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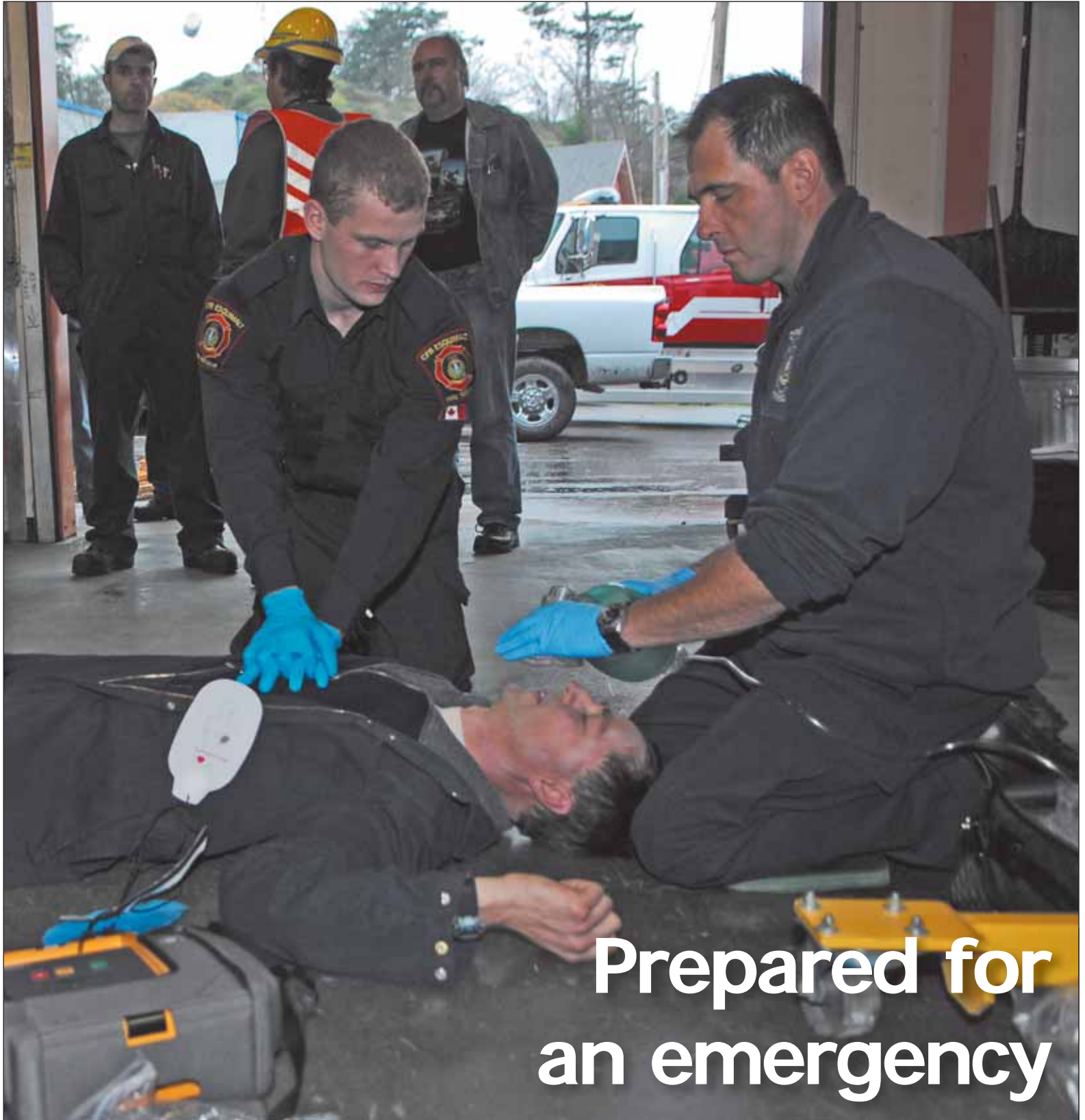
NEWS 10

Musician brings inspiration to base



FITNESS 14

Dedication to fitness pays off



Prepared for an emergency

Firefighters Bryce Patey and Mark Pala attend to cardiac arrest casualty Cliff Deschepper during a simulated emergency response situation. Claude Himbeault, safety and environment inspector at Fleet Maintenance Facility Cape Breton staged two casualties inside shop 135 to see how workers would respond. Read the full story on page 6.

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Ships home after intense training

A/SLT Mark Fifield
HMCS Algonquin

HMC Ships *Algonquin* and *Protecteur* sailed into Esquimalt Harbour last week after three weeks of an intensive Task Group Exercise (TGEX) in the waters off the sunny California coast.

In addition to participating in TGEX, which enhances the combat readiness of HMC Ships and improves interoperability between the Canadian Navy and its allies, this deployment supported *Algonquin's* workups program that had been ongoing since the ship departed Esquimalt Harbour on Nov. 6.

The coastal waters of San Diego served as the main area of operations as it possesses a vast exercise area to conduct live weapons serials, anti-submarine warfare drills and naval surface gunnery. This provided the opportunity to conduct comprehensive

training exercises.

This year's TGEX revolved around an escalating crisis scenario designed by military planners of participating navies. In the scenario, Canadian ships were tasked to provide military assistance to a fictional country that was being threatened by hostile forces in the region. As the days progressed, the missions increased in scope and complexity. The final phase allowed all the ships to test their detection, tracking and attacking techniques within a challenging real time battle scenario.

Algonquin's crew had numerous exercise highlights during their participation in TGEX. For instance, they executed a shore bombardment with its Oto Melara 76 mm main gun and destroyed static targets on the shore of San Clemente Island. They also navigated through the Kingfisher Minefield Range during a

The coastal waters of San Diego... provided the opportunity to conduct comprehensive training exercises the ships would not be able to conduct in Canadian waters.

night time transit to practice mine detection and avoidance. Another rare training opportunity for *Algonquin* was an anti-submarine exercise where they hunted an American nuclear-powered Los Angeles Class attack submarine.

Not only were the ship's offensive abilities put to the test, its defence against asymmetric littoral threats was tested extensively as well. Two of the most important tools the ship possesses in this regard are the Naval Boarding Party (NBP) and the Force Protection (FP) organization.

Algonquin's NBP is well-trained and capable of boarding and searching compliant or non-compliant vessels of interest in a given area of operations. During TGEX, the team practiced boarding procedures using consorts such as *Protecteur* as boarding platforms. They also boarded the MV Atlas, an American naval training vessel used by special forces teams and other boarding parties.

One of the most interesting and challenging exercises for *Algonquin's* crew was the Fast Inshore Attack Craft (FIAC) swarm exercise. Personnel from the FP organization were tasked to react and respond within the rules of engagement to attacks from three small FIAC boats. The FP organization used a series of escalatory hails and warnings and all the armaments at their disposal to counter any threats to the ship including swarming attacks. Counter-FIAC tactics and procedures have taken precedence in recent years in the wake of the October 2000 suicide-boat attack on the USS Cole and the October 2002 boat attack

on the French tanker Linberg.

HMCS Calgary also participated during TGEX on its return from Southpoy where the crew had conducted diplomatic visits to numerous ports of call in South America. Exercise highlights involving *Calgary* included firing four Evolved Sea Sparrow Missiles (ESSMs) at the Southern California Offshore Range located off San Clemente Island. The ESSM is a point defence weapon capable of intercepting incoming targets such as anti-ship missiles that have been fired at the ship or another ship in the vicinity.

Another highlight for *Calgary* was hosting the Canadian Leaders at Sea Program where leaders of various business and civic organizations were embarked on HMC ships to experience life in the Canadian Navy for a week or two. The outreach program is designed to improve public relations by tapping into influential civilian networks within the community.

Not to be outdone, *Protecteur* had its own share of highlights including hosting a gala reception in the hangar for more than 500 people, including the Ambassador of Canada to the United States, Gary Doer. This was Ambassador Doer's first visit to a Canadian warship and his first official visit to the Southwest since taking up his post as Canada's 23rd representative to the United States last month. In addition to the ambassador, the Commander of Canadian Fleet Pacific, Cmdre Ron Lloyd and the Commander of United States 3rd Fleet, VAdm Richard Hunt were also in attendance.



A/SLT Mark Fifield, HMCS Algonquin PO2 Patrick Crozier monitors the ship's engines in the Machinery Control Room during action stations on board HMCS Algonquin.

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WELCOME HOME



Photos by Shelley Lipke, Lookout

HMC Ships Calgary, Algonquin and Protecteur



Top: Elizabeth, Jacob and Karen Godin waited for HMCS Calgary to arrive on Nov. 20 with PO2 Rene Godin.
Above: Calgary's Commanding Officer Cdr William Quinn kisses his wife France.
Left: Patty Cadwell, Jennifer Duhamel and Danielle Allan wave to Calgary's crew as the ship comes alongside.
Below: Emily Brumsey is delighted to reunite with her dad AB Jarett Brumsey who returned last Friday in HMCS Protecteur.



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WHAT SAY YOU

Serving members ensure sacrifice is not forgotten

Cpl Pam Evans
12 Wing

"Do you know my Uncle Chris? He's in the navy," a small child asked me during a Remembrance Day assembly at my son's school.

In the military, we're a family so large I don't actually know everyone. However, I care about them and want their stories to be remembered.

Every year schools across the country hold Remembrance Day assemblies where veterans and service members from local areas are asked to participate. This year I had the pleasure to speak at my son's school, Oceanview Elementary in Eastern Passage, NS, and then, later, at Colonel John Stewart Elementary in Cole Harbour, NS.

When I joined the Canadian Forces I never imagined the pride I would feel speaking in front of children, especially my own son. I haven't been deployed and I wear no medals on my chest, but on that day I felt privileged to do something important for my family, the school children in front of me and my country.

The day began in the music room with four members from the navy, three from the air force, including my husband Cpl Aaron Evans, two local veterans and myself. We made our way to the auditorium where approxi-



Pte Nedie Coutinho, 12 Wing Imaging

As young students look on, one of Canada's veterans salutes the war memorial during a Remembrance Day ceremony at Cole Harbour Place in Cole Harbour, NS.

mately 200 sets of eyes were fixed on us. Tracy White, the principal, began with a moving speech about her grandfather. The event continued with the showing of the moving music video, "Pittance of Time," by Terry Kelly, my speech, the Last Post and then Reveille.

When I spoke, I introduced myself to the children and

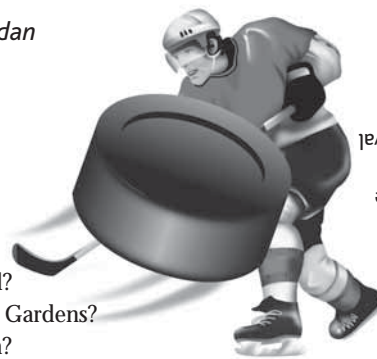
reminded them why we were there on that day. I explained who veterans are and why the military is now in Afghanistan. The speech emphasized pride for our country and the thanks our country shows our veterans every year. This pride is built on many sacrifices. I reminded the children of the losses we've had in the world wars of the past and

more recently in Afghanistan. During my speech the children's eyes were quiet and intense. I don't know if they understood the stories, but I am hopeful that at least one child remembers them and that the sacrifices made by the men and women throughout our country's history are never forgotten.

SPORTS trivia by PO2 Bill Sheridan Contributor

Hockey

1. Who is Harvey the Hound and where does he 'play'?
2. Who adopted the name '5 for fighting' for his band?
3. Which Olympic Medal did the Toronto Granites win in 1924?
4. Which goodwill games featured hockey and where was it held?
5. Which former NHL and then AHL team played in Duquesne Gardens?
6. What pre NHL hockey team was nicknamed the Fighting Irish?
7. How many wider is the Olympic ice surface than the NHL surface?
8. What company was the principal card maker for the NHL for many years?
9. What was the Scouts home arena called?
10. Who were the Rideau Hall Rebels?
11. What team played in only four NHL games?
12. Where was the first hockey tournament held?
13. Who was on the Punch Line?
14. Which Quebec City team won the Stanley Cup?



- ANSWERS
1. Calgary Flame mascot, Pengrowth Saddle Dome
 2. John Ondrasik
 3. Gold
 4. 1990 in Seattle
 5. Pittsburgh Pirates (NHL) and Pittsburgh Hornets (AHL)
 6. Montreal Shamrocks
 7. 15 ft. Olympic rink is 200 by 100, NHL is 200 by 85.
 8. O-Pee-Chee
 9. Kemper Arena in Kansas City, Missouri.
 10. Team composed of Lord Stanley's Family and friends.
 11. Montreal Wanderers, their rink burned down, as they searched for a new place to play the team forfeited two games, thus the record books show six decisions.
 12. Montreal, during the Montreal Winter Carnival 1883
 13. Toe Blake, Rocket Richard and Elmer Lach
 14. Bulldogs, 1913, (pre-NHL)

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FILM *friday*

The Road delivers a powerful message, Old Dogs flops

W. Andrew Powell
The GATE

Thanks to the American holiday this week, we're treated to a string of new films opening a little earlier this week in theatres. New films include the post-apocalyptic drama, *The Road*; the animated *Fantastic Mr. Fox*; Disney's tired looking comedy, *Old Dogs*; action extravaganza, *Ninja Assassin*; plus the dramatic comedy, *Big Fan*.

The Road

Pulitzer Prize-winning author Cormac McCarthy is becoming something of a popular fellow among the film crowd. In 2007 the Coen brother's adaptation of his novel *No Country For Old Men* was a critical success, capturing four Academy Awards, including best picture. There are also plans for an adaptation of his novel *Blood Meridian* in the next couple of years.

And of course this week, director John Hillcoat debuts his vision of McCarthy's post-apocalyptic thriller about a man, played by Viggo Mortensen, travelling across America with his son, trying to find some safe haven among the violence and ruthlessness that has broken out after a disaster has claimed most of civilization.

Stark and often grim, but brimming with emotion, *The Road* is a story of survival and the human condition, which was called "emotionally shattering" by *The Guardian* when it was first published.

On screen, the adaptation is getting positive reviews from film critics, especially for Mortensen's performance, but it not receiving the same glowing praise heaped on the book.

"While the film is not as resonant as the novel," Claudia Puig wrote in *USA Today*, "it is an honorable adaptation, capturing the essence of the bond between father and son."

Fantastic Mr. Fox

From director Wes Anderson, who made the quirky hits *The Royal Tenenbaums* and *Rushmore*, comes what might be the filmmakers best work to date in the form of Roald Dahl's classic tale, *Fantastic Mr. Fox*.

Featuring the talented voice work of George Clooney, Meryl Streep, and frequent Anderson collaborator Bill Murray, the film is a faithful and imaginative tale of one Mr. Fox and his last great adventure before he tries to become a responsible father.

Aiming to make one last raid on the farms of Boggis, Bunce and Bean, the meanest farmers in the area, Mr. Fox is a sly thief who has gotten away with pilaging the locals for some time. Now though, the farmers intend to take Mr. Fox out before he comes after their goods again.

Coming in at 97 per cent on Rotten Tomatoes, *Fantastic Mr. Fox* is easily the best reviewed film of the week, not to mention the month and perhaps even the season.

"Mr. Fox doesn't just rescue Dahl's legacy on film," Ramin Setoodeh wrote for *Newsweek*. "In a year stuffed with kid-lit movie adaptations, it's the only one to successfully reach out to children and adults."

While Elizabeth Weitzman of the *New York Daily News* wrote that the film was "a visual treasure that successfully blends deadpan quirkiness with a wry realism rarely seen in any film, let alone one for children."

Old Dogs

On a much less impressive note, *Old Dogs* is the latest low-brow comedy from Disney, giving Robin Williams and John Travolta a shot at being comic stars one more time... and failing.

Williams plays a divorcee who discovers he has children he never knew about, and is suddenly expected to take care of said kids while he and his best



Viggo Mortensen and Kodi Smit-McPhee star in John Hillcoat's "The Road," based on Cormac McCarthy's Pulitzer Prize winning novel.

friend, played by Travolta, work on what could be the biggest business deal of their lives.

You hardly need much more coaxing to see where things lead from there, and it seems that most critics agree that *Old Dogs* is the hacked-together comedy we all would expect.

John Hazelton wrote for *Screen International*, "There are no new tricks in *Old Dogs*, a broad and frenetic family comedy which puts John Travolta and Robin Williams together with two cute kids in a cozily predictable family-comes-first scenario."

Ninja Assassin

The other dud of the week is director James McTeigue's (of *V For Vendetta* fame) *Ninja Assassin*, a weakly-scripted action film about a trained killer working to kill off the secret society that claimed him as a child and turned him into the assassin he is today.

Starring Asian action star Rain as Raizo, the film is thin on plot, but loaded with blood and fight sequences that should impress diehard action junkies. For the rest of the population, it's the usual "avoid at all costs scenario" unfortunately.

Big Fan

Finally, I have to mention director Robert Siegel's first film, *Big Fan*, which opens in a limited number of theatres this week.

Best known as the screenwriter for the fantastic breakout film, *The Wrestler*, Siegel stepped up to write and direct his latest script, which is a mesmerizing story of one loser sports fan obsessed with his home town team and headed for disaster.

Patton Oswalt stars as Paul Aufiero, a 35-year-old New York Giants Fan working as a parking-garage attendant who still lives at home with his mother. Returning home each night, his one hobby

is to call the local radio station and praise his favorite team.

When he gets the chance to meet the iconic star from the team, linebacker Quantrell Bishop, Paul's life gets flipped upside down when a mistake leads to the star player beating Paul into a coma that lasts for three days.

Once he recovers his family urges him to have some sense and help the police lay charges, but Paul refuses to listen since he knows a conviction could ruin the team's chances without their star quarterback.

Big Fan is a great story, told simply, but presented marvelously by Siegel. The film does drag a little near the middle, where Paul simply resists any sort of change in his life, but *Big Fan* ends on a great note and cleverly balances between the comic moments and the underlying drama.

SUDOKU PUZZLE

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ANSWERS ON PAGE 15

Level: Advanced





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COLIN NICOL
General Manager, Wealth Management
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If you don't have a charity in mind, look online, visit a neighbourhood charity's office or call them to ask questions. If you don't have time to research a specific charity, look for organizations that support broader causes such as the United Way or the Victoria Foundation.

Most charities have a systematic donation plan which allows you to donate monthly with your credit card or by debiting your bank account, or through contributions deducted directly from your paycheque. This will save you from having to donate a larger sum at the end of the year. A registered charity will also provide you with the required forms for tax filing purposes. Giving to the needy is the first priority, but remember that donations to registered charities provide you with tax credits which will also benefit you. A win-win!

Keep reading this publication for more answers and financial planning insight.

Have questions of your own? Come speak to any advisor on my team at an Island Savings branch near you today, or email me at cnicol@iscu.com.

FMF tests emergency skills

Shelley Lipke
Staff writer

Workers at Fleet Maintenance Facility Cape Breton (FMF CB) shop 135 showed they're ready for an emergency when they were surprised with an exercise aimed at testing their first aid skills.

Normally after lunch the mechanics would be fixing machinery, but last Wednesday they returned from their break to discover two casualties on the shop floor. Jumping into action, they put their emergency preparedness training to work.

"All departments throughout DND should know what to do in the event of a casualty," said FMF safety and environment inspector, Claude Himbeault. "This was an opportunity for them to practice their skills and receive feedback on their performance."

As the co-ordinator for the exercise, Himbeault worked alongside three observers from a safety and environment background to assess the employees' responses.

"The most important factor in the entire exercise is the communication aspect," said Himbeault. The observers watched to ensure the workers communicated with each other, called 911 and the fire department, and ensured the situation was safe until the fire fighters arrived to take over.

This drill tested personnel training, response time, cooperation, resources and workforce and equip-



Shelley Lipke, Lookout
Emergency Medical Response instructor Mark Walker assesses Jim Hatcher (left) and Alex Galitzine (right) as they work on simulated casualty Roland Dawkins, who has a broken leg.

ment capabilities," said Himbeault. "It was a success on all fronts."

He said the workers learned a lot and weren't too sure how far to push the envelope. "They didn't really know if they should pull the fire alarm for real and phone 911," he said. "One guy walked half-way to the phone, turned around and started walking back saying, 'I phoned them.' But they need to really phone them and get them on the scene as quickly as they can, and take care of the casualty until the fire brigade arrives," said Himbeault.

"It was good practice for the fire department too, because when they are called in, they are also being assessed on their care of the casualty by the emergency medical response instructor."

After about 45 minutes of caring for the casualties, the fire department had splinted one broken leg, and revived a cardiac arrest patient, and the groups departed the shop to debrief on their performance.

"The observers gave us really good feedback, and we picked up a lot of lessons and things to work on. In my opinion we don't do enough of this type of training," he said.

As part of the emergency response plan, this will change, said Himbeault. He has been given the green light on staging a couple of scenarios a year and is planning the next one in a few months.

"The only good tragedy is a well rehearsed tragedy," he said. "The other shops should be careful because we're coming soon."

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Co-op placements a winning scenario

Mark Jenkins
J14 Formation HR

They could be the new engineer in your office, the administrative assistant down the hall, or even the IT specialist or computer technician who helps keep your computer running. They come from a variety of academic backgrounds and can come from colleges and universities across Canada.

They are co-op students, and with their numbers across base growing each year, they are becoming an integral part of many units. The increasing number of co-ops doing work terms on base is a win-win situation; students get a chance to apply what they learn in the classroom to the workplace while managers benefit from the new perspectives and enthusiasm that students bring.

One of my tasks as J14 HR Project Assistant this term is to help organize activities for these co-ops and to get input from them on their work terms. As a co-op myself, I find this process interesting and I have compiled a few of their testimonies to show how rewarding co-ops at CFB Esquimalt can be:

Denise Olson
Training Unit Co-op Student at Fleet Maintenance Facility (FMF), Shop 800

I am currently enrolled in my fourth year at Camosun College's Bachelor of Business Administration: Human Resources (HR) Management and Leadership Program. As a Co-op student at DND I have been provided an excellent career opportunity in terms of growth and development. I am now on my second consecutive work term in Shop 800 at FMF in the Training Section and could not be happier.

As an HR student, I strongly identify with organizations developing their greatest resource: people. I really get a sense that DND works hard to develop its human capital and takes pride in this process. This is an important attribute since we are in a generation where employees demand continuous growth and flexibility in their careers. In addition, due to the aging demographic of our workforce and the number of retirements coming up, it serves DND well to identify skills shortages early in an effort to retain staff. This way, DND can continue to provide the level of service excellence that will help

support and maintain the Canadian Forces operations.

What a great opportunity, as a student, to see all my course work applied so faultlessly in a real-life setting! Thanks!

Brad Densmore
Communications Co-op Student, J02 Public Affairs

Having grown up in Victoria, I was well aware that Esquimalt is home to the Pacific Fleet. Although I visited the base on several occasions, it wasn't until I started working here that I gained an appreciation for the enormous scale of both the civilian and military operations. Not only does Maritime Forces Pacific (MARPAAC) post warships around the world, they all but build them here as well.

I found my co-workers in MARPAAC Public Affairs and the Canadian Naval Centennial Committee were very welcoming and made an effort to include me as part of the team, even organizing a hamburger lunch coinciding with my arrival. The day sail in HMCS Regina occurred on my second day of work; it was a great welcome to the navy and I left in awe of the sailors' professionalism, pulling off complex manoeuvres with one hundred-plus visitors in their workplace.

Jasper Tam
Base Development Engineer Assistant, Base Construction Engineering (BCE)

I've been a co-op engineering student at BCE for the past five months now and it has been an absolute privilege to be able to work here. My primary job as an engineering assistant is to survey for building occupancy, database compiling, update floor plans according to my findings and various tasks that happen to be tossed my way. There is so much to experience here. Everyone is so welcoming and the atmosphere is great. My supervisors are knowledgeable and understanding. It has been an absolute pleasure working for them. I enjoyed all the activities on the base such as the MARPAAC Olympics, a day sail, the Olympic torch ceremony and various United Way fundraisers just to name a few.

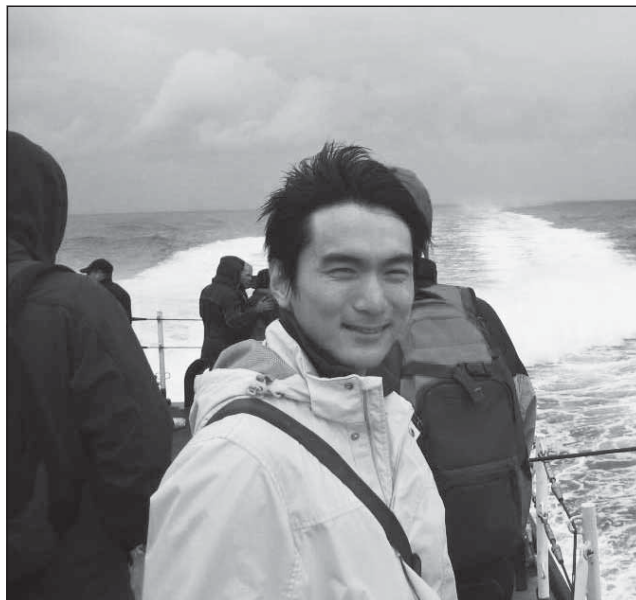
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Mary Ellen Green, Lookout Staff writer, stands with CPO1 Bob Cookson in front of a giclée of Horton's painting representing the campaign against terrorism.

Navy centennial art exhibit opens for limited showing

Mary Ellen Green
Staff writer

The Maritime Museum of British Columbia is paying tribute to the 100th birthday of the Canadian Navy with a special art exhibit featuring the work of well-known marine artist John Horton.

Steven Point, Lieutenant Governor of British Columbia, was on hand to welcome the crowd to the opening day of the show, titled "We Stand on Guard for Thee," Thursday, Oct. 22 in Bastion Square.

Consisting of 32 pieces depicting the history of the Canadian Navy from 1910 to today, the exhibit will run until Feb. 14, 2010, at which time it will move to the Vancouver Maritime Museum for their official Canadian Naval Centennial celebration.

Included in the show are giclée reproductions (prints screened on canvass) of three centennial paintings Horton was commissioned to paint, representing the Second World War, the Cold War and the Campaign against Terrorism.

The three giclée prints hang on a wall alongside 15 water colour sketches Horton submitted to the Centennial Painting Committee, representing the beginning ideas of the final works. It took

two years for the complete works to be finished.

"I began painting from 1910 to today to give them an idea of what I would produce, and I ended up with 15 water colours," Horton said.

The six Canadian Naval Centennial paintings were unveiled Oct. 15 at the Cartier Drill Hall in Ottawa.

Signed prints will be made available for purchase through the CANEX online store for centennial merchandise, www.canadian-navalcentennial.ca.

For more information about John Horton, visit his website at www.johnhorton.ca. For more information about the Maritime Museum of British Columbia, go to <http://mmbc.bc.ca/index.html>.

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Medtechs carry veteran comrade

Mary Ellen Green
Staff writer

Six medical technicians from CFB Esquimalt's Health Services Section paid homage to a veteran of the Second World War by serving as pallbearers at the 95-year-old's funeral on Nov. 13.

Staff Sergeant (retired) Douglas Howard Jennings, a former member of the Royal Canadian Army Medical Corps who treated the wounded from Juno beach on D-Day and participated in the liberation of Holland, died on Nov. 7, in Victoria, B.C.

Predeceased by his parents, his siblings and his wife Marilyn, Jennings had no children and no living family when he passed away, leaving no blood relatives to carry his casket at his funeral.

Jennings was, however, a life member of the Chief and Petty Officer's Mess, where fellow member

CWO Christopher Kaye read the notice calling for pallbearers.

The Canadian Forces Health Services Unit (Pacific) Chief thought it would be fitting for medical technicians to fill the ceremonial role of pallbearer for the celebration of Jennings' life.

This man was a veteran of D-Day. He is a member of our family, just removed by time. He's one of ours.

-CWO Kaye
Pallbearer

"This man was a veteran of D-Day. He is a member of our family, just removed by time," CWO Kaye said. "He's one of ours."

CWO Kaye rounded up

a group of Afghanistan veterans and outstanding medics to fill the important pallbearer roles.

Cpl Craig Bellamy, Cpl Neil Macey, Cpl Jessie Erikson, Sgt Melanie Levesque, Sgt Randy Bouvier and MS Abel Ayuste volunteered to carry their comrade on their shoulders.

"He was a Second World War veteran, and I hold them in a very high position," Cpl Macey said. "He was with the PPCLI [Princess Patricia's Canadian Light Infantry], down the beach from Juno during the Normandy landings."

"I have so much respect for what they did. They went over and only came home when they died or they won. I can't fathom what they went through.

Jennings' funeral was held at his home parish of St. John the Evangelist. He was later interred at the Hatley Memorial Gardens.

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Musician embodies the power of motivation

Shelley Lipke
 Staff writer

As an award-winning singer/songwriter, the first blind person to run a mile in under five minutes and a sought-after motivational speaker, Terry Kelly knows what it takes to achieve success.

In honour of the International Day of Person's with Disabilities on Dec. 3, he'll be sharing his empowering message between 11:30 a.m. and 1:30 p.m. at the Naden Drill Shed with his presentation "The Power of the Dream."

With a mixture of stories and song, he aims to motivate and encourage members of the CF community to follow their dreams, be aware of their gifts and succeed in what they strive for.

"My presentation focuses on gifts and challenges," says Kelly. "Life is really a big chest full of gifts that we make use of. Some gifts we use everyday and some we don't, but we need to be able to identify our gifts in order to appreciate them and use them."

Kelly's talk strives to help identify challenges everyone in the audience has. "Whether it is a disability, jealousy, anger, diabetes, or having a hard time apologizing, we all have challenges, and we need to respect one another for the diversity of our challenges," says Kelly.

Written to his own music, which is inspirational, reflective and uplifting, the presentation allows people to listen and explore different emotions.

Kelly uses personal anecdotes to relay what he's learned in life and how he's applied positive thinking to help solve some of his problems.

"Sometimes we have to make dream adjustments," says Kelly. "My son wanted to play professional hockey and it was looking like that wouldn't happen. He had to find something in the hockey field that he could do, so he studied to become an athletic therapist in the hockey world. This proves we don't have to give up on our dreams, sometimes we just have to adjust them."

Growing up in Newfoundland and then attending the School for the Blind in Halifax, Kelly developed a close connection with the military early in life. "A lot of the counsellors at the school were retired navy, air force and army that had served in the Second World War and Korea," said Kelly. "One of the greatest gifts they gave me was the gift of accountability and this allowed me to adapt to different things."

Kelly's close relationship with the retired military men and women inspired him to perform for the troops in Afghanistan in 2007.

During this trip, Kelly played his song "A Pittance of Time."

"This song is based on a personal Remembrance Day story," said Kelly. "I was in a store in Nova Scotia on Nov. 11, and it was approaching 11 a.m. The management asked the staff and people in the store to stand for two minutes of silence and one man, who had a young daughter with him, wouldn't honour this. He kept talking and moving around. Twenty seconds later I suggested that he be quiet, and he left the

store instead. I couldn't believe he did this. Everyone in the store was upset by it and even his daughter seemed upset with him, so I wrote a song about it."

Kelly will play this song when he visits the base.

"At the end of my presentation people often talk to me after the show and later email me. It's nice when they say that some of the things I talked about have helped them."

Kelly is looking forward to speaking to the community at CFB Esquimalt and invites everyone to take advantage of this free event.

Hard copies of his recordings and digital downloads are available through his website at www.terry-kelly.com.

Kelly's visit to the base is part of Maritime Forces Pacific's (MARPAAC) dedication to support and promote the international commemorative events. Each year, advisory groups for women, aboriginals, people with disabilities and visible minorities are honoured at MARPAAC to show support from the DND community.



Motivational singer/songwriter Terry Kelly will share "The Power of the Dream" with the CF Community.

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Poet takes craft to Afghanistan

Staff Writer
Shelley Lipke

In her wildest dreams, poet Suzanne Steele never imagined she'd be travelling to Afghanistan to be embedded with soldiers in theatre.

For two weeks this month she's been part of the 2009 Canadian Forces Artist Program (CFAP), absorbing, studying and learning from the troops to use her creative talent to write poems, books, and plays.

"Being a poet isn't something you choose. It chooses you," says Steele.

Her involvement in the artist's program stemmed from a question she asked while working.

"I was writing a eulogy about Cpl Anthony Boneca who was killed in Panjawaii district in 2006 and I got stuck on the colour of the Afghan dust," said Steele. After looking at photos and videos it was hard to know if it was white or yellow. She phoned the Department of National Defence in Ottawa and asked to be put in touch with an Afghan veteran who would know the answer, and through this link she learned about CFAP.

"Once I heard about the program I was excited. I told them I was a poet and they said they'd love for a poet to apply for the program."

In February 2008 she learned her application was successful; this meant a long road of training and preparation lay ahead.

"I flew to Edmonton to do some research and met the commanding officer of 1 Princess Patricia's Canadian Light Infantry. He invited me to spend the next year coming back to watch the troops prepare for their deployment. I've been watching the soldiers on the road to war during their work up training and it has been an amazing experience."

Within the last year she made countless two week trips to Canadian Forces bases in Edmonton and Wainwright.

In Wainwright a dress rehearsal prepares the troops for real life theatre.

"They have people playing the part of insurgents and Taliban," said Steele. "Live rocket attacks, suicide bombers and improvised explosive devices are all set up to give the soldiers experience. During the training I had a chance to wear a burka and a veil for two days and be with the Afghan men and women who were hired to help



Photos courtesy of Suzanne Steele

Poet Suzanne Steele at CFB Suffield with members of Alpha company 1 Princess Patricia's Light Infantry next to a light armoured vehicle.

train the soldiers," she said.

Steele found this both an interesting and humbling experience. "During the women's Shura gathering there was a female warrant officer who asked the Afghan women what we could bring from Canada to give to the Afghan women when we arrived in their country. The women gave a list of items like bobby pins, hair ties, soap and hand lotion. Then

expectations, and surprisingly I have no idea what to expect. I may be sitting with a sentry for eight hours, be in isolation for 48 hours, or bear witness to the padre who has just attended a suicide."

During the deployment Steele joined Task Force 3-09 and reunite with many friends she worked alongside during the preparation for the deployment.

on what is happening in the area. I don't anticipate I'll be anywhere near combat, but expect to be in the forward operation base checking in on the soldiers."

One goal was to see the country and find out what it looks like, smells like and tastes like as this helps her be descriptive in her writing. "I know it is gorgeous there, but it's also the third poorest country in the world.

"When I'm out in the field I take notes, lots of photographs and video and then write when I get back home. I plan to do several books, a stage play and collaborate with a visual war artist who is an ex-infantryman. One project is a fictional project called "Mayday" that will be staged with live dance music and images, as well as my words. This is a beginning of a lifetime of work for me," she said.

She says she had never met a soldier before taking part in the artists program.

"Working with them is interesting and reveals a sub-culture that most Canadians don't know exists. To me the most interesting aspect of soldiering is how much artists and soldiers have in common. They have to have a foot in two worlds that are very different and their work takes them away from family and friends in all ways."

For samples of Steele's work go to www.warpoet.ca Also on this site, Afghanistan veterans and their family members are encouraged to write and submit their own poems which will be read by actors during the Edmonton poetry festival in 2010.



Poet Suzanne Steele wears a head scarf while in Afghanistan so she can experience for herself what it is like.

I've been watching the soldiers on the road to war during their work up training and it has been an amazing experience.

-Suzanne Steele
Poet

I asked one of the women what luxury item I could bring to Afghanistan and she said education for our children. This made the warrant officer burst into tears," said Steele.

"The training in Wainwright taught me to be really flexible and have few

"I'll be going to Kandahar Airfield and hope to be out in one of the forward operation bases with a rifle company I've spent time with," she said in an interview before leaving Canada. "Their job could be patrolling, accompanying or securing, depending



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Run in Afghanistan honours Canadian icon

Shelley Lipke
Staff writer

The Afghanistan weather resembled a crisp fall morning in Victoria when more than 300 runners of many nationalities slipped on their running shoes for a five kilometre run in honour of Terry Fox and his mission to end cancer.

Many runners had never heard of the Canadian icon, leading the Canadians to proudly share his story before they set off amid the dusty landscape.

"I wore my Terry Fox t-shirt around the base for several weeks when I was off duty," said event participator LS Erik Lindholm, an engineer with HMCS Malahat. "People kept asking me, 'What is that shirt? Who is Terry Fox?' I would briefly tell them his story and explain that he stood for perseverance. Most people from other countries had never heard of him."

Just before the run's 6 a.m. start time, a representative from Personnel Support Programs relayed Fox's story to the runners, detailing his courageous fight with cancer and the challenges of the 5,373 km journey he completed. The crowd offered loud cheers and a strong round of applause after they learned of the gruelling back-to-back marathons he ran on one leg, and his famous quote: "I believe in miracles. I have to."

"It felt good to see support from other nations for this distinctly Canadian story," said LS Lindholm, who also ran in support of the Afghanistan Landmine Survivors' Organization



Photo courtesy of LS Erik Lindholm

Several runners who participated in the Terry Fox Run in Afghanistan fundraised with a head shave challenge. On Nov 15, more than 300 military members took part in the Terry Fox run at Kandahar Air Field.

16 km charity run and US Army Kandahar Shadow Run, a 21 km route.

Although an avid runner back home, LS Lindholm says there are new sets of challenges involved when running in a warzone. "This run is very different from any run in Victoria where there are less tanks on the roads to dodge and you don't have to worry about indirect fire attacks," he joked.

Back home, LS Lindholm's favourite running route passes by the tribute to Terry Fox at Mile Zero on Dallas Road.

"At Mile Zero, I pass the Terry Fox statue and it always gives me a boost of energy because I think of the many marathons he ran on one leg.

Terry always keeps me going and gets me back home."

The Afghanistan run was far different from the jog around Victoria's breakwater.

"On the streets here, we encounter all manner of passenger vehicles, semi-trucks and armoured vehicles heading out on patrol, and they always have the right of way," said LS Lindholm of the base traffic.

Since the traffic, dust and visibility get worse as the day progresses, the run started bright and early.

As the runners set out their energy was positive, says LS Lindholm. "Both Canadian troops and foreign troops love charities. They are in Afghanistan to make a positive change, be it setting up a school, going on patrol, raiding a weapons cache, protecting an election, or, in this case, funding cancer research," he said. "They are good people, and they want to help the best way they can."

"Cancer is not a disease which affects a certain class, age or sex, it affects everyone. It felt amazing to channel the efforts everyone has put into their personal fitness and running, and use that fitness in the support of cancer research."

LS Lindholm's grandmother has recently fought cancer and he is proud she won her

battle with it.

Like the Terry Fox runs held on Canadian soil, the runners in Afghanistan sent emails to their friends and families asking for support and sponsorship.

"The yearly Terry Fox run is a way not only to raise funds for a cure, but also raise awareness and talk openly about one of the biggest threats to our health in Canada," said LS Lindholm.

Deployed military members at KAF also hosted a leg and head shave event to boost the funds raised.

So far LS Lindholm has raised more than \$475 and beat his initial personal fundraising goal of \$300. Between the run, and head and leg shaves, the Kandahar Airfield base brought in more than \$10,500 for cancer research.

To make a donation to support the efforts of the troops in Kandahar on behalf of the Terry Fox run go to www.terryfox.org/Donate/. To donate to the Terry Fox Foundation via LS Lindholm, visit his fundraising page at: www.terryfox.org/cgi/page.cgi/Donate/participants.html/78EWKP.

To learn more about the Afghanistan Landmine Survivors' Organization, visit: www.afghanlandmine.org.

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Bravo ZULU



2Lt Brad Rouleau accepts the \$1,500 Regional Cadet Instructor School (RCIS) (Pacific) Bursary from Commanding Officer Maj Linda Lindebrandt.

Cadet Instructor Cadre Officer awarded bursary

RCSU(P)

2Lt Brad Rouleau was awarded a \$1,500 bursary during a graduation parade at Albert Head on Nov. 22.

2Lt Rouleau, an officer with Langley, B.C.'s, 746 Lightning Hawk Air Cadet Squadron, was one of three successful applicants for the Fall 2009 Regional Cadet, Instructor School (Pacific) (RCIS(P)) Bursary. Maj Linda Lindebrandt, Commanding Officer of RCIS(P) presented the cheque to 2Lt Rouleau during his Lieutenant Qualification Course graduation ceremony Nov. 22.

2Lt Rouleau is pursuing a Business Administration degree at the University of the Fraser Valley in Abbotsford, B.C.

During the summers of 2008 and 2009, he served as the Flying Officer at Albert Head. Holding a private pilot's licence (earned while he was an Air Cadet), 2Lt Rouleau has taken

more than 350 air cadets on familiarization flights, both over Vancouver Island and around his home squadron in Langley.

Upon graduation from university, 2Lt Rouleau hopes to be selected for Direct Officer Entry and train as a Canadian Forces pilot.

The RCIS(P) CIC Bursary Trust was founded in 2007 as a component of the school's mandate to deliver and promote lifelong learning and professional development of Pacific Region CIC officers. Funded from the proceeds of the school kitshop and donations, the Trust has had revenues to date of \$23,000, and has awarded \$8,500 in bursaries. Calls for applications are made annually in the Regional Cadet Support Unit (Pacific) monthly routine orders. All officers who meet the published eligibility requirements are encouraged to consider applying.

Esquimalt Sea King Detachment awarded RCAF Golden Hawks Trophy

Capt Paul Finnemore
and Vic Johnson
12 Wing

Sea King crew members from 443 Maritime Helicopter Squadron who deployed with *HMCS Ville de Québec* in 2008 have earned recognition for their role in ensuring World Food Programme supplies made it to people who desperately needed them.

For their vital contribution, the Air Force Association of Canada (AFAC) felt they deserved the Royal Canadian Air Force (RCAF) Golden Hawks Trophy, which was presented at this year's AFAC general meeting and awards banquet on Oct. 17 at the National Air Force Museum of Canada at 8 Wing Trenton.

Because of the air crew's efforts escorting emergency food supplies through pirate-filled waters, 181,500 people in Somalia had food for an entire year.

The air detachment departed for Operation Sextant Roto 3 on July 17, 2008 and returned on Dec. 20, 2008. While in the Mediterranean Sea, the detachment conducted flights in support of Operation Active Endeavor.

From Aug. 6 to Oct. 30, *Ville de Québec* was re-tasked to assist the United Nations World Food Program under Operation Altair Roto 4, to escort food cargo ships into Somalia, mostly to the port of Mogadishu.

Due to the high threat level of



Vic Johnson, Airforce Magazine

Left to right: CWO Maisie Payne, 443 Squadron Chief Warrant Officer; MWO Joseph McNeil, *HMCS Ville de Québec* helicopter air detachment Chief; Maj Carol Dupuis; LGen André Deschamps, Chief of the Air Staff; Cdr Luc Cassivi, *Ville de Québec* commanding officer; LCol Ian Lightbody, 443 Squadron commanding officer; and CPO1 Keith Davidson, *Ville de Québec's* Coxswain accept the trophy.

piracy and terrorism in Somali waters, it was critical to have the helicopter airborne and provide aerial top cover in order to allow *Ville de Québec* to complete its escort duties to and from the war torn capital of Somalia.

The AFAC created the RCAF Golden Hawks Trophy in 1993 to recognize contributions or achievements in any field of military aviation

in Canada. The RCAF Golden Hawks Trophy was named after the aerobatic team, which was formed in 1959 to commemorate the 50th Anniversary of Powered Flight in Canada.

The crew of *Ville de Québec* has also been recognized, receiving the prestigious Chief of the Defence Staff Commendation for the success in their mission.

442 Squadron receives prestigious aviation award

19 Wing PA

The British Columbia Aviation Council (BCAC) presented the Back and Bevington Safety Award for Aviation Safety to 442 Transport and Rescue Squadron on Nov. 12, "for their outstanding service to the people of British Columbia."

The Council recognizes excellence in the aviation industry by presenting this non-monetary award every year.

Mike Matthews, Chair of BCAC, said that "the diversity in which the squadron operates, and their high level of skill and professionalism in order to save those in distress are the reasons for the award."

Significant missions in the past year included a helicopter crash in the fast-flowing, icy Kitsault River near Alice Arm in northern B.C.; the late-night rescue of two young brothers in the Port Renfrew area; and hoisting down to the Rhapsody of the Seas cruise ship to retrieve a 54 year-old female who required advanced medical care.

"It is a most welcome



WO Carl Schouten and Maj Kevin Toone, representatives from 442 Squadron, receive the Back and Bevington Safety Award from Mike Mathews, B.C. Aviation Council (BCAC) Chair, and Gregg Rafter, BCAC member.

confirmation of our past efforts and of the professionalism of our men and women, both military and civilian," said Major Kevin Toone, who accepted the award on behalf of 442 Squadron. "It is validation of our practices and procedures and most importantly...it is encouragement to maintain our operational tempo."

Canada is divided in three search and rescue regions under the responsibility of the Minister of National Defence. Resources from

the Canadian Forces, the Canadian Coast Guard, the RCMP and a variety of volunteer organizations are employed to save the lives of people lost or injured, often in remote and dangerous locations. Comox's 442 Squadron is the main provider of air support to Search and Rescue on the West Coast, ready to launch in as little as thirty minutes and travel anywhere over 920,000 square kilometres of B.C. and the Yukon or across 560,000 square kilometers of the Pacific.

The B.C. Aviation Council awarded in 2005 the Back and Bevington Safety Award to the Canadian Forces School of Search and Rescue (CFSSAR), also located at 19 Wing, for their "outstanding contribution and leadership in developing safety and rescue techniques for all Canadian Forces Search and Rescue technicians thereby providing paramedics, divers, and land & sea survival specialists as an elite element of the Canadian Air Force".

HP Challenge Winners

LS Ryan Flagg -- 3rd place
Catharine Waters, 2nd place
PO2 Charles Macintosh -- 1st place

Formation Chief receives Gold Seal fitness award

Mary Ellen Green
Staff writer

CPO1 Bob Cookson has put his dedication to fitness to the test and earned the Gold Seal for the Canadian Forces Award for Aerobic Excellence for running 12,000 kilometres over an 11 year period.

He accepted the award at the Naden Athletic Centre from RAdm Tyrone Pile, Commander Maritime Forces Pacific / Joint Task Force Pacific.

"To have the award presented to me by my boss, RAdm Pile, was very special," said CPO1 Cookson, Formation Chief Petty Officer.

The CF Award of Aerobic Excellence program provides recognition for members who have demonstrated an exceptional level of commitment to developing their own personal level of aerobic fitness.

The award is broken down into seven levels of achievement, each divided into six sub-levels (red to gold seals). For each seal, members must track and accumulate 2,000 units of physical training in a two year time period.

"This last seal was especially gratifying because I was constantly on the road," said CPO1 Cookson. "The motivation to get this last seal was higher because of the time constraints.



Mary Ellen Green, Lookout

Formation Chief Petty Officer, CPO1 Bob Cookson, receives the CF Award for Aerobic Excellence from RAdm Tyrone Pile, Commander Maritime Forces Pacific, at the Naden Athletic Centre.

I really had to struggle to finish the last seal by the two year deadline."

The Gold Seal is the sixth and final seal in the primary level, showing the participant has completed a total of 12,000 units. CPO1 Cookson can now move on to Level 2 and six more seals. Earning the gold seal for Level 7 takes a whopping 84,000 units of exercise.

Each aerobic activity has a corresponding unit value. Running one kilometre, swimming 400 metres, skating 1.5 kilometres, cycling three kilometres, stair

climbing for seven minutes, or rowing, canoeing or kayaking 500 metres earns one unit.

"You only get points for cardio activity, so mine is mostly from running and the treadmill. I work out at both base gyms because I like to be visible at both. I used to go every day at lunch, but it was extremely difficult in this position to fit it into my calendar, so I fit it in when ever I can get away," he said. "I like to lead by example, and one of the ways I do that is by making myself visible at the gym. I also play intersection hockey for the Base



Administration team."

The cornerstone of the program is the honour system, as members are responsible to keep records of their own scores.

CPO1 Cookson knows it can be "very laborious and time consuming to keep track of the points earned."

"Everyday I had to come back to my office and enter my points, so I created an Excel spreadsheet to keep track of my progress. That made it really easy," CPO1 Cookson said.

"I've always been an advocate of physical fitness for the

Canadian Forces, especially the navy because it is more difficult to get people out of the workplace and into the gym. We're doing a much better job these days of making it a higher priority. When I tell people about the program, a lot of them say they could have had three seals completed by now, but you have to register first."

To find out more about the CF Award for Aerobic Excellence, contact your Personnel Support Programs Fitness and Sports personnel at the Naden Athletic Centre or Dockyard Gym.

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HMCS Regina issues Grey Cup challenge

NPAO

As the Saskatchewan Roughriders and the Montreal Alouettes football teams took to the field for the 2009 Grey Cup, the two naval ships and two reserve units are betting in friendly rivalry over the game's outcome.

Fans of the Saskatchewan Roughriders and Montreal Alouettes serving in HMCS ships *Regina* and *Montreal* were cheering for their teams along with Naval Reserve Divisions HMCS Donnacona in Montreal and HMCS Queen in Regina.

Each of the four naval units put up \$250 for a total of \$1000 to be donated to a charity in the winning city.

HMCS *Regina* issued the challenge:

"HMCS *Regina* is showing off its Rider pride by flying a Roughrider flag for the duration of Grey Cup week. As you are likely aware, Rider paraphernalia is highly sought-after as it symbolizes both excellence and class. I am sure that a Rider flag, flown from your most prominent yardarm for seven days after the game, would be a fitting tribute to this year's Saskatchewan victory.

Similarly, should a miracle occur, *Regina* would see fit to fly, for the same seven day period, whatever Alouettes rag we can scrounge."

Montreal quickly accepted the bet with equal confidence:

"HMCS *Montreal* graciously accepts your challenge despite the fact that an Alouettes victory is a foregone conclusion... As the Alouettes have won five Grey Cups in their history to Saskatchewan's three, we look forward to seeing a pristine Alouettes flag flying from HMCS *Regina's* most prominent yardarm next week."

Regina's Executive Officer, LCdr Paul Francoeur, a native of Moose Jaw and life-long Riders fan, says "our ship's company is proud to support the Roughriders, however the good thing about this challenge is that a charity will benefit, regardless of the outcome on the field."

Regina's Commanding Officer, Cdr Derek Moss admits to having a powerful weapon. "During the game I will be wearing a vintage Ron Lancaster jersey," he said. "The only thing left to do is select a worthy Saskatchewan charity."

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