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## SHIP NEWS 7

Sailors on the run in Winnipeg



## DEPLOYMENT 9

Tadpoles and Shellbacks go head to head



# Olympic pride

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Gen Walter Natynczyk, Chief of the Defence Staff, passes the flame to Naval Provost Marshal LCdr Lucie Tremblay during the Olympic Torch Relay on Friday afternoon. See more photos on page 3.

Carmel Ecker, Lookout

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Cpl Pier-Adam Turcotte, Base Imaging Services

Commodore Ron Lloyd unveils the building plate honouring Rear-Admiral Wallace B. Creery with the veteran's two sons, Capt(N) (ret'd) Raymond and Tim Creery.

## Former sailor's name set in stone

**Mary Ellen Green**  
Staff writer

On a clear, crisp autumn day last week in HMC Dockyard, a crowd gathered in front of building 77 to honour the memory of a distinguished Canadian Navy veteran.

The 108-year-old building, which houses Canadian Fleet Pacific Headquarters, was given the name RAdm Wallace B. Creery.

Creery's two sons, 86-year-old Capt(N) (retired) Raymond Creery of Mahone

Bay, NS, and 80-year-old Tim Creery, of Ottawa, ON, were present for the occasion.

When they heard their father would be honoured in such a way, the two sons were compelled to attend.

"As I walked through the Dockyard this morning, I thought how much my father would have enjoyed being here too. It is almost 60 years since he was Flag Officer Pacific Coast. Much has changed, but much would be familiar to him, including this building," said Capt(N) Creery as he made a

presentation about his father to the audience gathered for the ceremony.

RAdm Creery lived in the Admiral's residence in Dockyard from 1950 to 1953 when he was the top naval officer on the Pacific coast.

"I remember it quite well," Tim Creery said. "I was just finished university at the time but I used to come home to visit."

The Naden Brass Quintet was on hand to open the ceremony with the National Anthem. The crowd bowed their heads for Naval Prayer recited by Fleet Chaplain, Lt(N) Rev. Lara Bowditch before she blessed the building by marking the sign of the cross on the front doors.

Cmdre Ron Lloyd, Commander Canadian Fleet Pacific, then took to the dais and said: "The navy motto 'ready aye ready' embodies the legacy of the man we honour today by designating Building 77 Dockyard, the Rear-Admiral Wallace Creery Building. The navy of today owes a great debt to men like Wallace Creery. Re-dedicating this building in his name will forever bring attention to his contribution."

The two sons then helped Cmdre Lloyd unveil the plaque mounted on the exterior brick wall, which reads:

This building is named in honour of Rear Admiral Wallace Creery, CBE, RCN (1900-1987). RAdm Creery had a long and distinguished naval career in the service of the Royal Canadian Navy

and Canada. He served in both the First World War and Second World War, was the Commanding Officer of HMCS Champlain, Fraser and Prince Robert, was the Flag Officer Pacific Coast (1950-1953) and retired in 1955 as Vice-Chief of the Naval Staff. His efforts and determination to create and sustain a strong navy, both regular and reserve components, are exemplified by the men and women of Canadian Fleet Pacific who reside in this building.

A number of RAdm Creery's belongings, including a uniform, cap, medals and silver cigarette box are on display in the entrance of the Rear Admiral Wallace Creery building. The artefacts were donated to the CFB Esquimalt Naval and Military Museum by the Creery sons.

"The naming of Dockyard Building 77 in my father's honour seems to me like a stepping stone in the development of Canadian naval tradition," said Capt(N) Creery. "In earlier days, we looked to the Royal Navy for the history, traditions and leaders on which to build our own navy. But as our navy approaches its 100<sup>th</sup> birthday, I think it becomes more and more conscious of our own events and people who have made it what it is. I know my father would be proud to be remembered in this context. The headquarters of the Canadian Pacific Fleet has a ring to it that echoes the seagoing outlook that characterized his career."





Mary Ellen Green, Lookout



Ed Dixon, Base Imaging Esquimalt



Shelley Lipke, Lookout

# TORCH LIGHTS BASE WITH OLYMPIC SPIRIT



Mary Ellen Green, Lookout



Cpl Roderick Hopp, Base Imaging Esquimalt

**Top left to right:** BGen (ret'd) Joseph Gollner, Chief of the Defence Staff Gen Walter Natynczyk and Naval Provost Marshal LCdr Lucie Tremblay carried the torch from the Dockyard Main Gate to the old Naden Gate.

**Above:** Gregor Robertson, Mayor of Vancouver, places the Olympic flame on Canadian soil upon its arrival from Athens, Greece.

**Below:** The Olympic Flame Bearers followed by Gregor Robertson, Mayor of Vancouver, walk past the Honour Guard after exiting the Canadian Forces Airbus.

**Left:** Armed with flags, hundreds of CFB Esquimalt employees showed their Olympic spirit, lining the torch route through Naden.



Cpl Roderick Hopp, Base Imaging Esquimalt

# matters of OPINION

## WHO WE ARE

**MANAGING EDITOR**  
Melissa Atkinson 250-363-3372  
melissa.atkinson@forces.gc.ca

**STAFF WRITERS**  
Mary Ellen Green 250-363-3672  
maryellen.green@forces.gc.ca  
Shelley Lipke 250-363-3130  
shelley.lipke@forces.gc.ca

**PRODUCTION**  
Carmel Ecker 250-363-8033  
Shelley Fox  
Monique Mermoud

**ADMINISTRATIVE ASSISTANT**  
Kate King 250-363-3014  
kate.king@forces.gc.ca

**ACCOUNTS**  
Kerri Waye 250-363-3127  
kerri.waye@forces.gc.ca

**SALES REPRESENTATIVES**  
Ivan Groth 250-363-3133  
ivan.groth@forces.gc.ca

Joshua Buck 250-363-8602  
joshua.buck@forces.gc.ca  
Mike Laidlow 250-363-3422  
mike.laidlow@forces.gc.ca

**EDITORIAL ADVISOR**  
Capt Darin Guenette 250-363-4371

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CFB Esquimalt, PO Box 17000 Stn. Forces,  
Victoria, BC V9A 7N2

E-mail: frontoffice@lookoutnewspaper.com

Web: www.lookoutnewspaper.com

Fax: 363-3015

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## WHAT SAY YOU

### People Talk

*While on board HMCS Calgary, somewhere off the coast of South America, Lookout asked the sailors: If you could be anyone famous who would you be and why?*



"I think I'd be Chuck Norris. This is because no man in the history of mankind has fully defined what it means to be completely awesome like Chuck Norris. I say this because of his beard. With his beard he defined this. In the navy we are not allowed to have beards at sea and to have such a luscious and full beard defines manhood. A man's beard is the epitome of man. I had to shave mine off and I was proud of my beard. It was an ever-present companion in the long, lonely life of a sailor."

**AB Christopher Ricard,**  
Electrician



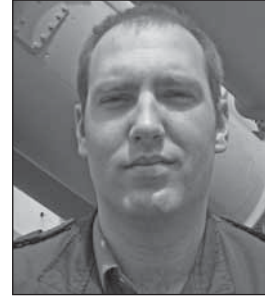
"I'd be Bill Gates because he has a lot of money. I'd buy an island in Barbados somewhere and change the days of the week."

**LS Russell Colbourne**  
Sonar Operator



"I think I'd be Oprah because she is a female that makes billions of dollars each year, and she's helped people and worked her way up from nothing. I used to watch her a lot and really admired her. Plus she gets to meet all the famous rock stars. I would like to meet Kurt Cobain if I was Oprah and if he wasn't dead, and also Steve Burton from General Hospital. In fact, I'd have to get the whole cast of General Hospital on Oprah."

**LS Cheryl Lapointe,**  
Communications Technician



"I would be Jacques Cousteau. He did so much underwater photography and filming and studying sharks. I loved sharks as a kid and he did a lot of pioneering and helped to reveal how sharks live and helped discover more about the species. I read a lot of articles as a kid and whenever there were articles about sharks they would include him."

**LS Matt Arnold,**  
Weapons Technician



"He may not be famous to everyone but Valentino Rossi is the best motorcycle racer in the world. I watch a lot of racing and I would like to race like he does. If I could be anyone famous I would be him. I have watched him for the past few years and he's won four to five championships. He's the best."

**MS Martin Duhamel,**  
Fire control Supervisor

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ANSWERS ON PAGE 18

Level: Beginner

**SUDOKU  
PUZZLE**

*How they  
SAY that in...*

**ENGLISH:** Year

**SPANISH:** Año

**ITALIAN:** Anno

**FRENCH:** Année

**GERMAN:** Jahr

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# FILM *friday*

## What's new on the screen this month

**W. Andrew Powell**  
The GATE

Aside from Michael Jackson's *This Is It*, it's a quiet weekend at the box office, so we're taking a quick look to see what films are headed our way before the end of the year.

**November 6**  
The Box

What if? It's a powerful question, and in director Richard Kelly's latest film it leads to many possibilities, and consequences.

What if you could press a button and get a million dollars, but with the warning that someone you didn't know was going to die in exchange?

Set in 1976, this thriller stars Cameron Diaz and James Marsden as a couple with only 24 hours to decide their fate. It's worth mentioning that Kelly was the director behind the fantastic film, *Donnie Darko*.

**Disney's A Christmas Carol**

Getting a jump on Christmas, Disney is bringing Robert Zemeckis' latest 3-D animated film to screens well in advance of the holidays.

Following the popular Charles Dickens story, Jim Carrey voices Mr. Scrooge, in addition to a host of other characters, in this timeless story of redemption.

While many have criticized the sometimes frightening animated faces in some of Zemeckis' other films, like in *The Polar Express*, the early word is that *A Christmas Carol* promises to be his best-looking film yet.

**The Men Who Stare at Goats**

Ewan McGregor, George Clooney, Kevin Spacey, and Jeff Bridges star in this comical story of military experimentation into psychic powers. For example, what if they could find a way to kill goats by staring at them? Set during the Iraq War, the film is an adaptation of Jon Ronson book of the same name.

With this group of actors, and *Good Night, and Good Luck* producer Grant Heslov in the director's chair, the film looks promising, if for no other reason than its goofy charm, and killer cast.

**November 13**  
2012

If you're a fan of epic

disaster director Roland Emmerich's work, as in films like *The Day After Tomorrow* or *Independence Day*, you're likely as excited as I am about 2012, the filmmaker's latest production about what might be the end of the world.

With John Cusack, Chiwetel Ejiofor, and Amanda Peet leading the cast, the film is all about survival when the entire planet descends into upheaval and madness. So far the special effects look mind-blowing, and could potentially be some of the grandest disaster effects put to screen.

**Precious: Based on the Novel Push by Sapphire**

Oscar buzz has been tailing this film since it first debuted in the festival circuit, thanks to the powerful performances, and the incredible tale of survival.

The film stars Gabourey Sidibe as the young Precious, an illiterate, pregnant 16-year-old living a brutal life under the boot of her angry mother, played by Mo'Nique. Her only light comes from one woman, played by Paula Patton, who shows Precious that she may still have a hope of leaving the darkness behind.

**November 20**

**The Twilight Saga: New Moon**

You have my permission - go ahead and roll your eyes if you're at all tired of hearing about the ridiculous Twilight saga. The under-20 crowd have been screaming for the sequel, *New Moon*, which once again stars heartthrob Robert Pattinson as Edward, the sullen vampire with a love for the very human Bella, played by Kristen Stewart.

In the second film, expect more of the same, but with a lot more fur flying as the werewolves get in on the action.

**Planet 51**

In this clever animated concept comedy the tables are turned on the average alien invasion story as one astronaut finds himself on a planet filled with aliens, who are actually terrified of being invaded by aliens... namely, him.

With the voices of Dwayne Johnson, Jessica Biel, Justin Long, Seann William Scott, Gary Oldman, and John Cleese, *Planet 51* could be a fantastic film. It doesn't hurt that it was penned by screenwriter Joe Stillman, who wrote the first two Shrek films.

### FROM THE FLEET CHIEF

## Fleet third Sailor of the Quarter winner

**CPO1 Paul Helston**  
Fleet Chief

The Canadian Fleet Pacific initiative to recognize a sailor for outstanding achievements has selected its second quarter sailor of the year.

Commodore Ron Lloyd approved the selection of LS Stephen Rownd, Marine Engineer from HMCS *Calgary*.

Commodore Lloyd and I embarked in *Calgary* in mid-October and had the honour of presenting his Sailor of the Quarter coin at hands fall in Callao, Peru. It was noted at the time by his Coxswain, CPO1 Gerry Price, that LS Rownd excels at everything he does and noted his extraordinary work effort - the first one in and the last to leave.

The selection process occurs in April, July, October and December for the sailor of the quarter and in January for the fleet sailor of the year. This award is not intended to replace any other awards, but merely to compliment it. The criteria are professionalism, performance, and volunteering in the unit and in the community, as well as specific outstanding achievements.

The award for the sailors of the quarter consists of a non-monetary prize worth \$250, official portraits, and *Lookout* and hometown news articles. There is a coin presentation by the

Fleet Commander, which includes a luncheon for the winner and his or her family. The sailor of the year receives the same package plus a plaque and a dockyard parking spot for the year.

LS Rownd enrolled in the Canadian Forces as a Marine Engineer near his home city of Surrey, B.C. in 2003. His first operational posting was aboard *Calgary*, where he sailed from December 2004 to 2005. During this time, he completed NETP, DCC OP Course, AMOC (QL4) qualification and participated in Direct Work Ups training. Even at this early stage in his career as an OS, he was noticed by Sea Training Pacific for his trademark enthusiasm.

OS Rownd continued to sail with *Calgary* and on June 18, 2005, he received his promotion to Able Seaman. During this time frame his supervisors noted that his performance far exceeded that of his current rank. In January 2007 he was advanced promoted to Leading Seaman and subsequently attended his QL5 training course. He completed this course on Nov. 21, 2008, where he again achieved the Top Student Award for his high level of academic performance.

LS Rownd gladly returned to *Calgary* three days later. He participated in the ship's Directed Work Ups during the first two weeks of Southploy 09 when

he was again identified as a member whose skills and knowledge, by far, surpassed his current rank level.

LS Rownd is highly respected by his supervisors and is an excellent role model for junior sailors. He consistently displays an exceedingly high level of performance in all activities and thus deservedly received the Fleet Sailor of the Quarter in September 2009.

His Commanding Officer, Commander Bill Quinn, noted that LS Rownd consistently demonstrates qualities of an exceptional nature, especially in terms of teamwork, motivation, leadership, and technical acumen. His contribution to the ship, both within the MSE department and the ship as a whole, is immeasurable, the results of which were clearly displayed during *Calgary's* recent work ups. His humble demeanour coupled with his ability to motivate and inspire others is truly unique, and his high willingness to help others and push them to succeed, regardless of the circumstances, speaks volumes about his personal integrity, and explains why he is so well-respected throughout the ship.

LS Rownd's outstanding performance and dedication make him an outstanding choice as Sailor of the Quarter.

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# Warship and Winnipeg - forging relationships

**LCdr Chris Moore**  
**A/SLt David Thebault**  
 HMCS Winnipeg/NPAO

Thirty members from HMCS Winnipeg were in Manitoba from Oct. 18 to 26 as part of their annual namesake city visit.

In addition to the charitable Sailors on the Run campaign, sailors from Winnipeg volunteered throughout the week with Habitat for Humanity, and assisted at the Harvest Food Bank food distribution centre.

This visit was an opportunity to foster the relationships the crew has with the citizens of Manitoba, said the Commanding Officer of Winnipeg, Cdr Robert Ferguson.

"The Sailors on the Run program, along with our contributions to Habitat

for Humanity and the Winnipeg Harvest Food Bank, allowed my ship's company to give back to the local community. This visit was our chance to acknowledge the strong support we received during Winnipeg's last deployment."

The relationship between Winnipeg and the city dates back to June of 1995 when the frigate was commissioned.

Namesake city visits were designed to bring the navy to towns and cities across Canada that would otherwise have very little connection to the sailors who sail the waters of the world promoting and protecting Canadian values.

This visit was no exception as relationships and friendships with the citizens of Winnipeg and Manitoba continued to be fostered and built.



photo courtesy of HMCS Winnipeg

On the shoulder of the Trans-Canada highway, Sailors on the Run team members push out the last few kilometres of the Portage la Prairie - Headingly leg of the run. Back row, left to right: Lt(N) Iain Meredith, OS Patricia Inglis, and LCdr Chris Moore. Front row, left to right: Lt(N) Brekke Beyer and MS Lani Shields.

## A journey across a province starts with a single stride

Bound for Winnipeg's namesake city, 10 sailors stepped-off from the Manitoba-Saskatchewan border and embarked upon a special 327-kilometre mission: Sailors on the Run.

Divided over six days, with approximately 55 kilometre stages, the run was broken up by Virden, Brandon, Carberry, Portage la Prairie, Headingly and Winnipeg. Visits to these communities and towns across the province provided the participating sailors the rare opportunity to experience first-hand the support that exists for the Canadian Navy from coast-to-coast.

With positive and ambitious attitudes, a stuffed toy Bison, emergency vehicles with lights flashing, a marine-navy billboard bus and an old firefighter's boot, the team received contributions from legions, businesses and individuals in communities along the route. These donations enabled the runners to raise more than \$1,900 for

the ship's charity. Combined with money raised during the Operation Sextant deployment and other donations received within Winnipeg, the final amount totalled over \$8,200.

"The commitment, work-ethic and perseverance of our running team was incredible," says the Engineering Officer of Winnipeg, Lt(N) Iain Meredith. "On the heels of Winnipeg's counter-piracy deployment, the positive momentum for the ship and the navy was still felt throughout the province. The impact of our deployment on the citizens of Manitoba definitely contributed to the overall success of the Sailors on the Run."

It is strange to see sailors in the prairies, and even stranger is seeing sailors dressed in HMCS Winnipeg running gear in full stride on the shoulder of the east-bound lane on the Trans-Canada highway. While the sight is unusual, sailors dedicating themselves to

a physical and mental challenge for the benefit others is a theme that is quite common for the navy.

For the contingent of runners, participating not only represents an occasion to support a worthwhile charity, but is also an opportunity to push their own limits of physical fitness. Running through aches, pains and minor injuries, each runner contributed as much as they could to help the team.

In total, the running group spent six days and more than 30 hours on the road. Prior to the run, many of the sailors set individual running goals, all of which were either met or exceeded.

As the ship's chosen charity, the Manitoba Firefighters Burn Fund - North America's first Firefighters Burn Fund - is the recipient of the majority of the funds raised by the ship's company throughout the year. The run ended at the #1 Fire Station in downtown Winnipeg.

Runners	Distance Run
OS Patricia Inglis	101 km
LS Eileen Boutillier	66 km
LS Melvin Thibodeau	77 km
LS Terry Clairmont	35 km
MS Lani Shields	117 km
PO1 Brad Williams	70 km
Lt(N) Nicole Robichaud	65 km
Lt(N) Brekke Beyer	98 km
Lt(N) Iain Meredith	103 km
LCdr Chris Moore	127 km



HMCS Winnipeg sailors volunteered at a Habitat for Humanity home, which will provide housing for low-income new-Canadian and Metis families.

**Left:** OS David Eaglestick cuts large pieces of siding to help complete the outer skin of the Habitat for Humanity home in the background. Waiting patiently to deliver the next section is LS Dale Skilnick.

**Right:** AB Whitney Barham puts the finishing touches on the front step of the house in Saint Boniface, MB.





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MCpl Roy J. MacLellan, DND

VAdm Dean McFadden (left) passes the old Queen's Colour to Maj J.P. Rochefort for safe keeping in the Hall of Colours at the National Memorial Centre in Ottawa.

## Old Queen's Colour laid to rest

**Darlene Blakeley**  
CMS PA

With the majestic red maples of historic Beechwood Cemetery in Ottawa as a vivid backdrop, the navy's 30-year-old Queen's Colour was carried on parade for the last time during a laying up ceremony Oct. 21.

The Colour, which was retired in June after Governor General Michaëlle Jean presented a new Queen's Colour to the navy, was marched into the National Memorial Centre under guard. It joins the retired Colours of the Royal 22<sup>e</sup> Régiment and the 2nd Battalion, The Royal Canadian Regiment, all of

which now hang alongside the dramatic military chaplains' stained glass window in the new Hall of Colours.

More than just a flag, the Queen's Colour is a symbol of respect to military service, representing heroism and honour, according to Vice-Admiral Dean McFadden, Chief of the Maritime Staff.

"This is an important day for us to bring to closure the presentation of a new Colour and the placing of the old in a location where we are assured it will receive the respect and dignity that appropriately reflects the 30 years that it served and represented the loyalty and the service of the Canadian Navy," he said.

The Colour was passed from the hands of VAdm McFadden to Major J.P. Rochefort, CF Support Unit (Ottawa) Chaplain, who blessed it.

"We will accept these Colours for the glory of God and in memory of those who are faithful, many of them even unto death, in the sacred cause of Queen and country," Maj Rochefort said.

The ceremony was made even more significant by the fact that the changing of the watch of these venerated symbols of Canada's ongoing naval service tradition is a preamble to the 2010 naval centennial, added VAdm McFadden.

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# Tadpoles vs shellbacks – crossing the line

**Shelley Lipke**  
Staff writer

An ancient rite of passage was carried out at sea on board *HMCS Calgary* when 15 sailors crossed the equator for the first time, adding to their title that of shellback.

In accordance with King Neptune's Law, those who have not passed over the equator are referred to as tadpoles. When tadpoles cross the line they are forever known as shellback.

"The history dates back to wooden ships and iron men, back to the first days of sailing," said CPO2 Patrick O'Hara. "It began as a superstition that travelling across that border would upset the Gods of the seas. Over the years it was built upon to help the sailors experience the hard life at sea, because in the days of Lord Nelson sailors could be at sea for up to two years at a time without seeing land. Now it's a tradition of camaraderie."

On board *Calgary*, sailors were introduced to a softer initiation than that of yesteryear.

"They have to kiss a fish, eat a pill from King Neptune's doctor, receive Neptune's cookie and then receive a 'shave' from the barber," said CPO2 O'Hara, who played the role of King Neptune.

While it's optional to participate, all those who didn't have a shellback card from a previous crossing chose to participate.

The ceremony began several days before reaching the equator when all "unclean tadpoles" were mustered on the flight deck and hosed down while doing sit ups, push-ups and other exercises upon King Neptune's command. During this indo-



Shelley Lipke, Lookout

**Fifteen sailors in HMCS Calgary crossed the equator for the first time and had to undergo an initiation called "crossing the line" in order to transform from a tadpole to a shellback. During the initiation, sit ups and push ups followed by a power hosing were par for the course.**

trination they learned of the days to come.

On Oct. 20 the ritual began with a breakfast. "We had to eat cold spaghetti that was dyed with red food colouring, a blue pickled sausage, green eggs, cold beans and stewed tomatoes," said PO2 Dean Edroff.

At the breakfast table in the main cafeteria, the tadpoles were given an hour to choke down the meal and clean their plates before being stamped on the forehead to proceed to the next level.

Then, as requested, they dressed as babies and formed a row on the flight deck in front of an audience of "trusty shellbacks." One by one they stepped forward to receive their punishment for being unclean. King Neptune ordered them to kiss the fish, and then prescribed a number of pills, (Tabasco soaked cherries), they would have to choke down. Following

the pill, the doctor popped a foul tasting cookie in their mouths and the barber painted a rancid shaving cream concoction on their faces and heads as they choked down the dry cookie.

"The cookie was the worst of all," said LS Kevin Wendt. "There was some kind of legs sticking out of mine and I could taste the anchovies in it."

With a smiling shellback audience overjoyed with the ceremony, the tadpoles were summoned to the quarter deck to be power hosed off and declared clean. "We welcomed them into the realm and announced them trusty shellbacks," said CPO2 O'Hara.

Crossing the line is done by merchant and navy ships.

"Crossing the equator is a rare institution that not too many people experience on a ship," said CPO2 O'Hara.

The newly dubbed shellbacks will be issued cards and certificates declaring they are part of the realm of the shellbacks and they are asked to keep them with their passport to show again if they do the crossing.

"I had crossed the line three times before today, but I accidentally burned my wallet which had the card in it, so I had to do it again," said PO2 Edroff. "I won't forget my card next time."

CPO2 O'Hara was dubbed King Neptune because he is the oldest member of the ship's company and he gladly accepted this honour. Since CPO2 O'Hara has crossed the equator six times and also crossed it at the International date-line, he is considered a golden shellback. "It was a good ceremony we had on *Calgary*. I loved it and I think the crew enjoyed it too."



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Please direct questions to LS Hodgins  
 cindy.hodgins@forces.gc.ca 363-4500

or Ms. Sharon Brine  
 sharon.brine@forces.gc.ca 363-5632

## 2nd Annual Chopper Challenge!

November 21, 2009 2:00pm



Be the fastest team to pull a CH-124 Sea King helicopter across 75 feet of tarmac!

443 (MH) Squadron will host the event at 1501 Kittyhawk Rd

\$20 per person or \$200 per teams of up to 10 people 18 years of age or older (gloves permitted)

Purchase Hamburgers, hot-dogs, pop, and baked goods for lunch.  
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INFO & REGISTRATION: Lt Eric Girard at 250-363-6793  
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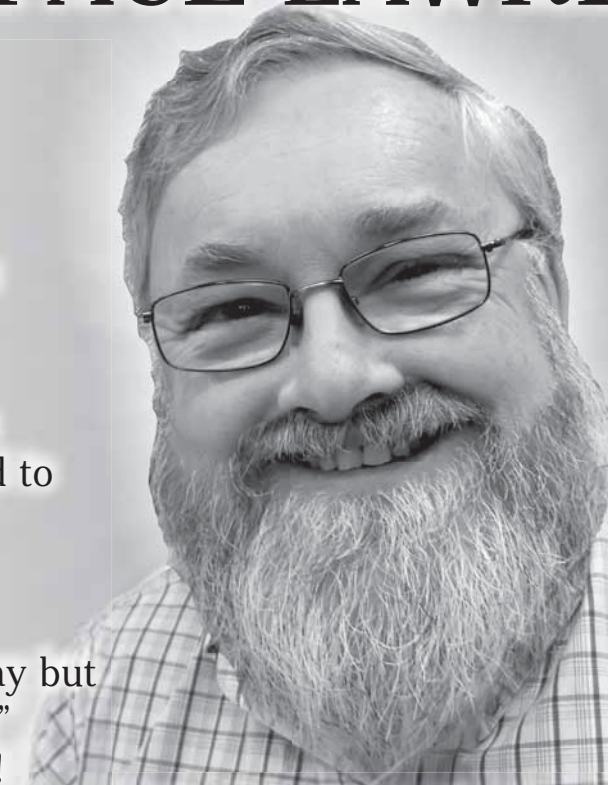
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It will happen if this GCWCC fundraiser secures the following totals:

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The GCWCC gets the funds and you might just get the sheer pleasure of seeing the depilated Steve Lawrence! It's time to up the anti and place your "bet" with any one of Steve's "Beard Bookies": Jon at Signal Hill MFRC (1505 Esquimalt Road), Vida at Lampson MFRC (670 Signal Hill) or Priscilla at CPAC MFRC (2610 Rosebank Road).

# SHEARLY IT AIN'T SO?

Former Base Chief and current Operations Manager Steve Lawrence

# Royalty coming to Victoria

**Mary Ellen Green**  
Staff writer

Their Royal Highnesses, the Prince of Wales and the Duchess of Cornwall will make a stop in Victoria during their visit to Canada Nov. 2 to 12.

On Nov. 6, the general public is invited to the official welcoming ceremony to British Columbia at the Provincial Legislature at 4 p.m.

The rest of their Victoria itinerary has yet to be released.

This is the 15th time the Prince of Wales has visited Canada in 40 years. His wife Camilla will be making her first official visit to Canada.

"We are particularly looking forward to meeting as many Canadians as possible as we travel from coast to coast, covering 12 cities in almost as many days," Prince Charles said in a statement.

Their Royal Highnesses will kick off their visit in St. John's, NL, with a public ceremony at Mile One Centre.

On Nov. 5, the Prince of Wales will present colours to the Toronto Scottish Regiment and the Royal Regiment of Canada at 5 p.m. at Varsity Stadium in Toronto, ON.

The royal couple will participate in the National Remembrance Day ceremony at 11 a.m. Nov. 11 in Ottawa.

For more information about the upcoming royal visit, visit [www.royalvisit.gc.ca](http://www.royalvisit.gc.ca)

# Discover the world of unmanned vehicle systems at conference

UVS Canada, the focal point for Unmanned Vehicle Systems in Canada, is hosting a conference at the Fairmont Empress Hotel from Nov. 2-5.

This year's conference brings together the public and private sectors, including those from across Canada.

The conference's secondary objective is to educate the decision makers on the enormous potential of UVS technologies in both defence and civil applications.

The technology that enables successful unmanned vehicle systems has matured dramatically. Canadians continue to lead

the sector with notable successes.

MD Robotics and the Canadarm 2 on the International Space Station and CDL Systems and their Vehicle Control System at the heart of the U.S. Army Shadow 200 UAV system are testaments to the talents of Canadians to innovate and deliver world-leading solutions. UVS Canada was formed to create the opportunity for Canadians working in all aspects of the unmanned vehicle systems field to easily reach each other.

UVS Canada, through its annual conferences and various student competitions, is helping to create opportuni-

ties for even greater success in Canadian UVS ventures. UVS Canada encourages Canadian students and young engineers to get involved in the field of unmanned systems.

It holds a bi-annual Student UAV Design/Build/Fly Competition, a Student Papers Competition, and in 2007 started the Mark Cuss Scholarship Fund to help young engineers interested in unmanned vehicle technology.

They also recognize organizations and individuals who have contributed to the advancement of the UVS Sector with awards presented at the annual conference.

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Image: Department of National Defence

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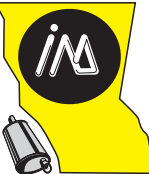
The Legion Service Bureau Command Service Officers are here to serve members of the Canadian Forces, Veterans, RCMP members, and their families while representing their interests in dealings with Veterans Affairs Canada (VAC) and the Veterans Review and Appeal Board (VRAB) in claiming disability benefits under the Pension Act or the New Veterans Charter.

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## Fredericton deploys to join SNMG1

**Virginia Beaton**  
Trident staff

HMCS *Fredericton* departed Halifax on the morning of Sunday, Oct. 25 for a six-month mission to the Arabian Sea and Indian Ocean as part of ongoing efforts to provide maritime security abroad.

Despite inclement weather that included heavy rain and high winds, family and friends gathered on the jetty to bid farewell to their loved ones. Under the command of the ship's Commanding Officer, Cdr Steve Waddell, *Fredericton* will be integrated into Standing NATO Maritime Group 1 (SNMG1), as part of Canada's ongoing naval contribution to NATO and will focus on counter-piracy.

The NATO maritime group is a multinational, integrated maritime force con-

sisting of vessels from NATO nations that train and operate together as a single team. *Fredericton* also will contribute to Combined Task Force 150 (CTF 150) as part of the campaign against terrorism. The CF maritime contribution is referred to as Operation Saiph.

The Task Force also is a multinational coalition fleet conducting maritime security operations in and around the Persian Gulf, the northern Arabian Sea, the Gulf of Oman, the Gulf of Aden, and parts of the Indian Ocean and the Red Sea.

Its mission is to work with coalition, regional and other partners to achieve a stable and secure maritime environment free from terrorism and related activities.

*Fredericton* deployed with a ship's company comprised of 245 officers and sailors, including a CH 124 Sea King helicopter and an air detachment.



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Julie Vincent, Naval Museum of Alberta

HCapt(N) Bill Wilson (right) receives the Admiral's Medal from the Lieutenant Governor of Alberta, Norman Kwong, during a ceremony at the Naval Museum of Alberta Oct. 21.

## Honorary Captain(N) Bill Wilson awarded Admiral's Medal

**Darlene Blakeley**  
CMS PA

Honorary Navy Captain Bill Wilson has added another prestigious award to his ever-growing collection.

During a ceremony at the Naval Museum of Alberta Oct. 21, the Lieutenant Governor of Alberta, Norman L. Kwong, presented him with the Admiral's Medal for 2008.

The medal was given: "in recognition of HCapt(N) Wilson's significant personal contribution to Canadian maritime affairs through his devotion to Canada's naval heritage, his support of the people who work to bring this information to Canadians, and his desire

to see the naval history of Canada take its rightful place in the minds of our citizens."

"I am obviously flattered to receive this award," said HCapt(N) Wilson, "but I feel that it is probably due to the development and success of the Naval Museum of Alberta. That being the case, I personally feel that I am receiving it on behalf of the entire Calgary naval community, and in particular the large number of dedicated volunteers, be they war vets, Reservists, cadets, or many others with no naval or military connection whatsoever. They are really doing a marvellous job and deserve a Bravo Zulu."

The Admirals' Medal

Foundation was created in 1985 in conjunction with the 75th anniversary of the navy. It was created as a tribute to three admirals: Vice-Admiral Rollo Mainguy, Rear-Admiral Victor Brodeur and Engineering Rear-Admiral George Stevens by their sons, Vice-Admirals Dan Mainguy, Nigel Brodeur and Robert Stevens.

Past winners have included leaders in the fields of Arctic exploration, electronic charting and navigation, maritime force development, maritime resource strategies, and history and heritage.

HCapt(N) Wilson is the 23rd recipient of the Admiral's Medal.



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# Long service DND employee receives national recognition

**Carmel Ecker**  
Staff writer

With nine months left in his 37-year career at CFB Esquimalt, Ron Holmes has hit a career high with a national award.

Holmes travelled to Ottawa for the presentation ceremony at the Canadian War Museum where he accepted the ADM (HR-Civ) Management of Human Resource Award from Deputy Minister of Defence Mr. Robert Fonberg and Chief of the Defence Staff Gen Walt Natynczyk.

To receive the award from such high profile members of the military community was an honour, he says.

The award recognizes Holmes' success in promoting Maritime Forces Pacific as an employer of choice.

With a long and happy career working in Dockyard, Holmes has been an ideal fit for the job.

Starting as an apprentice pipe fitter with Fleet Maintenance Facility Cape Breton (FMF CB), he worked his way into management over the next 25 years tackling issues of succession planning and the unpopular broader employability initiative.

In the midst of this, he was involved in the Federal Government Dockyard Trades and Labour Council for 20 years including six years on the executive.

Then three and a half years ago, Maritime Forces Pacific created the position for a Workforce Renewal Officer to battle the problem of attrition and retention throughout the DND workforce.

When the position came up, Holmes jumped at the chance.

He could see it would marry his talent for networking with his corporate knowledge and years of experience working for DND.

"Now I've got the chance to forge what my job is," he says.

His focus has been on three main tasks: create an aware-

ness plan about working for DND, learn the base units' needs in terms of manpower and establish a strategy to meet those needs, and build partnerships with internal and external associates.

It's a road that Holmes hopes will lead to the recruitment of new employees and the retention of current employees.

"We target critical shortage areas and form strategies for renewal and recruitment. It includes career fairs and outreach events that target the general public as well as Kindergarten to Grade 12, colleges and universities."

Part of his challenge has been making people aware of the large number of civilian jobs on the base.

Many people think military when they think DND, he says. So at career fairs, he sets up side by side with regular and reserve force displays to emphasize that DND is the civilian side of the operation.

Holmes' long-time relationship with youth sports teams has helped him with his classroom presentations and student recruitment events.

As a soccer and baseball coach for 40 years, Holmes has learned how to build relationships with his target audience on the job.

Holmes makes about six visits a year to grade schools, and eight to 10 visits to universities and colleges to talk about civilian careers with DND.

To boost his success he takes co-op students and apprentices with him to talk about their experiences. A more direct marketing approach of going into the classrooms is the next step for awareness.

Along with the traditional outreach of career fairs and school presentations, Holmes has worked on innovative initiatives to bring new employees to the base.

He's had several successes with new programs including one designed to target



**Ron Holmes**

minority groups.

The idea for this kind of program had been kicking around for several years, but there had never been resources to lead and implement the program, says Holmes.

Using the Aboriginal community as a pilot project, the FMF CB, with assistance from the J1 office, created the Employment Equity Trades Orientation Program.

Ten aboriginal youth spent 10 to 12 weeks sampling different trades at FMF CB this summer through job shadowing as paid trades helpers. The program also covered other skills such as safety training and tours of the base.

It was so well-received by employees and students alike that Dr. Neil McDonald, a leading authority on Aboriginal issues who had input to the Program, asked if he could use the program at a company in Alberta.

"It's a great compliment," says Holmes. "When other industries and provinces are picking up on the ideas, it's pretty neat."

Other innovative ideas that have developed under his watch include the Secondary School Apprenticeship Co-op Program, which gives high school students summer employment in the trades at FMF CB, and the revitalization of the post-secondary school coop program with the help of Margot Cutcher.

"The benefits of getting students in here are numerous. One is managers get to projects they normally can't get at and the youth and energy they bring to the job. A neat offshoot is the rejuvenation of the work force here."

Such results have motivated people in the formation to come up with new solutions to old problems.

"Everyone has seen the benefit of getting out of the box," says Holmes. "People are growing because of it. The sharing of ideas that's come from this is unreal."

Preparing to train his replacement this spring, Holmes hopes he's laid a solid foundation to build on.

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Immunization Nurse Marjie Hanks gives RAAdm Tyrone Pile, Commander Maritime Forces Pacific, the H1N1 shot in his briefing room at D100 last Tuesday. Mr. Pokey and a team of nurses from the CF Health Services Centre kicked off their immunization road show with a stop at D100 where members of the Maritime Forces Pacific Command team received the immunization shot. All military members are eligible to receive the shot, but may opt out if they wish. Because this strain of the flu is a pandemic, Immunization Nurse Marjie Hanks encourages everyone to get the shot to protect not only themselves but their fellow military members and family members.

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# Calgary dishes up fundraising at sea

**Shelley Lipke**  
Staff writer

As HMCS Calgary sails home to Esquimalt from South America, PO1 Line Laurendeau is hard at work coaxing dollars out of sailor's pockets in support of the 2009 Government of Canada Workplace Charitable Campaign.

With a pocket full of initiatives and 16 years of fundraising experience with the United Way, she's got the ship well on the way to making their deployment goal and having some fun at the same time.

"During the three months we are away we are hoping to raise a minimum of \$6,000 between people's contributions and the events that we host on board. I found that the best way to raise a successful campaign is to host fun events and get the sailors involved," she says.

Many people have stepped up to help in a number of ways. "This is the first ship that I've been on that I don't have to ask people for help. They just show up."

Whether it's a little taste of home on the steam line with Tim Horton's coffee mornings or ice cream sundae parties at sea, six or more volunteers gladly dress up in costumes, and with smiling faces join her in her efforts.

In the flats of the ship, dressed as Jamaicans with floatie toys, they hand out hotdogs for twoonsies.



Shelley Lipke, Lookout

**Two sailors try a little Jamaican rub during a fundraising breakfast.**

"It's for the kids," echoes through the flats as sailors reach into their pockets to donate.

"To date we've raised over \$2,300. Every Wednesday we have a different theme night. Our volunteers dress up as hockey players, in their pajamas or as a superhero to sell hotdogs. We started our fundraising on Sept. 15 this year and with our crew of 224 we are doing well," she said.

Aside from hotdog and pizza nights, PO1 Laurendeau is hosting an Italian night. "It will include an appetizer and dessert and the table will be decorated with a nice tablecloth. I'm trying to get

some Italian music so it will be like a restaurant and the servers will dress up as Italian servers."

The ship's head shave event was a huge success with donations raised to see people clipped. "A minimum bid is set by the person who is about to be shaved. Once this goal is reached or exceeded their head is shaved," said PO1 Laurendeau. "For a certain amount of money people will do anything."

During this event OS James Houghton raised \$905 and exceeded his goal of \$150 within just four hours. CPO2 Charles Kuyper raised \$170 and PO1 Frederick Roussel raised \$227.

Events to come for the crew include a meal that allows the highest bidder to eat dinner with the Commanding Officer in his cabin, have your boss do your daily cleaning station, and be the boss of your

department for a day. "This one is very popular because people end up paying quite a bit to be able to tell their boss what to do," says PO1 Laurendeau with a smile.

On the way back home,, the highest bidder will win the right to fly home from San Diego and skip the last two weeks on the ship.

With all their fundraising at sea, each sailor has the opportunity to choose the charity their donation goes to.

"Multiple Sclerosis touches me because my best friend was found with it four years ago and this taught me that you never know what life will bring to you, so I always contribute to it," said PO1 Laurendeau. "People generally contribute to a charity because of a relative or a person in their family has experienced it and people like the opportunity to direct their money where they would like to see it go."



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# MFRC

## Ladies in the military community kick up their feet for a day of rest

**Jon Chabun**  
MFRC

On Saturday Nov. 7, women in the military community will come together for the 19th annual Esquimalt Military Family Resource Centre women's conference.

Pacific Women's Day is a women-only retreat for military spouses/partners, military members and DND civilians. From 8:30 a.m. to 4:30 p.m. at the Inn at Laurel Point (680 Montreal Street), participants will engage in workshops and activities geared to relaxing the body and re-energizing the spirit.

"It's a day of indulgence," says Sara Mansi, event organizer. "You can look at how to lead a healthier lifestyle, work out tension with a nice massage, explore humour as a strategy to wellness, learn the basics of wine tasting and food pair-

ing, unlock strategies for achieving optimal energy in work and life, or how to de-stress your body and mind through massage and aromatic oils. We've had a great response so far and I know it will be an incredible day."

Workshops include: Energy Management, Wine Pairing, Thai Cooking, Laughing Matters, Spa Experience, Aromatherapy, Custom made Bath Bombs, Flower Arranging, Mind and Body Balance and Running Clinic.

"(It's) a day away from my kids and work," says Shelley Wright, the winner of the prize for early registration. "It's a chance to connect with people I haven't seen in a while and have a fun day out."

Wright will also reveal her new look at the event. As the early bird winner, she got two hours of personal shopping and \$800 worth of clothing, accessories, makeup, and hair.

Kimberly Law of Personal Impact International will deliver a keynote address. She will explore a few simple tricks to help participants look like a million, even on a budget. Law is one of only 125 image consultants worldwide recognized as a Certified Image Professional.

Door prizes for the event include a weekend stay at Tigh-na-mara resort with two passes to the grotto spa courtesy of the Lookout, a Robert Bateman print courtesy of Royal Roads University, and a \$500 gift basket courtesy of HBC.

Pacific Women's Day costs \$55 and includes three workshops, the keynote speaker, and a buffet lunch (\$65 for non-military). This event is brought to you by Royal Roads University and the Esquimalt Military Family Resource Centre. For more information or to register, call 250-363-2640.

## Support group launched for DND

**Jon Chabun**  
MFRC

The Esquimalt Military Family Resource Centre (MFRC), in collaboration with Parent Support Services Society of B.C., will launch a parent support circle for military families on Nov. 4.

This free and confidential group gives parents the opportunity to share their feelings, ideas and resources in a participant-driven environment.

"Parenting is a challenge but parenting in a military family can provide other challenges," says Sarah Jenkinson, the MFRC's Intake and Assessment Coordinator. "This is a great

opportunity to make connections with other parents who share similar challenges and experiences."

Parent Support Services of B.C. has run self-help support groups for parents throughout British Columbia for the past 35 years.

"The feedback from participants has been wonderful," says Debra Whitman from Parent Support Services Society of B.C. "They say they become better parents. They learn better communication skills with their kids. They don't feel as isolated."

Facilitators do not run or teach the group. Rather, these support circles follow a self-help model. Participants

help co-create the group and decide together how the facilitators can best serve the needs of the group as a whole. Facilitators support the vision of each group by organizing the setting and format in a way that conforms to the vision of the participants. By sharing their experiences, both the successes and the challenges, circle participants discover their own unique way of being the best parents that they can be. Circle facilitators are volunteers from the community trained in communication, listening and facilitation.

"It is a safe and confidential place to share challenges," continues Whitman. "Parents may have a lot of

expertise and not know it."

For more information on the Esquimalt MFRC or the Parent Support Circle, please visit [www.esquimalt-mfrc.com](http://www.esquimalt-mfrc.com).

**Parent Support Circles for Military Families**

Wednesdays  
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Interested parties can call 250-363-2640, provide their contact information and a support circle facilitator will follow up with them.

Child care is available for participants at a cost of \$3.00 per hour through casual child care. Parents can book a space at a minimum of one week in advance.

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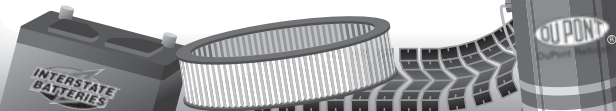
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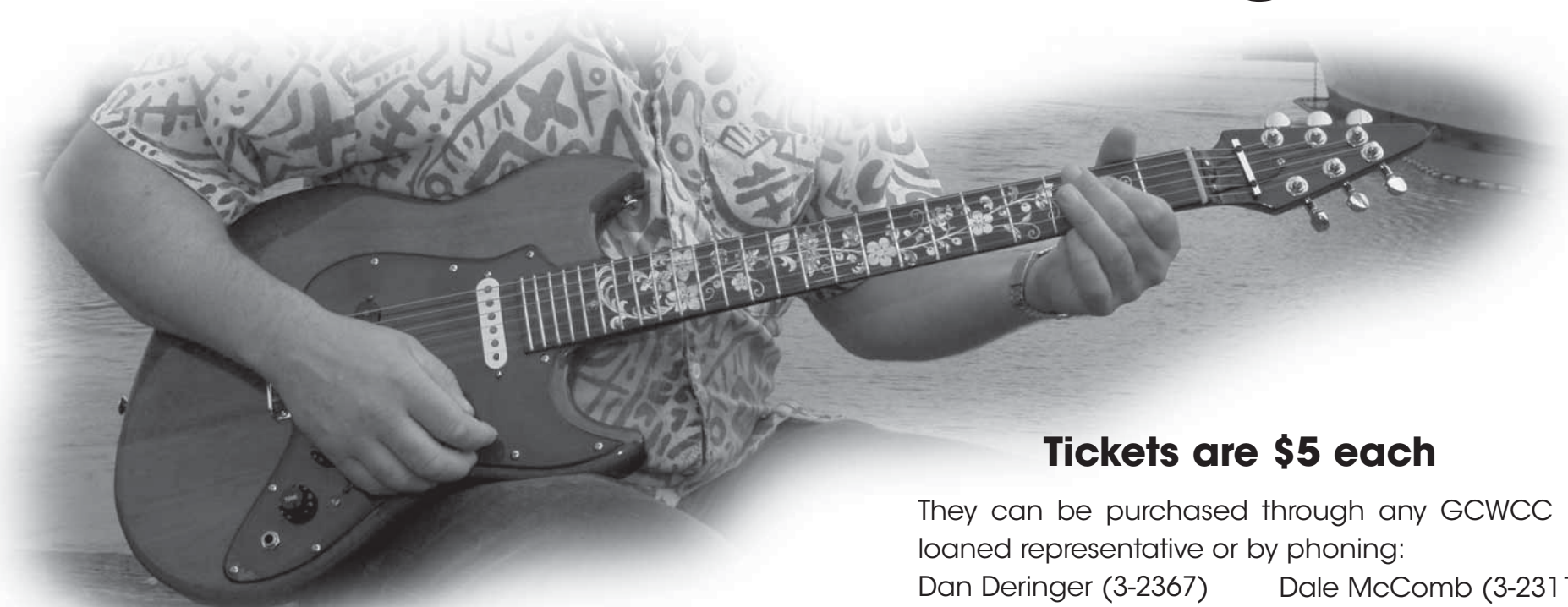
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- Dianne Blanchard (3-5851)



Carmel Ecker, Lookout

HCapt(N) Cedric Steele and 100.3 The Q radio announcer Cliff LeQuerne present the game trophy to the captain of the Media Hockey team, Andrea Boyes of CFX 1070. Maritime Forces Pacific hosted the third annual MARPAC-Media Hockey Challenge at Wurtele Arena in support of the Government of Canada Workplace Charitable Campaign-United Way. The navy worked hard to defend last year's win, but came up short losing 6-4.



OS Adrian Jack of HMCS Regina claims his prize won through a draw at last Monday's Media Challenge hockey game. The tickets were donated by the Times Colonist and presented by Capt Darin Guenette, Base Public Affairs Officer. The event and money raised were in support of MARPAC's Government of Canada Workplace Charitable Campaign (GCWCC). OS Jack will take his friend Michelle to the Canucks vs. Flames match scheduled for Saturday, Jan. 9, 2010.

"This is the best \$10 investment that I have ever made," said OS Jack. "I am a huge Flames fan and I'm looking forward to wearing my jersey and cheering on my team in an inhospitable venue."

**CANADIAN FORCES SAILING ASSOCIATION**

**Results of Series Race E7, Oct. 25**

- Div 1  
 1. XS, Colin Nichols  
 2. Feisty, Ed and Pauline Haines  
 3. Presto, Rodger Brady

- Div 2.  
 1. Hilda Harris, John Pirquet  
 2. Orca, Max Brown  
 3. Pzaz, Jack Tillmans

- Div 3.  
 1. White Pearl, Barry White

**Results of Series Race E8, Oct. 25**

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

- Div 2.  
 1. Orca, Max Brown

2. Hilda Harris, Jon Pirquet  
 3. Pzaz, Jack Tillmans

- Div 3  
 1. White Pearl, Barry White

- Overall results of E Series**  
 Div 1  
 1. Compromise, Glen Shippam  
 2. Feisty, Ed and Pauline Haines and Presto, Rodger Brady (tie)  
 3. White Wave, Jon Richardson

- Div 2  
 1. Pzaz, Jack Tillmans  
 2. SeaQuin IV, Lesley Quin  
 3. Pitaraq, Graham Heath

- Div 3  
 1. White Pearl, Barry White  
 2. Still Squeezin', Mike Becevel  
 3. Dee Jay, Patrick Contant

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