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Maritime cooperation

Cpl Roderick Hopp, Imaging Services Esquimalt

RCMP constables Ryan Scrase (left) and Bryan Valentine patrol the waters around Vancouver in an RCMP Rigid Hull Inflatable Boat (RHIB). Nearby is a navy RHIB crewed by Leading Seamen Colin Lyons and Benjamin Neil. Navy and RCMP personnel spent Oct. 19 to 23 exercising together in Whistler and Vancouver under exercises Pegasus Guardian 3 and Spartan Rings in preparation for the 2010 Winter Olympic security. See more photos on page 14.

NEWS

2

FEATURE

7

NEWS

17



HMCS Regina tells navy side of capturing a migrant vessel



The Olympic torch is coming to Victoria



Calgary's crew finds innovative ways to keep morale high at sea

Remembrance Day Speakers

Navy Public Affairs is looking for speakers to address classrooms and other venues during National Veteran's Week.

Most venues are in local schools on Nov. 10 with a few seniors' residences on Nov. 11. Age appropriate presentation material is available.

Contact Gerry Pash at 250-363-5086 or Gerald.Pash@forces.gc.ca



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Regina crew shows its strength in rainy takedown

Carmel Ecker
Staff writer

Long before the MV Ocean Lady, carrying 76 illegal immigrants, made news headlines on Oct. 17, the navy and air force had their sights set on the suspicious vessel.

Over the two-day period between the first sighting of the ship and its arrival at Ogden Point in Victoria, navy and air force personnel worked closely with the RCMP and border services personnel to bring the ship into port without incident.

Preparing for the mission

The vessel, oddly devoid of an identification number or flag, first appeared on the radar of an Aurora long-range patrol aircraft on Oct. 15.

Staying at a high altitude to remain undetectable, the aircraft informed staff at Joint Task Force Pacific (JTFF) that there were migrants on board the ship.

JTFF Deputy Chief of Staff, Operations, Capt(N) Les Falloon called to say that RAdm Pile, Commander JTFF, had pulled HMCS Regina away from helicopter exercises near Constance Cove to prepare for interception mission Operation Poseidon.

When the call came in, Regina's commanding officer, Cdr Derek Moss was thrilled at the opportunity for his crew to put their training to work in a real life situation.

The ship would be working in support of the RCMP, a near carbon copy operation of the ship's involvement in Exercise Byzantium Voyage, part of the naval support to Other Government Departments.

"I was excited and pleased because I knew the team here would sink their teeth into it," he said.

Even more auspicious for the mission, the Incident Commander

and Deputy Incident Commander were the same two officers who had been working with Regina during Byzantium Voyage, making the RMCP integration seamless.

"The incident commander knew what we could do and we knew what his team needed."

By 4 a.m. on Friday Regina's crew was busy packing humanitarian and medical supplies, and Chief Boatswain's Mate PO1 Tim Edwards began preparing a 12-person prize crew to board and pilot the ship to Victoria.

Based on his experience as a boarding party member during three tours of the Persian Gulf, PO1 Edwards briefed the crew on what to expect.

The RCMP would lead the mission, securing the ship and its crew, so the prize crew could safely figure out the ship's controls and pilot it to Ogden Point.

Always preferring to be over-prepared, PO1 Edwards also armed his crew with protective amour, a side arm, ear plugs for noise, surgical gloves and masks to ward off potential disease or infection, plus a garbage bag to stow them in afterwar, and waterless hand cleanser.

The spread of H1N1 flu over the past few months was foremost in PO1 Edwards' mind.

"If the ship had any infectious diseases, my personnel were ready to protect themselves," he said.

Hunt and capture

Embarking teams from the RCMP Border Integrity and Canada Border Services Agency, Regina sailed into a rainy night and rough seas to covertly shadow the Ocean Lady.

Catching up with the vessel a few hundred miles off Vancouver Island, Regina kept a safe distance and quietly followed it for a 20-hour journey down the coast.

Using long-range radar not avail-

able to civilian vessels, neither Regina nor the Aurora had to worry about being seen until they were ready to intercept their target, explained Cdr Moss.

As the ships neared Port Renfrew, several RCMP vessels joined them. With a plan of action and everyone in place, the incident commander made the call to move in. Regina quickly closed its distance as the police boats swiftly converged on the rusty vessel and its surprised crew to begin boarding.

"It was very exciting watching the RCMP move," said Cdr Moss. "They were very quick. They certainly knew what they were doing."

With the vessel secured, Regina's prize crew got to work.

Executive Officer LCdr Paul Francoeur, his watchkeeping officer and two helmsman headed for the bridge, while the two engineers assessed the engine room, which was surprisingly clean even though it used antiquated technology.

Though everything was labeled in a foreign language, the basic controls of marine systems are similar enough that the crew quickly got their bearings.

"It only took a little bit of time to determine the ship's capability," said PO1 Edwards.

"Most of us have done this kind of thing before, which gave us automatic confidence. And this was a real time evolution, so the confidence was there and the adrenaline and the excitement because it was a real life insertion."

Securing the area

As the prize crew worked to take control of Ocean Lady's equipment, Regina took charge of the ocean around it, keeping curious or unwitting mariners away from the area.

"I'm sure there are a few mariners who will pay a bit more attention to VHF channel 16 [a marine



Lt(N) Paul Pendergast, Navy Public Affairs

Above: Officers in HMCS Regina watch events unfold from inside their ship.

Top: Members of HMCS Regina's prize crew disembark from HMCS Regina, ready to pilot the Ocean Lady.

channel used for broad casting distress calls and safety messages] after having a 5,000 tonne warship bear down on them at 26 knots," said Cdr Moss.

Despite its size, Regina proved itself to be faster and more maneuverable than the smaller RCMP boats, he said. "The RCMP was pretty surprised at how fast and maneuverable Regina was."

While keeping uninvolved maritime traffic at bay, Operation Poseidon's command crew in Regina was also assessing the outside condition of the Ocean Lady.

The homestretch

Watching the captured ship bob in the water, the command crew could see the vessel was short of fuel as its propeller cleared the water with each passing wave. To avoid turning the escort mission into a tow exercise, Cdr Moss decided to maintain a speed of eight knots during the escort to Ogden Point, which would take more than five hours.

The final challenge would be

bringing the Ocean Lady alongside without the expected use of two tug boats – the Victoria Harbour Authority only had one available.

So LCdr Francoeur began the slow maneuvering to ease the aging vessel into port as the three line handlers from the prize crew tied the ship up.

"He took a safe approach," said Cdr Moss. "We were not in a rush."

With the ship alongside, the prize crew members returned to their ship and Regina was on its way back to Vancouver to continue exercising in Spartan Rings, the latest exercise in support of Vancouver 2010 security.

Though many crew members initially showed the tired signs of a busy weekend at work, by Monday Cdr Moss noticed smiling faces throughout the ship.

"Yesterday as I was walking around, I noticed a spring in the step of the men and women on board," he said. "There's a sense of satisfaction. They know they did well."

Naval history highlighted in artwork

Darlene Blakeley
CMS PA

Six original paintings portraying nearly 100 years of Canadian naval history were unveiled in Ottawa Oct. 15.

The artworks, which cover six key periods of history including the First World War, Second World War, Korean War, Cold War, First Gulf War and the Campaign against Terrorism, were commissioned in partnership with several Canadian companies and organizations to highlight the achievements of the navy since its founding on May 4, 1910.

"The navy was born here in Ottawa almost

100 years ago when Sir Wilfred Laurier guided the Naval Service Act to Royal Assent in 1910," said Vice-Admiral Dean McFadden, Chief of the Maritime Staff. "So it's entirely fitting that we unveil here in Ottawa, nearly 100 years later, the work of artists who have committed the navy's story to canvas."

Three of the six paintings (Second World War, Cold War and the Campaign against Terrorism) were created by B.C. marine artist John Horton, who is well known as an historian with a passion for accuracy.

"We have many fine artists in this country so I was very honoured to have three of my paintings selected," said

Horton.

He painted them over a three-month period, but with painstaking research involved, it actually took two years to finish the work.

"I submitted 15 water colour sketches to the committee to make their selection, and I'm sure it was a very tough decision."

Other accomplished artists commissioned to produce paintings were Peter Rindlisbacher (First World War), Douglas Bradford (Korean War), and Richard Rudnicki (First Gulf War).

VAdm McFadden explained that the challenge for the artists was to "capture for all Canadians the story of those who

stand watch for Canada, and to capture, in a very real and human way, the essence of great events where our navy made a difference between the world as it was, and the world not only in which we wished to live, but that we were prepared to help forge."

"I believe they have firmly succeeded," he added.

The paintings will be displayed at public venues across the country over the coming months, and proceeds from the sale of limited edition prints will go to the Centennial Fund to enhance the morale and welfare of sailors and their families. Prints can be ordered online at www.navy2010giftware.com.



MCpl Roy J. MacLellan, DND

Chief of the Maritime Staff, VAdm Dean McFadden (left), helps artist John Horton (right), unveil one of six original paintings highlighting nearly 100 years of naval history.



3rd annual MARPAC-Media Hockey Challenge

Oct. 26, 2009 at 11am in the Wurtel Arena in Naden.

Don't miss this opportunity to buy raffle tickets for the chance to see the Vancouver Canucks vs the Calgary Flames (donated by the Times Colonist). That game happens on January 9, 2010 at General Motors Place in Vancouver. Raffle Tickets cost: **\$2 each or three for \$5** and are **only available for purchase** at the Hockey Challenge from **11am to 1pm**. The draw is the next day and the winner will be notified immediately.

DND bus will leave bldg D210 (across from the Dockyard Fire Hall) at 11am to bring dockyard folks to the game. For the return trip, the bus will leave Wurtele Arena at 1:40pm. For more info, contact Vicki Ilkka at Vicki.ilkka@forces.gc.ca Phone: (250) 363-2595 or visit the internal site: <http://local.esquimalt.mil.ca/unitedway/>

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People Talk

Lookout asked this question:

What one thing influences you when deciding to give someone a handout on the street and why?



I never give money to people unless they are entertaining or doing something to earn it. If someone is playing a guitar or singing, I'll sometimes drop them a twoonie because it's a means of an occupation for them and they are using their talent to make money. If someone is asking for money and looks like they need help or is hungry, I'll give them a sandwich if I have one. I try to give a little extra to charity each year as well and I give my second-hand clothes to the Salvation Army. I won't give money to people because I know there are places they can go to get shelter and food, and I don't want to give money in case they use it for drugs or alcohol.

Meghan Kelly,
Sports Assistant



We get a lot of homeless people coming to our house and I don't like it when my husband gives them money or goods because I sometimes worry about my safety. If he's not home and they come back, I wouldn't feel very safe alone. So the one thing that influences me is safety. My husband and I sometimes take them for a meal but if that is not possible, my husband will give them five dollars at a time. On the street when we see people with a cap looking for money we don't give them money. I'm worried they'll use it for alcohol or drugs and I don't want to enable a habit. If they play music then I will give them money or sometimes we will take them to a restaurant and sit with them while they eat. We used to buy meal tickets to give to people on the street, however, they would barter them on the street and trade them for drugs so we stopped doing it. I volunteer for Our Place, which is out of personal hygiene products at the moment, so last week I bought some supplies and dropped them off. Also at Christmas I collect 120 gifts of warm clothing through our church to donate to the homeless. We call them angel gifts. There are many ways of giving without giving money."

Christine Blackburn,
Health Promotion
Administrative Assistant



The biggest factor for me is they need to be doing something to earn the handout. If they are playing a musical instrument they are earning it. It's hard when the media puts a perception on the homeless issue. An example is the guys that stand in the middle of the street with signs. You can tell if they are homeless and actually needing money and I think sometimes that they take away from other people who need it more.

Lt (US Navy) Christian Gutierrez,
Weapons Officer
Fleet School



The age of the person is definitely an influence for me. If someone is older then I'm more tempted to give handouts than the really young kids. I think older people are more in need than the younger people and have less opportunities available to them. I usually give them a snack or some type of food if I can. Some people refuse this, so then I might give a dollar or two to help them."

SLt (N) Dani Heroux,
Assistant Adjt JTF Games



I don't usually give them a handout on the street. I think there are a lot of facilities for that type of thing and if they go to a food bank or shelter I know the help is there for them and that it is being used properly. If I were to give money on the street there is a good chance it will be misused. I give to United Way to support these people instead.

Peter Rees,
Weapons Fitter

SUDOKU PUZZLE

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ANSWERS ON PAGE 18

Level: Beginner

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Ed Brodie's cars and cars and cars...

A letter arrived recently from Janet Brodie of Cornwall, Ontario. She describes herself as a "1940 model" and that was a good year for being born because the cars that year were very good looking. She sent me a list of some of the many cars her husband Ed has owned over the years:

"The car at home on the farm was a 1947 Chev along with a 1928 Model A Ford pickup, followed by a 1926 Chev owned by a school teacher. Then came a modern-looking 1947 Studebaker (our honeymoon car). A 1928 Chev roadster came next (last year for the old four banger). We traded that '28 Chev for a '35 Chev coupe, which gave us two extra cylinders, and all for a handshake.

"A '38 Plymouth coupe was bought and sold and bought back again and sold again. The '61 Pontiac Parisienne (built only in Canada) needed a paint job. Then there was a '67

Mercury convertible. It was red and hot as Hades but boy, did we look good! Then a couple of trucks from the '50s (one is still a hot rod). Then came the year when Ed bought FIVE 1957 Chevs. The blue one was snapped up by a local guy. The green one is completely restored and a prize winner. The beige one is now red.

"Then came a '51 Mercury lead sled, a red '56 Ford Crown Victoria, and a pink '55 Ford (the decade of the '50s was very colourful!). The '61 Chev Impala was our good car and a '48 Plymouth was our second car. Our green '56 Ford was in a movie. Then followed a '48 Chev coupe and a black '58 Chev Impala (the first year for that new model).

"The crowning glory was a '34 Dodge coupe driven by a little old lady. Oh, and let's not forget the 1937 Terraplane. That car was a grand old lady (built by Hudson and strong enough to go through a brick

The Old Car Detective Bill Sherk



Ed and Janet Brodie with their 1973 VW Beetle. What old cars will Ed be buying next?

wall). Then came our fleet of Corvettes – a '60 with flames, a '63 (the nicest to handle), and our '69. And we found room for a 1973 VW Beetle, a car designed in the 1930s and still looking good today.

"But enough! These were just a few of the vehicles that came and went. Anything was for sale in those days. Thank goodness the '1940 model' and the Vette and

the Beetle and the memories are still around."

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

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Chris Benesch

HOROSCOPES

ARIES - Mar 21/Apr 20
Aries, you need to be a team player when it comes to your job. Do your job as best as you can, but let it be known that you stand by your teammates. Put ego aside.

TAURUS - Apr 21/May 21
Taurus, don't take anything too personally in the next couple of days. It is not worth the headache it could cause. Focus on work and you'll make it through the week.

GEMINI - May 22/Jun 21
Sometimes the most unselfish act involves letting others do things for you, Gemini. Stand back and let someone who usually hides in the shadows enjoy the spotlight.

CANCER - Jun 22/Jul 22
Cancer, you can fix what has been broken if you are prepared to put in a little hard work. Consider saving time by scaling back your goal to something a little more realistic.

LEO - Jul 23/Aug 23
Leo, something you've long anticipated finally happens on Monday. Recognize the difference between a real commitment and a shallow promise.

VIRGO - Aug 24/Sept 22
Virgo, positive reinforcement and encouragement at the office is the best way to get the most out of your employees. You will benefit from this shift in attitude.

LIBRA - Sept 23/Oct 23
Libra, your world becomes an easy place to live this week. Throw aside your inhibitions and bask in your good fortune. Enjoy some moments of indulgence.

SCORPIO - Oct 24/Nov 22
Scorpio, take any criticism at work with a grain of salt and don't overanalyze things. Don't let the general mood at the office negatively affect your outlook.

SAGITTARIUS - Nov 23/Dec 21
Someone has been singing your praises, Sagittarius -- unbeknownst to you. They're letting people know how well you've done your job and how no one could have done it better.

CAPRICORN - Dec 22/Jan 20
Capricorn, you may not think of yourself as harsh but there are some things that you just can't tolerate. Ease up on the people around you; they are only looking to help.

AQUARIUS - Jan 21/Feb 18
Aquarius, right now you are in a good position to make a connection with someone who had previously been an adversary. Extend a hand and put aside your differences.

PISCES - Feb 19/Mar 20
Pisces, if you don't collect all the facts someone could end up looking like a fool on Friday. It could be you.

FAMOUS BIRTHDAYS

- | | |
|---------------------------------------|--|
| OCTOBER 25 Katy Perry, Singer (25) | OCTOBER 29 Winona Ryder, Actress (38) |
| OCTOBER 26 Cary Elwes, Actor (47) | OCTOBER 30 Henry Winkler, Actor (64) |
| OCTOBER 27 Scott Weiland, Singer (42) | OCTOBER 31 Jane Pauley, News Anchor (59) |
| OCTOBER 28 Bruce Jenner, Athlete (60) | |

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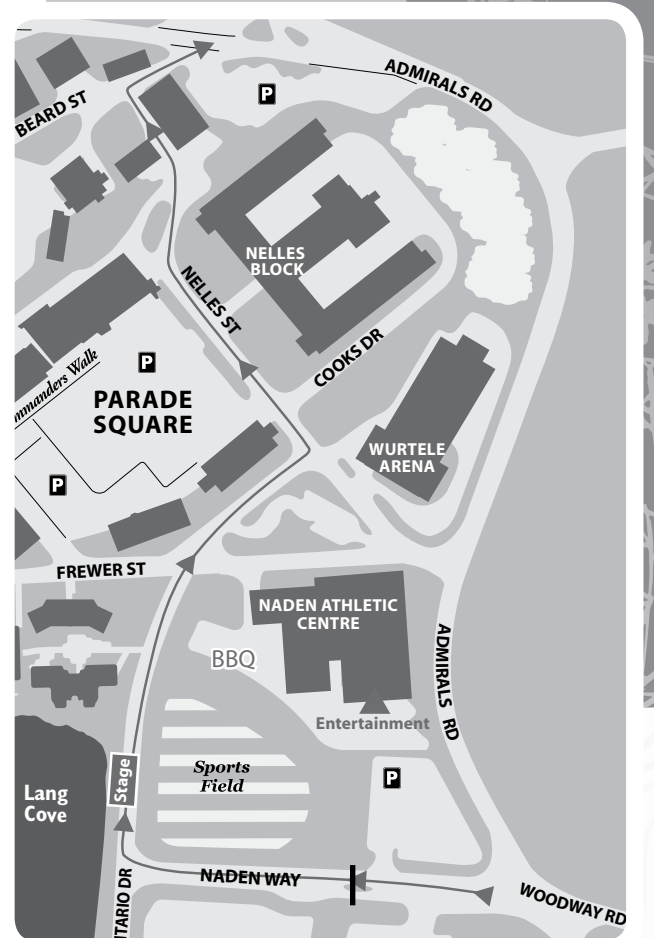
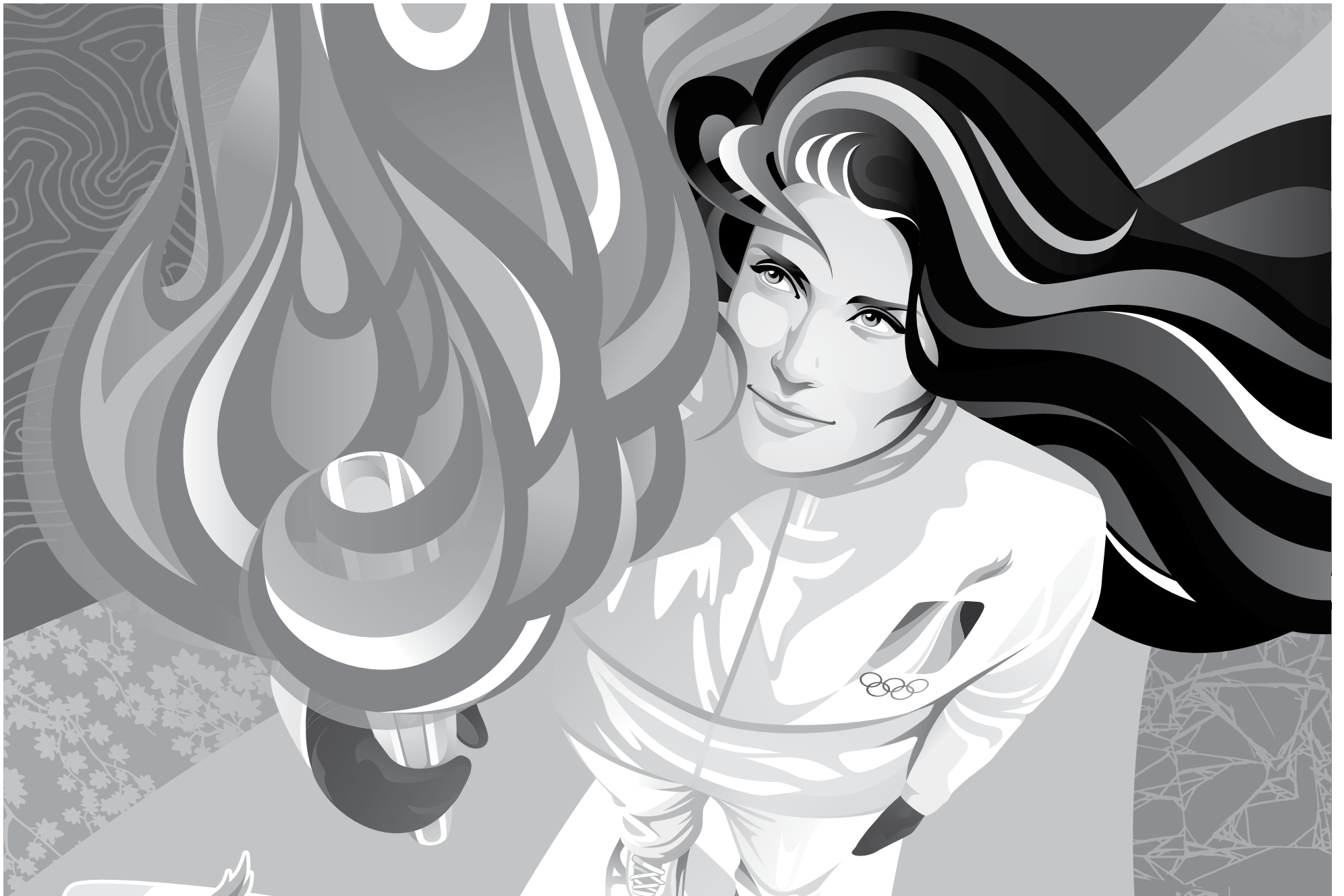
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CHEER ON THE OLYMPIC FLAME

CFB Esquimalt - Naden 10:45 am - 1:00 pm
 October 30, 2009 Free Barbeque at noon

As there will be no visitor parking available in Naden please use the scheduled shuttle buses from Dockyard and Work Point.

Dockyard - departing from the Main Gate at 9:45am & 10:15am
 Work Point - departing from the Venture Galley at 9:45am & 10:15am
 Return trips from Naden are scheduled after the BBQ at 1:00pm & 1:30pm



vancouver2010.com/TORCHRELAy



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Torch Relay coming to CFB Esquimalt

Mary Ellen Green
Staff writer

Before the Olympic flame is passed from torch to torch on Canadian soil, it was lit in a traditional ceremony in front of the Temple of Hera in Olympia, Greece, using the power of the sun in a parabolic mirror.

For the first time in Winter Olympic Games history, these cultural events took place on the historic grounds of Olympia's Ancient Stadium – the site of the first Olympic Games.

The Flame then started on a week-long Grecian Relay, passing through 37 communities along the way.

The relay started Oct. 22 and will conclude at Panathinaiko Stadium in Athens, Greece, on Oct. 29. Torchbearers selected by the Hellenic Olympic Committee (HOC) will wear the Vancouver 2010 Olympic torchbearer uniform and carry the Vancouver 2010 Olympic Torch during the relay.

Last week, a Canadian Forces A310 Airbus from 437 Transportation Squadron in Trenton took Renata Wielgosz, Canada's Ambassador to Greece; Gary Lunn, Minister of State; Gordon Campbell, Premier of British Columbia; Gregor Robertson, Mayor of Vancouver; and John Furlong, VANOC Chief Executive Officer, to Greece to bring the Olympic Flame to Victoria, where it will start the first of 106 days of Olympic Torch Relay.

CFB Esquimalt has the honour of being the first Canadian Forces base to host the Olympic

Flame on Day 1.

Day 1 activities

The CF A310 will touch down at Victoria International Airport before taxiing to 443 Maritime Helicopter Squadron for a media event.

A delegation including Stephen Harper, Prime Minister of Canada, and LGov Steven Point will be on hand to welcome the Olympic Flame to Canadian soil.

Fifty CF members from Canadian Forces Fleet School Esquimalt will be on site to line the route from the aircraft to the awaiting vehicles that will take the flame to the Inner Harbour, arriving at 9:30 a.m.

Army, Navy, and Air Cadets will line the route from the Inner Harbour to the legislature lawns where a community celebration will occur.

The Naden Band will play the Olympic Anthem and the National Anthem with Capt(N) Martin Teft accompanying on vocals.

Chief of Defence Staff (CDS), Gen Walter Natynczyk will also be at the legislature for the ceremony.

The torch relay will commence at 10:40 a.m. with the first official Olympic Torchbearer departing the legislature towards the Township of Esquimalt, at which time CF-18s will do a fly-past.

While the Flame is in transit through Esquimalt, a Blue Boat will ferry the Naden Band from the Inner Harbour back to Naden, where they'll perform again at the local celebration.

The CDS will sail back to the base via speed boat where

he'll be involved in the relay.

Members of the defence team are invited to be spectators for the portion of the relay through CFB Esquimalt. Spectators are encouraged to rendezvous at the Naden Athletic Centre at 10:45 a.m.

Base Imaging has prepared a video of defence team members at work that will be projected larger-than-life on the main gym wall. At 11:15 a.m. everyone will be encouraged to go outside and pick a spot along the relay route from the main gate to the old Naden Gate. Spectators are encouraged to line both sides of the road. Canadian Flags will be handed out in the gym for audience members to wave along the route.

The Flame will arrive at the main gate at 11:30 a.m. at which time the relay begins on base with Retired BGen Joseph Gollner. He will light his torch and run 300 metres up Naden Way to Ontario Drive where he will stop at a dais. RAdm Tyrone Pile, Commander Maritime Forces Pacific and Joint Task Force Games, will then say a few words. BGen Gollner will light the torch of Gen Natynczyk and he will take off running towards Nelles Block where he will light the torch of LCdr Lucie Tremblay, Naval Provost Marshal.

LCdr Tremblay will then carry the flame to the old Naden Gate on Beard Street and the relay will continue towards View Royal. The event will be over by 11:45 a.m., at which time everyone is invited to muster in the Naden Athletic Centre parking lot

for a free barbecue lunch. The gym will be open for people to go inside and eat, should the weather be poor.

The whole event will be wrapped up by 1 p.m.

Day 1 of the largest domestic Olympic Torch Relay in history will mark an extraordinary day for CFB Esquimalt. This is the only naval base in Canada to be part of this event. It is also the first of 14 Canadian Forces Bases that will host the Olympic Torch Relay over 106 days.

Day 1 celebrations will also be held in View Royal, Songhees, Sidney, North Saanich, Central Saanich, Oak Bay and Victoria.

An evening event will be held at the legislature commencing at 5:30 p.m. The celebration will kick off with a musical welcome with the all-star line-up including Daniel Lapp, Marc Atkinson, Kia Kadiri, Hugh Fraser, Ken Lavigne, Adonis Puentes, Phil Dwyer, Carey Newman and Sara Marreiros, Dave Fello, Jules Charles, members of the Victoria Symphony, the Joy of Life and the B.C. Fiddle Orchestra, as well as hundreds of First Nations Drummers and Les Cornouillers dancers.

The last torch bearer of the day, 15-year-old Jenece Edroff will have the honour of relighting the Olympic cauldron. For more information about the evening ceremony, visit www.victoriaspirit.ca.

The flame will remain on Vancouver Island until Day 5 of the relay. It will visit 19 Wing Comox on Day 4, where a team of Canadian Forces members will get to carry the torch.

Mind your manners: Torch Relay etiquette

When the Olympic Torch Relay arrives at CFB Esquimalt, it is important the defence community respect some basic ground rules surrounding the event.

Friends and family members are welcome to join defence team members for this significant experience. Each guest is required to bring identification and will have to enter the main Naden gate with a defence team member.

When lining the relay route, participants are reminded to spread out evenly on both sides of the road, and cheer on the runners as they pass. Military members are to wear their uniforms and forego participating in casual Friday in support of the GCWCC/United Way. The rest of the defence team can wear what they would normally wear to work. No costumes or masks (Halloween) are permitted.

All are advised to ensure they remain in their spot until the road is completely clear of runners and vehicles. There is a large

contingent of vehicles travelling with the torch and runners.

All personnel are advised to not run with or alongside official runners, nor should they attempt to touch the torch.

People are also advised that there will be a large media presence on the base during the event.

Parking: There will be no entry to the base by vehicle after 10:45 a.m. Friday Oct.30. All streets will be closed to traffic

between 10:45 and 11:45 a.m.; if you are expecting deliveries, please advise the company.

The parking lot in front and behind the Naden Athletic Centre will be closed to traffic all morning. Those going to the gym to work out need to park in the CANEX lot, or use the main lot in front of Nelles Block.

Those with billeted parking spots in front of Nelles are free to park in their regular spots, although they will be unable to

Timings:

Busses depart both Work Point and Dockyard Main gate at 9:15 and 10:30 a.m.

Internal streets barricaded by MPs

Muster at Naden Gym

Video, PSP event, Naden Band

Instructions to man the route

Torch arrives at Main Gate Naden

Torch travels 300m to podium

Speech and podium event

Torch travels next 300m

Torch travels final 300m

Torch exits the Base

Everyone musters in Gym parking lot

Event closes

Clean up and tear down complete

10:15 a.m.

10:45 a.m.

10:45 a.m.

11:15 a.m.

11:30 a.m.

11:32 a.m.

11:32 a.m.

11:42 a.m.

11:43 a.m.

11:44 a.m.

11:45 a.m.

1 p.m.

3 p.m.

Torch relay facts

Participating Bases Torchbearers

Oct 30	CFB Esquimalt, Day 1
Dec 15	CFB Trenton, Day 47
Dec 29	CFB Borden, Day 61
Jan 16, 2010	CFB Suffield, Day 79

Bases - Torchbearer Teams

Nov 2	CFB Comox, Day 4
Nov 6	CFB Cold Lake, Day 8
Nov 8	CFS Alert Day, 10
Nov 11	CFB Goose Bay, Day 13
Nov 20	CFB Greenwood, Day 22
Nov 25	CFB Gagetown, Day 27
Dec 3	CFB Valcartier, Day 35
Dec 13	CFB Petawawa, Day 45
Jan 8, 2010	CFB Shilo, Day 71
Jan 10, 2010	CFB Moose Jaw, Day 72

Vancouver 2010 Olympic Torch Relay Stats

- Every Province and Territory
- 45,000 km will be travelled in Canada
- 4,000 Torchbearer kilometres
- 18,000 plane kilometres (30 segments in Canada)
- 1,000 water kilometres
- 22,000 driving convoy kilometres
- 12,000 torchbearers; 300 m each

Torch design

The 2010 Olympic Torch's design is inspired by Canada's open landscape, vast potential and smooth, fluid lines left in the snow from winter sports. The torch is ergonomic, inclusive and easily handled by people of all ages, sizes and abilities. It is also equally comfortable to hold for right- or left-handed people. The torch is adaptable for travelling and can be attached to alternative modes of transportation such as dogsleds, boats and wheelchairs during the 2010 Olympic Torch Relay. The winter white torch has a red maple leaf cut-out and the Games motto *With Glowing Hearts/Des plus brillants exploits* engraved on it. An inukshuk, the emblem of the Vancouver 2010 Olympic Winter Games, also features prominently. Designer/manufacturer: VANOC and Bombardier

Torchbearer red mittens

These distinctive mittens are a nod to classic homemade Canadiana and the knitting skills of grandmothers across this country. Almost every Canadian can remember cherishing these laboured-over mitts made out of leftover yarn, with their brilliant colours. The red provides a touch of national pride, joining the torchbearer and the torch as one. On the palm of the mittens is a white maple leaf and on the outside are the five Olympic Rings. The maple leaf is readily visible to crowds when the torchbearers wave. The iconic, national symbol is located in the same place as on the gloves worn in 2006 by Canadian athletes competing in Torino.

Torchbearer Uniform

The uniforms are white and accented with bright bursts of blue and green on the jacket's left arm. The palette is inspired by the winter landscape and the multi-hued beauty of the dancing northern lights, as well as the breathtaking scenery of the Sea to Sky region linking Whistler and Vancouver, the Host Mountain Resort and Host City of the 2010 Winter Games, respectively.

The uniforms also feature the Vancouver 2010 Olympic Torch Relay emblem on the chest and the universally recognizable Olympic Rings on the back. Silver reflective elements, including "Vancouver 2010" on the right jacket sleeve and right back pant leg, have been added for prominence and visibility.

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Who will carry the torch?

Local athlete thrilled to join celebration

Mary Ellen Green
Staff writer

LCdr Lucie Tremblay was thrilled when she found out she'd been nominated to be a torchbearer in the largest domestic Olympic Torch Relay in history.

"I knew my name had been submitted, but even though I knew it was possible, I didn't really believe it. When it became official, it really started to hit me," she said.

She found out Sept. 30 that she would be the only member of the Canadian Navy to have this honour.

"The Base Commander and my Commanding Officer called just after I found out to congratulate me, which was really nice," LCdr Tremblay said.

"I feel very honoured to be chosen, and to be that person is pretty neat," she added.

LCdr Tremblay is an accomplished triathlete who recently finished her first Ironman competition. She should have no trouble running the 300 metre leg of the relay.

Although she's not feeling anxious or nervous about her place in the spotlight, LCdr Tremblay said she's grateful she's so busy with Olympic security training exercises for Operation Podium in her

role as the Provost Marshal for Joint Task Force Games and security advisor to the Joint Task Force Support Element.

"Normally, I don't think about things like this in advance. Why be nervous beforehand? Instead I'll be nervous when it's time to be nervous. Knowing how many people will be watching is pretty extraordinary; I've never been in the spotlight like this before."

She says that in retrospect, she's a very small part of a huge event, but she's very excited to be a part of it nonetheless.

"I've talked to my children about it, but they're too young to have ever watched something like this on TV before. They don't realize the magnitude. We brought them to the Dragon Boat Festival downtown this summer and there was a 2010 display. That's where I got to see and hold the torch for the first time. At that time, I had a clue that I was nominated, but didn't ever think I would be selected," she said.

Although she'll be the third person to carry a torch light with the Olympic Flame at CFB Esquimalt, she's the only member from Maritime Forces Pacific (MARPAF) to be selected for the relay. The other two base runners were cho-



LCdr Lucie Tremblay

sen under different circumstances.

LCdr Tremblay has spent a lot of time online discovering more about her role in this upcoming experience. She purchased the torch she will carry for \$500, along with a metal stand and commemorative book. She plans to put it in a place of honour in her home.

"I don't know where I'm going to put it, but I've started buying shadow boxes and framing a lot of things, so now I'll be looking for a good place for all this stuff," she said.

Veteran brings Olympic Flame to base

Mary Ellen Green
Staff writer

Seventy-one-year-old retired BGen Joseph (Larry) Gollner will have the opportunity of a lifetime when he carries the Olympic Flame at CFB Esquimalt on Friday.

He was chosen by Veterans Affairs Canada to be an Olympic Torchbearer on Day 1 of the Olympic Torch Relay, and by coincidence was selected to run at Naden.

"It's very fitting because I was stationed at Work Point in the late 50s early 60s with junior officer in the 1st Battalion, Princess Patricia's Canadian Light Infantry (PPCLI). We used to play rugby against the navy when I was stationed there a long time ago," he said.

He now lives in Cobble Hill with his wife, Christine.

BGen (ret'd) Gollner is the PPCLI Colonel of the Regiment, an honorary leadership position that keeps him "semi-retired." He recently returned from an Army Olympic training exercise in Edmonton where he had the opportunity to meet with VANOC representatives, the RCMP and RAdm

Tyrone Pile, Commander of Joint Task Force Games. "It was a very interesting two days, and I learned a lot about how these events are being organized," he said.

He was nominated to become a torchbearer through the Canadian Peacekeeping Veterans Association, of which he is patron.

"The president of the Canadian Peacekeeping Veterans Association gave me a call and asked if I would represent the association in the torch relay. I was flattered to have been asked and thought it was great to have a chance to volunteer," he said.

BGen Gollner spent some time online filling out the necessary forms so they could be forwarded to Veterans Affairs for the selection process.

"VANOC is akin to the military when it comes to paper work, there were all kinds of forms, but it was convenient to fill them out online," he said.

A sense of excitement is beginning to fill his imagination. "They sent me a very snappy white track suit about three weeks ago. I'm looking forward to seeing how the event unfolds. It's a real logistical and organizational feat to



BGen (ret'd) Joseph Gollner pictured in his PPCLI Colonel of the Regiment uniform.

pull this off. And it starts in Victoria at Mile 0."

BGen Gollner has begun training for his 300 metre portion of the relay.

"I like to think I'm reasonably fit for my age and status. I said I would walk because I have a bad leg, but I suspect I will run," he said. "I walk a circuit around here everyday, and recently started running a few minutes."



Sailors soar above Peru

Shelley Lipke
Staff writer

Although the lines of *HMCS Calgary* were tied up less than 24 hours in Lima, Peru, on Oct 14, several sailors managed to recharge their batteries with an adrenaline surged paragliding adventure in the busy port city.

"I thought it was absolutely exhilarating," said MS Martin Schwartz. "All I could think of was how amazing it was to not be dependent on a motor and to be so high in the sky."

Soaring freely over the scenic South American coastline, one by one they experienced the essence of nature and serenity high above the commotion of a city full of more than nine million people.

"It's a sensation of peace up there," said Cpl Marie-Pierre Gariepy. "I felt very safe too, and even though my guide didn't say anything because he didn't speak English, I didn't mind. I felt free."

MS Martin Duhamel said, "I'm not the biggest fan of heights, but because we were so strapped into the harness I felt really safe."

The launching pad was a grassy area on top of a ridge overlooking the ocean in the Miraflores district of Lima. Here the paragliders stepped off the 150 metre cliffs with their Spanish tandem guides.

"It was a busy take off and landing area and at first I was a bit worried about people landing on the parachute chords of the person waiting on the ground," said MS Schwartz. "I thought the area might be a bit dangerous because there were many people landing on a small area and it was a tight spot, but it was also part of the thrill."

After being suited with a helmet and harness and then tethered to their guide, they were ready for adventure. "I looked at the equipment as they put it on me to make sure it wasn't frayed, and it looked good," said MS Schwartz.

"And I made sure I knew how to unfasten it just in case we landed in the water and I needed to swim away from my guide," said Cpl Gariepy with a smile afterward.

Once the platform was clear, the guide judged the amount of air filling the windsock nearby and waited for a large gust before asking the sailor to slowly walk forward. Then the guide adjusted the lines of the chute trailing behind them and threw it up into the air to begin catching wind. When the power of the wind took over they were lifted to the sky.

"The take off was so easy. I was scared at first, but when I got to the edge I realized I was already being lifted by my chute and I felt like I didn't have to jump at all," said MS Schwartz.

Once airborne the sailors were surprised at the height they instantly gained with the current of air rising from the sea below.

"I expected to drop a bit, but as soon as we stepped off the cliff we took off," said MS Duhamel.

"When my guide Max and I first took off we came quite close to the cliff and then I realized how much control he had of the chute and felt confident in his ability," said MS Schwartz. "You can't live on the edge without any risk. The view was awesome and was a mix of ocean, beach, parks, and buildings," he added.

"I've never paraglided before and it was a thrill," said OS Atilla Csardi. "It was extremely comfortable and I loved seeing the city through a bird's eye view. Usually I would be closed up at the bar, which is typical of sailors, but this was a nice way to spend a spontaneous afternoon in a port city."

School girls shrieked in delight as the parachutes swayed close to the roadside where they walked, and the sailors who had cameras took videos and photos of the scenery.

"The view of the sea was so different from seeing it from the ship," said Ms Duhamel.

Soaring over the cafes tourists sipped cappuccinos and looked to the sky to see the colourful parachutes overhead. Then the parachutes circled back toward the landing strip, and the guides communicated to come in for a safe landing.

"When we landed it was like jumping off the bottom step of a stairwell," said MS Schwartz.



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Wednesday Nov. 4
The "Take Our Kids to Work" event is a one-day job-shadowing experience for students in Grade 9 or Secondary 3 that enables them to spend a day at work with a parent, friend, relative or volunteer host/sponsor.
The Learning Partnership, a not-for-profit organization dedicated to bringing together business, education, government, labour, policy makers and the community to develop partnerships that strengthen public education in Canada, organizes this annual event.
The DND/CF will not offer any activities at the corporate level. Individual regions, work units, CF bases, etc. are encouraged to orga-

nize activities at the local level and any costs will have to be assumed at that level.
Any DND civilian employee (including casual or part-time employees) or CF member can sponsor a child and have that kid accompany them to work for the day.
There will be no central registration to measure DND/CF participation.
Those interested in having a shadow on Nov. 4 are advised to obtain their supervisor's permission prior to the day. Approval is up to the individual managers.
Kids will be visitors to the workplace, and must:
• Obtain a visitor pass to access DND/CF facilities
• Be escorted at all times within DND/CF facilities

The same insurance provisions that are afforded to any visitor to a DND/CF facility cover kids, as such, insurance waivers will not be required.
Some suggested activities:
Walking tours of various DND/CF facilities: base museums, shipyards, air hangars, etc.
"Hands-on" displays of CF equipment
Presentations on what the parent/sponsor does and how this fits into the greater DND/CF mission and mandate
Civilian or CF recruiting presentations: videos, live exercises/training, etc.
For promotional material and reference information, consult: www.takeourkidstowork.ca.

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Students to get ocean view at career fair

Carmel Ecker
Staff writer

One thousand Grade 10 students will converge on CFB Esquimalt Nov. 4 and 5 to learn about marine industry careers.

Coming from as far away as the Gulf Islands and Cowichan Valley, students will be treated to a hands-on career fair featuring opportunities within the Department of National Defence, military careers and the private sector of southwestern B.C.

"It's a promotion and awareness event, hopefully one of many in the future," says Ron Holmes, Workforce Renewal Officer and one of the event's organizers.

Being held in the Naden Drill Shed from 9 a.m. to 3 p.m. each day, the Marine Industry Career Fair will feature big players in the West Coast marine industry such as B.C. Ferries and Victoria Shipyards Co. Ltd., as well as several small to medium businesses.

"We're trying to get other employers involved," says Holmes. "Some of them don't have the resources we do, so this is an opportunity for small to medium enterprises to show themselves."

The number of students attending the event was made possible by the school districts, Camosun College and a generous donation by the Victoria Foundation, which is paying to bus in the students including those from the Gulf Islands and Duncan.

Careers represented at the fair will include trades, engineering and administration.

It's a time in their educational stream when they're going to have to make decisions for their careers.

-Ron Holmes
Workforce Renewal Officer

To keep students engaged, displays will feature interactive elements such as skills competitions. Organizers have also created passports in which students collect stamps from each booth. Completed passports will go into a draw for door prizes.

Groups of 150 students will have two hours to make their rounds before they hop onto the Blue Boat for a harbour tour to Victoria Shipyards and CFB Esquimalt's fuelling jetty, sailing past the naval vessels on their way back to Naden.

Career fair organizers decided to host Grade 10 students because they're at a pivotal time in their education, says Holmes.

"It's a time in their educational stream when they're going to have to make decisions for their careers such as the secondary school apprenticeship program, in which FMF has nine students involved already in core trades."

With Camosun College also participating in the event, students will learn about careers and co-op programs that will give them practical work experience and possibly a foot

in the door in the marine industry.

Maritime Forces Pacific is hosting the event on behalf of the West Coast Shipbuilding and Repair Forum, a group started by former Fleet Maintenance Facility Commanding Officer Capt(N) Alex Reuben to consolidate the resources of B.C.'s marine industry.

With 60 per cent of CFB Esquimalt's workforce headed for retirement in the next five years, Holmes says it's important for the industry to market itself to potential future employees.

The advocacy and outreach work of the group is one of the reasons the West Coast marine industry is thriving, says Holmes, who sits on the organization's human resources committee.

Having the West Coast Shipbuilding and Repair Forum "gives the West Coast, the southwestern corner of B.C., a united voice and more resources we can put toward any specific project," says Holmes.

Many contracts - including the navy's Frigate Life Extension Project and submarine upgrades, the B.C. Ferries upgrade and the new Coast Guard vessels - have been awarded to West Coast companies and they will keep the industry going for the next 10 to 15 years. Holmes has no doubt that maintenance contracts and possibly new ship building will follow after that period of work is complete.

That's something students looking at a marine career will surely be happy to hear.

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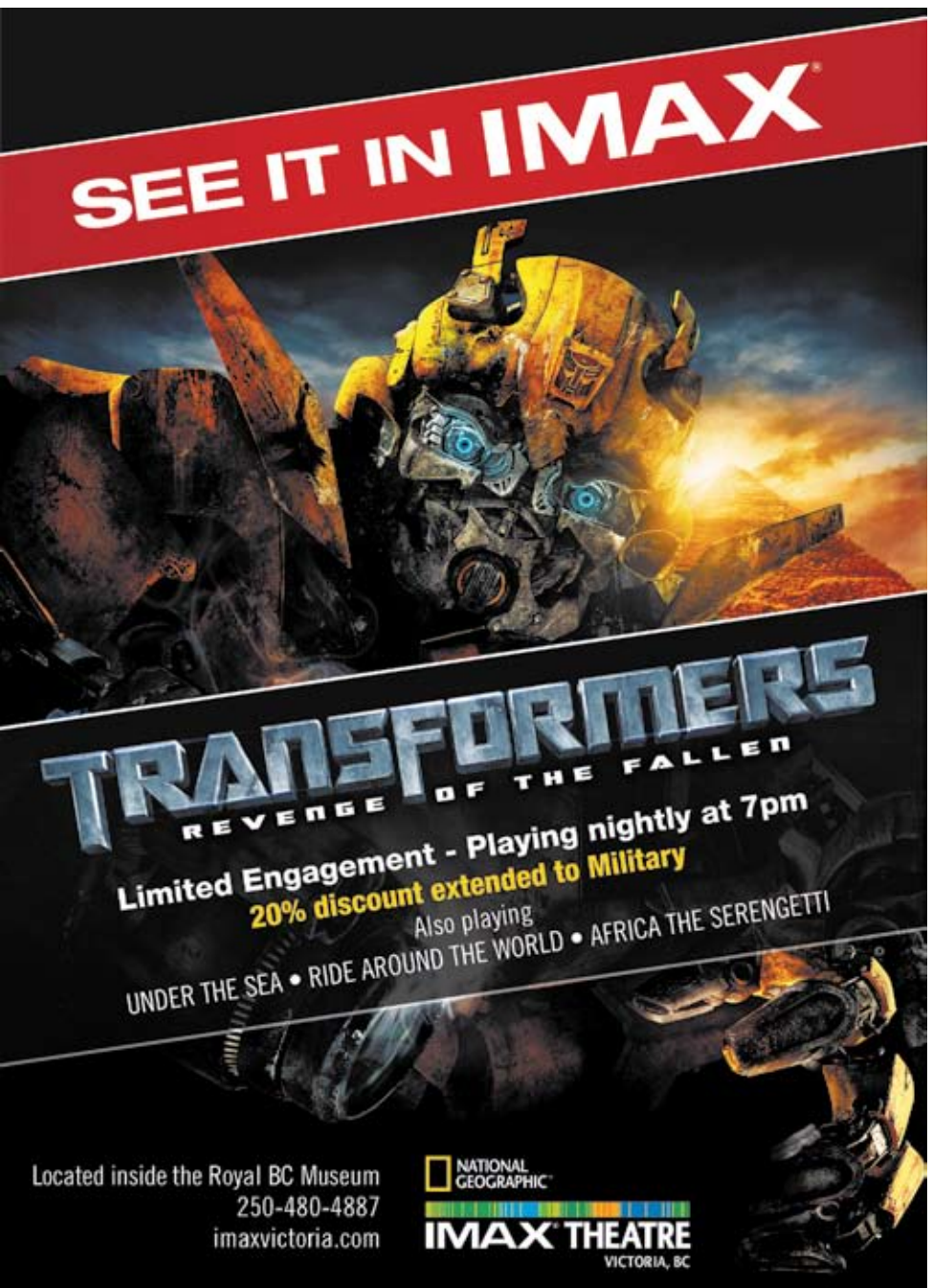
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Should I get the H1N1 flu shot?

LCdr E Roque
A/Pac Reg Surg

By now you probably have been inundated with information about H1N1 Pandemic Influenza and are still trying to determine what effect it may have on you or your family.

There are conflicting reports even from specialists in this field with regards to the potential fallout it may have on our community. As well, there are some concerns about the timing availability and safety of the H1N1 vaccine that is currently being produced.

The bottom line is that we will truly do not know the degree of danger that H1N1 and seasonal influenza will pose to our community until it is upon us. Canada, British Columbia for that matter, has had sporadic cases since the introduction of H1N1 in Spring 2009.

As we enter the yearly flu season from November to April it is expected that H1N1 will be the predominant influenza strain in the community and that some of us will most certainly be infected.

Despite all the unknown variables, my overall recommendation is that you should prepare to get the H1N1 vaccine when it becomes available. The Public Health Agency of Canada (PHAC) has specifically identified the following groups as a higher risk group and are therefore strongly recommended to get the vaccination:

- Individuals with chronic conditions under the age of 65 (i.e. diabetes, respiratory or cardiac illness)
- Pregnant women
- Children six months to less than five years
- Persons residing in remote and isolated setting or community
- Healthcare workers
- Household contacts and care providers of:
 - infants less than six months of age
 - persons who are immunocompromised (i.e. cancer)

Many of you are unlikely to fall into any of the above categories and continue to be perplexed about receiving the immunization. As a

Base Commander Capt(N) Marcel Hallé poses with the CF Health Services Centre Pacific flu campaign mascot Mr. Pokey, a super-sized syringe and needle to represent the flu shots. Immunization Nurse Marjie Hanks came up with the idea of having a mascot to highlight the campaign including the presence of the H1N1 pandemic. Her daughter Kylin Hanks, who works in the medical lab, came up with the concept. Hanks plans to have Mr. Pokey appear at some of the flu immunization Travelling Road Shows, as well as at the entrances to both the Naden and Dockyard gates, reminding CF members to get their shots.

CF member and/or a public service/contract personnel working in the confines of a DND establishment, the recommendation to get the H1N1 vaccine still stands.

My rationale is as follows:

- PHAC continues to recommend vaccination to those who may benefit from immunization: children and youth five to 18 years of age, first responders (police and firefighters), adults 19 to 64

years of age, and adults aged 65 and over.

- We have been in a Pandemic state since June 2009. What this essentially means is that H1N1 has the ability to affect or attack the population of an extensive region, country, or continent. It is not confined to one specific geographical area.

- H1N1 predominantly infects a younger age group ranging from 15-44. This

age range is in contrast to the transmissibility of seasonal influenza, which usually affects an older population age range. As well, this age range captures most CF, public service and contract personnel in Esquimalt.

- Data from the southern hemisphere, which has recently completed its annual flu season, show that H1N1 was the predominant strain. Northern hemispheric countries such as Canada can expect that this will also be the case.

In the following months, many of our personnel will also be involved in a number of key activities wherein the potential for transmissibility is high and the loss of human resources may compromise our operational capability:

- Operation Podium will employ over a 1,000 personnel from CFB Esquimalt. It is incumbent upon all of us whether or not we are directly or indirectly employed with Podium to ensure that we stay as healthy as possible.

- Events such as the 2010 Winter Olympics, the Maritime Security Conference, and the International Fleet Review will bring thousands of visitors to Victoria and the mainland. The potential for spread of disease is increased when large populations of the world converge in a specific area.

In summary, my recommendation is that you should get the seasonal and H1N1 immunization when it becomes available later this month. My intent is not to employ scare tactics, but to present a logical and reasonable approach to assist in making your own personal decision. As the winter season advances, many of the unknown variables that were brought up earlier will most certainly be addressed, and we will have more specific details of the roll out of our immunization plan.

The Health Services clinic will continue to update you on any significant changes or decisions that may arise.

A website for the local defence team can be accessed by clicking on the red flu info button on the MARPAC notice board.



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Making a choice to be healthy

Maryse Neilson
Health Promotion
Director

Allison Cooke is a busy young woman.

Ali – as she is known to her friends and colleagues – works at the Kiosk at the Naden Athletic Centre and is one of the many Defence Team members currently participating in the October Formation Health and Wellness Challenge.

She is the first to admit she leads a really unhealthy lifestyle and that is what provoked her to sign up for the challenge.

“I do zero activity. I work, I study, I watch a movie and then I go to bed.”

Many people may relate to her hectic schedule as a working student. Finding time to be healthy is hard to do and when we are young and relatively healthy already, we often take our health for granted.

“I thought signing up for the Challenge would give me a real kick in the pants,” says Cooke, when asked why she took an interest in the Challenge, now in its final week. “I knew I really needed to change my daily routine. It’s so easy to fall back on bad habits like not doing anything or eating microwavable meals instead of fresh fruit and vegetables.”

Three weeks into the challenge, she is surprised at how easy it has been to follow most of the healthy behaviour indicators. “It’s easy to eat healthy if you think about it and to write in a journal and to spend time with friends.”

It’s the physical activity that she struggles with and she’s not alone.

Health Canada recommends that Canadians need a minimum of 30 minutes a day most days of the week, and that we should really strive for an hour each day (ideally a balance of cardio, strength training and flexibility or stretching exercises). Since 2000, the general population’s activity levels have increased, but the CF’s levels have decreased: only 40 per cent of the CF is physically active (meeting the minimum requirement above) and 33 per cent is inactive.

So, how is Ali going to change that?

“I’m going to sign up for a class and that way I will have to go.”

Personnel Support Programs (PSP) offers a multitude of fitness and

It’s so easy to fall back on bad habits like not doing anything or eating microwavable meals.

-Allison Cooke

recreation classes and programs – many of them free to the Defence team. Drop in for bootcamp at the Naden Athletic Centre or a spin class or take a program through recreation. For more information on all PSP programs, check out www.pspesquimalt.ca or pick up a copy of the current Activity Guide.

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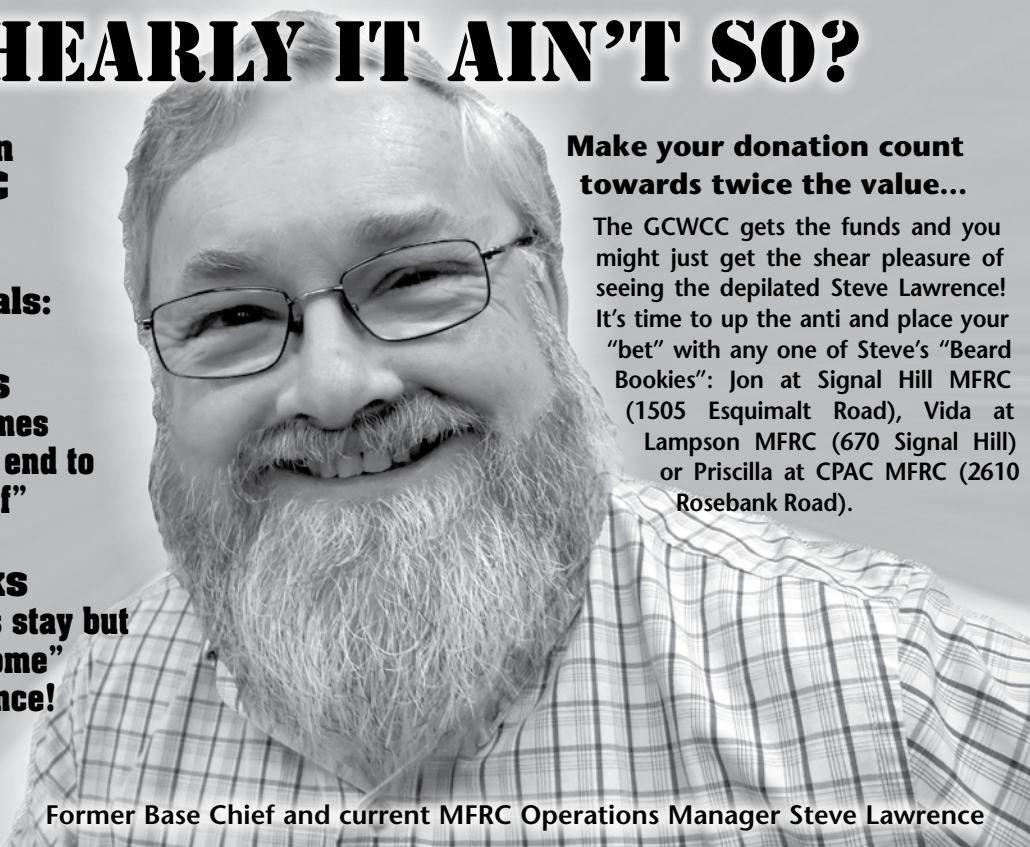
It will happen if this GCWCC fundraiser secures the following totals:

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\$1000 bucks
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Former Base Chief and current MFRC Operations Manager Steve Lawrence

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Top right: An RCMP officer dives off a catamaran into the Burrard Inlet waters at Canada Place.
Bottom right: CPO2 Preston, Security Officer, relays information gathered on protesters during a protest exercise on Deadman Island at HMCS Discovery.
Below: An RCMP officer speaks with LS Therien Lukaszczyk from HMCS Carleton during a patrol of Burrard Inlet.
Bottom: A Sea King helicopter from 443 MH Squadron takes off from HMCS Discovery in Vancouver.

Photos by Cpl Roderick Hopp, Imaging Services Esquimalt



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Calgary's crew in action



Above: MS John Young kept communication with the bridge as the ship pulled out of Lima.

Right: As the ship departs Lima, Peru, for Manta, Ecuador, sailors take down the ship's jack staff.

Photos by Shelley Lipke, Lookout



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Shelley Lipke, Lookout

AB William Chong sets a tray of cookies on the line for hungry sailors on board HMCS Calgary.

Calgary's culinary chef

Shelley Lipke
Staff writer

AB William Chong never imagined he'd be sautéing, baking and cooking on a navy ship. The 21-year-old culinary chef began his career in Toronto; but wanting a steady, reliable income led him to join the Canadian Forces, and eventually to share his expert gastronomic skills with the crew of *HMCS Calgary*.

"I really have a passion to create dishes and I love to cook," he said. "I like serving people a nice hot meal when they come through the steam line; it's rewarding."

His military career began two years ago when his parents persistently suggested he join. "At first I pushed it off as much as I could, but then I decided to look into joining so we would stop having dinner conversations about it at home."

His two-year culinary management course at George Brown College proved invaluable to his military career.

"I found out that because of my culinary background I wouldn't have to do a QL3 course, which meant I would just go to Borden for basic training and then take a two week field training. This idea appealed to me and I decided to join."

For nearly two years he's been a part of *Calgary's* crew, sharing his knowledge with other cooks on board and experiencing the challenges of cooking on a warship.

"Cooking on the ship is completely different than working on land," said AB Chong. "Chopping and doing prep work must be done very carefully when the ship is in motion, and I've learned not to fill soups

or sauces too high as they can spill. Also rough seas and baking don't mix. If the seas are rough the pies will turn out lopsided or overflow."

In *Calgary* cooks rotate to get a variety of experience through all meals.

"Right now I'm working from 7 p.m. to 7 a.m. but I could be cooking breakfast, lunch or dinner or working the sandwich bar or baking. I like cooking the most and baking the least," he said. "I find baking is more of a science and I don't have a lot of experience with it. I really love to make stir-fry because I can put what I like into them and experiment with different flavors to create something new."

On the ship cooks need to ensure their supplies are well stocked. During a three month deployment like *Calgary* is currently on, the ship goes through dozens of loaves of bread and consumes 30 dozen eggs and 60 litres of milk each day for its crew of 224.

"We write down what we need for supplies like fresh vegetables and dairy products and at almost every port we put an order in and people will bring the food

I really have a passion to create dishes and I love to cook. I like serving people a nice hot meal when they come through the steam line; it's rewarding.

-AB William Chong
Cook in HMCS Calgary

to the jetty." Each meal in *Calgary* is carefully selected and cooks are encouraged to make meal suggestions to help keep a good variety of meals on the menu.

"We do 1,000 meals a day and our menu is on a five week rotating schedule. At any one time there are three cooks, a galley supervisor and a chief cook working together," he said.

Because AB Chong has a wealth of experience in his trade, he often offers the other cooks tips that he learned at school.

"I learned from instructors with 30 to 40 years experience. Because it was hands on it was really easy to learn and I found courses like cake decorating and garnishing really interesting."

Being a cook in the military is considered a purple trade which means they can be air force, navy or army.

"Throughout our career we are encouraged to spend time in all three areas to gain more experience. So far I've been in only the navy and I really enjoy it. I love the travelling aspect and I've sailed a lot since I joined *Calgary*. Everyone on board is friendly and easy to get along with. We have a really happy crew."

In his spare time, AB Chong loves going out to eat at Chinese, Italian and seafood restaurants.

"One day I hope to open my own restaurant in Vancouver or Toronto and make it into a chain branching across Canada," he said. "I would like to specialize in an Asian-French style of food because I think it would be popular. For now I'm happy working on the ship and enjoying being in the navy, and my parents are happy I joined too."

Maintaining high morale at sea

Shelley Lipke
Staff writer

As *HMCS Calgary* slowly cuts through the surf off of South America's coast heading north towards home, excitement begins to mount among crew members who look forward to reuniting with friends and family after two months at sea.

All seem to agree that a very important aspect of being away from home is keeping morale high at sea.

"A sailor's job can be filled with monotony, and being away from your family is harder than people anticipate," says AB Christopher Ricard. "I like to think I can go away for a few months, but when you do it, it is difficult and can bring your morale down. It's important to counter that."

Often if one person is having a bad day it can be contagious and this will begin to reflect in other people.

"Just as we work out our muscles to stay in shape it's important to work out the heart, and morale is good for the heart," said AB Ricard. "I like to think of this ship as a body. The machine control room is the nerve centre, the shaft lines of the engines are the legs, and the most important part of the ship is the crew, which is the heart."

The little things at sea make a difference: a smile, a handshake, or pat on the back, or socializing at an event.

"Morale is important because we have a very hard job at sea away from our families and what is familiar to us. We miss the little things like our own pillow, our own smells, being with our own footstool and slippers and of course our own family members. These things can kill morale," says AB Ricard. "We do a great deal on *Calgary* to boost morale. I've been with the ship for five years and this ship has a very special attitude and morale is generally very high. Ninety per cent of the time it's very high because our leader does a lot of activities to boost morale."

Calgary embraces a number of fun initiatives aimed at making people laugh and raise spirits.

"We hold a Boatswain Olympics – a test of skill and of common seamanship. This involves anyone on the ship tying knots or bollards, wrapping cap stems, throwing a heaving line through



Shelley Lipke, Lookout

One way *Calgary's* crew combats low morale, is to dress up as super heroes and sell hot dogs for Weenie Wednesdays. The proceeds benefit The Government of Canada Workplace Charitable Campaign/ United Way.

a kisby ring and constructing and deconstructing a shackle. Anytime you get to laugh it is good, and this gives people a chance to get on the upper decks, get some sun and take part if they wish. It provides a lot of laughs for all," he said.

Each Wednesday crew members get dressed up as superheroes putting on underwear over their clothes and wearing a cape to go around the ship selling hot dogs for Weenie Wednesday. While it's aimed as a fundraiser for the GCWCC Campaign it provides a boost in morale.

It helps a charity, which is good for the soul, and when people see us dressed like this they smile and roll their eyes, but they laugh as well. The advantage is to eat a hot dog in your workplace on the ship and boost morale at the same time," he said.

Sunday Sundaes is a similar idea where you get a sundae and proceeds to the charitable campaign and people socialize over their favourite flavours and toppings.

The Stokers Open sees golfers in 18 departments throughout the ship make their own hole of a golf course complete with golf accessories like

clubs and balls. Then crew navigate through the ship and course while having a laugh at people's ingenuity and creativity. And because a lot of the sailors love golf it can be competitive too.

At times the flight deck is transformed into a party setting.

"We had a Hockey Night in Canada Banyan where people wore hockey jerseys while mingling and enjoying a barbecue social and chat over a beer away from their mess. This gives them an opportunity to socialize with people they normally wouldn't come into contact with," said AB Ricard.

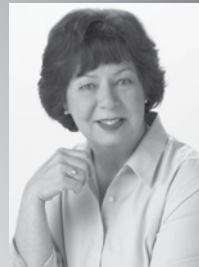
"People recognize how important these events are. You are around the same 200 people all the time, so it's important to make them feel at home. It's also the really little things like a smile and a Happy Thanksgiving that go an incredibly long way. Sometimes those things and building a relationship are as important as the job we are all here to do. We are here to contribute to not only the commanding officer and command team but to everyone. What makes the navy so beautiful is the rainbow of people you see and meet every day."

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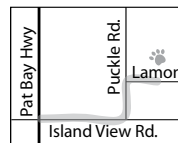
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BEAUTIFUL SUITE IN A 100 yr. old character home. 1 brdm, large livingroom, beautiful patio for BBQ's, 1 parking spot & 5 min.s walking distance to Victoria downtown. Pets allowed. \$1,150/mth. Avail. Nov. 1st. 2009. 250-216-3534

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

Honorary Capt(N) Steele finds new way to keep giving

Capt Darin Guenette
Base Public Affairs



**Honorary Capt(N)
Cedric Steele**

Honorary Captain (Navy) Cedric Steele and his wife Dorene have for many years been generous supporters of worthy causes within the Greater Victoria area.

Giving does not always involve money; it also involves time, connections and ideas.

He recently found a new way to ensure his cash donations continue to be directed to the United Way of Greater Victoria through the Defence Team's Government of Canada Workplace Charitable Campaign.

HCapt(N) Steele plans on donating \$5,000 this year, and increasing this donation by \$1,000 every year, until his donation reaches \$10,000 annually.

As a great believer in the value of caring for the entire military family support network, HCapt(N) Steele is asking that half of

each donation be allocated to the local Military Family Resource Centre.

"I have always considered my role as an Honorary a privilege," said HCapt(N) Steele. "Therefore, I have strived to bring focus to the Navy and contribute in any way to the recognition that the great men and women in uniform may receive."

FUNDRAISER RAFFLE

Auxiliary Fleet GCWCC Raffle



Prize 1:

4-hour trip for six people on the CFAV Glendyne, a working Tractor Tug in Esquimalt harbour with lunch served on board. They will try to have you on board when they are busy (for example, the Rotary Club winners of this prize saw HMCS Protecteur towed across Esquimalt Harbour by both Glen tugs while on board the Glendyne and watched an MCDV shuffle, as well as a barge being moved). Lunch will consist of lasagna with salad and assorted fruit juices, tea and coffee with chocolate cake for dessert, all prepared on board.

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:

Oct 26- Pacific Fleet Club, 10:30-1

Oct 27 - Chief and Petty Officer's Mess, 10:30-1

Oct 28 - Nelles Block (inside the front entrance), Bldg N30, 10:30-1

Oct 29 - Hood Building Cafeteria, Bldg D575, 10:30-1

Oct 30 - New Wave Cafe, 9:30-10:45

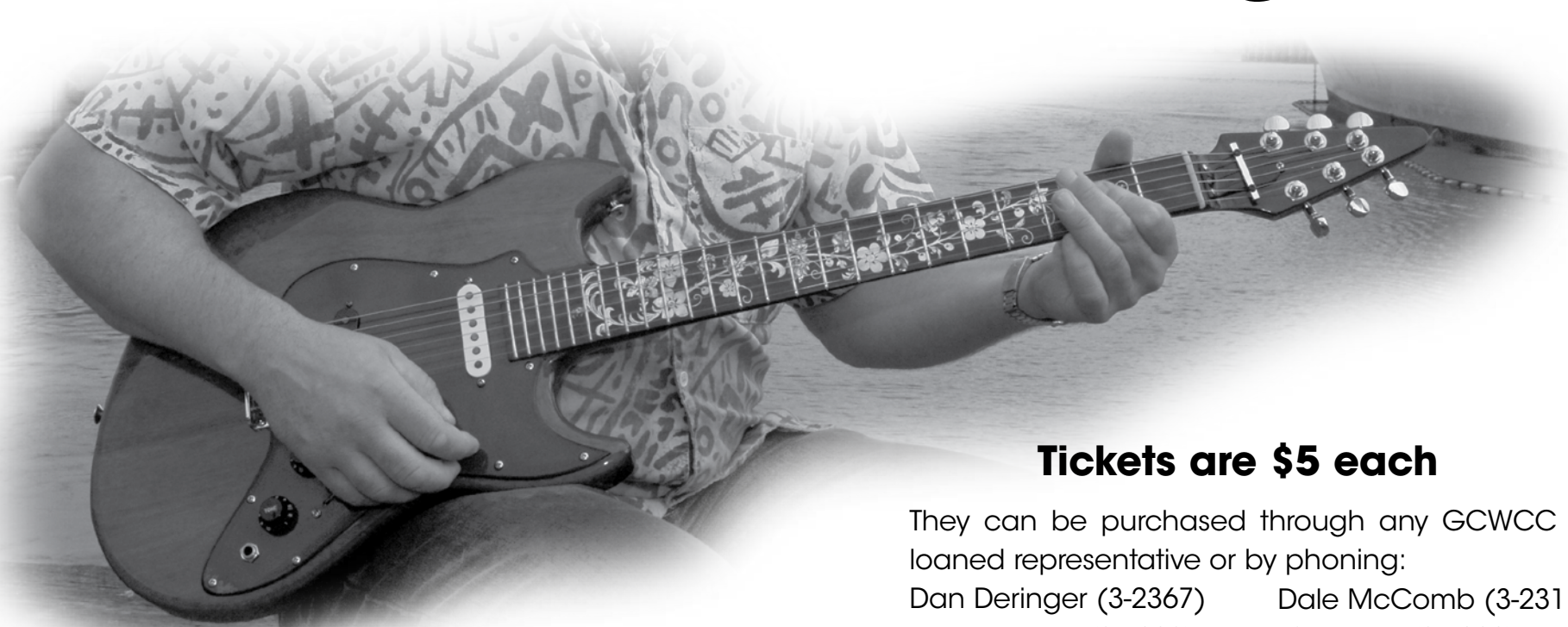
For any questions, please contact David Jones.

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Tickets are \$5 each

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- Dan Deringer (3-2367)
- Dale McComb (3-2311)
- Tara Laursen (3-4993)
- LS Malley (3-4899)
- Dianne Blanchard (3-5851)

Connect, create, collaborate for the 2010 Olympics

The photographs of children playing in prairie grass are from a Saskatchewan woman, the words, superimposed on the sweeping blue sky, were written by a Quebec City teen and the music connecting them has an East Coast lilt.

Combine them and you have something wholly new, yet instantly familiar: a 30-second digital collage spliced together by Canadians through a brand new remix application making its debut as part of Canada CODE at www.vancouver2010.com/code.

Canada CODE is part of the Vancouver 2010 Cultural Olympiad.

"Canada CODE has broken new ground in the digital realm by giving Canadians an opportunity to creatively share with each other and the world," explained Burke

Taylor, vice-president, culture and celebrations, for the Vancouver Organizing Committee for the 2010 Olympic and Paralympic Winter Games (VANOC). "Our new remix application takes that potential to a whole new interactive level that's designed to be as simple and inclusive as possible."

"Canada CODE has also had the benefit of great support from our signature sponsor Bell and the National Film Board of Canada as we look to find new ways to involve Canadians," he continued.

These remixes are the next step in an invitation issued to Canadians earlier this spring by CODE, the Cultural Olympiad's digital edition, to create an online portrait of the country. Since then, contributors from British Columbia to Newfoundland and

A collection of these digital collages will be displayed on screens at celebration sites and venues during the Vancouver 2010 Olympic and Paralympic Winter Games.

Labrador have uploaded photos and text to the website while thousands have viewed the content. By doing so, they have become a part of Canadian and Games history — the ambitious digital project is a first for the Games.

With the launch of the remix application, contributors can now create stories with each other's content. A collection of these digital collages will be displayed on screens at celebration sites and venues during the Vancouver 2010 Olympic and Paralympic Winter

Games.

With the National Film Board of Canada (NFB) as a major collaborator, award-winning filmmakers Denys Arcand and Mina Shum, and legendary storyteller Roch Carrier are among those who share inspirational and practical tips to feed the creative spirit of Canada CODE contributors. To add to the mix, composer Dennis Burke used material from the NFB sound library to create over 30 musical soundscapes for contributors to use as audio tracks. The NFB tips can

be viewed at www.vancouver2010.com/code.

"With Canada CODE, Canadians can come out and show the world what we're made of — beyond those well-known images of imposing moose and snow-capped mountains," said Rae Hull, director of CODE and originator of Canada CODE. "The remix application reflects a particular Canadian trait: getting together to make things happen. Through Canada CODE online and the Remixes on the big screens, we can show a little of that collective spirit to the world."

How to use Canada CODE's remix application:

1. After clicking through to Canada CODE from www.vancouver2010.com/code, launch the Explore button and you'll find the Remix tab at the top. Use the cursor to

select and drag a 30-second soundscape from the audio library into the mix zone.

2. Select content, either your own or favourites from among the Canada CODE submissions, and drag them into the mix zone. The duration that you want content to appear on screen can be adjusted by pulling at the edges of each individual item.

3. Text can stand on its own or be superimposed over a photo, effects can be dragged in to alter the transitions between content and there are other available features to increase the creative possibilities.

4. Submit your remix — it's that easy and your digital creation could help welcome the world's visitors to the Games in 2010. Submissions are welcome through to Games time.

About the Cultural Olympiad

The Cultural Olympiad, is a series of multidisciplinary festivals and digital programs showcasing the best in Canadian and international arts and popular culture. Launched in 2008, the program culminates in the 60-day Cultural Olympiad 2010 (January 22 to March 21, 2010), which begins before and continues throughout the Vancouver 2010 Olympic and Paralympic Winter

Games. CODE is the Cultural Olympiad's digital edition, a series of programs developed to creatively engage national and global audiences through the use of digital technology.

<http://canadacode.vancouver2010.com/>
www.vancouver2010.com/en/news/news-releases/-/70092/32566/1qi25v2/crez-votre-propre-vision-numri.html



ISLAND MUFFLER AND BRAKE



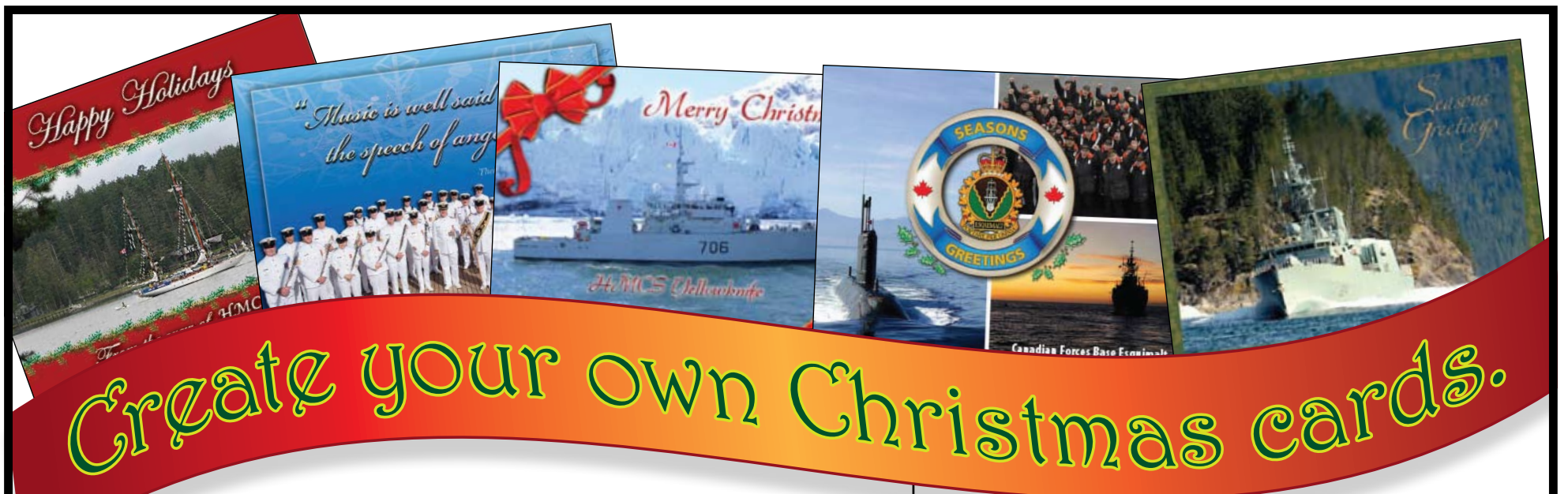
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