

Volume 55 Number 30 | July 26, 2010

# LOOKOUT



**MARPAC NEWS** CFB Esquimalt, Victoria, B.C.  
Year of the Canadian Naval Centennial



## Job well done

2Lt Trevor Reid, DND

"Nice toss," said PO2 Jacob Underwood, a submariner from HMCS Victoria, after a young Calgary Stampede visitor successfully tossed a rope through a kisbee ring at the Kids' Day obstacle course. The event was hosted by several members from the Canadian Forces on July 14.



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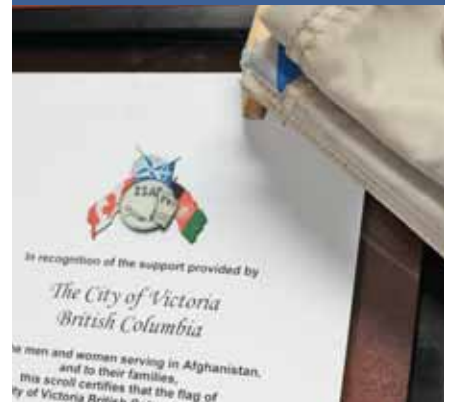


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# Faded and stained, flag comes home from Kandahar

**Penny Rogers**  
Staff writer

A little bit of Afghanistan dust made its way to Victoria City Hall last Thursday when a group of Afghanistan veterans returned a City of Victoria flag to Mayor Dean Fortin and council.

For six months the flag graced the entrance to Camp Nathan Smith, located in the heart of Kandahar City, bringing a piece of home to Victoria-based men and women serving there.

The camp's public affairs office started a program where military members could email their local mayor and request a city flag.

When LS Gareth Eley arrived, he joined up and sent a letter to Mayor Fortin. When the request was received, the flag was packed up and shipped off to the Middle East, as were 40 other city flags from across Canada following similar requests from their local CF members.

The sailor returned home in May, but it took several weeks until his suitcase containing the flag found its way home. Also accompanying the flag was a certificate signed by Lieutenant-Colonel Joe Pospolita, Deputy Commanding Officer of the Kandahar Provincial Reconstruction Team at Camp Nathan

Smith.

Once the flag was back in Victoria, LS Eley and several other military members who had recently returned from Afghanistan made the trip to City Hall to thank the mayor in person.

"More than 30 local military people have just returned from an Afghanistan rotation. On behalf of the people of Victoria and the communities of Southern Vancouver Island, we do want to say welcome home. The people of the region are really grateful for your service. I also want to extend my warmest regards to your families and loved ones as their strength and determination while you were away is an effort also deserving of recognition," said Mayor Fortin.

As LS Eley stepped forward to return the flag to the mayor he said, "Sorry it's a little bit brown."

The dust from Afghanistan, which penetrates every nook and cranny of Camp Nathan Smith, had seeped into the material.

Mayor Fortin read aloud the accompanying certificate. It said: *In recognition of the support provided by the City of Victoria to the men and women serving in Afghanistan, and to their families, this scroll certifies that the flag of the City of Victoria, British Columbia, provided to Leading Seaman*



Penny Rogers, Lookout

**Above:** LS Gareth Eley gets help hoisting the City of Victoria flag from City Hall employee Joey Gutierrez, Lt(N) David Beldeure, Cpl Andrew Nolan, PO1 Dennis Fairfax and PO2 Martin Truchon.

**Below:** The City of Victoria flag was returned to Mayor Dean Fortin along with a commemorative scroll.

Gareth Eley, a member of the Canadian Forces, based at CFB Esquimalt, and while on deployment serving with Headquarters as Accommodations NCO for the Kandahar Provincial Reconstruction Team, was flown for the duration of Rotation 8 at Camp Nathan Smith, Kandahar, Afghanistan.

Moments later, the CF members stepped out the side door of City Hall and removed the Canadian

Naval Centennial flag that had been flying from the pole on Pandora Street, replacing it with the slightly off-colour, well-travelled City of Victoria one.

As LS Eley gazed up at the flag, he said, "Every time I saw it, it reminded me of home; that's what it did. It reminded me why I was over there. I want the people over there to have the same things we have here. I really do, because this place is beautiful. I love Victoria."



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# Sea Spirit planning exercise sees increase international cohesiveness

**Mass Communication Specialist 1st Class Carolyn M. Cerminara**  
Third Fleet Public Affairs

A new exercise developed for Rim of the Pacific (RIMPAC) 2010 was not played out on land, sea or in the air, but rather inside the Ford Island Conference Center on Ford Island at Joint Base Pearl Harbor-Hickam.

Dubbed the Sea Spirit, the planning exercise was a multinational force for crisis response/peace operation in one phase.

Sea Spirit took place in a room big enough to lie out a strategic floor map, where participants from coalition nations could actively walk on the scenario to conceptualize effective actions in the event of a crisis. Operational planning traditionally uses Power Point presentations, which is a slow, detached method of visualizing and developing mission analysis, courses of action and war gaming. However, Sea Spirit brings the plan to life. It's a hands-on approach with tangible moving parts designed to maximize the operational art of planning.

"This type of planning model bridges language barriers among participating members and encourages interaction between players," said U.S. Navy Reserve Captain Paul Krug, U.S. 3rd Fleet N51 who developed the Sea Spirit Planning Exercise with the assistance of 3rd Fleet N7. "An international officer might not speak English to communicate his objectives for the planning operation, yet he can move the game pieces and visually have an understanding of the strategic implications. For instance, in the event of a



U.S. Navy photo by Mass Communication Specialist 2nd Class Stephen Hickok  
**Capt Paul Krug, U.S. 3rd Fleet director of Maritime Assessment Group, second from left, gives Gen Walt Natynczyk, Canadian Chief of the Defence Staff, a tour of the Rim of the Pacific (RIMPAC) Sea Spirit Battle Lab at Ford Island.**

crisis, what are the implications if a military positions its ship 300 miles off the coast of a nation as opposed to 25 miles?"

During the tactical phase of RIMPAC, the fictional scenarios emphasize the maritime component level with a one-phase approach, with representatives from the air and land components also present.

Since it is not a real-world situation, Sea Spirit allowed for a discussion of broader issues, ideas and tactics without real-world politics playing into the equation.

"The war gaming is invaluable and forces planners to generate a course

of action," Capt Krug said. Course of actions are based on actual U.N. Security Council mandates and military strategic and component operational orders and terminology based on the NATO standard in addition to C2 command and control structure.

For RIMPAC 2010, Sea Spirit utilized Australia's Joint Military Appreciation Process. For future Sea Spirit exercises, RIMPAC will use another coalition's planning process. Given the consensus of positive feedback from the Sea Spirit participants Capt Krug said there is a viable possibility the Sea Spirit Planning Exercise will be a part of RIMPAC 2012.

## Exercise "Free play" is no minor game

**LCdr Nathalie Garcia**  
MARPAO PAO

Canadian sailors, soldiers, airmen and women from across the country have been training in the Hawaiian Operating Areas since June 23 as part Rim of the Pacific (RIMPAC) 2010, the largest maritime exercise in the world.

After months of planning and weeks of work ups, RIMPAC is poised

to commence the tactical phase of the exercise from July 25 to July 30.

Sometimes referred to as "free play", the moniker does nothing to convey the seriousness of the phase in which dozens of ships, hundreds of planes and thousands of ground forces come together for four days of "war games."

"This is when all the pieces have to fall together. The months of coordi-

nation, planning and training, and reworking the plan, all boil down to how well the ships, airplanes and men and women on the ground work as a team," says Admiral Ron Lloyd, Commander of the Maritime Forces Component.

In the tactical phase, participating nations are launched into the unscripted portion of the exercise that deals with a fictitious scenario that has seen tensions rise between two neighboring countries in the previous two phases. It now requires all participating nations to band together in a show of force against the fictitious foe.

At the start of this phase, country Orange has ignored all diplomatic and political requests to cease its operations in portions of country Green. Fabricated United Nations resolutions have been passed, and coalition forces assigned roles and repositioned off the coast of Orange and

Green in the event that military action is required.

Though the foe and scenario are fictitious, both need to be realistic and complex enough to challenge every nation and each unit in the free play.

"The initial scenario only takes us so far. Once the tactical phase begins, we need to adapt to situations as they unfold while ensuring we meet the objectives of the exercise," says LCdr Antony Pisani, the Australian officer assigned to U.S. 3rd Fleet Headquarters in San Diego, and the principle planner for the exercise.

Like any good game, there are rules. There are rules of engagement, rules to keep all parties safe, rules to ensure everyone gets what they need from the exercise, rules to ensure the game is realistic, and, of course, the equally important rules to ensure the exercise doesn't negatively impact the environment of the Hawaii Islands.



Cpl Susan Howell, 19 Wing Comox  
**PO1 Line Laurendeau, a sonar operator on board HMCS Calgary, monitors her screen for underwater contacts.**



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## FINANCIAL ADVICE

# Secure your future with money management



Carl McLean, BCom

What do we all want when it comes to attaining and securing wealth? We want a sense of long-term security and the peace of mind that it brings including lifestyle and advantages to our family.

What do millionaires do that others don't? They do not over consume. They are ready to sacrifice something today in order to achieve greater wealth and prosperity in the future.

Does this paint a good picture of who we are and what we want? This then leads me to say that money must be managed and if you spend more than you make, you surely are heading for trouble, that simple. So where to begin? Many people would say to make a budget

and save money. However, in addition to that, I would suggest that prior to making a budget; you should set realistic and attainable goals. Once goals are set, you can then set a budget that will enable you to reach them whatever they are. Make sure that you write your goals down and put them up where you can see them every day.

To begin with, you should monitor your expenses over an entire month. This little exercise will give you the framework for your budget template. Ultimately, you want to reduce your debt load so you must put serious thoughts into curbing bad spending habits, differentiating between good and bad debts and establishing an emergency fund.

For some people, bad habits to consider would be smoking, consuming too much alcohol. For others, it could be that \$4 or \$8 a day latté fix. Other items to consider could be, collecting CDs and DVDs, restaurant dining, buying expensive clothing, going to the movies, buying brand new cars, flying first class, dry cleaning clothes you can wash and more. Remember that

***you should monitor your expenses over an entire month. This I will give you the framework for your budget template.***

I am not saying not to do some of these things but simply keep it reasonable.

Next would be to differentiate between good and bad debts. A good debt is one that produces cash flow and the bad debt doesn't. Good debts grow in value such as a home, an investment property or a business while bad debts are loans made on depreciating assets such as cars, boats and trips. I do not say that you must not do these things; I am only saying to exercise good balance and not be tempted by excessive consumption.

Finally, set up that emergency fund that will take you through tough times. The problem here however is that some people think that an emergency fund is

a line of credit, bank overdraft or a home equity loan. What I suggest doing is have between \$1,000 and \$2,000 in a saving account and have up to six months worth of your current income in a NON RRSP investment account that can be easily liquidated. That way, your money will grow a bit faster than in a regular bank saving account. An emergency fund is a test of your willpower and discipline. It's hard to build but once built, it is easy to upkeep.

Saving money is easy to say but not so to do. There are constant temptations out there that play with your mind so remember what millionaires do and sacrifice something today for greater wealth tomorrow. It does not take much so set yourself up on a monthly saving plan and stick to it so do not put it off, do it. I would add that a good saving plan is not purchasing your monthly quota of 6/49 tickets. Remember that everything is about balance so enjoy.

Carl McLean CD, BCom AMP specializes in residential mortgage financing and credit management in Victoria BC.

## WHAT SAY YOU

# Get ready for the navy ball of the century

Dearest MARPAC, 2010 has been a busy year for the navy, and for British Columbia. The province hosted the world at the 2010 Olympic Games, the City of Victoria exercised Freedom of the City, and the navy on the West Coast orchestrated an International Fleet Review, and put naval pride on display during the Parade of Nations.

To show that it was not all business, the navy also rocked during a special concert at Save-On-Foods Memorial Arena.

As the Naval Centennial winds down, it is important to stop and raise a glass to ourselves, and that will be done at our final event - the MARPAC

Canadian Navy Ball. All serving CF members of Maritime Forces Pacific (MARPAC) are invited to attend and celebrate among friends, peers, and colleagues.

On Oct. 28, 2010, MARPAC will take a moment to formally bring the navy's spectacular year to a close. The Victoria Conference Centre and Crystal Gardens will be the venue for the grandest centennial gathering in MARPAC history. Join guest of honour, His Honour, Steven Point, the Lieutenant Governor of British Columbia, for an evening of dining and dancing.

The ball is made possible through donations from the Base Fund, and sponsorship

from national and local companies. A committee of your peers is working behind the scenes to create a memorable evening. Tickets are on sale now.

### Event details are:

- When: Oct. 28, 2010
- Where: Crystal Gardens, and Victoria Conference Centre (Carson Hall)
- When: 1830-0030  
1700-1730 – Sponsors Reception  
1730-1830 – Participant meet and greet, Carson Hall, Victoria Conference Centre  
1830-1900: Opening remarks and Greetings, Crystal Garden.  
1900-2130 – Three-course dinner, Crystal Garden

2130-0030 – Dessert/coffee/Dance, Carson Hall, Victoria Conference Centre

- Cost: \$55 (includes HST) on a first come basis.
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# FILM *friday*

## "Salt" a cheese fest that lacks humour

**W. Andrew Powell**  
The GATE

Opening this week in theatres, Angelina Jolie stars in the spy-thriller, *Salt*, as a CIA agent trying to get to the bottom of a massive Russian plot to destroy America.

Sometimes I wonder what you would find if you studied the basic genetic makeup of your average movie. Much like Charles Darwin discovered how life on Earth has evolved, I'm convinced there is a similar genetic chain in pretty much every movie that opens in theatres.

As I've said before, I call it the movie pedigree, and few movies have such obvious signs of this pedigree as director Phillip Noyce's *Salt*.

Angelina Jolie, Liev Schreiber, and Chiwetel Ejiofor star in this film about Russian spies who are coming out of hiding to wreak their revenge against their most hated Cold War enemy, the United States of America.

Jolie plays Evelyn Salt, a high-ranking CIA agent who interviews a Russian defector who has promised to hand over some very valuable information. During the interview, however, the defector turns the tables on Salt, swearing that she's a sleeper agent who is about to kill the Premier of Russia during a

funeral in New York City.

With her loyalty called into question, and Salt leaping off to try to save her missing husband, Salt's superiors are hot on her tail and trying to bring her in at any cost. Salt doesn't seem to care though, evading everyone with ease and embarking on a journey to dig deeper into what's really going on with these sleeper agents who are trying to destroy America.

To give you a better idea what to expect from *Salt*, the key is really that all-important film pedigree I mentioned before, which I'm basing on Noyce's previous hit films: *Patriot Games* and *Clear and Present Danger* – two films that may not share the same story, but certainly carry the essence of Noyce's filmmaking style.

Better yet, take a look at writer Kurt Wimmer's most recent film, *Law Abiding Citizen*, or the work of co-writer Brian Koppelman, who helped write the recent spy drama, *Green Zone*. *Salt* is almost literally a melting pot of all those films, mixing in Wimmer's theme of, "Who can I trust," with the action and spy themes found in both *Green Zone* and Noyce's other works.

It's just amazing to me that with all those things to work off of, the film still feels like it's set in 1981. It's also hard to believe

that anyone really thought the Russians would seem like a credible threat in this modern age. It's like we're supposed to forget about twenty years of history.

At least Jolie is good in this – and how could she not be since she's played similar roles a couple of times now. She's coy when she needs to be, somewhat seductive for a few brief sequences, and most of all, she gives Salt this sense of being utterly unbreakable, and yet absolutely sad at the same time. Jolie brings all the right moves to the role, and plays the part perfectly straight-faced, as Noyce seems to prefer, but my complaint is simply that, in a film where the script is based on Cold War camp, it's sometimes hard to take the whole thing as seriously as they expect.

Jolie certainly tries her best with Salt though, and I could actually imagine showing up for a sequel, if for no other reason than to see what Salt was up to next (and trust me, the film sets itself up for a direct sequel), but a lot of things could improve, that's for sure.

For starters, Salt would have been a lot more fun with some kind of sense of humour. The film could have been made with the exact same script 30 years ago, and yet there is barely even a wink or a nudge

from the director or writers to say, "Hey, remember this back in the day? Those were good times, right?" Noyce simply has no sense of that, or he's too devoted to the dark undertones he dabs liberally throughout the film. Had the script been a bit better, that darkness would have sucked me in, but in this cheese-fest, it just comes across as a great big bad idea.

As Evelyn Salt says just ten minutes into the film, as the Russian defector is explaining the crux of the story, "You're killing me, man. When does the good fairy come in?"

Jolie is obviously no fairy, and from Salt's obsession with stealing clothes, to her panache for rigging up a remote control policeman, and her spider monkey routine down a giant elevator shaft, it's clear someone actually either had no idea how funny this was, or thought it just looked pretty cool. Either way, I give credit to Jolie for trying.

If you're willing to accept that Salt is simply no Jason Bourne, you might end up enjoying the film, especially if you can handle some of the sillier moments near the end. The film has no problem making most of the action sequences look right, it just missed the mark by about three decades.

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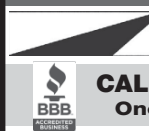
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Photo courtesy of Symphony Splash

An estimated 40,000 people flooded into Victoria's Inner Harbour last year for the Symphony Splash. Space was even difficult to find on the water in front of the Legislature.

# Nautical twist to Symphony Splash

**Penny Rogers**  
Staff writer

By evening's end on Aug. 1, more than 40,000 Victorians will know more about their Canadian Navy - starting with the music.

During one of the city's biggest events, Symphony Splash, the Victoria Symphony will salute the navy with a nautical selection of music that includes "Heart of Oak" by Boyce, and "Guadalcanal March" from Victory at Sea.

Also playing on the floating stage will be the Naden Band of Maritime Forces Pacific.

"We've performed at Symphony Splash a few times," says clarinet player, PO2 Edith Eaton. "But this year we'll be doing a musical journey covering the 100 years of service, starting with big band music, then moving through to some favorite songs of the Second World War, and then modern rock favorites. Much of it will have a nautical theme like 'Come Sail Away' and 'Sailing'."

But music isn't the only thing naval you'll find at this year's Splash celebrations.

HMC Ships *Nanaimo* and *Edmonton* will be docked on the jetty at Ship Point and be open for public tours from noon to 4 p.m., followed by an evening reception for Splash organizers and sponsors.

In the afternoon, a rigid-hulled inflatable boat will be moored along the jetty for kids to climb aboard; there will be a display by the Canadian Forces Fleet School Boarding Party; the Naval Attractions Bus will be on hand, as will a contingent of Royal Canadian Sea Cadets from HMCS *Quadra*, and members of Fleet School who will demonstrate knot tying.

One other naval-themed event, taking place at the Homecoming Statue, will be the Royal Canadian Mint's coin exchange where the public can trade their regular loonies for shiny new Canadian Naval Centennial versions.

According to Commander Tony deRosenroll, Coordinator for the

Canadian Naval Centennial, this is all part of the campaign to bring the navy to Canadians during this 100<sup>th</sup> anniversary year.

"This is perhaps one of the best fits; to have such a universally popular event that draws 40,000 people to the downtown core, to have the Symphony celebrating the Naval Centennial and the navy to provide a backdrop including the Naden Band as part of the show puts maximum light on both naval service and our naval centennial," he says.

The evening's grand finale begins just before 10 p.m. when the Naden Band and the Victoria Symphony join forces to perform Tchaikovsky's dramatic 1812 Overture.

Sea Cadets' naval field guns and the naval ships' saluting guns will fire salvoes during this final performance, accompanied by the thunder of cannons - all under a canopy of spectacular fireworks.

Cost of admission is a \$5 donation that goes to support the Victoria Symphony.



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# Korean War remembered

## Sixty years ago local warships made their first trip to Korean War

**Penny Rogers**  
Staff writer

What started with an attack on Ongjin, a small border town in South Korea, turned into a full-scale invasion within hours when armoured troops from North Korea spilled across the 38<sup>th</sup> parallel.

That was June 25, 1950, the start of the Korean War.

Within two days, the U.S. offered air and sea support to South Korea, and the United Nations Security Council asked its members to assist in repelling the North Korean attack.

At CFB Esquimalt it was business as usual. The summer was quiet with many sailors away on leave and several ships in various stages of refit.

The biggest excitement was the upcoming "European cruise" as the sailors called it. HMC Ships Athabaskan, Cayuga and Sioux were to head south through the Panama Canal, across the Caribbean Sea to Jamaica, and then north to Halifax where they would meet up with East Coast warships Magnificent, Micmac and Huron. Then all six would head across the Atlantic Ocean to Europe.

Two young crewmembers aboard Athabaskan that summer were Bill Gabel, an Able Seaman stoker and Ed Chadwick, a Leading Seaman electrician.

"The trip was quite exciting to a lot of people, especially for those from the West Coast going to Europe, which we hadn't done since the (Second World) War," said Chadwick.

Both men took leave before the deployment and headed to their respective hometowns. Neither man was aware of a slight change of plans that lay ahead.

On the morning of June 30 a message arrived from Naval Headquarters in Ottawa officially cancelling the European cruise, and mere hours later the Flag Officer Pacific Coast received the following instructions:

"...You are to sail 'Cayuga', 'Sioux' and 'Athabaskan' from Esquimalt at 16 knots to Pearl Harbor Wednesday 5 July, 1950..."

Gabel learned of the deployment while in Hartney, Manitoba, when the railway station attendant yelled to him, "There's a telegram for you."

"I got back a day before the ship left."

The crew did not know



**Above:** Bill Gabel (left) was an Able Seaman stoker on HMCS Athabaskan, Ed Chadwick was a Leading Seaman electrician on Athabaskan and Jim Tyre was a Leading Seaman anti-aircraft gunner on HMCS Cayuga when the ships sailed from Victoria on July 5, 1950, for the first tour of duty off Korea. **Right:** Chadwick, Gabel and Tyre during their sailing days.

the mission – only that they would sail to Hawaii.

The work to ready the three destroyers happened at a frenetic pace. Unfinished maintenance was expedited, cancelled or postponed. Around 200 officers and enlisted men were rapidly recruited from other ships and bases across the country to bring the ships up to the required manning status for wartime. Supplies spilled onto number 10 jetty and overflowed onto the ships' upper decks.

Within five days, all three were slipping from Esquimalt harbour bound for Pearl Harbor.

Sailing under the command of Capt(N) Jeffery Brock, Commander Canadian Destroyers Pacific and Commanding Officer of Cayuga (who was, at age 36, the youngest man in Royal Canadian Navy history to attain the rank of naval captain), Commander Robert P. Welland, Commanding Officer Athabaskan, and Commander P.D. Taylor, Commanding Officer Sioux, the ships reached Hawaii on July 12.

Hours after their arrival follow-up orders were received stating that as of July 14 command was being transferred to the operational control of General Douglas MacArthur, Commander in Chief of the United Nations Forces Korea.

On July 30 all three destroyers steamed into Japan's Sasebo harbour. From there, Cayuga was assigned to the west coast support

group, and Athabaskan and Sioux to an escort group convoying ships between Japan and Pusan.

According to a post-war report issued by the Naval Historical Section, Naval Headquarters in Ottawa: *from a naval point of view, the Korean War was one of blockade, particularly so on the west coast for which the British were responsible.*

Along with occasional spectacular action came commoner daily routine patrols, the report also stated, and describes the five main categories tasked to the destroyers and frigates as: *denial of sea communications to the enemy; harassing of troops and supplies in the coastal regions; support of friendly guerrilla organizations; escorting of aircraft carriers engaged in offensive operations off the coast and, added later, the defence of islands on and north of the 38<sup>th</sup> Parallel, as the enemy would have liked to occupy these to enhance his bargaining power at the end of the cease-fire talks at Panmunjom.*

In October, after three months of non-stop duty that included taking part in the Task Force 7 invasion of Inchon on September 15, Sioux, Cayuga and Athabaskan were awarded some much-deserved "R&R" in Hong Kong. Cayuga and Athabaskan left from Sasebo on Nov. 5 and Sioux, which was on west coast patrol, departed Nov. 9.

Only one thing stood in their way to returning to action: Typhoon Clara.

"That was quite the trip," recalls Gabel. "One night Athabaskan rolled so much I didn't think we were going to come back again. It was pretty dicey. As a matter of fact, down in the engine room the next day they found some fish in the bilges."

Jim Tyre, an anti-aircraft gunner and leading seaman aboard Cayuga, recalls a more frightening incident that happened during the typhoon.

"They lost a guy over the side of Athabaskan, and picked him up in the middle of the typhoon. That was one lucky guy," Gabel praises Athabaskan's commander for his seaman-ship skills, which saved the man's life.

"The storm was pretty bad. Cayuga came alongside us and took the strain of the waves coming in. Our skipper, Commander Welland, brought the ship pretty-well alongside the guy and one of the guys (on board) reached out and pulled him in."

During that first tour of duty in waters off Korea, the three Canadian destroyers rarely worked together; they spent most of their time with British and American forces.

One exception was Chinnampo, a city 65 kilometres up the Taedong River from the west coast of Korea that held large reserves of oil and gasoline.

General MacArthur turned to the navy for assistance evacuating rear elements of the US Eighth Army and as many South



Koreans as possible when the North Koreans, now aided by the Communist Chinese army, had overrun every American and UN formation in its path.

"I can remember going up the Taedong River in the dark. Not being up on the bridge and not knowing too much about what was going on, I hear it was quite the feat. Cayuga led the way up and we were with them," recalls Gabel.

Tyre, like Gabel, remembers that night well.

"Chinnampo was probably the most exciting time but we were also apprehensive about it. Cayuga, Athabaskan and Sioux started up river (with USS Forrest B. Royal and HMA Ships Warramunga and Bataan) but Sioux got a wire caught on her screws."

Vibrations caused by

wires from a wayward marker buoy wound around Sioux's propeller shaft, causing her to run aground on a sandbar. Just prior to this, Warramunga had also run aground, leaving four ships to continue through the shallow, dangerous waterway toward Chinnampo.

"We had to get the ships out of there and people out of there," recalls Tyre. "They went aboard the transports and the sampans, and some local boats were helping evacuate too. Then once everyone was out, Cayuga blew the dockyard and a chemical plant."

By early evening on Dec. 5 the ships' armament had also destroyed the cement plant, railway yards, gasoline and oil storage tanks, warehouses, ship building yards, jetties and wharves. The resulting fires took care of the rest.

At the end of the mission some 14,000 troops and civilians had been evacuated.

In early January, it came time for Sioux to start the long journey home. The warship arrived in Esquimalt harbour Feb. 4, 1951, completing the first tour of duty.

Cayuga followed next, arriving April 7 with Athabaskan docking in Esquimalt harbour on May 17.

Gabel will never forget that trip home aboard Athabaskan.

"We came back by way of the Aleutians and before getting to Victoria we hit Prince Rupert, which was a good thing. It got the stress off the guys before they got home, and the people of Prince Rupert really came out and welcomed us home. It was pretty nice. But even before we got into Prince Rupert you could smell the freshness of British Columbia. After being in the Orient for a year, it was a different smell. It was really something."

It wasn't until July 27, 1953, that a final cease fire was reached, bringing the Korean War to an end. All three of Esquimalt's destroyers returned to the waters off Korea two more times, with the last ship, Sioux, returning home for the final time on Sept. 24, 1955.

Gabel never returned for a second tour of duty to Korea but he remained in the navy until 1974. Chadwick also did only one tour, releasing in 1976 while Tyre made two trips and served until 1969.



# Victoria submariners step up for the Calgary Stampede

**2Lt Trevor Reid**  
MARPAAC Public Affairs

"Nice toss," said submariner, PO2 Jacob Underwood, when a young participant at the Calgary Stampede Kids' Day obstacle course threw a rope through a kisbee ring.

The obstacle course was just one of several community events crewmembers of HMCS Victoria took part in during a Stampede visit last week.

Sporting their distinctive black cowboy hats and naval whites, the submariners were easy to spot around town and at the Canadian Forces static display on the Stampede grounds.

"The Mk 48 torpedo with the saddle was a big hit with visitors," said PO2 Patrick Beaupre.

Victoria's display featured a model of the Victoria-class submarine, survival and escape suits as well as a cut-away Mk 46 torpedo. The submariners were kept busy answering the questions of hundreds of curious Stampede visitors.

The submariners didn't skip the chance to participate in an important Stampede week tradition – the pancake breakfast. Working with the Caravan Breakfast Committee on July 15, the team served up pancakes, sausages and juice to the thousands who attended at the Northland mall.

The crew paid a special visit to Ronald McDonald House of Southern Alberta during the week. With some members dressed as pirates and with a bag full of loot, the sailors said "yarr," to the children while other members met with the parents and staff who stay or work at the House.



Photos by 2Lt Trevor Reid, MARPAAC Public Affairs

**Left:** MS Chris Briand hands out plates and juice to the guests at the July 15 Stampede Caravan Breakfast as they wait in line for sausages and pancakes.

**Above:** PO2 Jacob Underwood serves up pancakes to visitors.

**Below:** Members of HMCS Victoria pose with "Sulley" from Monster's Inc. at Ronald McDonald House located in southern Alberta.



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# Periscope up... then down

**Penny Rogers**  
Staff writer

With lights hitting dry dock from all angles, it looked more like 10 a.m. than 10 p.m. on the evening of July 15 when staff from Fleet Maintenance Facility Cape Breton (FMF) laboured to install the 1.5 ton periscope in HMCS Victoria.

Evening was chosen for its reduced traffic on the road, on the jetty and around drydock, said Cam Anderson, FMF Combat Systems Manager for Victoria.

The 13.5 metre stainless steel alloy search periscope mast is the original that came with the submarine when it was purchased in 1998 from Great Britain. During Victoria's five-year refit, it was removed and shipped by airfreight in a large aluminum "coffin" to Thales Group in Glasgow, Scotland, the original manufacturer, for overhaul.

It took five weeks planning and preparation before the periscope mast could be reinstalled.

"The alignment has to be extremely accurate and that was probably the biggest challenge. They are such a tight fit and if there was any wind, up to 25 kilometres per hour, we wouldn't

*The alignment has to be extremely accurate and that was probably the biggest challenge. They are such a tight fit and if there was any wind, up to 25 kilometres per hour, we wouldn't have the control that we required.*

-Cam Anderson  
FMF Combat Systems  
Manager for HMCS Victoria

have the control that we required to complete the install," explained Anderson as lifting cables were secured on the periscope.

Anderson was quick to praise the man sitting high up inside the large crane. "All our crane operators are quite good and their expertise is key in an installation like this. They have quite a responsibility and they sometimes get overlooked, especially the guys doing the larger cranes because you never see them."

Slowly the dangling periscope made its way

over the centre of the scaffold-covered submarine. Then, inch-by-inch, it was lowered into the core of Victoria.

"The mast is 10 inches in diameter with a fit of 6/1000 of an inch, that's .006 of an inch, so there's not much room to maneuver. It goes through four sets of bearings as well before it gets to the bottom," explained Anderson.

Waiting several decks below inside the submarine's control room, where the bottom of the periscope would eventually come to rest, were Lee Andison and Kevin Schafflein. Both men took turns peering up inside the long, dark core searching for signs of its arrival.

Finally they caught sight of it and waited patiently as it lowered, pin straight and very slowly, down the tube until the end finally poked through. From there, both men worked at removing the safety cap, with help from Terry Decker and Anderson, before letting it come to rest in the cross head.

Eventually the ocular box, or the eyepiece, will be attached, but for now everyone is relieved that all their planning and preparation paid off and the install was successful.



Penny Rogers, Lookout

As the crane began to lift the periscope, the FMF-designed cart tilted skyward with the periscope until it was under control of the crane operator. It was then carefully moved above the centre of the submarine and lowered into place.

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Penny Rogers, Lookout

**Top:** Terry Decker and Kevin Schaftlein look up... way up, keeping a watchful eye on the periscope as it is carefully lowered into place.

**Right:** The 13.5 metre long stainless steel alloy periscope looks like a toothpick against the massive machinery surrounding it as the crane operator lowers it into HMCS Victoria.



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## INMEMORIAM

Sapper Brian Collier was killed after an improvised explosive device detonated during a foot patrol in Afghanistan on July 20. Sapper Collier was part of 1 Combat Engineer Regiment, based in Edmonton, AB.



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## MFRC NEWS: HEALTH

# The importance of self care

**Priscilla Destura &  
Sarah Jenkinson**  
MFRC

The military lifestyle is challenging for individuals and families who experience frequent relocations, periods of separation and solo parenting. It is essential to take care of yourself by incorporating self-care strategies into your life. Here are a few simple things that you can do:

## 1. Get Enough Sleep

Sleep is an essential part of everyday well-being. Sleep allows you to be productive, handle stress and function effectively. It is challenging to find time to sleep when you are feeling overwhelmed by life's challenges. However, when you are well rested you are able to face tasks with more energy. Sometimes taking a power nap can re-energize you if you are unable to get enough sleep at night!

## 2. Maintain Proper Nutrition

A poor diet not only affects your physical health but your mental health as well. Research has shown stress

hormones tend to increase a person's tendency to gain weight and if you have a poor diet, your body recognizes that it does not have enough nutrients for your brain to function optimally. Planning not only helps you pick healthier choices but also frees up time from hectic schedules. Crock pots are great for those with a busy schedule and having healthy snacks on hand such as fresh fruit or granola bars will help you avoid fast food temptations.

## 3. Exercise Regularly

Walks or hikes, joining a team sport or even a game of tag with the kids are all forms of exercise. People tend to forget that exercise can be fun and that they can do it during everyday tasks such as vacuuming, taking the stairs and even walking to the store. Even with just a half hour each day, you can maintain your health. If you think you have no time for exercise, split it up and make it a part of your day – try going on a walk during your lunch break or walking to your co-worker's desk instead of sending an email.

## 4. Connect with Others

An important part of looking after yourself is developing and maintaining supportive relationships with friends or family. It is important to cultivate relationships with people who you can trust and provide each other with mutual support. Some strategies for building relationships include volunteering, connecting with an old friend, talking with a friend about your feelings, joining a club or class and scheduling time with friends.

## 5. Connect with Yourself

Developing a positive relationship with yourself starts with having self-awareness. It is important to be aware of the times when you are hard on yourself and, as part of a good self-care routine, you can replace unhelpful thoughts with more positive ones. One of the best ways to connect with yourself is doing something for yourself, whether it's taking a nice calming bath or buying that something special you've had your eye on for months – whatever it is, go out and have fun with yourself!

## PSP NEWS: SUMMER CAMPS FILLING UP

# Register your kids for summer camps

**Natalie Vincent**  
PSP

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CPAC - Junior Camp Ages 6-8yrs old (extended hours available)

CPAC - Senior Camp Ages 9-11yrs old (extended hours available)

Every child loves PSP summer camps and every parent loves our prices. It's a win-win situation. Each week is loaded with spectacular theme days, educational games, creative arts and crafts, exciting day trips, cool beaches, wet and wild swims, marvellous music, and heaps of silly fun. Camp hours are from 9 a.m. - 4 p.m. Extended hours from 7-9 a.m. and 4-5 p.m. are available for an added cost. Call 250-363-1009 for more details and to register. Camp week cost \$110 (5 days).

## Extreme Adventure Camp (ages 12-16yrs)

Looking for some adventure this summer? Join us for this exciting and unique three-day adventure camp loaded with adventure activities such as: kayaking, paintballing, skim boarding, and tubing down the Cowichan River. This camp fills up quickly so be sure to register today!

CPAC, Aug. 9-11, 9 a.m. - 4 p.m., \$125

## PSP French Day Camp (ages 6-11yrs)

This camp is available for French Immersion students as well as students from L'Ecole Victor Brodeur and is taught entirely in French. Our one-week program combines summer excitement with the safety parents expect from a PSP camp. The week is loaded with educational games, creative arts and crafts, exciting day trips, wet and wild swims, sunny parks, heaps of silly fun and much, much more!

CPAC, Aug. 16-20, \$110/week

For more information or to register call PSP Recreation at 250-363-1009.

## Aquatic Programming

Noon Hour AquaJog at Naden Pool on Wed/Fri - FREE;

Bronze Cross Aug. 7-21 9am-1pm 5 classes for \$130; NOTE: Pool will be closed for maintenance Aug. 23-Sept. 7.

## Youth Centre

YAC Drop-in nights on Saturdays 7:30-10:00 p.m. - \$2

# TIPS

## The Military Police have a tips line 250-363-TIPS.

The tips line will be regularly monitored by Military Police. All calls will be kept entirely confidential and anonymous.

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**Free admission**

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## IN FOCUS

## The sinking of ROKS Cheonan

**Brett Witthoeft**Office of the Asia  
Pacific Advisor

On March 26, 2010, ROKS Cheonan, a South Korean corvette, sank near the Northern Limit Line (NLL), the maritime boundary dividing the Koreas. An explosion near Cheonan came without warning, and caused her to break in half and sink in five minutes, killing 46 South Korean sailors.

Following the incident, Seoul assembled the Joint Civilian-Military Investigation Group (JIG), a group of investigators from the US, UK, Sweden and Australia, which found that North Korea was responsible for Cheonan's sinking. Since then, South Korea, the US, and Japan have raised sanctions against the North while putting pressure on China to do the same, even as Pyongyang has severed ties with the South and threatened all-out war.

This week's In the News will examine the attack on Cheonan, which raised two main questions. Why did North Korea attack

**Condemnation of the North has been uniform across the globe, while South Korean allies, such as the US and Canada, have increased trade sanctions against the North.**

Cheonan? What will be various countries' – especially China's – reaction to the incident?

**The Investigation**

The JIG team concluded that Cheonan was sunk by a North Korean torpedo, most likely fired by a midget. The team came to this conclusion in two ways. First, parts of a North Korean torpedo were found near the Cheonan wreck, and it was determined to match a North Korean torpedo recovered in 2003. In addition, the torpedo was marked "No. 1" in Hangul (Korean).

Second, another multinational team of Canadians, Americans, Britons, and Australians reported that at least four submarines and a support ship – the latter

was dispatched to provide sonar cover for the subs – departed North Korea's primary submarine base in the Yellow Sea before the Cheonan attack, and that they returned to base following the incident. Also, the multinational team stated that "all submarines from neighboring countries were either in or near their respective home bases at the time of the incident."

Given this evidence, South Korean President Lee Myung-bak confidently announced on national television May 24 that North Korea was to blame for the Cheonan attack.

**The Aftermath**

President Lee also announced that South Korea would respond to the attack by suspending trade

and humanitarian ties with the North, denying North Korean ships access to South Korean sea lanes, and bringing the matter before the UN Security Council. South Korea accounts for roughly one-third of overall trade with the North (China is North Korea's greatest trading partner by far) and the embargo is predicted to cost Pyongyang USD \$200 million annually, a substantial sum for the North. The denial of South Korean waters to North Korean vessels will have a magnifying effect as well, since it will become more difficult, time-consuming, and expensive to ship goods to the North.

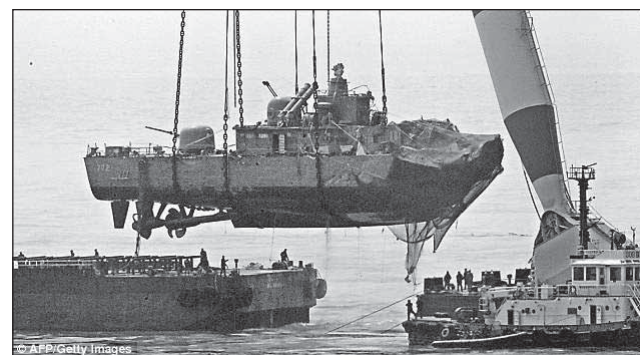
South Korea also had a military response. On May 27, the Republic of Korea Navy (ROKN) held a live-fire anti-submarine exercise in the Yellow Sea, which was reinforced by the announcement that the ROKN will conduct joint drills with the US Navy (USN). The first exercise took place near the NLL June 8 to 11, including the aircraft carrier USS George Washington.

According to South Korean intelligence, rumours that the North had attacked the South circulated heavily, though Cheonan was not specifically identified. At the same time, Pyongyang dispatched lobbyists to promote the North Korean perspective, suggesting that North Korea was not at fault, and that quietly appeasing Pyongyang was the best course of action.

**International Reaction**

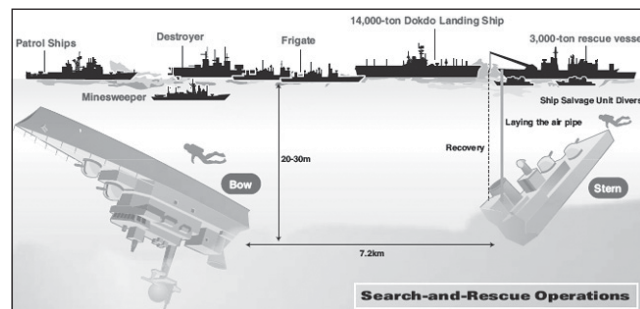
Condemnation of the North has been uniform across the globe, while South Korean allies have increased trade sanctions against the North. Japan has gone further by passing a law permitting the Japanese Coast Guard to inspect suspect North Korean cargo.

China has so far attempted to downplay the incident and avoid becoming involved in punitive measures. On the weekend before Seoul severed links with the North, US Secretary of State Hillary Clinton discussed the Cheonan incident with Dai Bingguo, one of China's highest-ranking diplomats, but little appears to have come of the meeting. Also, when President Lee, then-Japanese Prime Minister Yukio Hatoyama, and Chinese Premier Wen Jiabao met in South Korea on May 31, they agreed to uphold the conclusions of the JIG report, but Wen



**Above:** Part of the ROKS Cheonan is recovered from the ocean floor.

**Below:** A diagram detailing search and rescue efforts following ROKS Cheonan's sinking.



did not support Lee's firm stance toward North Korea.

**Analysis**

The greatest question to emerge from Cheonan's sinking is why North Korea did it. One explanation is that the North was retaliating for the November 2009 skirmish between the Korean navies near the NLL, which saw a North Korean patrol boat seriously damaged and one North Korean sailor killed. Kim Jong-il reportedly visited naval command in late December 2009 and ordered the November clash be avenged.

Another potential reason for the attack is rich crab fishing grounds around the NLL. The crab fishing season typically runs from June to September, and the Koreans have clashed four times over the crab-rich waters. The crab trade is a lucrative source of income for North Korea, worth an estimated USD \$100 million annually. Since only military families can fish for crab during the prime season, it acts as an important loyalty-generating mechanism between Kim and the military. Although the military is favoured in food rationing, crab is likely a very important source of protein in a country where the estimated daily caloric intake is around 1,000 calories.

However, when the ROKN and USN exercise near the fishing grounds of the NLL, North Korea will have few opportunities to poach from South Korean waters. Furthermore, the timing and scope of the first joint drill may disrupt the fishing season, reduc-

ing North Korea's catch this year. If crab fishing was a motive for the North, it will likely have backfired because of the USN-ROKN exercises.

The primary variable at this point is China, and whether it will support its Korean ally. Kim Jong-il visited China in early May, and reportedly told Chinese President Hu Jintao that the North was not responsible for the attack, which China repeated to South Korea.

Kim's lie is no doubt galling to Beijing and has caused considerable embarrassment for the Chinese, who were forced to take Kim at face value. Despite this, Beijing has minimised the Cheonan attack, and China will likely support North Korea by giving food aid, for example, to avoid the North's collapse. If North Korea were to implode, many North Korean refugees would likely cross the Chinese border into an area that cannot properly provide for its own people, let alone desperate North Koreans.

Although there are precedents for North Korean attacks on the South, this incident has gone much further than prior squabbles and will likely prove more harmful than beneficial for North Korea. Kim's lie to Hu has hurt his relationship with China, but China will probably continue to support its erratic ally for fear of the country destabilizing. Though Beijing's reaction will, no doubt, continue to be unsurprising, its actions in regards to the Cheonan sinking in the coming weeks will reveal much about the likely future of the China-North Korea relationship.





# Bravo ZULU



RAdm Tyrone Pile, Commander Maritime Forces Pacific, presents a set of shoulder boards to the Canadian Navy's newest Honorary Captain, Tung Chan. HCapt(N) Chan is the Chief Executive Officer of S.U.C.C.E.S.S., a non-profit, charitable, multi-service agency established in 1973 to promote the well being of all Canadians and immigrants. Previously, he held progressively senior appointments within the TD Bank during a 28 year financial career. He also served for three years on Vancouver's city council.

HCapt(N) Chan is extensively involved in his local community, volunteering in cultural, youth and educational organizations. He has guided these organizations to advance their agendas through his appointments as Director, Chair and Honorary President. In 2002, he was awarded the Queen's Golden Jubilee medal for his community service.



MCpl Roy MacLellan, CFSU(O) Photo Services, CPO1 Robert Clérout, VAdm Dean McFadden and CPO1 Claude Laurendeau sign the documents to transfer the responsibilities of Maritime Command Chief Petty Officer to CPO1 Claude Laurendeau during a ceremony held at National Defence Headquarters.



RAdm Tyrone Pile presents Cdr Ian Wood with a MARPAC Bravo Zulu for his outstanding work with the Canadian Naval Centennial, in particular the International Fleet Review.



MS G. Rolleston was promoted to PO2 by Cmdre M.S. Adamson.



SLt Meryl Sponder from the Combat Systems Section of FMF Eng was promoted to Lt(N) by Cmdre M.S. Adamson.



Cpl Frieda Van Putten, CFB Esquimalt Imaging Services, LCol Jon Burbee (left), the outgoing commanding officer of CFB Esquimalt Construction Engineering signs the change of command certificate relinquishing his watch to LCol Darlene Quinn (right) with reviewing officer Capt(N) Martin Teft (centre) on July 23.



RAdm Tyrone Pile presents LCdr Kevin Kirkwood with a MARPAC Bravo Zulu for his outstanding work with the Canadian Naval Centennial, in particular the International Fleet Review.



MS Joe Lescene was promoted to PO2 by Cmdre M.S. Adamson.



MS Michael Madronic was promoted to PO2 by Cdr Gregory Bannister F4-ENG and LCdr Melody Szabo, F44 MWV TECH.



LCdr Greg van der Krogt (Detachment Commander, HCM/FELEX West) promoted PO1 Chris Koblun to CPO2. Chief Koblun is the senior electrician at the Detachment and is an integral member of the team that will oversee the modernization project on the West Coast.

## New Director General Maritime Equipment Program Management

**Lt(N) Leah Skuce**  
Contributor

Cmdre Pat Finn assumed the appointment of Director General Maritime Equipment Program Management (DGMEPM) Tuesday, July 13, and took the former duties of Rear-Admiral Richard Greenwood. Dan Ross, Assistant Deputy Minister (Material), presided over the ceremony, which was held in the Louis St-Laurent Building.

With 35 years of experience in the navy, Rear-Admiral Greenwood filled numerous key roles, including Project Manager of the Submarine Capability Life Extension Project and Director of Maritime Class Management, as well as Commanding Officer Fleet Maintenance Facility Cape Breton.

Having turned over his duties, he is departing Ottawa and moving to Washington to fill the appointment of

Commander Canadian Defence Liaison Staff. Rear-Admiral Greenwood credited his staff for the success of the division, stating, "Our product is steel; our strength is people. Tenacious teamwork has allowed us to make great strides over the last five years."

He turned over the reins with confidence in his successor. "I cannot think of a single engineering officer in the navy who has the leadership and level of strategic

thinking of Pat Finn."

Commodore Finn has more than 30 years of experience in the navy, serving in a variety of leadership positions, including Command of the Canadian Forces Naval Engineering School, Director Maritime Fleet Management, Project Manager for the Joint Support Ship, Project Manager for the Canadian Surface Combatant Project, and Project Manager for the National Shipbuilding Procurement Strategy.



RAdm Richard Greenwood (left), Dan Ross (centre), and Cmdre Pat Finn sign the change of appointment documents for the Director General Maritime Equipment Program Management at Gatineau, QC.



## IN BRIEF

# Museum offers pirate school for kids

The Maritime Museum of British Columbia has brought back its Pirate School. From Thursday to Sunday 11 a.m. to 2 p.m. for the rest of the summer kids can attend the Bastion Square school to learn about pirate life.

Aspiring pirates can battle with balloons swords, get decked out with tattoos and delve into pirate life on the high seas.

A suggested donation of \$5 is recommended per

day to attend this school. For more information contact Lindsay Fichaud at 250-385-4222 ext 113.

### New sea boots for sailors

The Naval Improvement Clothing and Equipment (NICE) project is introducing a new sea boot for naval members. The black leather boot will replace the current model and is a much lighter weight boot. It has a ballistic nylon upper, composite

toe, injection moulded sole, and the temperature ratings are similar to the current model.

The boots will be issued on an attrition basis once stocks of the current sea boot are depleted. Distribution of these boots will begin in December once sufficient quantities have been received at the depots.

The boots will be issued both to sailors serving aboard ship and on land.

Members are entitled to two pairs each, but distribution will initially begin with one pair.

### Public service health care plan benefit card

The public service health care benefit card will soon be here. This is good news for employees because it means that instead of paying for the full cost of eligible prescription drugs and medical supplies up front and mailing in a claim for reimbursement, people under the Sun Life Financial medical plan will pay their share of the cost right at the pharmacy.

Pharmacies will begin accepting the new card on Nov. 1, but people are encouraged to apply for it by Sept. 15 to receive their card in time.

All members receiving medical benefits under this plan must enrol themselves and their dependants for electronic claims processing. Enrolment online can be done at [www.sunlife.ca/enrolment\\_pshcp](http://www.sunlife.ca/enrolment_pshcp). Employees who are not already users on the Sun Life Financial website will receive an information package in the mail by Aug. 15 containing information needed to enrol.

Claims will not be processed after Nov. 1 for those who have not enrolled. More information can be obtained at the Treasury Board Secretariat website at [www.tbs-sct.gc.ca](http://www.tbs-sct.gc.ca)

# HMCS Vancouver connects with namesake city for Canada Day

**Lt(N) Matt Mitchell**  
HMCS Vancouver

For the first Canada Day in three years, *HMCS Vancouver* sailed into its namesake city for a three-day celebration of Canada Day and the Naval Centennial.

Civilian and military personnel who helped orchestrate the Centennial Fleet Week were invited to sail with *Vancouver* to its namesake city.

A second day sail included dignitaries from the City of Vancouver's international consulates and embassies. These guests were hosted by Commander Maritime Forces Pacific (MARPAF), RAdm Tyrone Pile, for what was his final sail as Commander of MARPAF.

Guests were treated to ship's maneuvering and tours throughout the day.

On Canada Day, the ship was involved in every aspect of the city's Operation Connection, which unites the public to the navy. *Vancouver* came alongside Canada Place as over 150,000 spectators watched. Climbing demonstrations from the Naval Boarding Party entertained throngs of people, as sailors scaled containers stacked on the sidewalk before repelling down to unlock and inspect them. This narrated event included a weapons displays, and sailors from the ship's company circulated through the crowd to answer questions about the demonstration and the navy.

Spectators also watched the ship dress overall and a piping party assemble at the brow for the return of the Commander

MARPAC. The Admiral returned to the ship to preside over the swearing in of 13 new members to the Canadian Forces. Friends and family watched the event held under the flight deck awning; the Naden Band provided music and most importantly, the National Anthem.

Later that day, *Vancouver* sailors spread out across the city for numerous events. MS Simon Crimp from HMCS Discovery and OS Andrew Bowel from *Vancouver* carried the Naden Band's Centennial banner in the city's Canada Day Parade. The *Vancouver* Canadians baseball team opened their game with a celebration including a

Ceremonial Flag Party led by PO2 Class Sonny Gall with PO2 Jack Sleeman and LS Amber Oldland.

The ship's activities went through out the day and night when RAdm Pile hosted the Lieutenant Governor of British Columbia Steven Point for dinner and to watch the fireworks over the harbour. A trio of musicians from the Naden Band provided entertainment during the engagement and the entire 35-person band arrived to play the Sunset ceremony. City Councilor Susan Anton was also representing the City of Vancouver and expressed her pleasure at having *Vancouver* once again back in the city.

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## RCSC salutes the Naval Centennial

**Saturday, July 31 • BC Legislature Lawn**

**Sunday, Aug. 1 • Royal London Wax Museum**

### July 31

Members of the Royal Canadian Sea Cadets from across Canada step off at 7:25 p.m. and march from Cormorant Street to the B.C. Legislature Grounds.

Cadets perform "The Ceremony of the Flags" at 8 p.m.

### August 1

25 cadets with supervising officers will set up the guns alongside the Royal London Wax Museum. At approximately 9:30 p.m. the guns provide the cannon fire for the Victoria Symphony's performance of the 1812 Overture finale for "Symphony Splash."

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**NAVAL MESS KIT.** Tunic/jacket, 42 short, trousers 36 waist- 30 inseam. Please contact Terry at 778-785-0399 or cell 778-231-6033. Email at tw\_norman@hotmail.com

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### VEHICLES FOR SALE

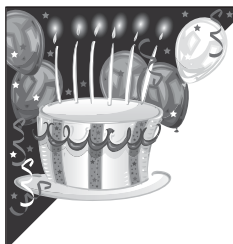
5 speed standard (rare), 6 cylinder, class 3 tow package, new tires and brakes in 2009, 173,000kms, 4x4, keyless entry with alarm system. \$3800 obo.

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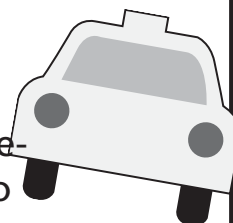
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#### SYMPTOMS

- Abdominal discomfort
- Pelvic pain/backache
- Bloating/gas/swollen stomach
- Vaginal bleeding/painful intercourse
- Urinary urgency
- Ongoing fatigue
- Indigestion
- Weight loss/gain
- Change in bowel habits

If you have been feeling a combination of these symptoms for longer than three weeks, visit your doctor and ask for a Ca125 blood test.

### For women with single-track minds

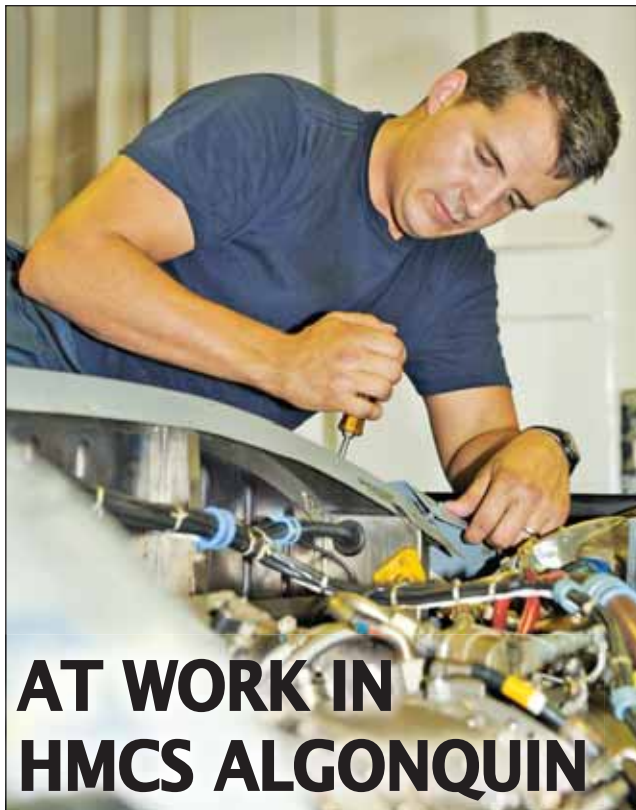


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## AT WORK IN HMCS ALGONQUIN

Photos by Cpl Charles A. Stephen, CFB Esquimalt Imaging Services  
**Top:** Cpl Rory Bentley, an aviation technician in HMCS Algonquin, performs maintenance on the CH-124 Sea King Helicopter during Exercise Rim of the Pacific 2010.

**Bottom:** MS Linda Whitehouse, a naval weapons technician, steadies a line tied to a torpedo that is about to be craned to the flight deck.



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Selling Price **\$17,348<sup>‡</sup>**

Includes destination. Taxes, delivery, PPSA and dealer fees excluded.



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- 3.0L 230 hp V6 engine
- Leather seating surfaces
- Power sunroof
- 6-speed automatic transmission with Sportronic<sup>®</sup> paddle shifters
- Hill Start Assist
- Super All-Wheel Control with Active Front Differential<sup>†</sup>



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on select 2010 Lancer models and all 2010 Outlander models<sup>‡</sup>

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Smart customers always read the fine print. † Features listed are standard on 2010 Outlander XLS 4WD. Technical data, equipment and options are based on the latest information at time of printing and are subject to change without notice. Vehicles may not be exactly as shown. ‡/§/¶/± For all offers, customers must sign contract and take delivery from dealer by August 3, 2010. All offers available only through participating dealers to qualified retail customers in Canada and are only on approved credit. † \$1,000 discount (\$750 from Mitsubishi Motors \$250 from dealer) valid on the retail purchase/finance/lease of 2010 Lancer DE models only. \$1,000 will be deducted from the negotiated purchase/finance/lease price after taxes and may be used towards down payment, monthly payments, or selling price. ‡ Selling price includes up to \$1350 in destination for cars and \$1450 in destination for SUVs. Taxes, \$250 in delivery, \$100 in air tax, \$29 in environmental handling fees, \$10 in vehicle registration fees, up to \$75 in PPSA, registration, insurance, licensing, administration fees (if applicable), documentation fees, other dealer fees, and any additional provincial government fees are not included. See participating dealer for details. § Purchase financing at 0% APR available through Bank of Nova Scotia and Bank of Montreal for up to 72 months on all new 2010 Lancer models and 60 months on all new Outlander models (Lancer GTS, Ralliart and Evolution models excluded). Financing example: 2010 Lancer DE (CL41-A C05)/ 2010 Outlander ES 2WD (CO45-A C04) with a MSRP of \$15,998 (includes \$1,000 discount)/\$25,498 financed at 0% over 72/60 months equals \$223/\$425 a month with a down payment of \$0, a cost of borrowing of \$0, and a total obligation of \$15,998/\$25,498. 2010 Lancer GTS/2010 Outlander XLS 4WD model shown with an MSRP of \$23,598/\$34,498. MSRPs exclude up to \$1350 in destination for cars and \$1450 in destination for SUVs, taxes, \$250 in delivery, \$100 in air tax, \$29 in environmental handling fees, \$10 in vehicle registration fees, up to \$75 in PPSA, registration, insurance, licensing, administration fees (if applicable), documentation fees, other dealer fees, and any additional provincial government fees. ¶ No payments for 90 days. Offer applies to purchase financing offers on select 2010 Lancer models (excludes Lancer Evolution) and all 2010 Outlander models through the Bank of Nova Scotia and Bank of Montreal. Interest charges (if any) will not accrue during the first 60 days after purchaser signs contract for a participating vehicle. After the first 60 days interest (if any) starts to accrue and the purchaser will repay principal and interest (if any) monthly over the term of the contract. \* Whichever comes first. Regular maintenance not included. See dealer or mitsubishi-motors.ca for warranty terms, restrictions and details. Not all customers will qualify. \*\* Best backed claim does not cover Lancer Evolution and Ralliart models. © MITSUBISHI MOTORS, BEST BACKED CARS IN THE WORLD are trade-marks of Mitsubishi Motors North America, Inc. and are used under license. Dealer #30693. Ad# 381\_10-07-19.