perfect shot is what motivates me to do this. Some people fish, others golf, and I shoot. I like doing everything absolutely perfect and then doing it again and again and again," he said.

In-between working at shop 114 in Fleet Maintenance Facility (FMF) as a sheet metal worker and fulfilling his reservist duties, he can be found either at the B.C. Rifle Association or the Victoria Fish and Game Club, looking to make the perfect shot.

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Shelley Lipke
Staff writer

For nearly six years, since the arrival of *HMCS Victoria* in October 2003, various trades within Fleet Maintenance Facility (FMF) have worked to upgrade and refurbish the submarine. It has kept workers busy by providing them a challenging environment to practice their trades.

Journeymen working on *Victoria* have faced many challenges, and continue to face challenges on a daily basis. They often work in cramped conditions and must deal with interference that can delay or stop work.

Learning the systems on the submarine has been time-consuming. It included research to obtain proper drawings, documentation, and becoming familiar with the layout on board the boat before work could begin.

Any system integral to the operation of the submarine that may affect its ability to surface is designated as first level, and requires a high degree of quality control on the material used to overhaul it. The Object Quality Evidence (OQE) documentation requirement is mandatory and is used to certify the boat for operational use. Each submarine has its own live file, and the OQE documentation on a first level item is kept in it for its entire life of operation. This level of quality control is not found with work on the surface fleet and keeps the quality control section very busy insuring all paper work is correct when closing out work packages.

Victoria's Extended Docking Work Period (EDWP) included both a mechanical and electrical survey package designed to baseline the conditions of the various systems on board. The mechanical trades have removed and surveyed approximately 2,700 valves to date. *Victoria* will be the only submarine to receive this extensive survey. The information gained from the survey will be applied to the other three submarines when they enter their EDWP, in order to reduce the amount of work required on their systems. *HMCS Windsor* has already benefited from this information.

With the mechanical and electrical surveys complete, the focus now is to complete the overhaul and install phase of the project, as well as complete the test forms on each system.

As the systems are installed, electricians will have the huge task of completing the surveillance system test form, checking all cabling and sensors that run throughout the submarine, providing continuous monitoring of the boats, tanks and compartments. Setting this system to work in accordance with regulations is required for the boat to exit the dry dock.

Once the submarine exits the dry dock it must undergo an estimated six months of along side trials in order to prepare it for sea capabilities.



all photos by Shelley Lipke, Lookout

Clockwise from top:

- Submarine manager Dave Conconi stands in the auxiliary machine space in *HMCS Victoria*. This space houses the main and external hydraulic plants. Fifty trades workers are busy at any given time in the submarine, while another 150 to 200 workers throughout Fleet Maintenance Facility are supporting overhauls, engineering, material support, and various other tasks for the submarine.

- Nicole Schaaf, environmental technician, climbs up a ladder on the submarine. Part of her job is to sample tanks of discharge to ensure they meet regulatory compliance.

- Electrician Lucus Lindley from the Weapons Electrical shop 163 wires up the trials panel used for monitoring noise levels on the submarine.

- Electrician Dale Gallis puts a bonding strip from stud to stud on the top of the submarine. This ensures proper grounding of the conduit and safe electrical isolation of the cables.



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COMMUNITY NEWS: FUNDRAISING BEGINS

Serious contribution made to campaign

Mary Ellen Green
Staff writer

Each morning, Blue Boat Master, Dave Jones ferries up to 400 people from the jetty in Colwood to HMC Dockyard.

"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."

Soon it will also be a very charitable initiative.

The Port Operations and Emergency Services Branch (POESB) is teaming up with Serious Coffee View Royal to bring morning commuters a fresh cup of hot coffee by donation in support of the Government of Canada Workplace Charitable Campaign/United Way drive at CFB Esquimalt.

Starting Monday, Oct. 5, Serious Coffee co-owners Laura Barnes and Ken Gustafson will be on the jetty serving coffee they donated to the cause.

"We'll be at the jetty for the first run at 6:10 a.m. with coffee ready to go," Barnes said.

They'll be at the jetty for each run from 6:10 a.m. to 7:45 a.m. Monday to Friday (except Thanksgiving Day) until the end of the month.

"We want to be very community oriented," Gustafson said. "We certainly can't support every initiative, but we want to be active in our community. With Esquimalt and View Royal Serious Coffee locations on either side of the base, it makes perfect sense that we would team up for the campaign."

Gustafson was born and raised in Esquimalt and his father was a Chief Petty Officer in the Canadian Navy for over 25 years.

He met Barnes in Esquimalt 10 years ago when their children went



Mary Ellen Green, Lookout
Serious Coffee View Royal and Esquimalt co-owners Laura Barnes and Ken Gustafson stand in front of their View Royal location.

to school together. "They're university age now," Barnes said.

Gustafson bought the Mill Bay Serious Coffee in May 2006 and opened the Esquimalt store Dec. 1, 2007. It wasn't until September 2008 that Barnes came into the picture.

"We had just started construction on the View Royal store, which we opened together Nov. 19, 2008," he said.

Now the partners own and operate both the View Royal and Esquimalt

Serious Coffee locations. Gustafson still owns the Mill Bay location as well.

"The thing that really attracted me to Serious Coffee is that it is completely Island owned and operated, so the money is staying here," Barnes said.

Serious Coffee started in Duncan in 1994 and now has 25 locations across the Island. They have a roasting plant and a bakery in Duncan that supplies each outlet.

Each and every Serious Coffee offers complimentary wireless internet.

"We don't even have a password for ours, so sometimes when I drive by at night, I see people in their cars with the glow of their laptops on their faces. It's hilarious," Gustafson said.

The Esquimalt location also has a private room on the second floor that can be reserved free of charge.

"Anyone who wants to use it just needs to let me know and I'll put it in the schedule," Barnes said. "The Military Family Business Support Group recently held their first meeting at our store."

The private room can comfortably fit 15 people. "It can be a group with a purpose, or just a group of friends that want some privacy," she added.

Serious Coffee View Royal also donated coffee for the West Coast Welcome and Lookout's recent Industrial Trade Show.

"We served over 500 cups of coffee at the trade show. It was amazing. I thought it would start winding down around 3 p.m., but people kept on coming," Gustafson said.

"We are really trying to give back to the community and the more we're supported, the more we're able to support the community," he added.

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Another round of construction to unfold in dockyard

Mary Ellen Green
Staff writer

Contractors are on site this week to begin Phase IV of the C4360 Fleet Maintenance Facility (FMF) Consolidation Project.

Phase IV, which is primarily construction with some outfitting of shops, picks up where Phase III left off in 2006.

Consolidating the ship repair team into three main buildings will eliminate the current housing of shops in small old buildings that don't meet their needs.

Stuart Olson Constructors Inc. of Richmond, B.C. has won the \$47.3 million contract, which should generate approximately 255 direct employment opportunities throughout the course of work. Assistant Deputy Minister Infrastructure and Environment, ADM(IE), is implementing the project.

"FMF is not implementing the project, although we have a lot of interface with the ADM(IE) Project Manager, John Laverdiere and Defence Construction Canada (DCC)," explains Richard Summers, FMF's Strategic Futures Manager. "I act as the coordinator inter-

facing between FMF, DCC and the Project Management Office."

The scope of work will be a massive overhaul of building D250, which includes the 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 the new Chemical Cleaning, Electroplating and Waste Water Treatment Plant – the centre piece of this phase of the project.

"The current shop (D213) off Hospital Road is safe, but it's a suboptimal facility," Summers says. "The chemical cleaners are practically outside now, and there's an issue with chemicals leaching into the ground at the current site."

Buildings D213 and D213B (along Hospital Road next to the Base Fire Hall) will be torn down and the land remediated, and in its place a new Central Storage Facility will be built as part of Phase V.

Most materials come in by truck and they will be delivered to the Central Storage Facility, processed and sent

to where they need to go without leaving the building, explains Summers.

"The purpose of this project is to make FMF more efficient by helping to make everyone's jobs easier and to minimize the amount of travel by personnel and material," Summers said.

Building D191B has already been removed to make space for the contractors to bring material and personnel in and out of the work site.

The shops currently occupying D191 will move into the new building in Phase V and the building will come down to make room for a wider two-way roadway and lay down area.

"We'll be getting rid of some of the so-called legacy buildings that weren't designed to modern standards with huge glass windows. The buildings that replace them will be seismically designed," Summers says.

Building D141 will be coming down in Phase IV and D215 will meet a similar fate in Phase V.

"Over the next three years we can expect a fair amount of disruption to operations, and we'll be calling on the flexibility and ingenuity of



An artist's rendition of what dockyard will look like once the Fleet Maintenance Facility consolidation project is complete.

FMF employees to keep working on several projects simultaneously. There will be congestion with the flow of people and materials through the yard," says Summers.

The original D250 was built in the 1990s and was thought at the time to be large and up to date enough to support modern shipbuilding.

Just a few years later, the design of C4360 was underway. Designed in the late 90s to accommodate 400 to 600 production workers, FMF recently updated building layouts to accommodate today's production depart-

ment of 1,000.

"D250 will be huge when it's finished. It will be one of the largest industrial buildings on the West Coast," Summers said.

Phase I of the C4360 project was the building of the Calibration Centre in the mid 90s, Phase II saw utilities upgraded and Phase III was to be the last phase of the consolidation project.

With the increased cost of construction, Phase III was halted in 2006. The balance of Phase IV work will include the demolition of five buildings and the extensive envi-

ronmental site remediation (D213 and D141) will be included in the scope of future contracts.

All additional remediation and demolition will occur in Phase V. Landscaping and the building of a fence around the ship repair zone will be the last portion of the project.

"We're very eager to get on with it. We've been working in a construction zone for a long time now and that is a tribute to the patience and flexibility of the workers who've been able to get by for so long."

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FITNESS: REAP THE REWARDS

Healthy life challenge is on

Mary Ellen Green
Staff writer

To celebrate the first anniversary of the Canadian Forces Health and Fitness Strategy, Personnel Support Programs (PSP) Health Promotion and Fitness and Sports departments launched a new challenge to military and civilian personnel: get on the road to wellness during the month of October.

Last Wednesday morning at the Naden Athletic Centre they launched the dare, dubbed the Formation Health and Wellness Challenge, which has people earning points for every healthy lifestyle choice they make. More than 1,300 log booklets have been handed out.

"You can get points for sleeping seven to eight hours each night, being social with

friends or simply having some unplugged time," said Health Promotion Director Maryse Neilson.

The event kicked off with an address by RAdm Tyrone Pile, Commander, Maritime Forces Pacific and Joint Task Force Pacific.

"It's a challenging lifestyle we've chosen in the Canadian Forces. We need to watch what we eat and get enough sleep, at least that's my challenge," he said to the crowd gathered in the main gym.

"Congrats on being here and I'm looking forward to doing boot camp with you," he added.

Following the launch, PSP fitness staff led the crowd in a mini boot camp to get the blood flowing.

Those with the most points have a chance to win prizes. The grand prize is return tickets via Harbour

Air to Vancouver with two night accommodation at the downtown Sandman Hotel.

Second place takes home a one-month membership to Survivor Bootcamp and a dinner for two at Smoken Bones Cookshack. Third prize is a one-month membership to Aura Fitness Challenge.

"The biggest prize of course is when we make daily healthier choices in the way we live," said Penny Murphy, Sports and Fitness Director. "Let's get out there and show the Canadian Forces what we've got and make Formation Esquimalt the healthiest it can be."

Units can still register by contacting the Health Promotion office at 250-363-5621. Once the unit is registered, they can track their progress online at www.pspesquimalt.ca. Follow the Challenge links.

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About 100 people came out to the Naden Athletic Centre last Wednesday for the kick off event of the October Formation Health and Wellness Challenge. The event featured a mini boot camp in the main gym.

Mary Ellen Green, Lookout

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Be on the lookout for carbon monoxide and smoke

Every home needs two types of alarms as carbon monoxide (CO) alarms do not detect fire or smoke, and smoke alarms do not detect CO.

Install working smoke alarms on every storey of your home or cottage and outside all sleeping areas. Install at least one CO alarm at knee height or higher near bedrooms. Use more than one CO alarm if sleeping areas are located on different levels of your home. Follow the manufacturer's directions for installing and maintaining both smoke and CO alarms.

Alarm Tips

Test once a month by pushing the test button on the unit.

Change batteries annually. A good habit is to change the batteries every fall when you change your clocks.

Replace CO alarms after five years and smoke alarms after ten years.

Please check the manufacturer's instructions for your particular device.

Four steps to CO safety

Know the enemy. CO is a "silent killer." It is an invisible, odourless and poisonous gas that can be produced when you use your furnace, fireplace, gas stove, propane heater, kerosene lantern or other fuel-burning appliances.

Poor maintenance, damaged or blocked venting, improper use of appliances, or inadequate air flow can cause dangerous levels of CO to build up inside your home.

Maintain your furnace and fireplace. The best way to ensure that you and your family are not exposed to CO is to eliminate it at the source. Make the maintenance

of your fuel-burning appliances, equipment and venting systems an absolute priority.

Install CO alarms. Your second line of defence is the installation of certified CO alarms. They will warn you of rising levels of CO, giving you and your family time to escape. Without CO alarms, the only way to know if CO is present is if the physical symptoms of CO poisoning become apparent. But, by then it might be too late to avoid injury!

Know the symptoms of CO poisoning. The symptoms are similar to the flu – nausea, headache, burning eyes, confusion and drowsiness – except there is no fever. If they appear, it is imperative to get everyone, including pets, outside to fresh air immediately and call 911 or the local fire department.

Carbon Monoxide - What you need to know

You can't see or smell carbon monoxide but it can be deadly if it accumulates inside your home. Carbon Monoxide is a by product of incomplete burning of fuels such as wood, propane, oil, natural gas, kerosene, gasoline, diesel fuel, coal or charcoal.

Keep all fuel-burning equipment (furnaces and fireplaces, as well as any natural gas appliances) well ventilated and have them inspected regularly by a licensed gas technician. To avoid a build-up of carbon monoxide, it's extremely important to keep your furnace, fireplaces, vents and chimneys clean and properly maintained. As an extra precaution, install a carbon monoxide alarm. It could just be your lifesaver.

Join the province-wide Community Fire Drill on Oct. 7.

On Oct. 7 at 6:30 p.m. fire departments in British Columbia are encouraging residents to join them in the community fire drill. Since every second can mean the difference between life and death, all British Columbia residents need to prepare and practice their escape in the event of a fire.

Fire can grow and spread very quickly, leaving you with as few as two minutes to escape safely. Advance planning and practicing your escape plan is absolutely essential to your family getting out safely.

The purpose of this drill is to ensure that all residents have working smoke alarms, they know the sound of the alarms and they know escape routes from their residence.

Keep your Halloween decorations fire safe



If you and your family celebrate Halloween, make it a safe and happy event for everyone. Halloween should be filled with surprise and enjoyment, and following some common sense practices can keep the festivities safer and more fun. Follow these simple safety tips and you can ensure that a fun and enjoyable time is had by all.

Do not let children handle sharp utensils to carve pumpkins. Have them draw their designs on pumpkins with a marker and then do the carving for them.

If you use candles to light jack-o-lanterns, do not leave them unattended.

If indoors, keep jack-o-lanterns at least one metre away from flammable materials such as curtains.

If outdoors, keep jack-o-lanterns at least one metre away from flammable materials and out of the path of trick-or-treaters.

Clear your front entrance of any items over which trick-or-treaters might trip.

Keep all lit candles out of the reach of children and pets.

Make sure that pets are properly secured (for example, in a closed room with food and water), so that they do not suddenly rush out when you open your front door to trick-or-treaters.

Use candles with care

Candles create a festive mood and a warm, inviting atmosphere. But left unattended or put in the wrong place, they become a hazard.

Know these basic safety rules for candles:

- never leave burning candles unattended;

- extinguish all candles before going to sleep or leaving the room;

- do not permit children to keep or use candles or incense in their rooms;

- candles should only be used when an adult is present and awake;

- never use lighted candles on or near a decorated tree or other greenery;

- keep candles at least one metre away from anything that can burn, including curtains, decorations and wrapping paper;

- always use stable, non-flammable candle holders;

- place candles where they will not be knocked down or blown over;

- always keep burning candles up high, out of the reach of children and pets;

- and if you have children in your home, store candles, matches and lighters out of their sight and reach.

Safety tips for extension cords

Give extension cords the respect they deserve. The charge running through an extension cord is powerful enough to shock you, cause third-degree burns, or even stop your heart. Use extension cords sparingly and always keep them well maintained.

Safety tips to remember when using extension cords:

- use only extension cords that carry the CSA or ULC mark to ensure the cord complies with Canadian safety standards;

- check cords regularly and replace them if they are worn or damaged. Look for worn insulation, splices on the cord and loose or exposed plug parts; use an extension cord as a temporary connection only;

- make sure the extension cord is capable of carrying the intended amperage. When stringing lights together, the load adds up quickly;

- if the cord or plug becomes hot, unplug it immediately. If overloaded, replace with a suitable cord;

- use a single cord that is the proper length rather than connecting cords together;

- avoid using a cord that is too long because a coiled or tangled cord can overheat and is a tripping hazard;

- never run a cord through a doorway as it could be pinched and damaged;

- never run a cord under a rug or carpet because people walking over the rug could damage the cord and increase the risk of fire or shock;

- never force a three-pronged plug into a two-pronged outlet or cord;

- only use extension cords in dry locations;

- when outdoors, use only extension cords marked for outdoor use;

- store indoor extension cords at temperatures above freezing;

- always unplug an extension cord when it is not in use; and

- never unplug an extension cord by pulling on the cord. Always tug the plug.

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OLYMPICS: TESTING TIME

Military gears up for Games

Mary Ellen Green
Staff writer

In the lead up to the Vancouver 2010 Winter Games, Joint Task Force Games (JTFG) is busy getting their people and processes ready.

The final test before the largest domestic security operation in Canadian history unfolds will be Exercise Gold on Nov. 2-6, a whole-of-government exercise.

"In spite of a tremendous amount of preparation, this is still a very busy time for us at JTFG headquarters," said Col David Barr, JTFG Chief of Staff. "We are totally committed right now to optimizing training and getting to the end of Ex Gold. And when Ex Gold is over, we can pick ourselves up, take a breath, do the final adjustments and get ready for the operation itself, but it's flat out from now until Nov. 7."

Exercise Gold, to be held on the mainland, is the final tick in the box to confirm the more than 100 different government departments are ready to handle their role in Olympic security.

To keep up with the increasing tempo and workload, JTFG HQ brought in more than 200 Canadian Forces members from across the country

During Laurel Wreath, participants responded to "what if" scenarios. The intent was to practice and confirm processes, procedures, and linkages with other organizations.

to augment their staff in September.

After a week of orientation training at the Nixon Drill Deck at CFB Esquimalt, including presentations by VANOC, Public Safety and Emergency Management B.C., and RCMP Vancouver 2010 Integrated Security Unit Chief Operating Officer, Assistant Commissioner Bud Mercer, the members were divided into groups for branch specific training.

With as many as 10 branches in the headquarters, as indicated by Col Barr, it was important to offer each branch an opportunity to discuss branch specific subjects with their respective augmentees.

The newly acquired members went to the mainland on Sept. 17 to continue their branch training in Richmond and at HMCS Discovery.

On Monday, Sept. 21, they started a five-and-a-half day command post exercise called Exercise Laurel Wreath 0907.

"For the very first time we were broken into our three shifts. In order for us to go 24/7 for 60 days or so during the Olympics and the Paralympics, we can't do it with only two

shifts," Col Barr said.

During Laurel Wreath, participants responded to "what if" scenarios. The intent was to practice and confirm processes, procedures, and linkages with other organizations.

The main objective of Laurel Wreath was to integrate the augmentees into JTFG HQ, and provide them with the situational awareness, skills and knowledge necessary to successfully carry out their roles. It also ensured the entire headquarters can work together effectively and is ready for the final confirmation exercises in October and November.

In three weeks everyone will be back on the mainland for Exercise Spartan Rings, which will run in conjunction with the RCMP exercise Pegasus Guardian 3.

"Spartan Rings will be a huge exercise," Col Barr said,

Each of the four components - air, sea, land and support - will deploy their headquarters for this exercise, which runs Oct. 19-23.

"The majority of the focus is security related, as opposed to consequence management and safety scenarios, which we'll do later on in Exercise Gold," says Col Barr.

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TV drama filmed on base

Shelley Lipke
Staff writer

Filming for a TV mini series has begun this week at two DND properties.

Lights, cameras and equipment are being set up at the Lampson Street School and CF Health Services (Pacific) to film scenes for "Seven Deadly Sins," a teenage drama based on a series of books by New York author Robin Wasserman.

"We'll be using the base hospital as a small town hospital emergency ward and the school will be staged as a police station," says SDS film locations manager Kathleen Gilbert. "At each location we will have a crew of 40 to 50 people shooting for 12 hours a day."

The story follows the lives of six high school

seniors desperate to leave their small town of Grace, Northern California. When a beautiful young woman moves into town the teenager's lives are changed in unpredictable ways, and the seven sins of lust, envy, pride, wrath, gluttony, greed, and sloth are personified by each of the teens as they struggle and scheme with one another.

The series deals with issues such as popularity, materialism, and teen romance.

Several actors are familiar faces on television: Eric Close of *Without a Trace*; Leslie Hope from *24*; Rachel Melvin of *Days of our Lives*; and *Gossip Girl*'s Dreama Walker.

Since both filming days are on a Saturday, base personnel will not be affected as the buildings would normally be closed.

"On Oct. 4 the reception area and treatment room of the base hospital were used for a scene with a girl that has been in a car accident, and on Oct. 10 we will use the front steps of the language school and the inside office as a police station," said Gilbert. "We are sending letters out to neighbours to advise them what to expect in their area."

After 4 p.m. on Friday crews will move equipment into each location and set up, so people may see some large trucks and activity throughout the weekend and then by Monday it will be back to normal, said Gilbert.

"It usually takes a good year after filming before it will be aired on television," she said. Once it is ready to be shown it will be on the Lifetime Network.

INFOCUS

Canada Post foregoes stamps

Canada Post will again be providing free regular parcel service for family and friends of deployed CF members from Oct. 26, 2009, to Jan. 15, 2010.

Parcels will be delivered free of charge from any Canada Post retail outlet to designated CF bases, where they will be forwarded through the CF postal system to CF members overseas.

Additionally, Canada Post will also continue providing free delivery of letters to deployed troops through 2010.

Due to cargo limitations on military flights, this offer is restricted to those operations served by the Belleville, Ontario K8N 5W6 address, and to any deployed Canadian ship.

Mailing guidelines are available at the Write to the Troops link found at www.forces.gc.ca

To ensure the proper customs declaration forms and correct addressing info, all letters and parcels must be deposited at a Canada Post retail outlet. Mail deposited in street

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Food needed

The Mustard Seed Food Bank is currently assisting 7,200 people, of which 1,650 are children under 12, and over 1,000 seniors on fixed incomes not able to manage the rising cost of living.

The food bank requires assistance to keep nutritious food on their tables.

Drop off your non-perishable food and financial donations at any Fire Hall in Esquimalt, Oak Bay, Saanich or Victoria, as well as the Ogden Point Warehouse at Pier A and Mustard Seed Bins at local grocery stores.

Visit www.mustardseed.ca for more information.

Christmas workshop

The Maritime Museum of British Columbia offers a unique Christmas workshop for the community.

Beautiful and unique nautical Christmas wreaths are excellent gifts for those hard to shop for people on your list. The Maritime Museum has offered nautical wreath workshops for three years and are excellent workshops for the family and community. Corporate booking available. The workshops are excellent Christmas party Alternatives. Pre-registration suggested since workshop size is limited.

Location: 28 Bastion Sq.

Dates:
Nov 28 from 1-3 pm
Dec 3 from 6-8 pm
Dec 6 from 2-4 pm
Dec 8 from 6-8 pm

Cost: \$25 includes GST
Organizer: Kamala Paton
Contact Info: Call 250-385-4222, ext 111. Email kamala@mmbc.bc.ca

Included in workshop: Instruction and material for one wreath.



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LEGION

Image: Department of National Defence

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The Legion professional Service Officers, whose role is mandated through legislation, provide representation services, advocacy and benevolent assistance FREE OF CHARGE, whether or not you are a Legion member. Visit www.legion.ca/ServiceBureau.



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Crew members of HMCS Brandon spent part of their namesake city visit preparing food at three local schools for under privileged children.

Left to right: Lt(N) Larry Moraal, MS Ann-Marie Fontaine, LS Jason Anderson, PO2 Dwayne Earle, SLt Christopher Shook, Ship Sponsor Betty Coleman and Judy Seib of the Food for Thought Program with three young children with full bellies.

Prairie town embraces the navy

SLt Christopher Shook Contributor

You wouldn't think 8,000 square kilometres of wheat has anything to do with the navy; however, nine sailors from HMCS Brandon found out that it sure does.

Brandon, just having completed a hull transfer and work-ups, reconnected with its namesake city from Sept. 21-25.

During this time the sailors spent four days connecting with the city, enjoying the wonderful fall weather on the prairies, touring the military museum at CFB Shilo and volunteering their sweat and cheer to local charities.

One charity the crew directly sup-

ports is the Food For Thought program. The program ensures underprivileged children receive breakfast so they can learn effectively. It started eight years ago in three inner city schools and now serves around 120 children.

The ship's crew attended all three schools where they prepared and served food.

They also presented \$510, raised by ship's charity organizers SLt Melanie Weaver and LS Kris Valentine, to the program coordinator, Judy Seib at the Betty Gibson School.

The crew also spent a day framing up a condo suite at the Habitat for Humanity site in downtown Brandon. This project will see the Massey-Harris industrial building

converted to 44 condo units, of which 17 will be for low income families.

The crew also lent a hand serving 130 people lunch, as well as cleaning the mess up afterward at the Helping Hands Centre. The team at Helping Hands asked if the crew would come by again the next time they are in Brandon.

As a reward for their efforts with charitable organizations and as a way to highlight the ship to the community, the crew attended the Wheat Kings home opener. Midway through the second period overhead screens featured the crew and thanked them for their contribution. The Wheat Kings went on to win 3-0.



Thank you.

A big thank you
to all the companies that donated prizes, services and supplies to this year's West Coast Welcome.

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Afghanistan360 an eye-opening exhibit

Afghanistan360, a multimedia exhibit on Canada's civilian and military engagement in Afghanistan, will be on display at the Esquimalt Recreation Centre, 527 Fraser Street, Oct. 5 to 14.

The public and media are invited to attend a guest speaking engagement at the Esquimalt Recreation Centre on Oct. 7 beginning at 7 p.m.

Guest speakers will share stories of their work experience in Afghanistan and take questions from the audience.

The exhibit offers Canadians an opportunity to learn about the

progress Canada is making in providing assistance to Afghans, whether it be helping to rehabilitate the country's second largest dam, rebuild or construct schools or, along with international health partners and other donor countries, eradicate polio from Afghanistan.

Visitors will also learn where Canadians live and work while serving overseas and how Canadians can help Afghans by supporting a variety of development projects.

Visitors will have the opportunity to see the Afghanistan360 exhibit

featuring stories from the field and short video segments on the training and development projects that Canada supports in Afghanistan.

They will also be able to record 15-second video messages to our civilians and soldiers serving in Afghanistan.

The Afghanistan360 exhibit continues to be on public display in various locations across Canada until 2011. For more information on the exhibit and guest speakers' visit to the Esquimalt Recreation Centre, go to www.esquimalt.ca.

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BC extends job protection for reservists

Changes to the Employment Standards Regulation will extend job-protected leave to Canadian Forces reservists called on to support the 2010 Olympic and Paralympic Winter Games.

In 2008, the Employment Standards Act was amended to provide reservists with job-protected leave from their civilian employment when they are deployed to a Canadian Forces operation outside of Canada, or to assist with an emergency inside Canada.

The new regulation extends this support to reservists deployed to support the 2010 Games.

About 1,000 reservists are expected to be deployed to the Games, with half coming from within B.C. Many began their work in September,

and will serve up to the completion of post-Games activities in March or April 2010.

As with other statutory leaves in B.C., employers will not be required to pay wages while the employee is on leave. Reservists will receive compensation from the Canadian Forces for their services. When the reservist returns to work, the employer has to place the employee in their previous job, or in a comparable position.

The federal government has also extended Reserve Leave under the Canada Labour Code for the 2010 Olympic Games. The Canada Labour Code covers employment in federally-regulated industries such as banks, telecommunications and interprovincial transportation.

Submissions wanted for gingerbread build

Chefs, both amateur and professional, are invited to submit a gingerbread creation to Habitat for Humanity's 4th Annual Gingerbread Build being held this year at the Inn at Laurel Point Nov. 23 to Jan. 4.

"The entries are not restricted to being a house," said spokesperson Kari Frazer. "Last year we had all sorts of creations, from The Old Woman Who Lived in a Shoe to the Legislative buildings."

Corporations are even invited to build something in gingerbread that may promote their product or service.

"Uniqueness and creativity is a factor the judges will consider, with a trophy and magazine profile going to the winning chef," said Frazer.

Corporations even have the option of hiring a professional chef to create their gingerbread.

"The cost is \$200 for an entry to \$400 or more if you want to win in your category," said Frazer.

All entries will receive a certificate, a listing on the community report, the opportunity for thousands of spectators to vote on your entry in the People's Choice contest, and the satisfaction of support-

ing the work of Habitat for Humanity in building safe, affordable homes for low income working families.

This is the first year the Great Gingerbread Build has been held at the Inn at Laurel Point and it has certain advantages.

"All gingerbread creations will be enclosed in the glass display cases throughout the hotel so that we can keep the display up for six weeks to maximize the opportunity for the community to view," said Frazer.

In addition, Habitat for Humanity has joined forces with the Bear Wear at the Hotel Grand and the Festival of Trees at the Empress Hotel to encourage spectators to come downtown and view all three events from Nov. 23 through December.

Gingerbread entries are restricted to the first 40 so you are encouraged to go online and get an application form at www.HabitatVictoria.com or call 250-480-7688 for more information.

Habitat for Humanity is an independent, charitable housing program dedicated to the elimination of poverty through home ownership for low income working families.

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Series Race E3, Sept. 27

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3. Feisty, Ed & Pauline Haines

Division II

1. Pzaz, Jack Tillmans
2. SeaQuin IV, Lesley Quin
3. Eden, Charlie Pash

Division III

1. Still Squeezin, Mike Becevel
2. White Pearl, Barry White

Series Race E4, Sept. 27

Division I

1. White Wave, Jon Richardson
2. Compromise, Glen Shippam
3. Feisty, Ed & Pauline Haines

Division II

1. Pzaz, Jack Tillmans;
2. SeaQuin IV, Lesley Quin;
3. Eden, Charlie Pash

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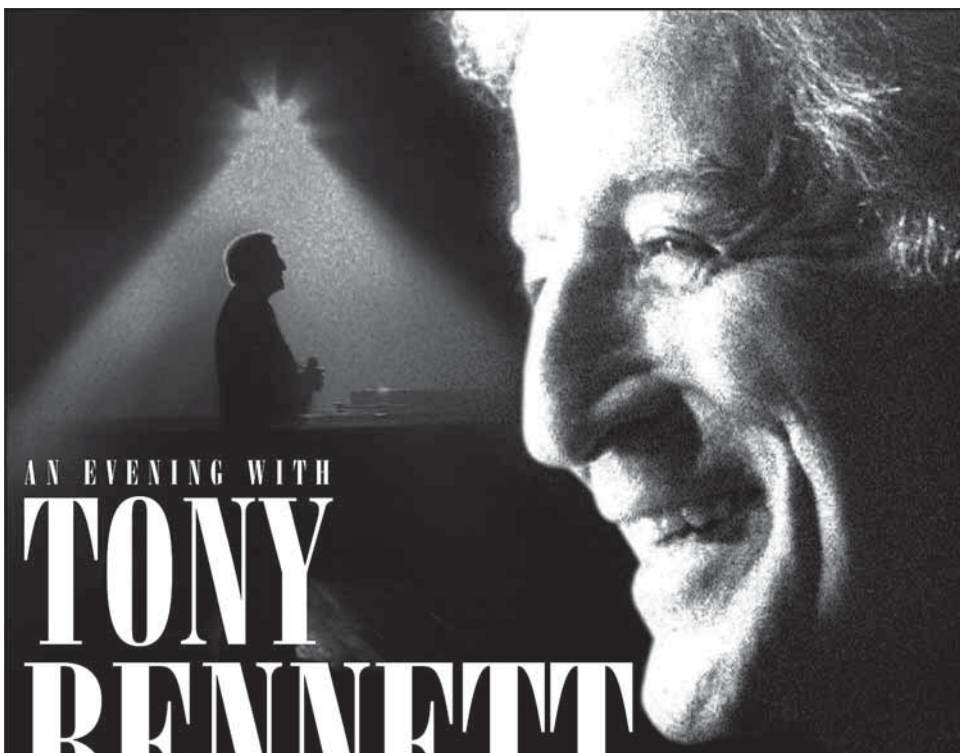
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Bravo ZULU

Capt Rob McMullen, widower of Capt Juli-Ann Mackenzie, accepts the Memorial (Silver) Cross from Lieutenant-Governor of Saskatchewan, Dr. Gordon Barnhart. Capt Mackenzie was a former 443 Squadron Sea King pilot who died in a CH146 Griffon crash while conducting a search and rescue mission over Labrador on July 18, 2002.

Capt MacKenzie joined the Air Force in 1991 and was posted to 443 Squadron at Patricia Bay in 1997, when she received her wings. The award was also presented to Capt MacKenzie's parents.



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Members of Navy Dragon Anchors proved themselves a force on the water this season, wrapping up their paddling season with 18 wins out of 22 races. They look forward to their 10th season in 2010 as the Navy celebrates its centennial.

Dragon Anchors tallies up 18 wins

Bruce Johnson
Contributor

Members of the Navy Dragon Anchors wrapped up their six-month paddling season this month with back-to-back weekend races in Portland, Oregon, and Kelowna.

This year the team raised several thousand dollars for the B.C. Cancer Foundation, introduced the navy to many new friends, and reconnected with friends from years past.

Some of the season highlights include: first place finishes in both the Nanaimo and Victoria dragon boat festivals, a monumental team

best time of 1:50.47 minutes over a 500-metre course and, for the second year in a row, the navy team brought home the coveted "No Guts - No Glory" trophy for the fastest time in the Portland 2,000-metre race.

Although the team did not manage to retain the first place trophy in Kelowna, they still had one of their best years yet with 18 first place finishes out of a total of 22 races.

Plans are already well underway for the 2010 season. Next year marks the Naval Centennial and also marks the 10th anniversary season of the navy dragon boat team.

It promises to be an exciting year with an extended season, and several very special events. Some members who plan to return next season are starting their training early, paddling locally in one-man and six-man outriggers, and continuing fitness regimes to give them an edge for the early start next year.

The team wishes to thank their many supporters and friends for a wonderful season and is looking forward to 2010 with great anticipation. In dragon boat lingo - it's time for the Dragon Anchors to breathe deep and "Let It Run!" See you next spring!

Statue fundraiser fulfills expectations

Provincial Capital Commission

A gala fundraising dinner was held at the Wardroom Officer's Mess Sept. 24 to benefit the Homecoming Naval Centennial Statue project. More than \$60,000 was raised during the evening thanks to the 200 guests and generous support from area businesses.

Both a silent and a live auction were held with 50 combination packages up for grabs provided by 75 donors. Cruises, golfing adventures, spa treatments and nights out on the town were among the items put on the block, along with several prizes donated by CFB Esquimalt and the Homecoming Statue Committee, including trips on board a frigate, day sails in HMCS Oriole and dinner at the Admiral's House.

Thanks to the antics of auctioneer Wayne Ford, bidding heated up for two paintings by Len Gibbs, and for the Capital Iron/Times Colonist outdoor barbecue kitchen, valued at \$40,000

and going for \$17,000.

Gibbs, who served as an Able Seaman many years ago, along with Brian Small, former general manager of Victoria Chamber of Commerce, were "knighted" by Queen Elizabeth, a.k.a. Carolyn Sadowska, during the evening's entertainment.

The homecoming statue, designed by sculptor Nathan Scott, is a tribute to the Canadian Navy on the occasion of its 100th anniversary in 2010.

It will be located overlooking the Inner Harbour, near Victoria's Visitor Centre, on property owned by the Provincial Capital Commission (PCC).

PCC CEO Ray Parks sits on the project committee and served as chair of the gala dinner event.

"We are extremely pleased the PCC had this property available to us," said retired RAdm Ken Summers. "We couldn't have found a better site in Victoria."

The gala fundraiser event was a total success, Summers said. "It exceeded our expect-



The antics of Auctioneer Wayne Ford spiced up the bidding during a fundraising dinner in support of the Naval Centennial Statue.

tations, the generosity was tremendous and the spirit and cooperation between the community and the navy was evident."

Other fundraising initiatives for the statue, sched-

uled to be unveiled next May, are the sale of commemorative bricks, miniature statues and prints of Gibbs' paintings. For more information, visit www.homecomingstatue.com.



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In the current economic climate, more families than usual need the food bank

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Drop off your non-perishable food & financial donations at any Fire Hall in Esquimalt, Oak Bay, Saanich or Victoria as well as The Ogden Point Warehouse at Pier A & Mustard Seed Bins at Local Grocery Stores! www.mustardseed.ca

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