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## COMMUNITY 3

*Ship's Lighting Contest winners announced*



## NEWS 6-7

*A glimpse into daily life at Kandahar Airfield*



## NOTICE

**Force Protection Exercise  
Jan. 14-15**

### *Most visible aspects:*

Increased vigilance and security at all gates to Dockyard, Naden, Colwood, 443 MH Sqn and CFAD Rocky Point. 100% ID check by armed sentries and there will be random vehicle searches of POMVs and DND vehicles.

**For those in Dockyard who take BC Transit,** please note that the busses will be rerouted and will drop you off on Canteen Rd and pick you up there at the end of the day versus outside the Chiefs and POs mess.



Cpl Pier-Adam Turcotte, Base Imaging Services Esquimalt

A military procession escorts Lt Andrew Nuttall's casket to the funeral service at Christ Church Cathedral on Jan. 4, 2010. Lt Nuttall, a member of the 1 Princess Patricia's Canadian Light Infantry Battle Group based in Edmonton, AB, was killed by an improvised explosive device that detonated during a foot patrol in Afghanistan on Dec. 23, 2009.

## Community honours fallen soldier

**Shelley Lipke**  
Staff writer

The loss of a fallen military member was fully felt throughout the Victoria community on Jan. 4 as 30-year-old Lt Andrew Richard Nuttall was remembered by comrades, friends and family during his funeral.

More than 1,000 people, some who knew him, and some who

didn't, gathered to pay tribute to the 134<sup>th</sup> Canadian soldier killed in Afghanistan while on duty.

Lt Nuttall was serving his first tour as a member of 1<sup>st</sup> Battalion Princess Patricia's Canadian Light Infantry (1PPCLI) based in Edmonton when he was killed by an improvised explosive device while leading a foot patrol in Kandahar on Dec. 23.

The streets of Vancouver and

Burdett were lined for seven blocks with hundreds of people who came to witness the event, despite the inclement weather.

The funeral procession began when Lt Nuttall's casket, draped with a Canadian flag, was hoisted by military pallbearers onto an artillery gun carriage to make its way from the McCall Brothers Funeral Home to Christ Church Cathedral.

An armed honour guard from the Canadian Scottish Regiment led the procession and the Naden Band of Maritime Forces Pacific followed playing a mournful dirge.

Family, friends and pallbearers marched on either side of the gun carriage and a contingent of serving and retired military members and RCMP followed behind.

**See Military salutes on page 2**

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Cpl Pier-Adam Turcotte, Base Imaging Services Esquimalt

## Military salutes fallen comrade

From page 1

The procession was 120 people strong.

As it made its way slowly towards the church, members of the public, some wearing red shirts, some waving Canadian flags, showed community support for family.

People solemnly removed their hats as the casket went by.

Retired military personnel in uniform, police and firefighters stood at the intersection of each road to block it off.

At Christ Church Cathedral the crowd thickened.

Eight pallbearers from PPCLI carried Lt Nuttall's casket into the vestibule of the cathedral.

Clergy from Christ

Church Cathedral, the Nuttall family's Anglican Church and the Canadian Forces all took part in officiating the service.

Eulogies were read by family, friends and several members that had served with Lt Nuttall. Two of his comrades had flown from Kandahar for his funeral and gave emotional accounts of his duties and his dedication on the front lines.

As the service came to a close, the pallbearers hoisted Lt Nuttall's casket into a hearse and the crowds dispersed as family, friends and military members drove to the Royal Oak Burial Park. There soldiers aimed their rifles to the sky firing three volleys of blank rounds, each as a mark of respect.

The Canadian flag was removed from the coffin, folded, and given to Lt Nuttall's parents, Richard and Jane Nuttall.

It was dusk in the darkening winter hours and the atmosphere was quiet and sombre as each family member departed, kneeling to touch the casket in a final goodbye.

Military members in attendance stood in twos before the casket, each saluting before leaving Lt Nuttall's burial ground.

The day before Lt Nuttall's funeral, a public and private casket viewing was held at McCall Brothers Funeral Home where 200 people paid their respect and left their thoughts in a book of condolences. Among his photos enlarged on the wall

was a large banner of more than 75 comments from relatives, friends and family that had been printed out from a Facebook group.

Lt Nuttall was born in Prince Rupert, but his family moved to Edmonton, Vancouver, Yellowknife and Regina before settling in Victoria. He studied engineering at the University of Victoria, and in 2007 enlisted in the army because of his passion for helping others, and his love for fitness and adventure. His spirit embraced the camaraderie of the second family he developed in the military.

This is the second time a Victoria area soldier has been killed in Afghanistan and had a funeral in Victoria. The last was in 2005 when Bdr Myles Mansell was honoured.



Cpl Pier-Adam Turcotte, Base Imaging Services Esquimalt



Lt Andrew Richard Nuttall

Members of the Canadian Forces solemnly participated in their comrade's funeral.

# Winners emerge in lighting contest

**Shelley Lipke**  
Staff writer

With another Christmas season behind us, the ballots of the 22<sup>nd</sup> annual Navy Lighting Contest have been tallied and the winners announced.

Adorned completely with impressive energy saving LED lights, both *HMCS Regina* and *HMCS Protecteur* received many votes, but it was *Regina* that won the hearts of a handful more visitors who voted in the best ship category.

For the second year in a row it was a landslide win for the Admiral's Residence, which outshone the other 11 decorated buildings with more than 50 per cent of the votes.

"I want to thank all of the people who visited and made a donation to the Mustard Seed, as well as our business and media sponsors for their support. Like all the important missions we do in the Canadian Forces, this contest is a true team effort," said

***Like all the important missions we do in the Canadian Forces, this contest is a true team effort.***

-Capt (N) Marcel Hallé  
Base Commander CFB Esquimalt

Base Commander, Capt(N) Marcel Hallé.

Nineteen CFB Esquimalt buildings and Pacific Fleet warships decorated and competed in this year's 11-day contest that raised \$33,662 in food and cash for the Mustard Seed Food Bank, making it the most successful contest in nine years.

"When the contest goes this well for the Mustard Seed Food Bank, then we can call it a big success," said Capt(N) Hallé. "Our participants had a great time while visitors learned a

little bit more about their West Coast navy base."

Attendance was up 300 per cent from last year, and organizers attributed pleasant and dry December weather to the 5,989 visitors attending the Dec. 14 to 24 contest.

Last year 2,173 attended the contest that was hosted over 13 days. Usually between 10 and 20 thousand dollars worth of food and cash is raised for the Mustard Seed Food Bank. This year's success was greatly appreciated by the community and staff at the food bank.

"The Mustard Seed is extremely grateful to the navy for hosting this event once again and for the response of Victorians attending the contest," said Mustard Seed Food Bank director Brent Palmer. "We would like to wish everyone a healthy, prosperous 2010."

Since its inception in 1988, more than 165,000 people have toured HMC Dockyard during the Navy Lighting Contest.

# TV series uncovers lost ancestors

**Shelley Lipke**  
Staff writer

Ancestors in the Attic is a television documentary series that takes Canadians on a real-life hunt to track down their lost ancestors and solve their family mysteries.

One episode partially filmed at CFB Suffield will soon be aired on History Television and features a Grade 11 high school student helping the film crew solve the mysteries surrounding the death of Pte Melville Madden, a Seaforth Highlander who fought in one of the bloodiest battles of the Second World War – the Battle of Ortona.

"Journey to Ortona tells the story of Pte Melville Madden who died in battle," said co-creator and series producer Dugald Maudsley. "Since there wasn't much information in his service records and his family didn't know how he died, our team set out to see what they could find."

As a genealogical sleuth, high school student Julian Sache, from Pte Madden's hometown of Lacombe, Alberta, helped the film crew to unravel the mys-

teries of the past and solve what remained unanswered about Pte Madden's death.

"Julian knew that he had to turn Pte Madden's name on the Memorial in Lacombe into a story about a human being," said Maudsley.

The Grade 11 student began by tracking down Pte Madden's niece, a family historian. Through this meeting he learned that Pte Madden had been very close with his brother who he followed to Italy where the Canadians were fighting to liberate the country. The two brothers had planned to meet for a reunion on Christmas Day in 1943, but Pte Madden never made the meeting, as he died in battle on Christmas Eve. This left a hole in the family history and his family wondering what happened on that day.

"We discovered from his service records that Pte Madden fought with the Seaforth Highlanders at Ortona," said Maudsley. "So Julian contacted them because he thought the soldiers might be able to help."

During his research, Exercise Western Defender was underway at CFB Suffield where the Seaforth Highlanders were training

for a tour in Afghanistan. So the film crew thought it would be a perfect opportunity for young Sache to put his feet in the boots of a soldier and learn what Pte Melville's life had been like.

Dressed in a helmet and flak vest, Sache watched live firing and was able to compare the modern day unit with what it might have been like 65 years ago.

"For a Grade 11 student to actually trace the history of a man and learn about his life and take that information back to a family member is a pretty impactful way to learn about World War Two, Canadian history and the extraordinary heroism of the brutal battle that Canadian soldiers fought in," said Maudsley. "The filming of this episode involves footage of infantry reservists training and an interview with MWO John O'Connor, the unit historian, who explains the involvement the Seaforth Highlanders of Canada had in the Battle of Ortona," said Maudsley.

Ancestors in the Attic was nominated last year for a Gemini for Best Documentary Series.

Several episodes have used high school students who


travelled to places such as France, Holland and England to meet the descendents of people they are looking for. Maudsley says it's a very dramatic and extraordinary experience for students to be involved in the search and help solve these mysteries.

"Ancestors in the Attic covers all corners of Canada and all parts of the world to actively help people uncover the secrets in their family tree," he said. "It's really part history and part CSI investigation."

To date the show has helped many Canadians solve their family mysteries. A Japanese Canadian man found the burial place of his birth father, a woman found her lost Russian sister, and a Canadian man tracked down the French people who helped protect and save his grandfather who was a flight commander shot down in German occupied France in the Second World War.

The new season of Ancestors in the Attic series began on Jan. 7 and involves 10 half hour episodes.

Journey to Ortona will air on Jan. 21 and Feb. 26 at 6 p.m. and 9 p.m. on History Television.




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# matters of OPINION

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## People Talk

While visiting Dockyard Lookout asked this question:

*If you could have witnessed any event in history what would you want to have seen and why?*



I remember being enthusiastic about Neil Armstrong landing on the moon. I think this would be a good event to see. Kennedy said they would land on the moon by the end of the 60s and they accomplished that goal and it was an exciting event. I liked that it had nothing to do with war, because at that time there was a lot of coverage of the Vietnam War, and in the midst of this there was this uplifting space program happening.

**Paul Coste,  
Mechanical Fitter FMF**



I think I'd like to see and survive Pearl Harbor and witness the horror of the day. That was even before my time, but from what I've heard, read and seen in films, I think it would be interesting to see. I don't know what the best area would have been to see it, probably a lookout station on a hill to see what was happening and remain safe.

**Bob Reimche,  
Mechanical Fitter FMF**



I would like to see when the Vikings first landed in Newfoundland. I think to see the first European settlers land in North America would be interesting and to watch them in the barren landscapes of Newfoundland.

**Randy Lewers,  
Mechanical Fitter FMF**



The 1972 summit series when Canada played Russia. I love hockey and that was a big moment in Canadian hockey history. We won 4-3 and the winning goal was scored in the last 30 seconds of the game. At that point Russia and Canada were the two powerhouses in hockey and in that game, even though Russians were thought to be the best, we showed them differently.

**Kevin Urbaniak,  
Pipe Fitter, FMF**



I would have liked to have seen when Canada tried to burn down the Whitehouse. I'd like to know who did it, why they tried to do it and how they got across to do it. This happened before Canada was a country and before we had a flag.

**MS Rheel Arseneault,  
Marine Electrician, FMF**

## Got an idea for a People Talk?

Email it to melissa.atkinson@forces.gc.ca

## SUDOKU PUZZLE

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ANSWERS ON PAGE 10

Level: Beginner

## SPORTS trivia

by PO2 Bill Sheridan  
Contributor

### Title

#### QUESTIONS?

1. What goalie had over 500 minutes in penalties?
2. Who was the first captain of the Leafs?
3. How many jersey number 31s are retired in the NHL?
4. Who were the first 100 point season scorers for the original six teams?
5. Who was on the original Scooter line?
6. How many first over all picks have the Penguins had, and who were they?
7. Who was the first goalie in the NHL to be credited with an assist?
8. Who is Normand Leveille?
9. What goalie holds the Chicago Blackhawks record for most shutouts in a season?
10. What team's rink was once called the Palladium?
11. Who were 'Les trois Denis'?
12. Andre Lacroix holds the record for most points in which league?

1. Ron Hexall
2. Clarence Day
3. Two, Grant Fuhr Edmonton and Billy Smith NY Islanders
4. Boston, Espinoza; Chi, Hull; Detroit, Howe; NYR, Ratelle; Mtl, Lafleur; & Tor, Sittler.
5. Lindsay, Wharham and Mikita
6. Three, Lemieux, Fleury & Crosby.
7. Tiny Thompson.
8. He was the first draft pick for the Bruins in 1981, suffered career-ending brain aneurysm during game vs. Vancouver, October 23, 1982.
9. Tony Esposito, 15.
10. Ottawa Senators
11. Denis Savard, Denis Cyr and Denis Tremblay, all born Feb 4 1961, played on one line in junior.
12. WHA

ANSWERS

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# FILM *friday*

## Daybreakers sheds tired old vampire plot

**W. Andrew Powell**  
The GATE

Happy 2010 everyone, and welcome to a brand new year at the movies.

New this week in theatres, Ethan Hawke stars as a remorseful vampire in the action-horror hybrid, *Daybreakers*. Also in theatres, Michael Cera stars in the adaptation of C. D. Payne's famed novel, *Youth In Revolt*; while Amy Adams and Matthew Goode lead the romantic comedy, *Leap Year*.

### Daybreakers

Unless you're a teenager lusting after the bloodless losers from the *Twilight* series, you're probably about as tired of the recent vampire craze as the rest of the population.

There have been TV shows, movies, books, and yes, even more movies, and for the most part they have been cheesy, dreary, empty knock-offs of the usual vampire tales.

Michael and Peter Spierig, the writing and directing duo behind *Daybreakers*, tried to do something a little different. In this futuristic concept film, which subtly twists the vampire myths, the Spierigs have come up with an action-horror hybrid that is entertaining, and even includes a talented group of actors. The only flaw – it's not everything it could have been.

*Daybreakers* is set in the year 2017, a number of years after an epidemic has turned the population of the world into vampires, leaving a very small number of humans alive and in hiding. As the vampires go about their lives – drinking coffee topped up with blood, working after sunset, driving cars that have day-time shades to keep the sun out – humans have become a precious commodity and blood is starting to get scarce. Captured humans are held in a bank-like facility where they are constantly drained of blood, but there just aren't enough humans any more.

As the blood shortage starts to have an effect, Edward Dalton, played by Ethan Hawke, is doing his best to come up with a synthetic blood substitute for the company he works for, which also happens to be a "blood bank." Edward

has another problem in that he refuses to drink human blood unless he absolutely must, which is starting to take its toll on him.

A chance encounter with a small group of humans, led by Audrey, and played by Claudia Karvan, changes everything for Edward, and gives him a new opportunity to free humanity. Taken to meet the leader of a local group of humans, Edward is introduced to Lionel, otherwise known as "Elvis", played by Willem Dafoe, a former vampire who discovered a way to become human once again. The implications of this are of course astounding to a man who can't live with himself as a vampire, but as he strives to find a way to recreate the process on himself, the group will have to defend themselves from Edward's boss, Charles Bromley, played by Sam Neill.

With a strong beginning and end to the film, and more than a few great action scenes, *Daybreakers* does enough differently that it is incredibly enjoyable. The problem is a lot of missed opportunities. The dialogue is adequate at best, and ridiculous at other times. The film's overall tone is flat and mostly depressing, but not in a stylish way that might be more appealing,

and for all the ingenuity in *Daybreakers'* setting, most of the film plays out like your average survival film.

Even the well-timed themes in the film, which seem to touch on the recent economic crash, and the oil marketplace, seem toothless, if you'll excuse the pun.

For genre fans, *Daybreakers* is fun and dark, and just gritty enough to make it worth the price of admission. A few truly original scenes also stand out from the rest of the film, as when Edward tests his latest round of synthetic blood on a vampire soldier. Overall though the film was a little too half-baked for me, and I think most filmgoers will see it for what it is: another vampire retread that needed more than just a clever setting.

Also coming out this week...

### Youth In Revolt

Based on the famed novel by C. D. Payne, *Youth In Revolt* is the story of a teenager, wise beyond his years and stuck between his soon-to-be divorced parents, who dreams of losing his virginity.

Michael Cera stars as Nick Twisp, while Portia Doubleday plays his love interest, the lovely Sheeni Saunders, in this quirky,

funny dramedy about life as a teenager.

Earning numerous positive reviews from critics, *Youth In Revolt* looks like a solid film to check out this week. As Keith Uhlich of Time Out New York wrote in his review, "It's a kick to see Cera cut loose from his patented befuddled-nerd routine, even if the film's caricatured performances and fish-in-a-barrel scorn are sure to be monotonous for some."

### Leap Year

Amy Adams stars as Anna in the romantic comedy, *Leap Year*, the story of a woman who decides to take her future into her own hands and propose to her long-time boyfriend.

Planning to take advantage of an old Irish tradition that says women can propose to men on Feb. 29, Anna plans a trip to meet up with her boyfriend in Dublin. Fate gets in the way, leaving Anna stranded on the wrong side of Ireland. She has to get a little help in the form of Declan, played by Matthew Goode. Bickering as they travel, Anna will do whatever it takes to get to Dublin in time, but there may be a complication along the way as she finds herself falling for her travelling companion.

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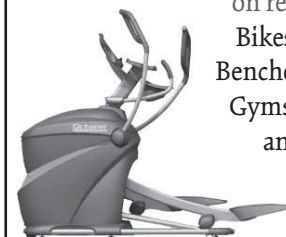
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# Q & A

## Aircraft security in Afghanistan

LS Erik Lindholm, an engineer from HMCS Malahat, has been working as flightline security at Kandahar Airfield in Afghanistan since the summer. His unit is tasked with providing physical security for aircraft and their crews. On a daily basis, their job varies from dealing with rocket attacks, enforcing aircraft safety regulations to controlling access to the flightline. This is his first overseas deployment and in a Q&A with Lookout he shares his experiences working and living in a warzone.

### What do you like most about your job?

I like working with all the different aircraft, both military and civilian, and their crews. We help them lift things, talk to them, bring them little items and food and vice versa. In many ways we are all on the same team. We get to meet armed forces and civilians from all over the world, transiting in and out. There is a great social aspect in meeting people from all these countries. The crew I work with is Australian, Belgian, Dutch, French, American, and Canadian.

### What challenges do you face in your job, that is different than working in Canada?

I would equate the job I do as being similar to a port security, in that we are responsible for security of an area, although there are many differences due to the area. Almost everyone is armed here, and there is very heavy traffic both by road and air. You become accustomed to weapons and vehicles of all types. The pace of operations is also much faster than it is back home. If you think of a destroyer leaving the harbour at five knots, scrambled fighter planes here leave at 300 kilometres per hour, so there is no room for error. There are armed planes and helicopters simultaneously transiting in and out on missions within a moment's notice 24 hours a day. These aircraft must compete for space with large cargo planes and also their ground crews while unloading pallets and vehicles. Because of this tempo, there is a high potential for ground accidents while taxiing around ramps at night.

We also deal with landing aircraft that have reported in-flight emergencies, such as injured crews, failed landing gear, failed engines, battle damage, "hung guns/bombs" (weapons systems that have been given a pilot's "Fire" order but have failed to fire due to a system fault, and because they are technically still "armed," this can be extremely frightening to work near), and "hot brakes" (tire and brake fires, upon the aircraft landing, potentially leading to a fire that can engulf the aircraft) so we must work in tandem with the fire department for crash response and first aid.

We also assist the Role 3 emergency medical facility with medevac security and patient transport, so we see people who are badly hurt, and some who did not make it.

Add to the mix the amount of unexploded ordnance (tank shells, bullets, mortars – mostly from the Russian era) and active minefields on certain areas of the base. There have also been smugglers of drugs and alcohol which we have found and detained.

### There are often rocket attacks that impact different areas of the base and fly right over us. We have threats of vehicle borne suicide bombers. One such event occurred here this summer. Often one or more of these events is happening at once (Murphy's law of course) so that is complicated. You must prioritize: What is more important, a potential unexploded ordnance or a potential plane crash? Both are happening at once, what do you do? That is hard. I also do some basic maintenance on our trucks because of my mechanical background. So, let's say, it's like a port security, but with more rocket attacks.

### How often do you face rocket attacks?

It depends. It can be every few days or every day at multiple times. It is unpredictable.

### What is your job during them?

First and foremost, ensure physical safety of our unit personnel and vehicles. I make sure everyone is taking cover and following their drills, and perform first aid if necessary. We check to see if the rocket is visible and unexploded, and get bomb disposal involved if so. We sweep (visually) the runways and hangars to make sure no damage has occurred - this is very important; if an aircraft lands in a giant rocket crater it will crash and cause another problem altogether. It is busy here, so this check must happen quickly so the planes do not get their landings backlogged and run out of fuel.

### What thoughts race through your mind?

Where is the next volley going to land? And when it has landed, what and who did it hit? Has it exploded yet? What do we need to do?

### What do you need to ensure and how do you help keep others safe during this time?

Good communications fix 90 per cent of the problems in life. We need to talk to all our units and coordinate. Radios are used for the majority of these communications, and we also need trucks to get us around and do our checks. Many areas of the base must communicate with each other: fire department, operations, security, and hospital - to build a picture of what is going on and what needs to happen. The rocket is a catalyst. It starts a chain reaction, and then plans go into play with all those departments dealing with the damage it has caused and also dealing with the person(s) who caused it.

### What is a typical day like for you there?

I show up for work with full armour, helmet, tac-vest, knife, pistol and rifle. Get briefed on guardmount about the previous shifts' activities and intelligence. For example: we learn about planes coming in, certain things to watch for, suspected problems, or VIPs transiting the area that we must escort. We get our vehicles and start to drive around and patrol, inspecting everything and waiting for calls. We send someone out to get us takeaway food from the chow halls and keep driving and patrolling. It can be quiet, but you never know when or what will happen so you have to be vigilant.

When I'm done shift, it's time for the gym, something to eat and a quick trip to the boardwalk for some shopping if needed, some relax time and a coffee. Then back home to do a bit of reading and sleep it off. Usually we spend 13 hours on-shift. Repeat...

### Describe what it's like in Afghanistan.

It's an extremely pivotal and interesting time to be here. We've now seen two complicated federal elections, and the commander of International Security Assistance Force, General McChrystal, US Army, released a large report stating how strategies and tactics must change - or else. US President Barack Obama is



LS Erik Lindholm is working as flightline security at Kandahar Airfield in Afghanistan.

trying to come to terms with the goals here, and how much support NATO and the UN are willing to give. He has just announced a large increase of US troops for the mission. There is a resurgence of attention on the country as Britain pulls from Iraq, and the whole western world is trying to decide what to do here, and what the consequences are if we up and leave. Meanwhile, there is much construction on the base, it is a hive of activity and we just keep working. It's an enormous logistical effort to keep this mission going, to keep the troops supplied and the gunships flying. We are all, in our own ways, helping to do that.

### What has shocked you the most since you have been in Afghanistan?

The logistics of keeping this mission

going. There is an amazing amount of food, fuel, troops, water, ammunition. We are literally in the middle of nowhere keeping a base roughly the size of the town of Esquimalt fed and operational. Road routes are hazardous and convoys must push through, lest we have no fuel and water. It is an ongoing effort.

### What is the one thing that you'll go away with that you gained on this deployment?

The value of life and friendship. Life: in working around the Role 3 trauma medicine hospital. Friendship: in working with other nations to achieve the same goal. Without friends, it would be a very long tour. I see how good we have it in Canada, particularly Victoria. People need to see the aftermath of war to

understand how undesirable it is. Many of my civilian friends play video games and watch action movies, but I think they would have a different perception of violence after seeing combat casualties on a daily basis. I would encourage any young sailor to volunteer overseas, as I believe they will learn lessons here which will apply to the ships and their own personal lives.

### What will you remember for life?

One morning, seeing sunrise on the airfield with Afghan National Army Hind helicopters flying overhead in formation, flying into the sun. It's something to think of how Russia was defeated here, and the Afghans are now flying their helicopters. The Afghans are very tough and resilient people.

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## Surprising results as sailor qualifies for Ironman Hawaii

**Shelley Lipke**  
Staff writer

Qualifying for the world's most sought-after triathlon is a difficult feat. It takes willpower, training and sheer determination to earn a spot in the Kona, Hawaii, Ironman competition.

But with amazing results from her Nov. 29 Ironman in Cozumel, Mexico, LS Kirsten Arensen has succeeded.

"This was completely unexpected," said the naval communicator from HMCS Winnipeg. "Only 1,700 out of more than 50,000 people each year qualify for the world championships in Kona. I'm thrilled to be one of them."

Consistency was the key for the 37-year-old athlete who trained hard for months in preparation for the qualifying race.

As she moved up to the starting line among 1,928 athletes in the Mexican heat her goal was to complete the 3.8-kilometre swim, 180-kilometre bike, and 42-kilometre run in under 12 hours, approximately 30 minutes faster than her first Ironman finish.

Thousands of spectators lined the streets in 30 degree heat and humidity to watch the inaugural event and support the athletes. LS Arensen's family was among the crowd.

It began with the swim that was as gruelling as it was inspiring.

"It was like swimming in a can of sardines at the beginning of the race," she said. "There was not a moment of open water for most of the swim, everyone was kicking and thrashing."

While fighting for her own space in the water, she also contended with a strong current.

"Several days earlier



Photo courtesy of LS Kirsten Arensen

**LS Kirsten Arensen was one of 50 participants in the Nov. 29 Ironman Cozumel to qualify for the world championships in Kona, Hawaii.**

I practiced swimming towards the marker and swam for 17 minutes and then made it back to shore in five. This was an indication of the powerful current we swam against."

Relying on the buoyancy of the warm salt water, she swam without a wetsuit and was stung by jellyfish. This didn't slow her and she pushed on.

Then something gold flickered in the water, and she saw a sight of inspiration. "I swam overtop of a bronze statue of Jesus and the sun was shining on it," she said. "I'm not religious, but this was definitely a moment that I took as a sign it would be a good day."

As she emerged from the water to transition to the bike with a time of 1:10 she was 10 minutes faster than she expected.

The wind hindered the cyclists' performance as they circled around the island on three 60 kilometre loops. "It was like hitting a wall of wind, but despite this I was still passing a lot of people and this

boosted my confidence," she said.

Throughout the race her family took video clips of her, and kept running into Starbucks to upload them for people at home to see.

At the end of the bike portion she had a time of 6:15, 10 minutes faster than she had expected.

The run was painful. Spectators lining the streets shouted cheers of 'Go Canada' as she ran past wearing a Canadian emblazoned T shirt.

"When I had 15 kilometres left I heard my family shout that I was 10<sup>th</sup> in the race out of my age group, and I really dug deep to try to pass everyone then."

As she charged through the finish line with a smile to receive her medal, she felt elated.

"I had improved my time by more than 45 minutes and was really happy with my results. Overall my time was 11:31:17, I was 224<sup>th</sup> overall in the race, the 27<sup>th</sup> female across all age categories, (including 12 professionals), third in my own age category and first of all Canadian females."

Once she returned to the house she was staying at, and viewed the online results, she found out she had earned one of the 50 spots qualifying her for Kona, and this came as a welcomed surprise.

"Kona is the best of the best," she said. "It's the birthplace of Ironman."

For the Oct. 9, 2010, Kona Ironman, her ultimate goal is to finish strong, feel good and be confident.

"A lot of people fall into post Ironman laziness, but I'm on a mission now because of this opportunity," she said. "In a way this was always a dream of mine and I'm really excited."

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# HMCS Calgary crew represents navy at Vancouver event

**Shelley Lipke**  
Staff writer

Three sailors from *HMCS Calgary* stepped on stage at the Vancouver Arts Centre during the Dec. 8 Amacon tree lighting ceremony to represent the military.

Their job was to handover a gigantic cheque for \$5,000, raised by real-estate company Amacon, to Don Hewson of Canada Company – an organization that supports Canadian Forces members and their families through initiatives in the business community.

The money will help send children from military families to camp, provide scholarships and tuition fees for families who have lost a member in a mission, and ensure reservists have positions in their communities after they return from deployments.

"It was a real honour to be able to represent the military and the military families this year," said executive officer, LCdr James Salt. "Amacon's donation to Canada Company will benefit individuals within the military community through many initiatives."

The sailors joined more than 1,000 people, including a few famous faces, to see the 10-metre tall artificial tree lit up on the Vancouver Art Gallery lawn,

and presentations that included \$100,000 worth of charitable donations.

CPO1 Gerry Price and MS Krista Rose and LCdr Salt met the B.C. Lions, had their photo taken with entertainers Elvis Costello and Diana Krall, and listened to Japanese drums and other seasonal festivities.

The sailor's involvement in the Vancouver event stemmed from hosting a few members of Canada Company during the Canadian Leaders at Sea (CLAS) program on Nov. 9 and 10 on board the frigate.

Amacon's president Marcello De Cotis and Hewson were among five executives who experienced the CLAS program, and both are involved with Canada Company.

"The CLAS program provides local leaders and those at the provincial and national level the chance to experience a little bit of the navy," said LCdr Salt. "These individuals are CEOs, presidents, and senior executives of companies who have a direct and significant influence on the support that the navy and the military receive. Unless those participants happen to know, or are related to someone in the navy, it's extremely difficult for them to understand what we do on a day-to-day basis."



Ron Sombilon, Contributor

**MS Krista Rose, CPO1 Gerry Price (left) and LCdr James Salt of HMCS Calgary (right) pose for a photo with entertainers Elvis Costello and Diana Krall during the third annual Amacon tree lighting ceremony held at the Vancouver Arts Centre on Dec. 8.**

Thirty six hours of non-stop action began when the executives joined the ship in San Diego to live on the frigate as a sailor at sea.

"We were winched out of a Sea King helicopter, transferred from *Calgary* to the *Algonquin* by light jackstay transfer, and we witnessed an assault on a 'hostile' freighter to see what the boarding party does," said Hewson. "We fired the 57-mm, 50-cal and the C7 guns and practiced fire fighting. For a civilian to participate in these evolutions was incredible and it showed me the level of

skill, quality and education our Canadian Forces have. I think it's important that all Canadians see the professionalism and dedication in the people that serve us."

As their whirlwind adventure wrapped up, the executives heard of the Government of Canada Charitable Workplace Campaign (GCCWC) that each unit on the base takes part in prior to Christmas. They wanted to help, so they dug into their pockets and emptied their wallets. "The fact that these five individuals cleaned out their wallets and contributed to the ship's charity and

benevolent fund before departing *Calgary* shows the sort of impression that was left with them," said LCdr Salt. "They also donated two incredible Vancouver Canuck's overnight hockey packages that the ship raffled off to raise over \$1,000 for our campaign. We were very thankful."

Before embarking in *Calgary*, Hewson had a firsthand appreciation of the sacrifices made by Canadian Forces members, and he joined Canada Company because of this.

"Capt Trevor Greene, an Afghanistan veteran, was in my rugby club. While he was serving in Afghanistan he had his head split open with an axe and this really hit home for me," said Hewson. "When I read about the work Canada Company was doing to support our military I wanted to help in any way I could so I joined. I think it was fantastic that Marcello De Cotis and Amacon recognized Canada Company during the tree lighting ceremony this year and showed support. Our people in uniform often don't get recognized for what they do and the sacrifices they make. Freedom comes at a cost, and in Canada so many people are complacent."

For more details on the initiatives set up by Canada Company go to [www.canadacompany.ca](http://www.canadacompany.ca).

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SINGLE STOREY 1/2 DUPLEX Langford. 3 bdrm, den, ele heat, & FP, jetted tub, fenced yard, garage & workshop. NS/ small pet ok. Avail. Immed. \$1475/mo. email [ctroughbridge@yahoo.ca](mailto:ctroughbridge@yahoo.ca).

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#### SUDOKU ANSWERS

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

PUZZLE ON PAGE 4

# Rainbow joins CNC event

**Lt(N) Peggy Kulmala**  
HMCS Malahat

To the excited squeal of a little girl and the reserved murmurs of distinguished visitors huddled out of the rain under HMCS Malahat's overhang, a promising New Year's morning rainbow encircled the Naval Reserve Division's mast with a prism of colour.

Appearing just before 9 a.m., the rainbow cast its colours over a short ceremony to officially raise Canadian Naval Centennial Flag for the first time in 2010, formally heralding the Canadian Navy's Centennial year.

"The distinctive flag stands as a symbol of respect, and will help to raise awareness of the navy and its contributions to Canada during our century of service," said Rear Admiral Tyrone Pile, Commander of Maritime Forces Pacific and Joint Task Force Pacific, who presided over the short ceremony. "I encourage all to become involved in our 100<sup>th</sup> year anniversary in whichever way you can."

After the ceremony, all entered the "stone

frigate" for Malahat's New Year's levee, the first of 10 local New Year's levees hosted by military messes, civic facilities and at Government House. Over one hundred citizens, elected officials and retired and serving Canadian Forces members passed across Malahat's brow for fellowship and light refreshments.

For nearly a decade Malahat, with support from Canadian Forces Base (CFB) Esquimalt's Wardroom, has started off New Year's Day levees in Victoria on behalf of local ships and naval shore establishments. Malahat's 2010 levee was particularly important to the long-standing Naval Reserve Division.

"Victoria has the distinction of being the genesis of Canada's Naval Reserve," explained Cmdr Steven Pokotylo, Malahat's Commanding Officer. "In 1913, just three years after the establishment of the Canadian Navy, a group of Victoria citizens came together several evenings each week to become familiar with drill, seamanship, Admiralty law, arms drill and naval organization. We are very proud to be the stewards for this local piece of history."

## The Tradition of Moose Milk and the Canadian Navy

**CPO2 Sean Neraasen**  
HMCS Malahat

Moose Milk, a beverage well known to Canadian sailors, is a uniquely Canadian drink that has become a tradition and can be traced back to the early colonial beginnings of our nation.

In colonial times, upon completion of the New Year's Day levée, guests were treated to wine and cheeses from the homeland. Some wines did not travel well during the long ocean voyage to Canada, so to make the cloudy and somewhat sour wine more palatable it was heated with alcohol and spices. The concoction came to be known as "Le Sang du Caribou", or Moose Blood.

Under British rule many of

the French levee customs were retained; but in the case of the Moose Blood, whisky, which travelled better, was substituted for the wine. Goat's milk as well as nutmeg and cinnamon were added to the Anglicised "Moose Milk."

Today's versions of Moose Milk, in addition to whisky or rum and spices, a combination of eggnog and ice-cream, as well as other alcoholic supplements may be added. The exact recipes can be jealously guarded secrets.

Although the origins of serving Moose Milk in military messes may be lost in history, we know that the Canadian Navy adopted the practice of using Pusser's rum for its version of Moose Milk, as it typically was the most prevalent alcohol aboard HMC Ships.

Navy-hosted New Year Day levees traditionally include the flavourful Moose Milk.

"As the first stop on Victoria's levees circuit, we are pleased to be the ones to not only introduce Victorians to levees, a unique Canadian tradition, but to Moose Milk, also uniquely Canadian," said Cdr Steven Pokotylo, HMCS Malahat's Commanding Officer.

Though originally associated specifically with New Year Day levees, Moose Milk has become a signature beverage at receptions onboard HMC Ships and at naval shore establishments. As an enduring and uniquely Canadian tradition, Moose Milk will no doubt feature at many of the Canadian Navy Centennial celebrations during this coming year.



Gerry Pash, Contributor

Guests at a brief ceremony at HMCS Malahat were treated to a rainbow as a sailor hoisted the Canadian Navy Centennial flag for the first time on Jan. 1. The event, kicking off the navy's centennial year, preceeded Malahat's New Year's Levee.

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# Bravo ZULU



CPO2 Peter Twaddle receives a letter from the office of the Prime Minister from Cdr Doug MacKeen during his retirement ceremony held at the Naval and Military Museum after 35 years of service.



AB Cartenagna, a cook with Base Foods, is promoted to Leading Seaman by Lt(N) Rad Carlyon (left) and CPO1 Robert Eldridge (right).

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