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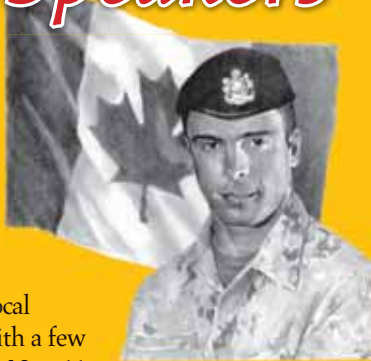
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NEWS 2
Victoria offers flowery tribute to navy



NEWS 8
Calgary sailors honour the fallen



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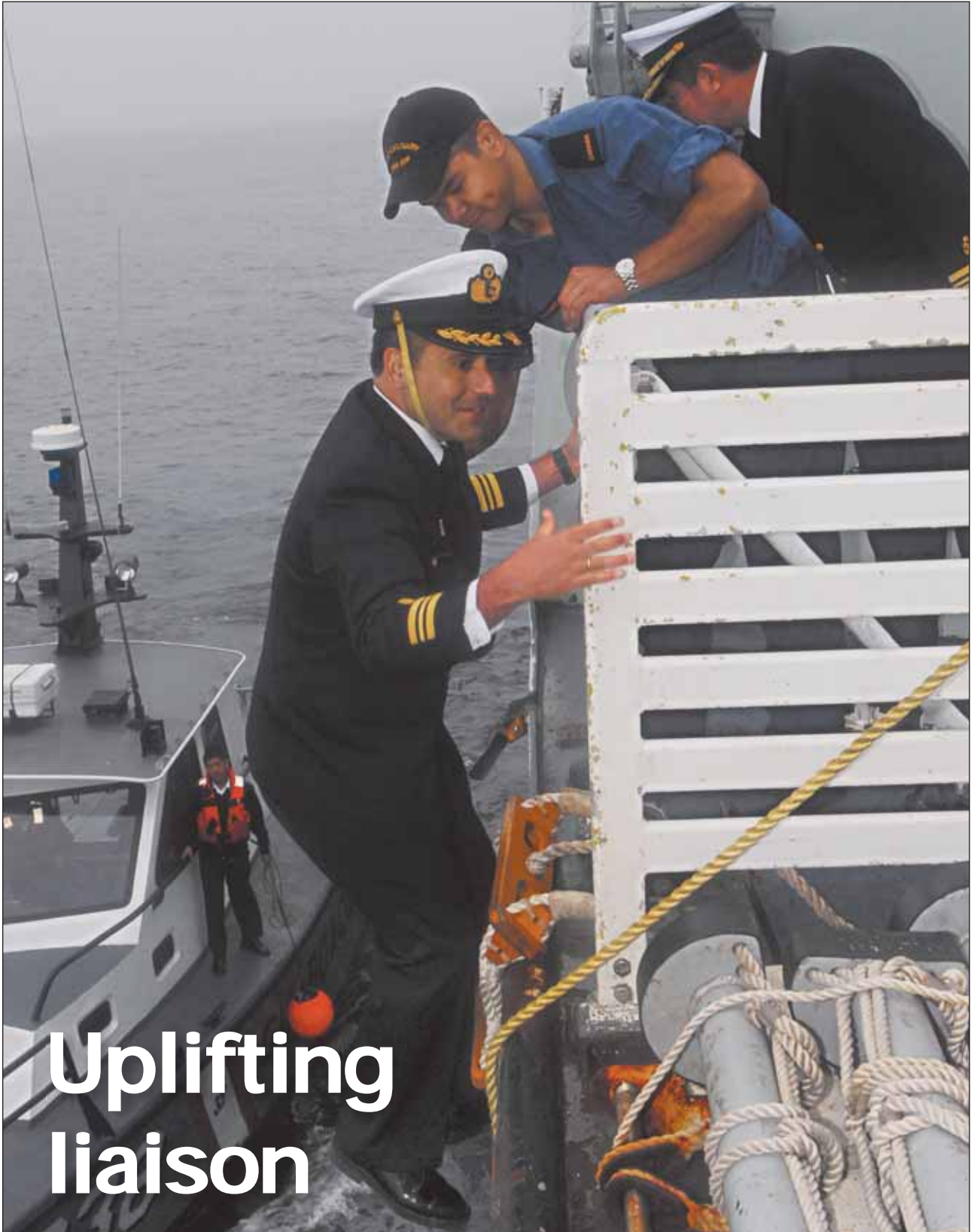
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Uplifting liaison

Shelley Lipke, Lookout
HMCS Calgary's OS Greg Moore assists LCdr Jose Antonio Pazos, a liason officer for the port of Callao, Peru, up the accommodation ladder. The ship arrived in Peru for a visit before heading to Ecuador during Southplo 2009.

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Mary Ellen Green, Lookout

Cathie Sansom and Carlos Furtado place the last few plants in the flower bed at the corner of Blanshard and Finlayson. The City of Victoria planted the high-profile garden with a naval theme in honour of the Canadian Naval Centennial.

Navy centennial tribute in full bloom

Mary Ellen Green
Staff writer

A tribute to the Canadian Navy's centennial is already in full bloom.

A large circle flower bed on the corner of Blanshard and Finlayson has a naval theme - a huge grey anchor planted out of cineraria surrounded by navy blue pansies.

Bernard Hopcraft, City of Victoria Supervisor of Horticulture, said they forwent words because the bed is angled, making text tough to see from the street.

"We would plant some-

thing and run across the street to the mall parking lot to see how it looked. We're pretty pleased with what we ended up with," said Assistant Supervisor of Horticulture, Paul LeComte. "You can see the anchor now, and the rest will fill in as the winter progresses."

The cineraria (more commonly known as dusty miller) were planted close together so the anchor image would be instantly recognizable. The cineraria will not fill out much but will live through the winter. However, the two rings of pansies should expand

more by spring time.

Gardeners spent nearly two days planting almost 2,000 plants in the high-profile bed.

"We used 880 cineraria, 504 dark blue pansies and 600 light blue pansies, give or take a few," LeComte said.

The bed was planted in late September and will keep the naval theme until next spring.

The project came about through the Canadian Naval Centennial Cooperation Committee with the City of Victoria.

"City representative, Cindy O'Regan came up

with the idea," said Cdr Ian Wood, Coordination Officer for the upcoming 2010 International Fleet Review in honour of the hundredth anniversary of the Canadian Navy.

The CNC Coordination Committee is made up of members of Victoria's civic, tourism and business leaders in the capital region.

"We meet monthly at the tourism office, and this project is one of the great ideas that arose out of those meetings," Cdr Wood said. "The flower bed tribute is our first tangible result," he added.



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Spartan Rings: Final tick in the box

Mary Ellen Green
Staff writer

Fifteen hundred Canadian Forces members are in the Vancouver area this week as part of Exercise Spartan Rings, a five-day confirmatory exercise for the military's participation in Olympic security.

Joint Task Force Games (JTFG) Headquarters and its four components are being tested to ensure all tactical and operational procedures are in place for the February 2010 event.

A Halifax class frigate, two Kingston class maritime defence vessels, and three Orca class patrol vessels have joined the Air Force's Griffon and Sea King helicopters, Aurora and Twin Otter aircraft and CF-18 fighter jets in Vancouver for the exercise, which runs Oct. 19 to 23.

"Designed to run concurrently with the RCMP's Exercise Pegasus Guardian III, this exercise will provide JTFG with the opportunity to work with its maritime, land, air and support components in realistic exercise scenarios," said RAdm Tyrone Pile, Commander JTFG in a news conference last week at the Vancouver 2010 Integrated Security Unit in Richmond, B.C. "It will also offer our personnel the chance to become more familiar with those areas of the lower Mainland and the Sea to Sky Corridor in which they will be operating in 2010."

Assistant Commissioner Bud Mercer, Chief Operating Officer of the V2010 ISU added: "The scenarios have been developed from lessons learned during previous exercises, such as Exercise Pegasus Guardian II and Exercise Silver in February 2009. The scenarios are designed to challenge the ability of security forces to successfully overcome a spectrum of potential threats to the Games. Key areas to be validated include tactical procedures, communications and command and control."

Scenarios include a cyber attack, hostage taking, responding to criminal protests and a bomb scare.

"Some aspects of Spartan Rings will be visible to the public," RAdm Pile said.

The scenarios of greatest interest to us in Ex Gold are those that require coordination amongst the forces from all three of those pillars. High level coordination is key and it's that which we have to succeed at to be truly ready to move on to the Olympic Games themselves.

-LCol Robin Parker
JTFG J7 Training and Exercise Officer and Theatre Command Centre Liaison Officer at ISU

Naval vessels will be seen from the shore practicing marine security in and around Vancouver Harbour. Canadian Forces aircraft will be overhead so crews can become familiar with the unique geography of the Sea to Sky Corridor. Military personnel and vehicles will be transiting to and from temporary accommodation facilities and National Defence properties in the area, said the Admiral.

"From a JTFG standpoint, Spartan Rings is extremely important because we're going to be evaluated and confirmed as ready to move forward," says LCol Robin Parker, JTFG J7 Training and Exercise Officer and Theatre Command Centre Liaison Officer at the ISU.

The Chief of the Maritime Staff is responsible to confirm the Maritime Component ready. Sea Training Pacific is the organization principally involved in doing the confirmation for the navy.

The Chief of the Air Staff and 1 Canadian Air Division have sent an evaluation team to make sure the Air Component is ready, while the Canadian Operational Support Command will do the same for the Joint Task Force support element. The Land Component was

confirmed ready a couple weeks ago by the Chief of Land Staff during Exercise Unified Sentinel in Edmonton; however, their integration into JTFG will be tested in this exercise.

The entire military contingent will trial the shift rotation established for Operation Podium, the CF contribution to the security pillar of the Vancouver 2010 Winter Olympic Games.

In the last two days of the exercise, the Canadian Forces will work around the clock, 24 hours per day. "The first few days will just be long days," LCol Parker said.

The exercise is scheduled to finish at noon on Friday, Oct. 23, at which time work will begin in preparing the After Action Report.

Canada Command is the lead agency for Spartan Rings. It is responsible for CF routine and contingency operations in Canada and North America, which includes support to law enforcement agencies and support to major public events.

Spartan Rings will be the first domestic focused headquarters operational readiness evaluation conducted by Canada Command.

After Spartan Rings, JTFG and its four components will have a very short turn around until their next preparatory whole-of-government exercise: Exercise Gold running Nov. 2 to Nov. 6.

"We only have a week. The intent is to give folks one day off, and have a few days in the office to tweak what can be tweaked in a relatively short time, and then we're back into the next exercise," LCol Parker said.

Exercise Determined Dragon is the military component to Gold.

The focus of Exercise Gold is on the coordination and cooperation of the three pillars: security, safety and games.

"The scenarios of greatest interest to us in Ex Gold are those that require coordination amongst the forces from all three of those pillars. High level coordination is key and it's that which we have to succeed at to be truly ready to move on to the Olympic Games themselves," says LCol Parker.

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People Talk

In HMCS Calgary, somewhere off the coast of South America, Lookout asked the sailors: *Whom do you admire most and in what way does that person inspire you?*



I'm inspired by William Shakespeare because of his work with the human condition. I think he's a genius. Nobody in their day has been able to match his work. He has a unique understanding of humanity and I love reading his work.

OS Marcus Bryant,
Naval Combat Information
Radar Operator



Jim Morrison. I feel his music really got to people and his life was very interesting. It was a tough life for him to get through because he had a lot of pressure with being famous. With his history of drug abuse, and in the end the drugs were the problem, he still managed to get his songs out and help people a lot. My favourite song is "This is the end," which talks about this aspect of his life and how he dealt with drugs. I think his music is a good reminder for people of what not to do, and it helps them keep out of drugs.

Cpl Dorian Neufeld-Bibault,
Firefighter



I'm inspired by my 20-year-old sister Laura. She's in her third year at Royal Military College as a naval cadet student. For being only 20 she gives the best advice out of anyone I know. She gives advice like an older sister would and she's always been there to help me out. She's very hard working and she's also an awesome soccer player. Right now she plays on the Royal Military College team and CISM and was nominated for the Canadian Forces athlete of the year.

SLt Calley Gray,
Assistant engineering
officer in training



My dad really inspires me because without his tough love I wouldn't be the person I am today. He's taught me to be honest with myself and put 110 per cent into everything I do.

MS Kristina Correa,
Boatswain

WHAT SAY WE

From the Fleet Chief: People drive our success

CP01 Paul Helston Fleet Chief

The navy's motto of "our ships, our sailors, ourselves" is predicated on the performance of our personnel to achieve success in operations today and tomorrow.

It is only natural that our naval culture focuses on platforms that represent those successes. But for those who have taken ships to sea, they know it is the dedication, professionalism and courage of our sailors that ensure this success.

As a more "mature" sailor I can recall the days of old steamers with outdated weapon and propulsion systems, but it was the outstanding performance of my ship mates that inspired a career in the navy. Not to mention the multitude of other experiences at sea and ashore that created a band of brothers, or more appropriately today, brothers and sisters.

It was the "ready aye ready" attitude of selflessness that lent itself to service before self, and rarely did we go to great lengths to recognize individual achievements. This was our one flaw.

Numerous academic studies have demonstrated that recognition and self actualization are critical to a happy and productive work place. Though we often speak of pay and bonuses as a means of retention the truth is we are well paid.

The other truth is there is not an endless pot of money to draw upon, and, as seen by the experiences in other navies around the world, quality of work life and recognition are as important if not more important than the extra stipend.

In the end, it falls to our immediate leadership, not the mysterious "they," to make the most of those things they can positively affect. One of these important aspects is recognition, which can take countless forms, but a day off or a good report should not be viewed as the end of all means.

As a member of the board for the Fleet Sailor of the Quarter and Maritime Forces Pacific (MARPAAC) honours and awards committee, I have been privileged to see some truly outstanding nominations for various awards.

This year we recognized MS Kiraly, *HMCS Vancouver*; MS Andres, *CANFLTPACHQ*; and LS Rownd, *HMCS Calgary*, as sailors of the quarter. Recently LS Kobayashi, *HMCS Ottawa*, was selected for the CF recognition program as the navy's vigil sentry in Ottawa for Remembrance Day.

On Sept. 30, RAdm Tyrone Pile, Commander Maritime Forces Pacific, presided over a large contingent of personnel who received a range of awards. Many had family present.

It cannot be understated how important it is that we demonstrate how we value our people

for their contribution to their country, and who could only do so by the support of their loved ones.

Award recipients from that ceremony were.

- LCdr Francoeur: USN Meritorious Service Medal, *HMCS Regina*
 - AB Spivey: CDS Commendation, CF Health Services Centre Esquimalt
 - Capt Lerch: CEFCOM Commendation, MARPAAC HQ (J5)
 - Lt(N) Nucci: CEFCOM Commendation, *HMCS Winnipeg*
 - MCpl Tillotson: CEFCOM Commendation, *HMCS Winnipeg* (443 Sqn)
 - MS Steward: CEFCOM Commendation, *HMCS Winnipeg*
 - MS Young: CEFCOM Commendation, CFB Esquimalt (BLOG)
 - MS Whitman: CEFCOM Commendation, *HMCS Calgary*
 - LCdr Mailer: MARPAAC BZ, MARPAAC HQ
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Coen brothers get serious with latest film

W. Andrew Powell
The GATE

Coming out in theatres this week, the Coen brothers debut their latest strange drama, *A Serious Man*, starring Michael Stuhlbarg. Also arriving is the film adaptation of the much-anticipated children's story, *Where the Wild Things Are*.

A Serious Man

For the past 25 years the Coen brothers have made comedies and dramas that challenge us and push the envelope with stories that are consistently stranger and more dramatic than we are used to seeing. And although their resumes are highlighted by award-winning films like *Fargo*, and *No Country for Old Men*, their lesser-known works are no less amazing, including *Barton Fink*, *The Hudsucker Proxy*, and *O Brother, Where Art Thou?*

For their latest aptly titled film, *A Serious Man*, the writing and directing duo have once again blended genres to produce a comedy as much as it is a compelling drama. (Truth be told though, when you walk out of the cinema, the indelible memory you leave with is probably going to fixate on the dramatic end of the spectrum.)

Set in 1967, the film follows the pitiable physics professor Larry Gopnik, played by the very talented Michael Stuhlbarg, who is having a hard time with nearly everything in his life. While his son is secretly listening to Jefferson Airplane at Hewbrew school, he is dealing with a small issue at school, which quickly

leads to more troubles.

Stuck with his out-of-work brother Arthur, played by Richard Kind, his life takes a further nose dive when his wife Judith, played by Sari Lennick, announces that she's leaving him for another man, namely their friend Sy Ableman (Fred Melamed).

As the film circles some kind of meaning, and Larry's problems escalate even further, the Coen brothers reveal interesting details in his life, but really have no intention of wrapping things up neatly for us. *A Serious Man* works instead as a closed-off riddle, offering vague glimpses into a beyond that we can't understand, while never giving us a reference as to why any specific details might be important.

For a drama though, the film is no less hilarious, with asides and moments that are as funny as the rest of the film is, well, serious. It's also an incredibly religious film, rich with every aspect of Judaism, and all of the questions that a devout follower might ask of God as hell rains down around him.

Most telling, however, is the film's opening and closing. While I'll leave the latter for you to discover yourselves, I think the opening, set in a 19th century Polish village, reveals a lot about the story's heart. It's also a perfect example of how the Coen's can take disparate but connected elements and make them all perfectly part of a single thread.

Even now, weeks after I first saw the picture, I'm still amazed by the film's complexity, which will

sadly be a hard sell for most audiences, but definitely deserves the attention from film fanatics. I'm also expecting that *A Serious Man* will earn at least a couple of Oscar nominations when the time comes, potentially for Best Film, Best Screenplay, or Best Direction, but most deservedly for Best Actor in terms of Stuhlbarg's impressive performance in this wonderfully dour, yet compelling story.

Where the Wild Things Are

As one of the most well-loved children's books of the last five decades, Maurice Sendak's *Where the Wild Things Are* seems like it would have been long-overdue for a big screen adaptation. Special effects can now create nearly anything, and although the book is a

mere 48 pages long, it has already ably proven that it can spark the imaginations of children and adults alike.

Directed by Spike Jonze, who is probably best known as the man behind some of the most iconic music videos of the last fifteen years, the film tells the story of Max, a troubled boy who finds a way to escape to an island filled by strange creatures.

Seeking out a leader, the creatures crown Max as their king, who hopes to build a place of happiness for everyone. That's obviously not as easy as he expected though, and he'll quickly learn some of the hard lessons that life teaches us as we grow up.

Reviews for the film have been quite positive, although not to the point where the film is getting absolutely perfect scores.

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ANSWERS ON PAGE 15

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Deadman Island comes alive with security force

Mary Ellen Green
Staff writer

The stone frigate *HMCS Discovery*, located on the doorstep to Vancouver's picturesque Stanley Park, has received a new security force as part of Olympic security measures.

A Force Protection Cell has been established for land-based protection of Deadman Island – home of the Joint Task Force Games' Maritime Component headquarters and the RCMP-led Olympic Marine Operations Centre.

Navy and RCMP divers, the Port Security Unit, and many logistics personnel will also be based on the island during the winter games.

"Deadman Island is a Department of National Defence property, and we are responsible to protect it," said Capt(N) Gilles Couturier, Maritime Component Commander.



Cpl Roderick Hopp, Esquimalt Imaging Services OS Joukov, a naval reservist from Vancouver, checks ID at HMCS Discovery's front gate.

Heading up the Force Protection Cell is CPO2 Chris Preston, a 56-year reservist from *HMCS Malahat* and a retired Victoria Police constable.

His team will provide on-site security at Discovery, including security patrols and control of overall personnel and vehicle access to the site.

Members of the cell started training at CFB Esquimalt in mid-September.

Upon arrival in Esquimalt, they went straight into seven days of non-lethal use of force techniques and rules of engagement with Naval Boarding Party instructors at Canadian Force Fleet School Esquimalt's Seamanship Division. Following that, they re-qualified on the C7 service rifle and the Sig Sauer pistol.

They also spent two days in the Small Arms Trainer, a large computer simulator that uses real weapons modified to function with compressed air, and a computer system that provides realistic shoot/don't shoot scenarios.

"In the trainer, all action works on the rifle; you can feel the sense of recoil. The computer registers if you're on target and if you've successfully dealt with the threats presented to you," CPO2 Preston said.

After sorting through kit requirements, the cell was deployed to Vancouver Sept. 29 to begin force protection of Deadman Island.

"We never look at putting weapons in the hands of soldiers, sailors or air personnel in Stanley Park lightly. They will be trained and they'll understand what their role is and they will be prepared," Capt(N) Couturier said.

The Force Protection Cell will have peace officer status during Operation Podium, the Canadian Forces contribution to the 2010 Vancouver Winter Olympic games.

"The advantage we have at *Discovery* is that there is a large RCMP contingent that works with us there, so I'm quite confident that with what we have on the ground and what the RCMP can provide in case of an emergency, if there are any issues on Deadman Island we'll be able to promptly and efficiently deal with them," Capt(N) Couturier said.

DND's plans for Northern town

Mary Ellen Green
Staff writer

The largely abandoned former mining site at Nanisivik on the northern coast of Nunavut's Baffin Island will soon be revived when the Canadian Forces begin construction on a new naval depot and refuelling station.

"In keeping with the federal government's policy on the Arctic, it was determined a northern naval presence was necessary to maintain Canada's Arctic sovereignty," says said LCdr David Forestell, Project Director in the Directorate of Maritime Infrastructure and Director General Maritime Force Development. "Thus was born the Arctic Offshore Patrol Ship of which Nanisivik Naval Facility is a key support component."

While no ships will be stationed at the new facility, the deep-water refuelling and resupply station will serve the Arctic Offshore Patrol Ship, once built, and other government department ships during the navigable season of July to October.

The site was chosen because of its proximity to the eastern entrance to the Northwest Passage.

The Nanisivik Naval Facility project is in the definition and development stage, with project managers set to choose a design con-

sultant in the coming weeks.

"The design consultant will go up north, start surveying the site, and come up with some recommendations for us," LCdr Forestell said.

The construction contractor will be chosen through an open competition some time in 2011 and construction will begin shortly thereafter.

"We hope to commence operations in 2013, with full operational capability in 2015," LCdr Forestell said.

Nanisivik was built as a company town for a lead-zinc mine in 1975. The mine was permanently closed in 2002 due to falling metal prices and resources.

The Nanisivik Mine was serviced by a jetty located about three kilometres north. It was used for shipping and receiving supplies from the site.

The jet-capable Nanisivik airport is about 15 km south of Nanisivik and 19 km south-east of the community of Arctic Bay, but will soon be replaced by a new airstrip closer to Arctic Bay.

The community name derives from Inuktitut for "place where people find things."

"As of now the progress of the Nanisivik Naval Facility project is on schedule," LCdr Forestell said.

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Shelley Lipke, Lookout

After a prayer and two minutes of silence, coxswain CPO1 Gerry Price and Commanding Officer Cdr William Quinn threw a wreath of flowers into the ocean.

Calgary crew remember first to perish

Shelley Lipke
Staff writer

On the sunny afternoon of Oct. 10, sailors on board *HMCS Calgary* stood at attention on the flight deck to pay tribute to the first Canadian naval casualties of war.

As the ship sailed off the coast of Valparaiso, Chile, during SouthPloy, 130 kilometres south of Coronel, the crew honoured four Royal Canadian Navy midshipmen who lost their lives 95 years ago during the Battle

of Coronel.

The four men of the Royal Navy's West Indies Squadron died Nov. 1, 1914, during a battle with the Imperial German Navy's East Asia Squadron led by VAdm Graf Maximilian von Spee. Their squadron leader RAdm Christopher Craddock was also killed.

"With the founding of the Royal Canadian Navy in 1910, adequate training and development of naval officers was lacking within the Dominion, and as a result junior officers were sent to

I felt it was important to take this opportunity to commemorate our forefathers, especially with the navy's 100th anniversary coming up.

-Lt(N) Malcolm Butler

Great Britain to train with the Royal Navy's cruisers and battleships to develop experience and knowledge of large scale naval operations," explained Lt(N) Malcolm Butler. "As a result, these four midshipmen found themselves serving aboard HMS Good Hope."

During *Calgary's* tribute to the sailors, Padre Lt(N) Philipp Keatings led the ship's company in a prayer, followed by two minutes of silence. Then Cdr William

Quinn, Commanding Officer, and CPO1 Gerry Price, Coxswain, stood on the quarter deck and tossed a wreath of flowers into the trail of white churning water.

As each of the four names were read out with their age and hometown, the ship's bell sounded.

The men who made the ultimate sacrifice and entered the Canadian naval history books as our first casualties of war were:

- Midshipman Malcolm Cann of Yarmouth, Nova Scotia – 19 years of age.

- Midshipman John V.W. Hatheway of Granville, Nova Scotia – 19 years of age.

- Midshipman William Archibald Palmer of Ottawa, Ontario – 20 years of age.

- Midshipman Arthur Wiltshire Silver of Halifax, Nova Scotia – 19 years of age.

"When people think of our navy's history and the losses we've suffered they tend to think of the Battle of Atlantic, but it's equally important to honour these men in the Battle of Coronel," said Lt(N) Butler. "I felt it was important to take this opportunity to commemorate our forefathers, especially with the navy's 100th anniversary coming up and our proximity to the actual location of the battle."

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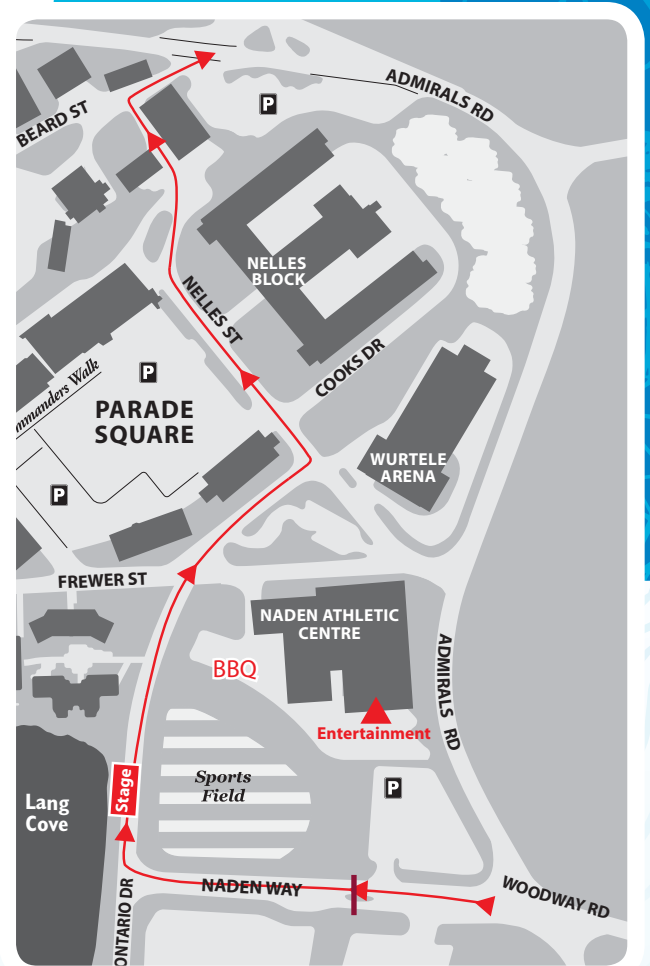
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Mary Ellen Green, Lookout

Acting Base Commander, Cdr Al Holborn drops the puck at the opening game of the CFB Esquimalt Inter-section Hockey league. Frank Beaumier is representing Canadian Forces Fleet School Esquimalt while Denis DeLage is representing Base Construction Engineering (yellow).



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CALGARY AT SEA: PORT VISIT

Sailors ride the Chilean wild west

Shelley Lipke
Staff writer

It was surf, sand, sunshine and smiles for HMCS Calgary sailors when they experienced the essence of the Chilean "wild west" on horseback.

While on a port visit to Valparaiso, Chile, sailors CPO2 Pat O'Hara, PO1 Andy Carnegie, PO2 Dean Edroff and OS Marcus Bryant donned Chilean chaps, saddled up their horses, and, with a guide wearing the largest spurs the sailors had ever seen, set off into the sand dunes for a seven-hour adventure.

"Gallop down the beach with a Pacific sunset was one of my life's list of things to do," said chief quartermaster, PO1 Carnegie. "This is one day I will not forget."

Chief boatswains mate CPO2 O'Hara hadn't been on a horse in 29 years, and his horse was among the fastest, chomping at the bit to be in the lead throughout the entire ride.

"This ride was a notch on the bucket list for me," he said. "In 32 years of service this is the best port I've been to and this ride was the most amazing experience I've had."

The ship's company had been at the Chilean port for six days before the Oct. 9 ride, and while many people experienced wine and other tours of Chile, these four chose Ritoque Ranch to experience Chilean horseback fun.

After meeting guide Sebastien Lara, his seven-year-old daughter Millaray, and volunteer guide/translator Mali Flor they mounted their horses.

"Sebastien looked like the Chilean version of the Marlboro man," said PO1 Carnegie. "He was a typical cowboy and reminded me of my brother-in-law in Calgary."

The saddles were unfamiliar, with a metal frame wrapped in leather. The stirrups were wooden.

"A typical North American roping saddle has a rawhide or fibreglass frame, but the Chilean saddle was very lightweight and utilitarian, like tack you would expect from Mexico at the turn of the last century," said PO1 Carnegie. "I was really surprised and impressed by the stirrups. They worked very well going through the bush."

OS Bryant felt a strong



Shelley Lipke, Lookout
Above: Sailors from HMCS Calgary took to the sea and sand dunes for a seven-hour horse ride through the Chilean landscape.

Right: OS Marcus Bryant, tour operator Sebastien Lara and daughter Millaray, PO2 Dean Edroff, and CPO2 Pat O'Hara show off their spurs.



connection with his horse for the entire ride. "Our saying on the ship is 'Giddy up Calgary', and I was so glad I went on this ride," he said.

Cactuses, wildflowers and bushes peeked from sand dunes as the group made their way through the landscape. The horses manoeuvred through the terrain leading to a hill, and like clockwork, one of the riders slapped the flank of his horse with the long leather reigns, and with a 'yah' it was full steam ahead for the entire herd.

With sand flying, the

horses reached the crest of the dunes before slowing to an easy pace to delicately descend towards the ravine, past a railway track to the Pacific Ocean.

Thundering hooves competed with crashing waves.

After four hours in the saddle they reached a treed area within the dunes where a cook stoked an open fire, preparing pork, steak and sausages and salad for them. The sailors tasted Chilean red wine and pisco sour, a local popular drink.

The final gallop down the beach led back to the

ranch, and after 25 kilometres and a full day in the saddle, the sailors dismounted to sore muscles and a bowlegged stance.

As the sailors drove back to Valparaiso they chatted amongst themselves, reflecting on their day of adventure.

The spirit of the wild west is strong in Chile, said OS Marcus Bryant. "Being from Calgary I see a lot of similarities, and this ranch in particular really opened my eyes to how beautiful the country is." All agreed this would remain in their minds for some time.



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Two nations battle it out for bragging rights - both win

Shelley Lipke
Staff writer

All it took to get a games day off the ground between *HMCS Calgary* sailors and Chilean sailors on Fighting Frigate Cochrane was a challenge in each country's best sport - soccer and hockey.

The two navies were sailing together throughout PANAMAX 2009, an annual multinational training exercise for the defence of the Panama Canal from Sept. 11 to 22, when the challenge was issued.

"When the Chilean's offered us a soccer challenge in Valparaiso, I offered our flag flown above *Calgary* as the prize for the winning team," said CPO1 Price. "So we volunteered to play the Chilean team knowing it was their sport, but we would follow it up with hockey knowing we'd have the upper hand there."

The soccer game was held at the Chilean Naval Academy with 16 players of mixed ranks from both ships. *Calgary's* team had three female players to the Chilean all male team.

Calgary's coxswain, CPO1 Price was coach, player and cheerleader, and proudly wore his Toronto Maple Leaf's jersey. In goals for Team Canada was PO1 Line Laurendeau. In front of the net for Chile was PO2 Rolando Loaita.

PO2 Dean Edroff's penalty shot goal early in the game gave *Calgary* momentum, but it wasn't enough to counter the Chilean's experience at their popular national sport. At half time it was 4-1 Chile.

Then PO2 Edroff scored a second goal when he received a pass from the outside midfielder, and turned with the ball,

bypassing the two Chilean defenders to make an easy pass into the net. The Canadians cheered, and in the excitement of the moment Capt Amy Hall grabbed the Canadian flag, ran around the field with it in tow and then leaped into PO2 Edroff's arms to congratulate him.

But it wasn't enough for *Calgary* to keep the Chilean offence from scoring more goals. When the game ended, the score was 10-2 for Chile.

"The Chilean Master Chief accepted our flag as a new present for his mess and gave us their Chilean flag as a consolation prize," he said.

Then it was time for *Calgary* to shine in their national sport.

With sticks in hand, six players per team took to the basketball court to a crowd of onlookers. "The Chileans were very quick learners and they stopped a lot of balls throughout the game," said CPO1 Price. "They shot with determination and we mixed up the order of players so the game was more evenly matched and they could learn the game faster from some of our players."

By the end of the game *Calgary* evened the score with a 10-1 win.

The games were followed by a barbecue on *Calgary's* flight deck.

"Although its common for crews of differing navy's to challenge each other in sporting events, it's rare they ever come together as friends the way the crews from *Calgary* and Cochrane did since meeting in Panama," said CPO1 Gerry Price. "The score at the end of the soccer and hockey game was not as important as the morale, interaction and relations we made."



Above: Canadian and Chilean sailors took to the pavement with a game of ball hockey.



Left: Sailors from HMCS Calgary hit the field in a battle for soccer supremacy against the Chilean Navy.

Photos by Shelley Lipke, Lookout



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Keep reading this publication for more answers and financial planning insight. Have questions of your own? Come speak to any advisor on my team at an Island Savings branch near you today, or email me at cnicol@iscu.com.

Bravo ZULU

Capt(N) Martin Adamson, Fleet Maintenance Facility Commanding Officer, made several presentations to recognize the achievements and contributions of his unit's employees.



CPO2 Pearson receives the second clasp for his Canadian Decoration.



PO2 Sadowski receives the second clasp for his Canadian Decoration.



The Long Service Award for 15 years was presented to Vic O'Connor.



Suggestion Awards for the "Modification Of The Blank Cylinder Fuse Holder Used To Isolate Circuits on HMCS Victoria" and "Halon - Solenoid Insulator" were presented to Larry Green.



Long Service Awards for 35 Years were presented to (Left to right) Douglas Renfrew, Dave Lowdon, Frank Beaumier, Brian Williams, Eric Rotgans and Michael Zaliauskas.



Long Service Awards for 25 Years were presented to (Left to right) Gary Maxwell, Denis Roger and Mike Haisell.



Unit Commendations were presented to Glenn Gilmour and Ian Birnie.



Garth Dickman, Jane deFaye, Shelley Lima, Greg Eyre and Steven Collins received Letters of Appreciation.



Apprenticeship Certificates were presented to Scott Vandament, Geoff Michael, Ryan Fisher, William MacKeigan, Michael Knowland, David Hope, Gregory Evans and Michelle Seddon.



Left: 2Lt Travis Moore receives his Commissioning Script from Major Linda Hildebrandt, Commanding Officer of The Regional Cadet Instructor School (Pacific), on Sept. 29.



Right: Capt Doug Thurber (centre) is promoted by Maj Jeff Allen (left) and Capt(N) Les Falloon of Maritime Forces Pacific Headquarters (right) on Oct. 19.

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The Hunt for Red October scavenger hunt winners Alison Verley and Rick Rainsford from building 252 show off their Fire Prevention Week spirit.

Fire Prevention Week winners

Mike McLean
Fire Inspector

Fire Prevention Week this year started off with Sparky and his crew greeting anyone who came through the main gate.

There was also a treasure/scavenger hunt this year, right in the middle of Fire Prevention Week. This year's event was called The Hunt for Red October.

The idea was to have a fun event for anyone interested. The teams had to look for clues and pick up items around the Dockyard like bringing back a trading card from *HMCS Oriole* or getting a daily visitor pass from the

Commissionaires. There was old music and movie trivia, and of course we threw in some fire prevention and home safety quizzes.

A total of 20 teams competed for top prize. Every team did a wonderful job and there were many terrific costumes.

Alison Verley and Rick Rainsford from building 252 came away with first place overall. Included in the event was a competition for best costume and best hat. Winners of best costumes went to Deanna Snyder and Lynne Portlock from BCEO. FMF stole the show with three amazing hats done by Neil Caird, Kurt Grillowitz

and Keith Campbell.

Everyone who competed in the hunt received a free lunch and a prize.

On Wednesday, Oct. 7 we held our annual barbecue in front of the fire hall. The food was tasty with hardly any wait; it was topped off with close to 50 door prizes.

There was a display table with fire prevention information that included gifts for the kids that their parents could take home to spread the message for this year 'Stay Fire Smart-Don't get burned'

A big thank you to all the volunteers who helped prepare the barbecue and keep the lines moving as smoothly as possible.

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VOLUNTEER

BECOME A PART OF AN AMAZING Crisis Line Worker Team. & make your Volunteer hours really count! Personally, in your community, and on your resume. Next Training starts: July 11th. Please call: 386-6328 or visit our website at www.needcrisis.bc.ca.

VOLUNTEERS ARE NEEDED to assist individuals with disabilities to get out and be active! By devoting a little as one hour a week, you have the opportunity to participate in an activity you enjoy while giving back to the community. Males needed especially! For more information or to volunteer please call the Leisure Assistant Coordinator at 250-477-6314 ext. 15 or volunteers@rivonline.org.

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OBITUARIES

DAVIS, Thomas Gerald "Gerry"
F.R.I & R.I.B.C. Susan, Nancy and Cathy are very sad to announce the passing of our Dad, Gerry Davis who passed away at home on Friday, Oct. 2, 2009 at the young age of 83.
Born and educated in Montreal, he joined the navy in 1943, serving on the HMCS Gatineau. After marrying Beau in 1946, they cycled from Montreal to Vancouver, settling in Victoria in 1962.
Gerry enjoyed a diverse career including sales positions with C.I.L. and Bapco Paint before founding his own company Inter-Tech Ltd. He

also enjoyed a successful real estate career.
Some of Dad's favourite times were spent in Maui, cruising the world, boating and golfing. Gerry was always active in a variety of organizations including Sales and Marketing Executives, Power Squadron and the Victoria Cruising Club. He never lost his love of the sea and the navy. He served as president of the Royal Canadian Naval Association (RCNA) for many years. Gerry was the current president of the Chief and Petty Officers' Association and was very passionate about the people and

accomplishments of the association.
Gerry was married to his wife Beau for 53 years until her passing in 2000. He is survived by his three daughters Susan (Dave) Bachop, Nancy (Steve) Rogers, Cathy (Gregg) Schaffer and proud "Bubba" to Kristen, Kyle, Dustin and Nicole.
Gerry was many things to many people. To us he was a very special father and we will miss him very much. Susan, Nancy and Cathy would like to thank Dad's friends and neighbours and his extended "Naval" family for all their support.

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

PUZZLE ON PAGE 5

Sailor makes healthy living a priority

Maryse Neilson

Health Promotion Director

LCdr Dan Bouchard knows a thing or two about healthy living.

The Base Personnel Services Officer is one of a many senior officers rising to the challenge during the month of October in Personnel Support Program's Formation Health and Wellness Challenge.

"We are asking of our team to participate in this challenge and to try to make better choices and so I figured I'd better participate too," says LCdr Bouchard.

Being physically fit is a priority for him; in 2007 he completed Ironman Canada after only starting the sport two years earlier. An avid member of the Base Triathlon Club, he has also introduced the sport to his family.

LCdr Lucie Tremblay, Naval Provost Marshal and LCdr Bouchard's wife, is also a gifted triathlete and participated in the Victoria Marathon on Thanksgiving weekend. Their daughters are also involved in youth triathlons.

Getting challenge points for physical activity isn't hard for him, but he has found it difficult to achieve points in all of the wellness categories.

"I have a hard time doing 20 minutes a day of conscious relaxation," he says, and while pointing to a pile of papers on his desk, "after doing this all day, I really don't want to read anymore," he says with a chuckle.

And, like many of us, LCdr Bouchard has a hard time getting the recommended seven to eight of sleep each night.

The health enthusiast has, however, had fun challenging himself to choose some of his behaviours more carefully. "I'm already on a pretty good routine with food, but it's been a while since I tried something new and I need to work on learning about and getting to know my co-workers," he admits. "These are good habits to have."

What he especially likes about the challenge is that it provides the opportunity to learn about all the programs and services available to the defence community.

"Sometimes we take for granted just how many opportunities we have. When I am training, I can ride my bike to work, swim at lunch, and work out in the gym – all within a hundred meters of my office."

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Prize 2:
A Samaria Doll purchased in Japan approximately 12 years ago for \$400. The doll will be on display at the raffle sites.

Prize 3:
Pat Tillman's Arizona Cardinals Jersey "player of the century collectors edition" in a hand-crafted wooden shadow box, ready to hang. Tillman turned down a \$3 million contract to join the U.S. military and was tragically killed in Afghanistan in 2005. The jersey will be on display at the raffle sites as well.

Raffle tickets available at:
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Oct 20 - New Wave Cafe, 9:30-10:45
Oct 21 - FMF Cafeteria, Bldg D250, 10:30-1
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