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DND breaks ground on new housing units



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Telephone life savers



Sign of the times



Cpl Roderick Hopp, Imaging Services Esquimalt

RAdm Tyrone Pile (centre), Commander Maritime Forces Pacific/Joint Task Force Pacific (JTFP), along with Capt(N) Richard Harrison (second from right) of JTFP, unveil the new Canadian Naval Centennial road sign. Joining them are CPO1 Mark Moger (right), Cdr Antony Derosenroll (left) and A/SLt Joseph Mallet (second from left).

Navy Centennial promotion hits the road

Shelley Lipke
Staff writer

Four new road signs to inform passing motorists of the upcoming naval centennial celebrations were recently erected on local highways in Victoria and Vancouver.

On Nov 18, RAdm Tyrone Pile, Commander Maritime Forces Pacific (MARPAC), officially unveiled the Trans Canada / Helmcken Road sign in front of representatives from Mainroad South Island Highway Contracting Ltd., Ministry of Transport and Infrastructure (MTI)

and Canadian Naval Centennial representatives.

The project came to life following discussions between the Canadian Naval Centennial and Base Construction Engineering (BCE) staff to add onto the existing "Welcome to Victoria Home of the Pacific Fleet" signs. The final result of the discussions was to create individual signs designed and produced by Jason Wilmot of the BCE sign shop.

David Gregory, Property Officer with the BCE Real Estate Service Office, spoke with the MTI about

placement of individual signs close to the "Welcome to Victoria - Home of the Pacific Fleet" signs. The other Victoria sign is located on the Pat Bay Highway at Beaver Lake.

Gregory also spoke with the MTI mainland staff who agreed to two sign installations in the Vancouver area.

"There is one on the Tsawwassen causeway on the way to the B.C. Ferries terminal and one at the intersection of Highways One and 99 near the Horseshoe Bay Ferry Terminal. The signs are identical and display the invitation 'Come

Celebrate with Us in Victoria' along with the centennial logo and website for motorists to later visit to view details of the events," says Gregory.

The addition of these signs will help raise public awareness of the celebrations since an average of 35,000 motorists in Victoria use the highways. "This is a good opportunity to promote the naval centennial to tourists coming down the highways," Gregory says.

Information on the activities surrounding the centennial and the events across Canada can be seen on www.navy.forces.gc.ca/centennial.

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Construction underway for new duplex housing

Shelley Lipke
Staff writer

The future of residential housing units is shaping up.

Construction on a duplex in Belmont Park broke ground on Nov. 18 on Forward Drive, which will serve as a prototype for future development of Canadian Forces Housing Agency (CFHA) homes.

RAdm Tyrone Pile, Commander Maritime Forces Pacific / Joint Task Force Pacific, and Base Commander Capt(N) Marcel Hallé stood on the future site with representatives from Perma Construction, CFHA and Defence Construction Canada (DCC) and declared construction underway.

"The construction of this duplex is an important step in providing modern, affordable housing for CF members," said RAdm Pile.

The contemporary two storey pilot project is expected to be completed by March 2010 and features 1,400 square feet, three bedrooms, two and a half bathrooms, a full base-

ment, large storage spaces and an energy efficient design.

"The construction of the prototype unit in Belmont Park represents a step towards achieving the Canadian Forces Housing Agency's goal of providing a modern and suitable housing portfolio that meets the evolving needs of the Canadian Forces," said Kristen Bustard, Communications Officer for CFHA.

Constructing prototype units such as this duplex allow for the designs and costs to be tested in advance of large multi-year redevelopment project, which are proposed in many of DND's residential housing locations, said Bustard.

The last residential housing unit built at CFB Esquimalt was a modular home in the 1980s.

The new duplex replaces two residential housing units that were removed from the portfolio: an Albert Head property was returned to the base for use as office accommodation and a Royal Roads unit was damaged beyond repair.

With the new duplex

comes increased rent.

"Since current rents are based on the type and age of house available to CF members, their current size, style and age have kept rates low compared to more modern units on the economy," said LCdr Daniel Bouchard, Base Personnel Services Officer.

Because rents are based on market value, it's yet to be seen if military personnel will pay more to live in a modern, contemporary home.

"Current market conditions in Victoria, from both an affordability and accessibility assessment, continue to be a major issue for personnel posted at CFB Esquimalt, especially junior CF members," said LCdr Bouchard. "There is, therefore, a risk that when contemporary residential housing units are built, their higher market rental rates may not be as palatable for CF members."

With a CFHA residential housing unit vacancy rate of less than one per cent and a waiting list of approximately 100 members, there is an apparent need to maintain the cur-



Shelley Lipke, Lookout

CPO1 Mike Miller, LCdr Daniel Bouchard, Anne Corkery, RAdm Tyrone Pile, Capt(N) Marcel Hallé, CPO1 Robert Cookson, Rick Gudz, Scott Sjerven, Charles Smith and Rocky Patterson hold construction tools posing for a photo at the site of the future duplex.

rent Crown-owned portfolio, and this new duplex will help test the elasticity of the market, he said.

Future developments can use this base design and could include adding a carport, basement or even turn the duplex into a multiplex dwelling.

The construction contract has been awarded to

Perma Construction Ltd, a local Victoria firm.

Anne Corkery, acting manager of the CFHA at CFB Esquimalt, reports that on average people live in residential houses for two to three years before they either buy a home or are posted elsewhere.

CFB Esquimalt's housing portfolio consists of

709 residential housing units in eight residential housing sites within a 25 kilometre radius of Naden including: Rocky Point (17 units), Colwood (3 units), Royal Roads (21 units), Dockyard (7 units), Work Point (175 units), Signal Hill (20 units), Naden (21 units), and Belmont Park (445 units).

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GCWCC: CAMPAIGN UPDATE

From the Base Commander

Capt(N) Marcel Hallé

Base Commander and GCWCC Campaign Chair

As I read the *Times Colonist* two weeks ago I was moved by the article on Nov. 12, "For young homeless, a book lights the way," by Judith Lavoie, A4, that singled out Victoria as having the highest youth poverty rate in Canada.

As the father of three teenage children I could not bear to imagine my 12- and 15-year-old daughters or my 17-year-old son living homeless on the street. Unfortunately, this is the reality for some families; homelessness in our affluent community truly represents a sad situation that we must continue to work hard to rectify.

Know that your charitable gifts make a difference to these children, like the many success stories that have already occurred where hope and a fresh start has been provided to several teens through the many agencies supported by the Greater Victoria United Way.

As Campaign Chair, I commend you all for your enthusiasm, participation and dedication in making this "Olympic" year's Government of Canada Workplace Charitable Campaign (GCWCC) exciting. There have definitely been ample opportunities to participate - we began with a fantastic kickoff that saw our Defence Team athletes compete in our own Olympics, followed by a hard fought MARPAC-Media Hockey Challenge that was unfortunately won by the other team, plus the many draws, auctions and raffles that have all provided chances for everyone to get involved and win some great prizes all in support of a worthy cause.

Add to this the impressive stream of



Capt(N) Marcel Hallé

great stories that I have heard about creative and productive unit kick-offs and initiatives. I cannot help but feel that fun and teambuilding are alive and well throughout this year's campaign.

The two priorities that I communicated at the beginning of the GCWCC/United Way campaign was for everyone in the Formation to increase their awareness of how great the need is within the community (teen homelessness being but only one of many needs); and secondly that

I commend you all for your enthusiasm, participation and dedication in making this "Olympic" year's Government of Canada Workplace Charitable Campaign exciting.

you be provided the opportunity to participate.

As we enter the last half of the campaign over 70 per cent of the Defence Team has been canvassed to date and we are currently beyond 65 per cent of our \$700,000 goal. Much work is left to be done, and despite the concerted effort required to ensure we reach our goal, I'm confident that you, the generous members of the MARPAC/JTF(P) Defence Team, will keep "Going for Gold" until we get there. You've always found a way to do this in the past in response to ensuring the urgent needs of the community are met.

For those of you that have made a gift donation, the community and I thank you for your ongoing generosity.

For those that have not been given the opportunity to participate, I encourage you to see your GCWCC unit representative. If you don't know who your unit rep is go to the GCWCC website on the Splash Screen and follow the links to find out. For those that have already been asked to participate and have declined, it's not too late to change your mind and I encourage you to contact your unit rep.

I continue to be amazed and impressed at how philanthropic and selfless you, the MARPAC/JTF(P) Defence Team, so willingly and readily step up to the plate in helping to make our community a better place. As we work together in supporting the collaborative efforts of the many agencies that are supported by the United Way and HealthPartners, know that your contributions are making a difference.

Thanks for your generosity and ongoing support - reaching Gold is certainly within our grasp.

Base Taxi Service

for Naden, Dockyard & WorkPoint

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Floyd's Diner: Any who submit - or have already submitted - their GCWCC-United Way gift form (any amount) to their unit representative by Nov. 25 will be automatically entered into a draw for a \$100 gift certificate to Floyd's Diner.

One night accommodation for two at The Chateau Victoria: The daily quarter and dime left in your pocket can win you a night away. Anyone who personally donates \$120 or more (\$32 a day) to the MARPAC 2009 GCWCC-United Way campaign by Nov. 25 will be

automatically entered into the draw for one night's accommodation for two at the Chateau Victoria.

Round trip for two between Victoria and Seattle on the Clipper or a one night stay for two at The Victoria Hotel Grand Pacific: For less than what you are likely spending on daily coffee, you could double your chances to win a trip or a night away. Anyone who personally donates \$500 or more to MARPAC 2009 GCWCC-United Way campaign by Nov. 25 will be automatically entered into the draw for a round trip for two

to Seattle, WA on the Clipper or a one night stay in one of the Victoria Hotel Grand Pacific's deluxe guestrooms.

Any unit achieving 70 per cent or more in total pledge participation will be entered into a draw to win a prize that they may in turn draw for from within their unit.

For more info, please contact Vicki Ilkka, Campaign Coordinator, ilkka.vi@forces.gc.ca or (250) 363-2595 or visit the internal MARPAC 2009 GCWCC-United Way website <http://local.esquimalt.mil.ca/unitedway/>

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matters of OPINION

BOOK Review

Photo essay of wartime Halifax fascinating

Halifax was a city at war from September 1939 to May 1945. Residents and military personnel alike encountered a city of wartime shortages, bristling with defences, on guard against attack, with enemy warships nearby.

Historian William Naftel told the story of Halifax's wartime experiences last fall in a triple award-winning book *Halifax at War: Searchlights, squadrons and submarines 1939-1945*. This fall he returns with a companion volume and instead of telling us about the city's experiences, he shows us what happened.

In this new book, Naftel has gathered 150-plus photographs of wartime Halifax. Most have never been seen before. For anyone familiar with photos and documentary films about the war, the book is a revelation. There are images of bustling shipyards, convoys and cadets, parades, long line ups at movie theatres and crowded restaurants. They look more like London during the war than anything that happened in Canada.

"The war had a dramatic effect on Halifax," says Naftel. "Because the city was a vital naval base and played a key role in getting supplies

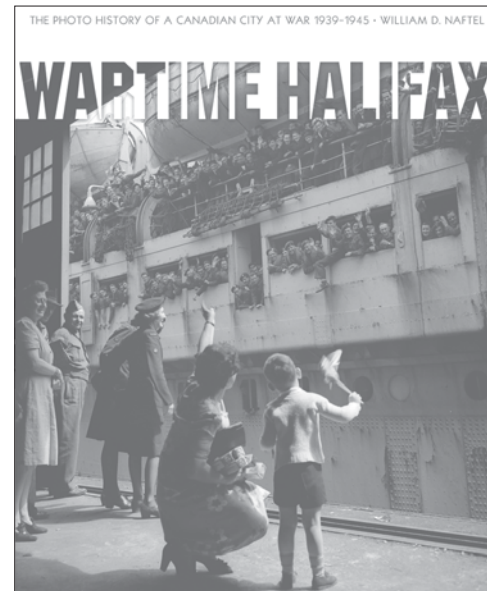
to Great Britain, blackouts, enemy ships just offshore, and worries about raids and attacks became part of daily life for Halifax's citizens."

The book also documents the effect of the war on Halifax's children and civilians, who found their city constantly full of soldiers, sailors, airmen and merchant seamen who passed through Halifax on their way to or from Europe.

At the time, Canadians outside of Halifax knew little of what was happening. Press censorship kept much information out of the media; Halifax was rarely referred to by name. When necessary, it was simply called "an East Coast port." As a result, Canadians had little appreciation of the sacrifices and stresses Halifax experienced. That lack of information persists today in the work of many military histories of the war.

For anyone who has a family member who lived or spent time in Halifax during the war, *Wartime Halifax* offers a fascinating view of their wartime experiences.

About the author: William D. Naftel was a historian and regional manager with Parks Canada for 30 years, in Ottawa and Nova



Scotia. He is the author of *Prince Edward's Legacy and Halifax at War*, winner of the Dartmouth Book Award for Non-fiction, the Democracy 250 Atlantic Book Award for Historical Writing and the Evelyn Richardson Award for Non-fiction. He lives in Halifax.

WHAT SAY YOU

Support greatly appreciated

On behalf of our family and myself, I would like to thank all those who helped us during the very difficult time following the death of my daughter, OS Heidi Clow.

The assistance and concern we received from all levels of the chain of command were greatly appreciated.

From the musicians who played at the chapel, Lt(N) Bowditch, the honour guard and those who helped with her photos, your kindness will not be forgotten. The cards, phone calls, emails, flowers and other shows of support were over-whelming and touched us more than I can say.

I would especially like to thank Lt(N) Matt Hardy and PO1 Darrell Colley of HMCS *Algonquin* who were there for us from the beginning and eased our burden considerably.

Thank you so very much.

LS Patricia Clow

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Cheer on your teams

Basketball

The CFB Esquimalt Tritons Men's Basketball team is playing in the regional finals against 19 Wing Comox with home court advantage at the Naden Athletic Centre this weekend.

Opening ceremonies start at 3 p.m. Friday, Nov. 27 in the gym. Base Commander Capt(N) Marcel Hallé will open the best of three tournament by taking the first free throw and welcoming the teams and spectators to the event.

Come on out and cheer on your Men's Tritons in their hope of representing the Pacific Region at the National Finals Games times:
Friday Nov. 27, 3:30 p.m.
Saturday Nov. 28, 2:30 p.m.
Sunday Nov. 29, 10 a.m. (if needed)

Hockey

The Pacific Region Men's, Women's, and Old Timer's Hockey Championships are being held Dec. 1-5 at Wurtele Arena. Bring your pom-poms and cheer on the Esquimalt Tritons.

Games times:
Dec. 1
2 p.m. Opening Ceremonies
2:45 p.m. Men's Game #1
Dec. 2
9 a.m. Women's #1
2 p.m. OT #1
7 p.m. Men's #2
Dec. 3
9 a.m. OT #2
2 p.m. Men's #3
7 p.m. Women's #2
Dec. 4
9 a.m. Men's Semi Final
2 p.m. Women's #3 (If needed)
7 p.m. OT's #3 (If needed)
Dec. 5
9 a.m. Men's Finals

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The Old Car Detective

Bill Sherkh



Al "Fireball" Rouhinen's 1940 Ford coupe

Al Rouhinen has always been crazy about cars. When he was 15 and living in the east end of Toronto, he hot-wired his dad's 1951 Meteor with cigarette paper and took it out for a spin. He smashed the front end against two cedar fence posts and had to pay for the damage with money earned on his paper route.

Al's first car that actually ran was a 1940 Ford coupe he bought for \$100.00. It was powered by a '53 Mercury flat-head and the body was in red primer. He was risking a change of address by buying the '40 because his dad had told him he would be thrown out of the house if he bought a car. Al asked Martti Leivo's parents if he could sleep in their basement, then he drove the '40 home and showed it to his dad. Luckily, his dad had owned a 1941 Studebaker just before Al was born and so a '40 Ford was OK. Al was allowed to keep it.

Martti's dad had owned a '48 Plymouth years earlier. It was now long gone but the radio was still in the Leivo basement. It ended up slung under the dash of Al's '40 coupe and it blasted away with all the latest rock 'n' roll.

Al and Martti drove the '40 to Detroit on the Labour Day weekend in 1960 to attend the National Drags at the Detroit Dragway at Sibley and Dix. A fellow from New Mexico was there with a louver press set up right beside the drag strip. Al couldn't resist, and for only ten cents apiece, his hood was stamped with 106 louvers. His '40 Ford coupe now looked very intimidating. But the louvers were a nuisance on rainy days. Water would get into the engine and make it hard to start.

Hungry for more horsepower, Al picked up a "283" small block Chevy from a wrecking yard, then took it to an engine shop in the east end of Toronto where it



In June 1960, young Al Rouhinen draped himself across the front fender of his tough looking '40 Ford coupe with naked red rims and Canadian Tire portawalls – the perfect car for a 19-year-old hot rodder 49 years ago. For several years Al operated Draggin' Unlimited, a speed equipment store at St. Clair and O'Connor in the east end of Toronto.

was machined to perfection. But before the engine was ready for the road, Al sold his '40 Ford coupe and the engine ended up in a '55 Chev that Al purchased from Humberview Motors in the west end of Toronto in 1962. Another story...

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

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ANSWERS ON PAGE 15

Level: Beginner

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A/SLt Mark Fifield, Navy Public Affairs

SLt Kelsey Dauphinee (left) and LS Michael Pinkus (right) of HMCS Algonquin's Naval Boarding Party move into position on the deck of U.S. Navy training ship MV Atlas during a boarding party exercise as Algonquin waits the background.

Algonquin fights through adversity

A/SLt Mark Fifield
HMCS Algonquin

In late October, just before *HMCS Algonquin* sailed to San Diego to participate in a task group exercise with *HMCS Protecteur* and ships from the U.S. Navy, the crew conducted work ups in extreme conditions.

Work ups are a high intensity series of drills and evolutions run by Sea Training Pacific staff, designed to prepare the ship's company for an extended deployment or mission overseas. Sailors expect constant stress, little sleep, and plenty of hard work.

At any moment the crew could be required to respond to simulated emergencies such as fires, floods, engineering breakdowns, or even an enemy attack on the ship resulting in mass casualties.

In addition to these emergencies, the crew must continue to provide services and logistical support. Even during high tempo operations, sailors still need to eat, sleep and pay the bills back home.

However, for *Algonquin's* crew, the challenges and hardships broadened when flu-like symptoms appeared and the sick bay grew busier by the hour. The sick were confined to their quarters to rest and were temporarily excused from their duties.

If that wasn't enough to deal with, the weather decided to up the ante with gale force winds and a sea state of seven. Anyone who has sailed in a destroyer knows it rocks and rolls during bad weather.

Seasickness was rampant throughout the ship and further depleted the crew,

meaning the healthy were required to work longer hours and extra watches to fill the void.

Not only did the crew have its troubles, the ship itself also had an engineering breakdown in the steering compartment, which necessitated a return to port in order to resolve the problem. Upon coming alongside C Jetty, the morale of the crew was lifted by an impromptu banyan on the flight deck before they headed ashore for a much appreciated two days of Sunday routine.

"In my three decades in the navy I have never seen such a challenging start to workups like this one," said Algonquin's Coxswain, CPO1 Vital Syard.

On Friday, Nov. 6, *Algonquin* departed Esquimalt Harbour once again, the crew more determined than ever to press on and continue the work-ups. Because the ship had lost so much time during the first phase of work-ups, the pace of the training schedule was accelerated by Sea Training. This was done to ensure all drills and evolutions would be completed prior to the ship arriving in San Diego.

The ship's company rolled with the punches and worked together as a cohesive unit in order to finish each task. At one point, many sailors claimed to hear the dreaded "Bong Bongs" in their sleep. However at the end of every day, all fires were extinguished and floods were stemmed, equipment was repaired, casualties were treated, and skills in various evolutions were honed and perfected.



A/SLt Mark Fifield, Navy Public Affairs

OS Geneviève Emilie Richard, a Resource Management Support Clerk, administers first aid to a casualty who fell down a ladder in HMCS Algonquin.

"Most impressive was the fact that the ship's technical readiness actually improved each day during work-ups thanks to the crew's hard work and talent for improvising repairs," said *Algonquin's* Commanding Officer, Cdr Angus Topshee.

Algonquin and *Protecteur* are currently sailing off the coast of Southern California.

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Mary Ellen Green, Lookout
Capt(N) Martin Adamson, Commanding Officer of Fleet Maintenance Facility Cape Breton, is the first to have a 911 Location Label installed on his desk by Safety and Environment Manager Ron Durdle.

Knowing location can save lives in emergency

Mary Ellen Green
 Staff writer

A label the size of a note pad could mean the difference between life and death for Fleet Maintenance Facility Cape Breton (FMF CB) employees.

The unit's Joint Occupational Safety Health and Environment (JOSHE) committee #3 and safety team recently developed 911 location labels that will reside next to every phone in FMF CB's shops and offices.

The label provides the caller with the necessary information to lead emergency first responders directly to the incident location so valuable time is not wasted.

"Due to our business here at FMF CB, our people often have to go to other shops and buildings," said Safety and Environment Manager Ron Durdle. "They could easily walk into an emergency situation and be asked to call 911. It sounds easy, but it can be very stressful. People don't always know what to do or what to say."

An example of what a caller would say is: "I am located at Canadian Forces Base Esquimalt, Victoria B.C., building Dockyard 250, Area B, Sheet Metal Shop, Main Floor south end. My nearest access door is # 22. This phone number is 250-363-2215."

The label also provides the caller with tips such as: Provide the following: your name, your location, and assistance required. Follow all 911 operator directions

and never hang up.

All 911 calls from a land-line at CFB Esquimalt go to the Base Fire Hall, and from there they are dispatched to the appropriate fire, police or paramedic agency. Although some of the label information may be redundant for the Base Fire Hall, B.C. Ambulance and other agencies aren't as familiar with the base's units and buildings.

The idea for the 911

Location Labels first came up during a new employee indoctrination program, when the group was discussing procedures for calling 911. Someone asked, "How do I know where I am?"

Later, the JOSHE committee #3 were discussing an accident report in which a unit member experienced difficulty directing first responders to the accident location. The 911 Location Labels were brought up

again, this time in the presence of Ron Durdle, who helped spearhead the project.

Group Manager # 3 Ian Birnie allocated staff and hours to bring the project to reality. Prototypes were designed and Quinn New, a painter apprentice working in FMF CB's sign shop, was given the task of creating the labels. It was a training project that allowed New the opportunity to become more familiar with the software and gain valuable experience in a worthwhile project.

The 911 Location Labels are in the process of being printed and installed near all phones in the unit. The project should be complete by the New Year.

"Even if it only works one time it's worth it," Durdle said. "But hopefully they will never have to be used."

Our people often have to go to other shops. They could easily walk into an emergency situation and be asked to call 911. It sounds easy, but it can be very stressful. People don't always know what to do or what to say.

-Ron Durdle
 Safety Officer

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Induced coma has worked

Mary Ellen Green
Staff writer

After a risky medical procedure, Fern Kwantes is living nearly pain free.

The military spouse travelled to Mexico in September and underwent an induced coma to reduce her agony caused by Complex Regional Pain Syndrome (also known as Reflex Sympathetic Dystrophy or RSD), which had crippled her for the last six years.

"When she awoke, she was in a lot of pain because being in a coma for that long is very hard on your body, but the RSD pain had almost completely vanished. It was an awesome thing," said her husband, LS Theo Kwantes, who works as a clerk at Canadian Fleet Pacific Headquarters.

LS Kwantes stayed by his wife's bedside holding her hand and whispering words of support as she endured the 13-day coma.

The coma reset her nerves, which had been switched on, and remained on, for the last six years. When she awoke, the chronic pain she'd known for too long was nearly gone.

"It does have a tendency to creep back in," LS Kwantes said. "That's why Fern needs a series of regular booster treatments here in Victoria."

The original plan was for Fern to undergo a five-day treatment, but when she awoke from the coma after the first five days, she had a severe throat infection that left her unable to breathe on her own.

The doctors made the decision to put her under again until the swelling in her throat went down enough for Fern to be taken off a respirator.



LS Theo Kwantes pushes his wife Fern Kwantes through the arrivals area of Victoria International Airport as the couple returned home after Fern's risky but successful surgery in Mexico.

"When she awoke she had no idea she had missed an extra week," LS Kwantes said.

The coma and the related expenses cost the Kwantes family approximately \$75,000. However, \$57,276 is covered by fundraising from her supporters across the country and around the world. The Kwantes family still needs over \$15,000 to cover the costs of the coma treatment and future medical treatments. Her recovery includes retraining her brain to interpret pain signals as normal, and will probably take at least two years.

"We are very grateful to the people who've donated so far, and to the members of Christ Community Church who prepare meals for our

family and drive Fern to her physiotherapy sessions at the local pool," LS Kwantes said. "Hope is allowing Fern to be happy. We were at a point before where it looked as though nothing could be done. She's in markedly less pain, and pain isn't the filter she experiences life through anymore. When she woke up she looked like she had lost 10 years off her face and when she smiles, she actually looks happy."

A website has been set up for people to track the fundraising progress: www.faithforfern.com.

A Facebook group has also been set up under the same name. The Facebook group has regular updates from Fern herself and the Kwantes family supporters.

Food drive underway on base

Shelley Lipke
Staff Writer

With Christmas quickly approaching, DND personnel are being asked to help make the holiday season a little brighter for those in need, and help stock the shelves of the Mustard Seed Food Bank.

Until 2 p.m. on Dec. 18, non-perishable food items can be dropped off in the gift-wrapped boxes set up in the foyer of the Naden Athletic Centre and below the window in the Dockyard Gym.

"It's nice to give to those who are less fortunate and it's equally nice to see the formation community pull together and help those people in need," said food drive organizer Jillian Alexander. "If each person gives a little bit it's easy to help

make a difference."

The Mustard Seed Food Bank has thanked the DND community in advance for their initiative with this idea, and their support.

While they will accept any food items, this season they are especially low on supplies of peanut butter, powdered milk, rice, macaroni, canned fish, vegetable juice, dried peas and beans, fruit juice, and cans or jars of baby food.

When speaking to the staff at Mustard Seed Food Bank, Alexander learned that supplies run scarce in the summer months and that June is a time of especially low stock, so she hopes to host the food drive twice a year. For now hopes the Christmas Food Drive is a successful campaign representing the CFB Esquimalt community.

CANADIAN NAVAL CENTENNIAL: 100 YEARS IN PRINT

Navy launches coffee table book

Darlene Blakeley
CMS PA

A lavishly illustrated commemorative coffee table book celebrating the 100th anniversary of the navy was launched in Ottawa Nov. 16.

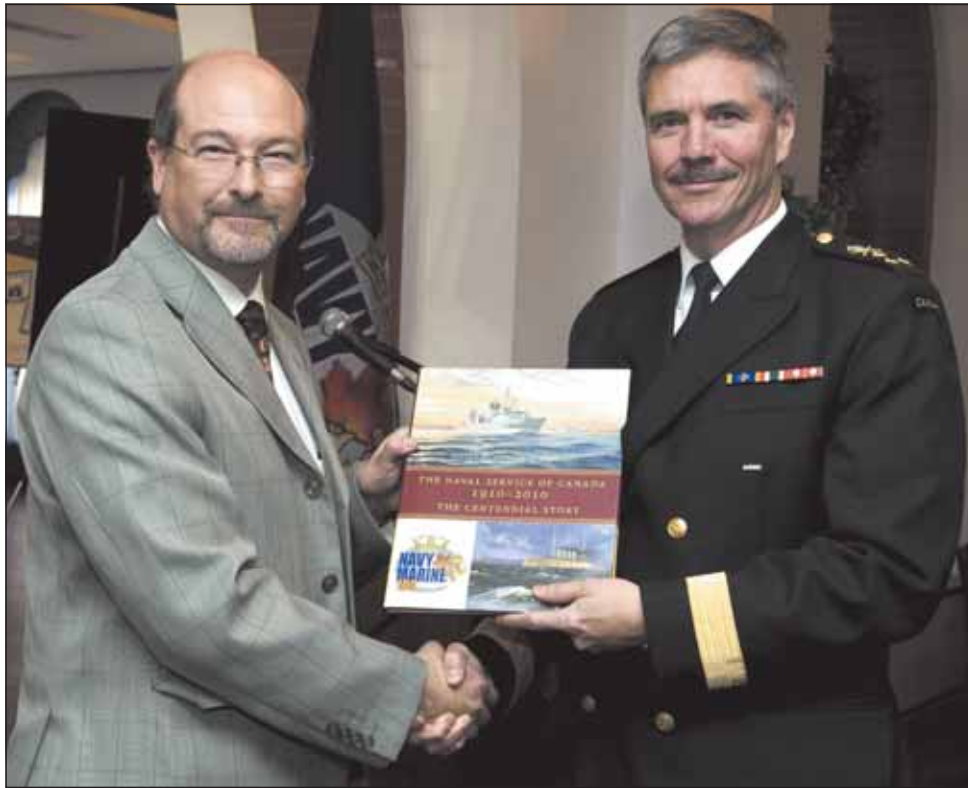
Edited by Maritime Command historian Dr. Rich Gimblett, the volume chronicles a full century of naval service from its origins through to the present, and includes a special section on naval war art. The book incorporates the writings of eleven contributors, highly regarded authorities on particular periods of naval history.

"This was a most rewarding professional and personal experience," said Dr. Gimblett. "Anyone who has been involved in publishing in any way will realize what a challenging undertaking it [was] to put together what is effectively the popular history of the navy."

The book was produced in partnership with the W. Garfield Weston Foundation and the Weston-Loblaw Group of companies, and was published by Dundurn Press of Toronto.

Dr. Gimblett presented the first official copy of the centennial book to Chief of the Maritime Staff, Vice-Admiral Dean McFadden.

"It is my great honour to accept this book on behalf



MCpl Serge Tremblay
Maritime Command historian Dr. Rich Gimblett (left) presents the first official copy of the newly published Navy centennial coffee table book to Chief of the Maritime Staff, VADM Dean McFadden.

of the men and women of the navy," said VADM McFadden. "This book reminds us that all those who have worn the naval uniform, all those who wear it now and those who have yet to don it – are all part of a single story."

VADM McFadden praised Dr. Gimblett and the book's contributors, for their hard work in completing the volume.

"The authors, nor I, can pretend to foresee all the challenges that await us in

the decades ahead. Neither could Sir Wilfred Laurier, when he looked forward from 1910," he said. "But he held an abiding faith in what Canada stood for even then, and a vision of the country as a leading member of the community of nations – a vision that our navy helped to secure, and that it continues to sustain today."

The Admiral then presented a copy of the book

to the Minister of National Defence, Peter MacKay, who also attended the launch. "[This book] is a beautiful illustration and an informative account of the proud history of our national institution, the senior service, about to celebrate its 100th anniversary," he said. "It's meant to tell the story, to remind, to inspire."

The book is available at major Canadian retailers.

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Soldiers prepare for Afghanistan

Capt Scott Macdonald
The Canadian Scottish Regiment
(Princess Mary's)

Under the cover of darkness and driving rain, carrying everything needed for 48 hours of operations on their backs, soldiers of The Canadian Scottish Regiment marched into their first patrol hide in the early morning of Saturday, Oct. 17 during Exercise Scottish Fortitude.

Held at Horne Lake, the exercise was designed to test a soldiers' and leaders' ability to deal with the complexities of a contemporary operating environment in challenging terrain.

The opposing force was a mixture of non-belligerent civilians, civilian agitators and armed enemies, each requiring different reactions by the troops.

Supported by 741 Communication Squadron and 11 Field Ambulance, infantry reservists were pushed to their physical and mental limits during the 48-hour exercise, which incorporated two 11 kilometre dismounted foot patrols interrupted by an assault boat crossing of the lake.

After the assault boat crossing, the patrol climbed into the steep hills surrounding Horne Lake.

Patrol leader Sgt Will Kelsey offered some words of wisdom. "You can have all of the flashy stuff in the world, but if you're not fit and tough enough to get to the top of the hill, it doesn't mean anything at all."

The exercise culminated in a raid on a suspected enemy objective on Sunday morning.

On completion of the final raid, 2Lt Drew Shaw said, "The nuances required of current operations cannot be practiced too much."

The unit has a significant number of soldiers currently serving with Operation Athena in Afghanistan. Recent war veterans were quick to point out that for new troops, this



Top: Soldiers of The Canadian Scottish Regiment land their inflatable assault boat after paddling across Horne Lake.

Above: The four-soldier entry team prepares to enter the enemy stronghold during the final raid on Exercise Scottish Fortitude.

exercise was a great indoctrination in learning how to overcome the natural elements while being sleep deprived and under physical stress.

"I fell into the river and fell backwards off a cliff. I had to get back up and finish. It was one challenge after another," said Pte Chris Anctil.

The Canadian Scottish Regiment is

a Reserve infantry unit on Vancouver Island, based in Victoria, Nanaimo and Comox. The Regiment is part of 39 Canadian Brigade Group, headquartered in Vancouver. Many reservists are part-time soldiers who serve on evenings and weekends while working civilian jobs or attending post-secondary education.

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LS Kirsten Arensen piles on the layers of clothing while training at the Anti-Coach Lab in preparation for the heat and humidity she'll face at Ironman Gozumel.

Sailor takes on toughest sports challenge in Mexico

Mary Ellen Green
Staff writer

LS Kirsten Arensen is as tough as they come in Ironman competition.

On Sunday, she'll prove her grit when she takes on her second Ironman challenge in Cozumel, Mexico, where temperatures are forecasted to reach 30 degrees Celsius with 100 per cent humidity.

But she's well prepared having spent a good part of the year pedalling a bike on the port boat deck of *HMCS Winnipeg* in blistering temperatures, while the ship was deployed for seven months off the Horn of Africa.

"I brought the bike I'm going to be riding and a fluid trainer to sea with me," she said. The trainer is a piece of equipment that supports the back wheel of her bike

while adding resistance.

Training was done on her off-watch.

"I was pretty sleep deprived," she said.

The unfortunate part of being at sea, she added, was that she couldn't train for the swim portion of the triathlon.

When *Winnipeg* arrived home in the summer, she elevated her training at the Anti Coach Lab, a training haven for avid triathletes set up in a friend's garage that accommodates up to 18 cyclists.

To mimic the conditions she'll find in Mexico, LS Arensen piled on layers of spandex, wool, windbreakers and garbage bags to help her acclimatize to the heat and humidity.

"There has been unbelievable amounts of sweat production," she said.

She left for Mexico over

the weekend, where she will continue to train and acclimatize to race conditions.

It is the first time an Ironman competition is being held in Cozumel, and LS Arensen is excited about racing in such an exotic location.

"It's a destination Ironman," she says.

LS Arensen and her family rented a house in San Miguel for the duration of their stay.

Her goal is to complete the four kilometre swim, 180 km bike, and 42 km run in under 12 hours, approximately 30 minutes faster than her first Ironman finish in Penticton last year.

"I hope that it all comes together on race day and that I finish strong. Just finishing the race and having the sense that I worked really hard for this will be worth it."



Chris Kiiskila
Pharmacy Manager



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INFOCUS



Ashton Garrison Military Museum volunteer Mike Deakin-Macey shows students from Langford's Crystal View Elementary School the exhibit geared to teach local children about military history in conjunction with Remembrance Day. As part of living history week, Veterans Affairs Canada helped to create this exhibit at the Ashton Armory. In total 54 schools were invited and 200 students attended.

Shelley Lipke, Lookout



MCpl Chris Ward, JTFG

Exercise Spartan Rings Commander Capt (N) Gilles Couturier made several presentations at the exercise's wrap up assembly. Clockwise from top left:

- CPO1 Fuller receives the Commander's Coin.
- MS Linda Desjardins receives the Commanders Coin.
- MS Guan Cochrane receives the Commanders Coin.
- OS David Rowat receives the Commanders Coin.
- LS Jenny Hart receives the Commanders Coin for finding a rifle magazine in the water that OS Marquis-Bernier (centre) lost while on patrol.



Cpl Tanya Tobin, CFSU (O) Photo Services

Capt Matthew Barlee stands with his certificate and plaque for being inducted into the Canadian Forces Sports Hall of Fame. In five years as a track cyclist, Capt Barlee has earned numerous medals. Through his determination, motivation and perseverance he has set an outstanding example for other Canadian Forces athletes.



Sgt Serge Gouin, DND

Cdr Kelly Larkin stands with Governor General of Canada Michaëlle Jean after receiving the Meritorious Service Medal.

Former Calgary CO recognized

Commander Kelly Larkin, Commanding Officer of the Naval Officer's Training Centre at CFB Esquimalt, appeared before Michaëlle Jean, Governor General of Canada, on Friday, Nov. 13 at Rideau Hall to receive the Meritorious Service Medal (Military Division).

Cdr Larkin was presented the award for leading *HMCS Calgary* on during the 2008 maritime interdiction mission known as Operation Altair.

The citation for the award states, "Cdr Larkin was deployed with Task Force Arabian Sea as the commanding officer of *HMCS Calgary*, from April to September 2008. His tactical acumen and leadership ensured success through a period of intense operations. He coordinated allied assets, maximizing operational effect and earning the confidence of international partners. His interactions with media outlets generated highly positive news coverage and greater awareness of the Canadian Navy's impact."

The Meritorious Service Medal recognizes a military deed or activity performed in a highly professional manner, according to a very high standard that brings benefit or honour to the Canadian Forces.



Representatives from Stuart Olsen Contractors, Defence Construction Canada, Base Construction Engineering and Fleet Maintenance Facility Cape Breton (FMFCB) gather at the north end of the construction pit near the entrance to building D250 for a ground breaking ceremony that marked the start of phase four of the FMF CB Consolidation Project

INBRIEF

People's choice, vote and win a prize

The judges have made their decision, now it's your turn... The 2009 DND Photography Contest Peoples Choice Award.

Log on to www.DNDPhotoContest.ca to view the photos and place your vote.

All voters are eligible to win a Toshiba Digital Photo Frame. Contest runs Nov. 16 to 30, 2009.

11 Victoria Service Battalion All Ranks Mess Dinner

In celebration of Rorke's Drift, Jan. 23, 2010:

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vice to Her Majesty and Canada, 11 (Victoria) Service Battalion is restructuring with 12 (Vancouver) Service Battalion as of April 1, 2010. In recognition of our history and heritage of Rorke's Drift, all current serving members, former and associated members of all ranks, in good standing, are invited to join the celebration and recognition of fond memories. This is an initial notification to seek interested attendees, with invitations to follow. If you are interested in joining us, please contact Sgt Glen Ereaut by Dec.

4, 2009 at 250-363-8328 or glen.ereaut@forces.gc.ca

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3. White Wave - Jon Richardson

Div. 2

1. Hilda Harris - John Pirquet
2. Circles - Will Nesling
3. Eden - Charlie Pash

Div 3

1. Morgana - Tom Kennedy

Fitness Challenge winners announced

Maryse Neilson

Health Promotion Director

PO2 Charles MacIntosh, an instructor at Canadian Forces Fleet School Esquimalt, has a lot to smile about these days. He's off to enjoy a weekend for two in Vancouver, courtesy of Harbour Air and the downtown Vancouver Sandman Hotel, for being the healthiest person in the Formation.

PO2 MacIntosh won the October 2009 Formation Health and Wellness Challenge, tallying up an impressive 815 points.

The Challenge marked the first anniversary of the CF's Health and Fitness Strategy. Participants gained points for adhering to a pre-selected group of healthy living indicators, by choosing a few of their own indicators and by completing a daily bonus activity. A maximum of 837 points could be achieved.

"Using the booklet helped me stay focused," said PO2 MacIntosh.

And what was his winning strategy?

"I just had to make a few changes with my daily routine and I kept

it simple. Before long, it became a habit."

Catharine Waters, a clerk at Fleet Diving Unit Pacific, came in second place with 768 points. She will enjoy dinner for two at the Smoken Bones Cookshack (\$50) and a gift certificate to Aura Fitness valued at \$800. Waters says her team inspired her.

"It was pretty hard for me to fall off track or make excuses, especially as unit rep asking them to all participate. I had to ensure I was as true and committed as I expected them to be."

Rounding off the top three was LS Ryan Flagg from HMCS Malahat who garnered 754 points during the month-long challenge. He can now join Survivor Bootcamp with his \$225 gift certificate and then grab a bite to eat at the Princess Mary Restaurant (\$25).

Over 1,000 logbooks were distributed for the Challenge, and over 600 participants submitted weekly scores that were posted to a website for tracking.

Twenty-five units participated and the top three were Fleet

Maintenance Facility with 58,699 points and 167 participants, Fleet Diving Unit with 32,406 points and 64 participants, and CFFSE with 18,765 points and 41 participants. Participating members of the winning units will enjoy a custom-designed Amazing Race event courtesy of PSP Fitness and Sports Staff followed by a barbeque.

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Cadet staff get creative for fundraising

Capt Amélie Leduc

Cadet PAO

Every year, units across Canada raise money for United Way as part of the Government of Canada Workplace Charitable Campaign. Some Esquimalt units have done so by wearing civilian attire or by having hockey, curling or snowshoe activities.

At the Regional Cadet Support Unit (Pacific) (RCSU(Pac)), members found amusing ways to increase the precious donation.

Over the years, many different events have been created and have become annual and eagerly anticipated by all. Some

examples of these activities are: bake and craft sale, cook-off and a brand new event this year, a bowling tournament on Nintendo Wii.

On Nov. 16, RCSU(Pac) held their annual Indoor Golf Classic. A nine-hole course creatively designed to take players through the entire unit's building visiting every office along the way.

For 13 consecutive years, members of the unit have been dressing up and making their own putters in an effort to win to most coveted "best costume" award. In addition to all this fun and excitement, the members of RCSU (Pac) are also raising money for a good cause.



Maj K Wasbrook

Members of a team just before starting the annual Indoor Golf Classic. Left to right: MS Sheila Nellestyn, Lt(N) Cynthia Lawless and Commanding Officer Regional Cadet Support Unit (Pacific), Cdr Rod Hughes.

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Mel Hunt BA (Hons), LLB Lieut Col (ret'd)
Leigh Gagnon BEd, BA, LLB

Mel Hunt practises military law, criminal law, and personal injury law, and is a former member of the Judge Advocate General's Branch in The Canadian Forces.

Leigh Gagnon practises family law, real estate law, and in the area of wills and estates.

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INTER-CULTURAL ASSOC. OF GREATER VICTORIA. Sat. Senior's Group. Every Sat. from 10am-1pm. Starting Sept. 26th, 55+, English levels 1 - 3, Grandchildren welcome. Contact Anusha at ICA 250-388-4728 or abalram@icavictoria.org.

DISCOVERY TOYS OPEN HOUSE Fundraiser. Belmont Park Pre-School (Behind John Stubbs Memorial School). Friday, Nov. 27th 6:30pm - 8:30pm & Saturday Nov. 28th 10:00am - 2:00pm. Drop in for Stress Free Christmas Shopping, 15% of all proceeds to be donated to the pre-school. Any questions please contact Ambre Byers at 250-858-8504.

O most beautiful flower of Mount Carmel, fruitful vine, splendor of heaven, blessed mother of the son of God, immaculate virgin, assist me in my necessity. O Star of the Sea, help me and show me that you are my mother, O, Holy Mary Mother of God, Queen of heaven and earth, I humbly beseech you from the bottom of my heart to help me in my necessity. (Make your request.) There are none that can withstand your power. "O Mary conceived without sin, pray for us who have recourse to you." (Three times.) "Holy Mary place this prayer in your hands." Say this prayer three consecutive days and then publish it and it will be granted you. JK

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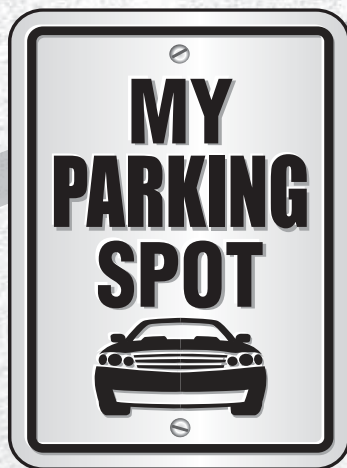
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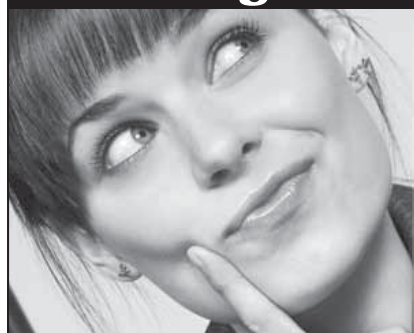
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7	6	5	4	2	3	8	1	9
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PUZZLE ON PAGE 5

Get your fundraiser listed.

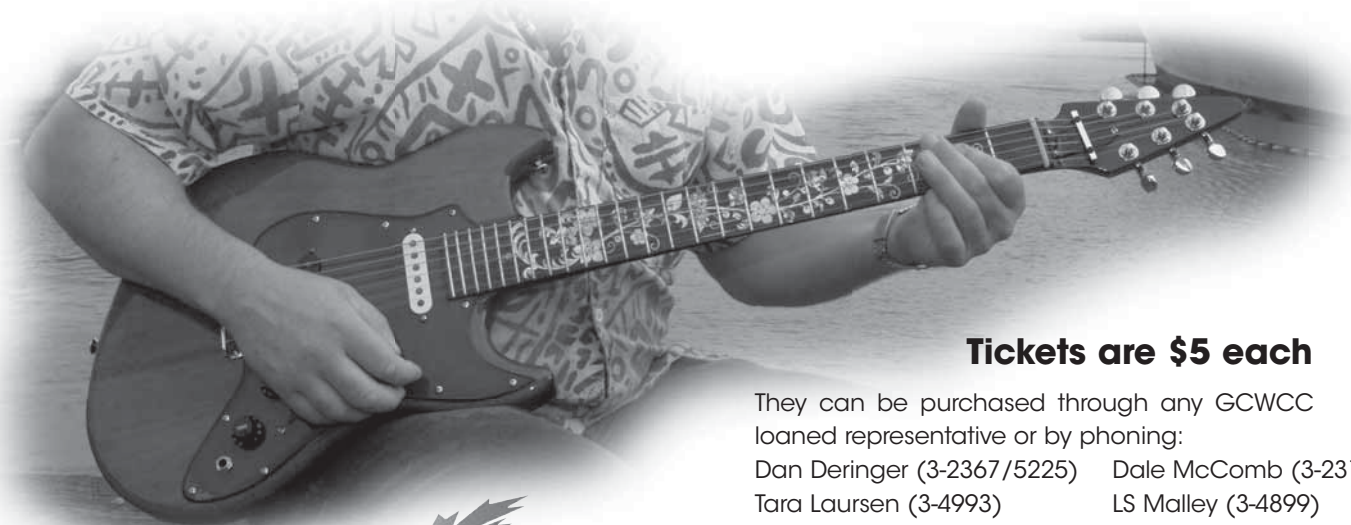
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SHEARLY IT AIN'T SO?

Former Base Chief and current Operations Manager Steve Lawrence



Shelley Lipke, Lookout

Base Commander Capt(N) Marcel Hallé and Acting Base Chief CPO1 Michael Miller hold out their hats in an effort to make bail from this year's Jail and Bail United Way Fundraiser. As the pair entered Naden gate on Nov. 19, they were surprised to be handcuffed, arrested and thrown in a makeshift jail in the Naden Drill Shed. Once behind bars, they attempted to organize bail via cell phone. In one hour and 15 minutes, they pulled together \$1,180 from sympathetic family and friends.

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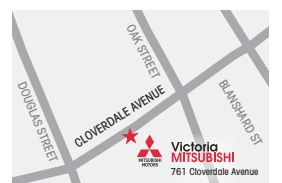
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