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# Summer Sailing



Photos by Cpl Charles A. Stephen, MARPAC Imaging Services

**Top:** LS Michael Critch, a marine engineer in HMCS Algonquin, is stationed on the quarterdeck as a sentry and reports to the Machinery Control Room. From his position he can visually confirm that no fuel is entering the water during a replenishment at sea with United States Naval Ship Yukon.

**Above:** MS Ben Piercy, a cook on board HMCS Calgary, practices his aim as bridge rifleman by shooting at a floating target during an above water warfare shoot as part of the Rim of the Pacific Exercise 2010.

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# Sonar operators lead the way on board HMCS Algonquin

**SLt Alex DeLorey**  
HMCS Algonquin

Sonar operators are the underwater eyes and ears for *HMCS Algonquin* as it executes duties during Rim of the Pacific 2010 (RIMPAC) and beyond.

They vigilantly keep a constant lookout for sub-surface threats that might endanger *Algonquin* or any ships in its company.

RIMPAC is a joint and integrated multi-national exercise that builds partnerships based on mutual understanding and respect, preparing like-minded military forces to work together on a wide range of potential operations and missions.

One mission is countering the sub-surface threat. That is where the sonar operators come in.

They are responsible for the operation of active and passive acoustic equipment, communication equipment, noise monitoring, recording and bathythermograph equipment, and acoustic range prediction systems. As an integral member of the operations team, sonar operators search, detect, track, localize, classify, correlate and disseminate

*I get to use incredible equipment to find sub-surface threats.*

-OS Jean-François Schelder  
Sonar Operator

acoustic information.

To do their job, they use *Algonquin's* underwater warfare suite as they acquire and track submarines attempting to sneak around the warm waters of the RIMPAC operating areas.

Sonar operator OS Schelder describes his job as one of the best in the navy: "I get to use incredible equipment to find sub-surface threats that would otherwise be able to move about completely undetected."

While *Algonquin* is an Area Air-Defence Destroyer, it also retains the ability to counter the sub-surface threat. Indeed, its primary employment during RIMPAC, to the surprise and dismay of the above water warfare team, has been anti-submarine warfare.

RIMPAC hosts a multitude of ships from seven navies and five submarines from three navies. The U.S., Japan and Singapore

have each contributed to the underwater aspect of RIMPAC.

Sonar operators are just one trade amongst many on board *Algonquin* who benefit greatly from the experience gained through joint exercises such as RIMPAC.

However, for sonar operators the experience is particularly useful.

"This sort of training is just what we needed," says LS Danny Morin. He also points out that *Algonquin* has led the way during RIMPAC anti-submarine operations with more sub-surface contacts acquired and held than most other participants, and that of five exercise torpedo firings, it was *Algonquin* that held the sub-surface contact for four such events.

Following RIMPAC, *Algonquin* will continue with its deployment to South America in support of Operation Pacific Amistad, returning to Victoria late October.



Cpl Charles A. Stephen, CFB Esquimalt Imaging Services

**Above:** LS Danny Morin, a sonar operator in HMCS Algonquin, operates the hull-mounted sonar during anti-submarine warfare exercises of RIMPAC 2010.



**Left:** OS Jean-François Schelder operates the echo sounder on the bridge.

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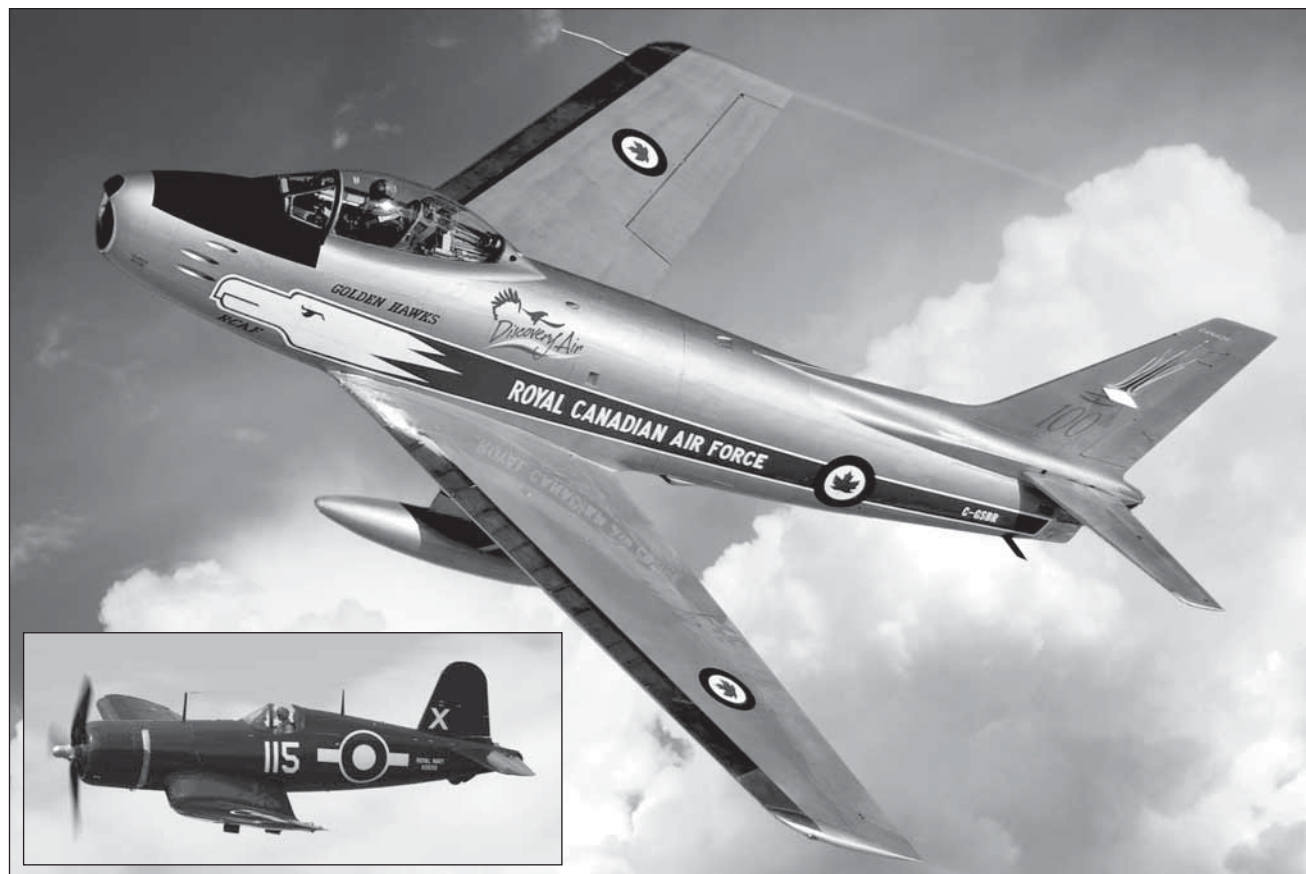


photo courtesy Peter Handle

# Vintage aircraft tribute to the navy

**Shelley Lipke**  
Staff writer

Two vintage warbirds from Vintage Wings of Canada will soar into Victoria and be on static display for aviation enthusiasts, veterans, and current serving military members on Aug. 7 and 11.

"Hawk One," a Royal Canadian Air Force F-86 Sabre 5 in the colours of the legendary Golden Hawks aerobatic team will be the first plane to arrive, followed by the "Gray Ghost," which is a Goodyear FG-ID Corsair fighter. The Gray Ghost Centennial Tour is a tribute to Canada's naval aviators during the ongoing celebration of the Canadian Navy Centennial.

"The appearance of both of these aircraft is a rare and significant event," said Dan Dempsey, Hawk One team historian and event organizer. "Having these planes on display here provides a unique opportunity for Victorians to learn about Canada's aviation heritage since many of the airmen who flew these and other similar aircraft in the RCAF and RCN are now retired in Victoria. This includes pilots who flew on each of the RCN's aircraft carriers – HMC Ships Warrior, Magnificent and Bonaventure." Both aircraft are the sole remaining flying examples of their type in Canada today.

After Vintage Wings purchased and restored the Sabre to celebrate the 100<sup>th</sup> anniversary of powered flight in Canada last year, they searched the world for a Goodyear FG-ID Corsair that they could adorn in the markings of the aircraft flown by Lt Robert Hampton Gray of the Royal Canadian Navy Volunteer Reserve. Gray lost his life during the war in the Pacific while serving aboard the Royal Navy aircraft carrier HMS Formidable and was awarded the Victoria Cross posthumously, the last Canadian to be honoured with that medal. On Aug. 9, 1945 with his engine on fire, the 27-year-old native of Trail, B.C., dropped his one remaining bomb on a Japanese escort ship before his plane plunged into the ocean just a few days before the war ended.

"He is the only foreign serviceman to have a memorial in Japan," said Dempsey.

"We'd really like people to come and have a look at this plane. This may be the only time in history the Gray Ghost is on display in Victoria."

An arrival date for Hawk One is still pending but it will be plainly evident when it flies over the city sporting a glimmer of gold and red in the sky before it touches down on the tarmac at Victoria International Airport. It will be flown in by Vintage Wings general manager Rob Fleck. The jet will go on display at the airport's B.C. Aviation Museum (1910 Norseman Road in Sidney) from 9 a.m. to 4 p.m. on August 7. Dempsey will be on site conducting the static display and showing people the cockpit and answering questions about the legendary jet. "The museum's Open House is really a family affair and it will be great for kids," he said. "Folks will be able to see many classic aircraft, including a replica of the Gibson Twin Plane which first flew in Victoria 100 years ago. There is also an Air Canada Viscount under restoration which is the pride and joy of former Air Canada staff and a new Snowbirds' display that features local pilots and ground crew." During last year's celebration of 100 years of powered flight tour, which travelled across Canada, Dempsey, a former commander of the Snowbirds, had the opportunity to fly the aircraft across Western Canada, including Victoria.

"A pilot can only dream about flying a plane like this. It was really a special experience to be one of the five pilots who flew Hawk One during our centennial. I believe it has the most beautiful paint scheme to ever adorn an F-86 Sabre anywhere in the world," he said. "People of my generation and older will remember being mesmerized by the beauty of the Golden Hawks and today the Snowbirds carry on that tradition. We estimate that over two million Canadians saw this plane on tour last year."

On August 10 the Gray Ghost arrives from Comox. It will salute CFB Esquimalt's Pacific Fleet at 4 p.m and fly over Victoria before it touches down at the airport for a private meet and greet with local veterans and invited guests. The next day it will be available for

public viewing from 10 a.m. to 3 p.m. at the Victoria Flying Club in Sidney (101-1852 Canso Road). Dempsey is encouraging retired naval aviators to come out to answer questions and talk about their flying experiences with the public. The Gray Ghost Centennial Tour began with the Battle of Atlantic ceremony in Ottawa on May 2 and will have visited Ottawa, Halifax, Lethbridge, Calgary, Wetaskiwin and Comox before it soars into Victoria and Abbotsford.

"I would like to thank all of the corporate sponsors who have assisted Vintage Wings of Canada in saluting our aviation heritage" adds Dempsey, "especially Discovery Air for Hawk One and Raytheon Canada for the Gray Ghost. It's exciting to have them represented here and they made this tour possible, as have the BC Aviation Museum and Victoria Flying Club who are hosting the aircraft."

Following the Victoria displays, both aircraft will perform aerobatic shows at the Abbotsford International Airshow from August 13 to 15. In the Gray Ghost's cockpit will be LCol (Ret'd) Paul Kissmann, former commanding officer of 433 Tac (F) Squadron, and a test pilot with the National Research Council in Ottawa and Vintage Wings of Canada, while Hawk One will be flown by Maj Will Radiff of the Canadian Forces, a former CF-18 Hornet demonstration pilot.

History buffs and aviation enthusiasts may also be interested in Dempsey's book "A Tradition of Excellence - Canada's Airshow Team Heritage," which will be on sale in Victoria at the B.C. Aviation Museum on August 7 and again at the Abbotsford Airshow. It took seven years to write this very large book that chronicles all of Canada's airshow teams dating back to 1919. "A lot of people don't realize that the Royal Canadian Navy formed the first post-World War II airshow team in Canada in 1946 and dozens of teams followed in their footsteps. The book features scores of first person accounts from the pilots and technicians who served on these teams and a wealth of pictorial history with more than 1,800 photographs featured in the book," said Dempsey.

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## WHAT SAY YOU

### People Talk

Lookout asked this question:

*If you were to wake up tomorrow and be someone else who would you be?*



I would be Charles Darwin. He spent a lot of time in the Galapagos and did a lot of exploring the seas and travelling around the world. He wrote the "On the Origin of Species" book and the theory of survival of the fittest and the theory of evolution. Most people were against his beliefs in those days. I like the adventure of travelling, the biology and learning about the species, which he did.

**Gail Muskeyn,**  
travel agent at CANEX



I would wake up as a retired civilian. I would be a house husband to my two little kids, Adele who is two-and-a-half and Jakob who is four-months-old. I want to spend as much time with them as I can to watch them grow up.

**PO2 Glenn Prowett,**  
HMCS Ottawa electrician



I like being me so much this is hard to choose. I guess if I had to pick I would be Captain George Vancouver. He was a big explorer who had the opportunity to see new things that others hadn't seen before. I think the fact he got to sail uncharted areas of the world and the legacy he left behind is appealing. I like the idea of being the first to do something new.

**Bruce Johnson,**  
FMF weapons shop  
engineer



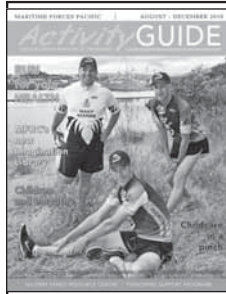
Bon Jovi. He rocks and has great hair and lots of money. He also has a wonderful marriage and beautiful children. He's been married to the same woman since he was a teenager and has seven kids. I've loved him since I was 12, and have had tickets to three shows, but something bad always happens when I'm about to go. At least if I could be him I wouldn't miss seeing him.

**Colleen Fifield,**  
travel agent at CANEX



I would be Gene Simmons of KISS. He's got an amazing wife, money, and a good business sense. He is a very talented musician and singer and has a good sense of the arts. He is a big supporter of the military and together with his daughter often plays for the troops. He's able to travel the world and go anywhere in his own personal jet.

**LS Chris Burnett,**  
HMCS Whitehorse



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ANSWERS ON PAGE 19

Level: Beginner

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# New Sailor of the Quarter for 2010

**CP01 Dave Bliss**  
Fleet Chief

The Canadian Fleet Pacific initiative to recognize a sailor for outstanding achievements has selected its second Sailor of the Quarter for 2010.

Prior to the Fleet Commanders change of command, Rear Admiral Ron Lloyd approved the selection of LS Katerina Stewart from HMCS Ottawa.

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

The award for the sailors of the quarter consists of a non-monetary prize worth \$250, official portraits, and home-town news articles.

LS Stewart was presented the official coin by Deputy Fleet Commander, Capt(N) Paul Dempsey on July 22. This was followed by a small reception attended by her family, and select crew.

Ottawa provided the following write up on the newest Sailor of the Quarter:

*"In both her professional and personal life, LS Stewart exemplifies professionalism in all assigned tasks and volunteer activities. She takes great pride in her work, actively promoting teamwork within the deck department as well as interdepartmentally. She is very adept at balancing her primary and secondary duties and successfully finds the time to support extracurricular activities such as fitness instruction courses.*

*During the period Ottawa restored ship, she was tasked as Small Arms Custodian and Departmental Storesman. She diligently took charge of this area of responsibility that covered restoring the ship with weapons and cleaning gear.*

*She is an extremely proficient Boatswain who possesses trade knowledge and abilities far beyond what is expected from someone of similar rank. This level of knowledge, combined with her enthusiasm and determination, ranks her among the department's top performers. Furthermore, she is often sought out by fellow junior ranks of all departments for her advice, experience and*

*leadership in the Master Seaman and Below Mess.*

*In addition to upholding an exemplary standard of performance as a Boatswain, LS Stewart contributes to the local community by taking an active role in charity functions, such as Tim Horton's Camp Day. This event allowed her to not only take part in fundraising for disadvantaged children, but also to play a critical role in projecting a positive image of the military to the public. Additionally, LS Stewart is an active member of the aboriginal community where she routinely attends youth events and conferences to help augment relations between the military and the aboriginal community.*

*Her unwavering dedication to HMCS Ottawa and the Canadian Forces as a whole quickly became evident when she eagerly volunteered to be a member of the Colour Guard during the Navy's Centennial Freedom of the City Parade. During the parade she had the honour of being the Colour Orderly, proudly supporting the Queen's Colour. Her exceptional dress and deportment were critical to promoting an excellent image of the Navy during our centennial year.*



LS Stewart sets a prime example when it comes to physical fitness. Despite her busy work schedule, she continually finds time to maintain and improve her own physical fitness level and knowledge of fitness. In her spare time she is training to be a physical fitness instructor – a skill set that will not only benefit herself, but the CF as a whole.

Over the past six years, LS Stewart has consistently demonstrated remarkable dedication to the navy and her ship. She is a fine example of a sailor, and truly deserving of this admirable award."

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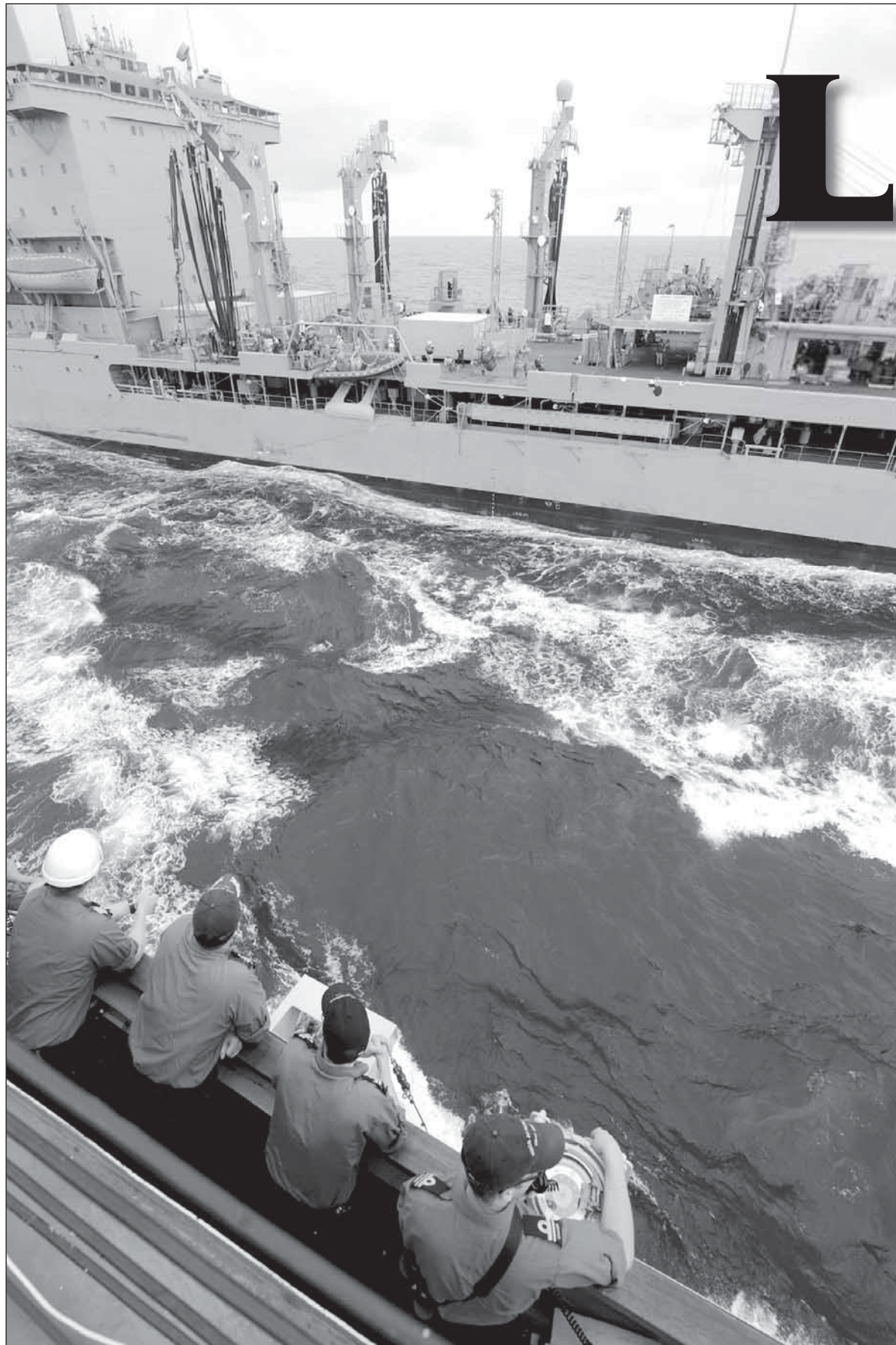
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# Life at Sea

HMCS Algonquin and HMCS Calgary are currently participating in the Rim of Pacific Exercise (RIMPAC) 2010. RIMPAC is a biennial, multi-national maritime exercise held off Hawaii designed to improve interoperability and understanding between military forces from nations with an interest in the Pacific Rim. As such, the series of exercises has contributed to the security and stability of the region for 22 years. Canada has participated in every RIMPAC exercise since 1971.

Photos by Cpl Charles A. Stephen, MARPAC Imaging Services

**Left:** Members of the bridge team, including the Commanding Officer of HMCS Algonquin, Cdr Angus Topshee, observe the replenishment at sea with United States Naval Ship Yukon from the bridge wing.

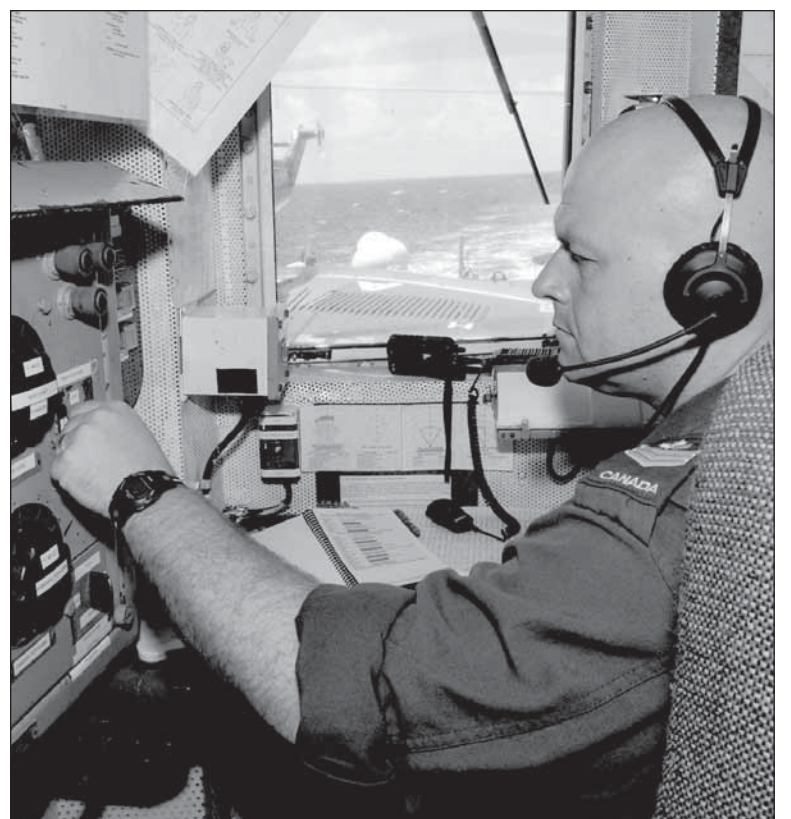
**Bottom left:** Algonquin's OS Garnet Robinson and OS Cory Dean raise black ball diamond ball shapes to indicate to other vessels the ship is restricted in maneuvers due to a replenishment at sea.

**Below:** Sgt Kenneth Queenan, the senior firefighter in Algonquin, controls the flight deck indicator lights as a Sea King helicopter lands on the flight deck.

**Top right:** Capt Liam Doyle, a navigator, and other members of the air detachment on board HMCS Calgary do a routine washing of the Sea King helicopter.

**Bottom left:** MS Steve Simard, a hull technician in Algonquin, uses a plasma cutter to cut a piece of steel for a stanchion.

**Bottom right:** AB Dan Kass, a hull technician in Algonquin, works on his drawings of ship's systems that are a prerequisite for his Qualification Level 4.





Cpl Susan Howell, 19 Wing Comox



# Understanding access to your CF healthcare system

**Maj Henry Phillips**  
Base Surgeon

The Canadian Forces Health Services system has been a work in progress since its inception. Significant changes have been made over the past 10 years in response to advances in medicine and changes in societal norms that are reflected in health policy. The basics, however, remain the same – universal coverage of all entitled military members for medical health care services provided on the basis of need, rather than entitlement or geographical location. We will continue to monitor our healthcare delivery model through quality improvement initiatives and will make changes as required.

Knowing the difference between emergency and routine medical care is essential when you are sick or injured. It's equally important to understand and know where to seek medical attention because not every situation requires emergency care.

## Primary Care Services

Primary care is the first point of contact that a member will have with the Canadian Forces Health Services system. Primary Care represents the initial source of care for the majority of routine or chronic health-related needs of members. This level of care is provided by a team of military and civilian personnel including: physicians, nurses, physician assistants, medical technicians and allied healthcare professionals such as pharma-

cists, physiotherapists, laboratory, ophthalmology and imaging technicians and mental health staff.

You will be assigned to a CDU upon arrival on base and the majority of your care will be delivered or coordinated through your CDU. Your assignment to a particular CDU follows the following general guidelines:

CDU1 – base personnel;

CDU2 – aircrew, submarines, divers, and reservists; and

CDU3 – fleet personnel.

CDU visits are by appointment only and the care includes all medical administrative matters, periodic and occupational health examinations, medical care for chronic or non-urgent illnesses or injuries and responsibility for referrals for diagnostic testing, specialist consultations and elective surgery. Your primary care CDU is comparable to a family physician's outpatient office and does not provide emergency or urgent care services.

## Urgent Care Services (Sick Parade)

Sick parade at Canadian Forces Health Services Centre (Pacific) Urgent Care Centre (UCC) is available on a walk-in basis during business hours for members who have acute health concerns that are of an urgent nature but not an emergency. An urgent medical concern is one that you feel needs to be addressed the same day and that could not be reasonably booked for a later date as an

appointment with the member's CDU. After hours, including nights, weekends, and holidays the UCC is closed. During this time, urgent medical requirements would be obtained at a local civilian walk-in clinic, with follow-up through UCC or member's CDU next business day. Examples of urgent care conditions include examples such as colds and flu, minor burns, lacerations or musculoskeletal injuries, diarrhea, or minor allergic reactions.

## Emergency Services

Serious acute injuries and illnesses are normally treated in local hospital Emergency Departments (Victoria General Hospital or Royal Jubilee Hospital). Examples of emergent conditions include chest pain or cardiac arrest, severe shortness of breath, loss of consciousness, severe haemorrhage, fractures, seizures, stroke etc. Emergency medical and ambulance services are not available at Canadian Forces Health Services Centre (Pacific) but accessed by dialling 911 either on- or off-base. When 911 is dialled from an on-base location, the military police and dockyard fire fighters will also respond in order to assist in rendering first aid, while awaiting arrival of the BC Ambulance Services.

## CF H Svcs C (P)

Canadian Forces Health Services Centre (Pacific) offers out-patient care to personnel serving aboard ships and units of the Fleet, as well as military units

located within the surrounding area. The clinic is located in Building N-97, at 1200 Colville Rd, Victoria, BC. Urgent Care Clinic is manned from 0730-1600 hrs for unscheduled visits. After normal duty hours, urgent and/ or emergency care is provided by local civilian hospitals, walk-in clinics or by utilizing the 911 emergency telephone services. When required, a duty Medical Officer is available through the Base Duty Officer. For medical advice at any time call 1-877 MED-DENT (1-877-633-3368).

## Mental Health Services

Mental Health Services have been developed to address the psychological, emotional and spiritual issues which can arise from personal or family situations and/or modern-era military operations, both domestic and international. Mental Health issues can range from physical illness to an overwhelming sense of not being able to cope under stressful periods of time. For more information on the services available contact (250) 363-4411 or access the Mental Health Worker during Sick Parade hours 7:30-9:15 a.m. Monday to Friday

After hours, including nights, weekends, and holidays, Mental Health Department is closed. During this time, all urgent and emergent mental health issues can be addressed by a local civilian walk-in clinic or hospital emergency department, with follow-up through UCC or member's CDU the next business day.

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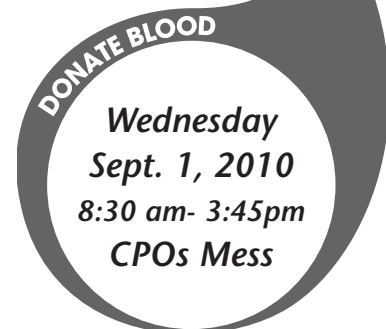
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COMMUNITY NEWS: SUPPORT NEEDED

# Wrestling for breast cancer

**Shelley Lipke**  
Staff writer

A blast from the World Wrestling Federation past is coming to Victoria for a colourful series of wrestling matches to help raise money for breast cancer research.

Legendary headliner The Honky Tonk Man will be at the Velox Rugby club Aug. 14 for the outdoor charity event that features seven matches.

Back in his heyday, Roy Wayne Farris was the longest reigning inter-continental champion of all time – that is until he lost his title to the Ultimate Warrior in a whopping 13-second match.

Now 57-years-old, he's bringing his guitar into the ring and will sport his age old signature move "the shake, rattle and roll" to the amusement of crowd.

"This is a fun event for the whole family and we are hoping the navy population will come out to support this fundraiser for breast cancer," said co-organizer Aaron Frisby. "Normally wrestling is all about acting and story lines, but this event will be different.

The wrestlers aren't going for ratings. Instead they're trying to get the crowd into the match and entertain them."

The Arizona-based Honky Tonk Man will contend with Gorgeous Michelle Starr, his opponent from Vancouver who will be dressed in pink.

Ben Nelson, a Sidney native who wrestles under the name

We also have a grudge match that involves wrestlers who fought previously together," said Frisby.

Moves such as the Five Star Frog Splash, the Attitude Adjustment, and the Swan Ton Bomb will be par for the course.

This wrestling match is a PG rated show, so wrestlers will keep it clean.

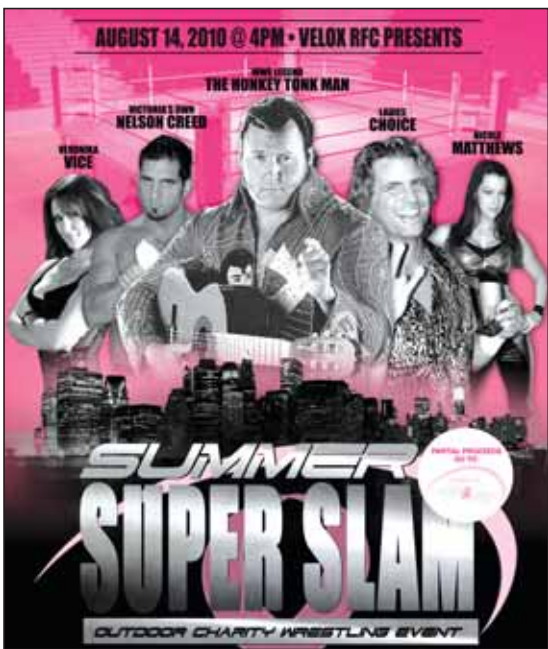
"Parents won't need to worry. Our aim is to accommodate all crowds, show quality wrestlers for wrestling fans and put a show on for the kids. We are hoping to raise \$2,000 or more for breast cancer," he said.

A beer garden will be set up for adults, and seating around the outdoor ring in the bleachers will hold 1,500.

"We are encouraging people to wear pink in support of this event," said Frisby.

The event is being held from 4 to 7 p.m. at the Velox Rugby Club located near University of Victoria at 3957 Gordon Head Road.

Ticket prices are \$20 per adults and \$5 for kids 16 and under and are for sale at Lyle's Place at 770 Fort Street.



of Nelson Creed will also be wrestling.

"We have a variety of matches like a tag team match, women's matches, and an over-the-top-rope match in which the winner has to throw his opponent over the top rope to win the tournament.



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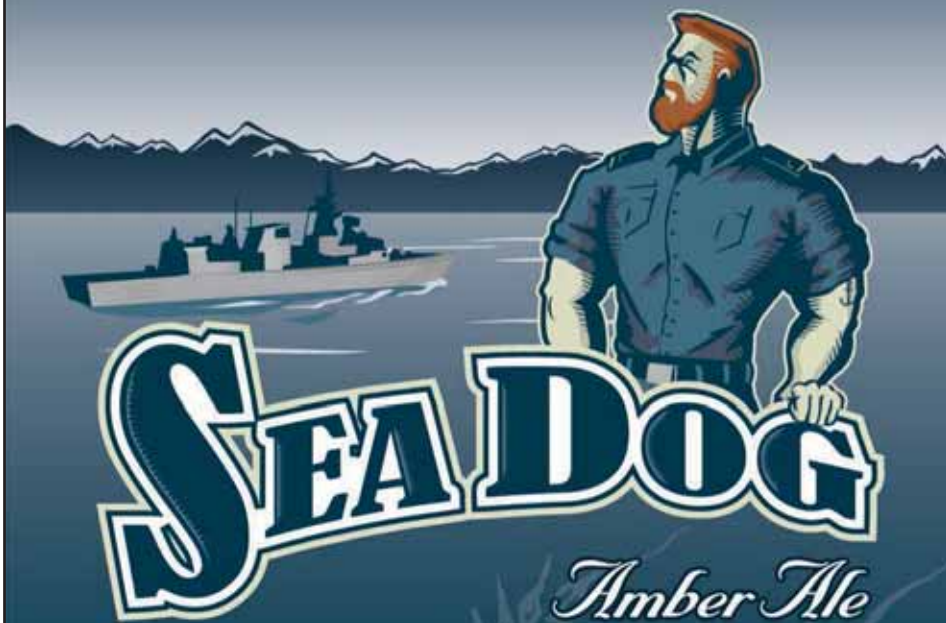
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# Keeping up with the Joneses, sort of

**LCdr Nathalie Garcia**  
MARPAO

Sgt Calvin Jones could not have been more surprised.

Surrounded by infants training in what can only be described as austere conditions on the Big Island in Hawaii, the recce section commander had been deployed for 20 days as part of Rim of the Pacific exercise (RIMPAC 2010) when he learned his brother Cpl Wayne Jones was also in Hawaii.

Cpl Jones, an Avionics System Technician with 14 Air Maintenance Squadron in Greenwood, NS, knew all along his brother was participating in RIMPAC, but had no idea where to find him.

The Corporal was stationed at Kaneohe Bay, and knew finding his brother among the more than

20,000 men and women from 14 nations deployed as part of the exercise was no easy feat.

His brother was attached to Golf Coy of the Second Battalion, The Royal Canadian Regiment, and had been with United States Marines at Marine Corp Base Kaneohe Bay where the units were following a gruelling two-week training schedule prior to boarding the U.S. Ship Bonhomme Richard for the Big Island.

Ironically, the pair hail from Glace Bay, Cape Breton, NS, population 20,000, where people generally keep better track each other.

Unfortunately in Hawaii the pair did not get the opportunity to meet prior to redeploying.

At least they can exchange pictures when they meet back home.



Sgt Calvin Jones



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A member of Golf Company, Second Battalion, The Royal Canadian Regiment (G Coy 2 RCR), fires rounds down range during a Marine qualification machine gun shoot at the Pohakuloa Training Area (PTA). Canadian sailors, soldiers, airmen and women from across the country have converged on the Hawaiian Islands to participate in the largest maritime exercise in the world, RIMPAC 2010.

Sgt Dan Milburn,  
Army News

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# HMC Ships at work in Mexico

**CPO2 S. Mac Uisdin**  
Contributor

For the better part of nine days, three Coastal Division ships, *HMCS Brandon*, *Edmonton* and *Whitehorse*, endured the type of weather found most often in the fjords and inlets of coastal B.C. – damp, windy, and deeply overcast.

Then heat arrived, not slowly, but in a sudden emergence that wrung sweat from every pore as the ships arrived in Mexico.

It had been eight years since the ships last visit, and as the lush tropical shoreline of palm trees, sandy beaches and luxury resorts of Puerto Vallarta emerged from the murky humidity of Mexico's rainy season, the promising excitement of this visit exploded into happy smiles, excited chatter, and grand evolving plans on how the days would be spent.

It was a new world for most on board.

It wasn't to be all play. Coastal Division had a mission – Operation Pacific Amistad – a mission to deliver the friendship of Canada to one of its North American partners through receptions, demonstrations of its generosity, and most importantly, the professionalism and respect of its sailors as they visited Puerto Vallarta.

The first event was the delivery of badly needed humanitarian supplies from *Brandon* to the Association Pasito De Luz, which looks after children with Downs Syndrome and other various physical and mental chal-

lenges. This was followed days later by a work party armed with brushes and buckets of paint with the task of cleaning and painting the building of the Organization of Family at the Dump – an organization that serves to meet the physical, spiritual, medical, emotional, and educational needs of registered recyclers living on the base of the Puerto Vallarta dump.

*Edmonton's* role was to host the Canada Day reception. The Canadian ambassador, recently arriving with the three commanding officers following the ceremonial opening of the new Canadian

Consulate, was extraordinarily impressed with the efforts of *Edmonton's* crew, and most importantly their cooks.

"The moose is loose," was sounded and many Mexicans had the first encounter with the navy's legendary cocktail. Speeches, handshakes, smiles, laughter, and an extraordinary understanding between the two widely different cultures emerged to ensure that friendship, or Amistad, had indeed been delivered to the shores of Mexico by Coastal Division.

The ships left on a Sunday with the Arm Durango to conduct manoeuvres.



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# PSP weekly events update

**Graham Frost**  
Recreation Coordinator

### TNT Paintball Day

Ages 12-16 years old

Want to have some adrenalin-filled fun for a day? Why not join PSP's adventure camp for a one day outing to TNT paintball for some fun?

Included in the price is the gear, 200 balls, lunch and transportation to and from the Colwood Pacific Activity Centre (CPAC).

CPAC  
Aug. 12  
9 a.m. - 4 p.m.  
\$45

### Extreme Adventure Camp

Ages 12-16 years old

Looking for some adventure this summer? Join us for this exciting and unique three-day adventure camp loaded with a variety of adventure activities such as: kayaking, paintballing, skim boarding, tubing down the Cowichan River, and much more. Don't miss your opportunity to have

some fun exploring the area on an adrenalin rush. This camp fills up quickly so be sure to register today.

CPAC  
Aug. 10-12  
9 a.m. - 4 p.m. \$125

### PSP French Day Camp

Ages 6-11 years old

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  
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For more information or to register for any of our programs please call PSP Recreation at 250-363-1009.

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Shelley Lipke, Lookout

Before HMCS Protecteur pulled away from the jetty on July 28 a few sailors received refresher training on the 50 calibre gun. Seen here, MS Tim Rose trains AB Stephanie McManus on the gun. Protecteur will provide replenishment for Canadian ships deployed off the coast of Central and South America during the third phase of Operation Pacific Amistad. The ship will visit Callao, Peru, and Valparaiso, Chile, before the ship returns in October.

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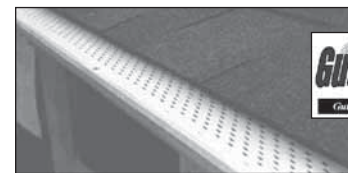
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## Raccoon rescue and animal tales

**Penny Rogers**  
Staff writer

Raccoons are normally quite a nimble animal, easily scaling trees and fences.

However, a few weeks ago, one four-legged, ring-tailed critter wasn't quite so graceful.

It ended up at in the bottom of dry dock, sharing the cement-walled "cage" with *HMCS Victoria*.

"The tall cement walls contained him, but there was also scaffolding from the sub and we knew if he got in there it would be really hard to get him out," says Tracy Cornforth, Formation Safety and Environment (FSE) natural resources coordinator.

Normally people are advised not to handle raccoons as they tend to be vicious, but Cornforth was concerned for the animal's wellbeing.

"This guy looked like he may have either gotten a concussion from the fall or was blind because he was walking around bumping into things and falling over into the water," she says.

So she took a big dog carrier to the bottom of dry dock, opened it up and watched in amazement as the young raccoon walked right in.

"The people on the sub above us started cheering. I jokingly called myself the raccoon whisperer," says Cornforth wryly.

Whenever a wild animal is in jeopardy on DND property, FSE and staff from Construction Engineering

(CE) are called in to handle it. Before any interaction with wildlife they phone the experts at Fisheries and Oceans Canada, the Vancouver Aquarium or Victoria's Wild ARC for advice on how to handle the situation.

"We relay our observations to them to determine whether or not we should take action," said Cornforth. Some actions are perfectly natural, such as a stray seal pup alone on a beach.

She received such a call about a seal pup on the beach between D199 and D211 a few weeks ago. The caller said the pup seemed abandoned but, from past experience, Cornforth knew quite often a mother leaves her pup in a safe site for part of the day while she goes fishing. However, after keeping an eye on the pup for three days, this wasn't the case.

After taking photos of the abandoned pup and sending them to Fisheries and Oceans and the Vancouver Aquarium, the experts determined the pup was underweight and born prematurely.

"They asked if we could support them in getting the seal pup to the Aquarium where they could assess it and try to rehabilitate it," says Cornforth.

The Vancouver Aquarium arranged a flight for the pup on board West Coast Air to the mainland, something which the airline provides free of charge. Bruce Chambers from CE headed to the beach with a pet

container to recover the seal pup and transport it to the seaplane terminal downtown.

The week the seal pup was delivered to the Vancouver Aquarium they had already received several others; so staff there decided to start naming the pups after mountains.

As of last week, Garibaldi was well on the road to recovery.

Calls from concerned base employees about birds or animals either go to the duo directly or come through the CE trouble desk.

The duo has dealt with herons, raccoons, harbour seal pups, juvenile elephant seals, Canada geese, deer, and a wide variety of bird species.

"On occasion we've had birds nesting on board our warships," says Cornforth. "Gulls, purple martins, and barn swallows, and some of those birds are protected either federally or provincially. So, in order to relocate them off the ships so ships can sail, we require permits to do so. So our office wrangles those permits."

"There is a real culture here on base where individuals generally care for the wellbeing of wildlife. The phone calls that our offices receive in the spring and summer that coincide with birds nesting and other young being born definitely keep us busy," she adds.

People can call the CE Trouble Desk at 363-2009 or Tracy Cornforth directly at 363-1073 for any wildlife concerns.

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# Cops and bikers ride for charity

**Shelley Lipke**  
Staff writer

This August military police from across Canada will join local and national police and the motorcycling public to collectively raise money for charity during the second annual Military Police National Motorcycle Relay Ride.

This ride hosted by the Canadian Forces Military Police aims to surpass the \$23,000 it raised last year for the Military Police Fund for Blind Children and the Wounded Warriors Fund.

Before the ride begins its coast-to-coast journey from Comox, British Columbia, to St. John's, Newfoundland, local military police from CFB Esquimalt are asking for your help.

Whether you're eager to jump on board a Harley or Honda, or able to sponsor someone in the ride, now is the time to get involved.

"Each rider pays a \$25 registration fee and is asked to reach out to family, friends, co-workers and neighbours to fund raise," said B.C. representative Sgt Lamont French.

"By securing sponsorship from local legions, community centres and support from fellow motorcycle enthusiasts such as the Blue Knights, the Golden Knights and the Canadian Army Veterans Motorcycle Associations, this ride will be a success," he said.

It officially kicks off on Aug. 16 at 19 Wing Comox where a meet and greet will allow riders to get acquainted before they lace up their boots and saddle up for the ride the next day.

Fuel expenses are up to the riders, but most accommodations and meals along the way have been provided by sponsors, keeping the cost minimal for participants.

"A lot of different organizations have stepped up to help us out this year," said Sgt French. "Thrifty Foods has donated most all the food for Vancouver Island, and many organizations met us last year during the first ride and will support the riders again this year.

As the ride departs Comox, it follows a scenic route to Qualicum Beach, Cathedral Grove, Parksville and on to Victoria via the Old Island Highway. Then a ferry ride to Vancouver brings it to the mainland where it will travel to Whistler, Kamloops and Jasper.

On Aug. 19 more than 50 Alberta riders will meet



Shelley Lipke, Lookout

**Sgt Lamont French, Cpl Luc Gagnon, MS Brad Wallman and PO2 George Robinson pose for a photo at Saxe Point with their motorcycles and military police car shined up for the second annual Military Police Motorcycle Relay.**

up with B.C. riders to carry on the relay through their province.

About 10 riders will ride the entire distance across Canada.

An informal police escort will lead the way as the ride travels across the country, and a stuffed teddy bear named Cpl Stone is the ride's mascot.

"Cpl Stone was named after LCol Stone who is the founding father of the Military Police Fund for Blind Children. The bear was flown to Kandahar Airfield this year and visited the service people of various nationalities, as well as the locals. His mission in this ride was explained and several groups in Kandahar donated money to the charity." He will be our ambassador on this ride and will be switched from representative to representative through the relay," said Sgt French, who will have Cpl

Stone on his bike during the B.C. portion.

At many of the stops across Canada local legions will hold fundraising events to get the public involved, and accommodation will be provided in bases, armouries and school gymnasiums for the riders.

The ride concludes Sept. 10 in St. John's Newfoundland, and later in the fall a celebration dinner will be held at 8 Wing Trenton where the cheques will be presented to the charities.

"Last year's ride started in St. John's and ended in Comox. One of the highlights for me was hearing the stories from riders who rode the entire distance. They had amazing experiences and met children who benefited from the charities. It was a rewarding experience," he said. "I'm also looking forward to sharing the common bond of motorcycle enthusiasm with rid-

ers from across Canada and meeting other law enforcement agencies," said Sgt French.

"Our goal is to see as many people as possible and allow them to understand who we are and what we are doing while fundraising at the same time. Many of these areas we visit don't normally see Regular Force personnel, so it's a way to promote the military and let the people know that we are out there in support of these charities."

So far Sgt French has about 35 riders signed up, but is encouraging more to join the four-day B.C. leg, or a portion of it.

Interested riders are asked to contact Sgt French at 250-880-0909 or by email to lamont.french@forces.gc.ca so he can ensure all riders have meals and beds organized.

Further details of the ride can be found at [www.mpnmrr.ca](http://www.mpnmrr.ca)

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MCpl Chris Ward, CFB Esquimalt Imaging Services

**Above:** (left to right) Incoming Commanding Officer for the Naval Tender Section LCdr Mike Stefanson, parade reviewing officer Commander James Sprang, and outgoing Commanding Officer LCdr Blair Saltel sign the Change of Command certificates during a ceremony held at the Venture Gunroom.

**Below:** Cdr Frederick Caron, the outgoing commanding officer of HMCS Ottawa (left), Capt(N) P. V. Dempsey, Duty Commander Canadian Fleet Pacific (centre), and incoming Commander Cdr Jon Allsopp (right) sign the official change of command certificate on July 23. The ceremony took place at the flight deck of HMCS Ottawa.



Cpl Frieda Van Putten, CFB Esquimalt Imaging Services



**Top:** LS Kenneth Bowley is promoted to Master Seaman by Cdr Doug Mackeen, Base Administration Officer, and CPO1 Derek Ferguson, Deputy Base Foods Officer.

**Below:** LS Freake is promoted to the rank of Master Seaman.



## HMCS Ottawa changes leader

**SLt Robert Kerr**  
HMCS Ottawa

HMCS Ottawa conducted a change of command ceremony on Friday, July 23. The sun sat high in the sky at HMC Dockyard as the outgoing Commanding Officer, Commander Frédérick Caron, turned over the ship to the incoming captain, Commander Jon Allsopp.

Capt(N) Paul Dempsey, Deputy Commander, Canadian Fleet Pacific, and the wives of Commander's Caron and Allsopp were on hand to witness the

legal transfer of command and responsibility.

The role of captain of a naval vessel is a sacred honour, filled with hundreds of years of tradition. The ceremony began at 11 a.m. with the ship's company fallen in on Ottawa's flight deck. Under a large white awning, Cdr Caron was presented a commissioning pennant, framed in a shadowbox. Capt(N) Dempsey then sat between Commander's Caron and Allsopp as they signed over the ship.

Cdr Allsopp is now the ship's captain, responsible for the well-being

of the ship and its 150-plus crew. Addressing his ship's company for the first time, Cdr Allsopp stressed the importance of Cdr Caron's leadership during his time as Commanding Officer, as Ottawa transitioned from an empty hull in refit to her current level of readiness.

After the signing, the ship hosted a reception on the flight deck for their new captain, where Cdr Caron was presented with a personalized Ottawa Senator's jersey from the officer's and crew.

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Pte(B) MacDonald is promoted to Pte trained by Cdr Doug Mackeen, Base Administration Officer, and CPO1 Ferguson, Deputy Base Foods Officer.



RAdm Tyrone Pile, Commander of Maritime Forces Pacific, presents Vancouver Mayor Gregor Robertson with a framed photograph of the city's namesake ships. Three warships of the Canadian Navy have been named after the City of Vancouver, joining over 300 more ships named after towns and communities across the country. Presentations to First Nations groups, towns, cities, and communities has been a Canadian Naval Centennial project.

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# “RCN 100th Anniversary Ships Decanter”

\$75. Two or more shipped to the same address, \$70 each.

**T**his exceptionally beautiful, one-liter ceramic ship’s decanter has been commissioned to commemorate the Royal Canadian Navy’s 100th Anniversary. Fewer than 6,000 have been produced. A donation of \$5 from the sale of each decanter is being given to the Canadian Naval Memorial Trust, which maintains and operates the only surviving Corvette, HMCS SACKVILLE in Halifax. The mission of this non-profit trust is to maintain the ‘Last Corvette’ in her 1944 configuration as Canada’s Naval Memorial to all those who served in the naval service.

This decanter has been hand cast from porcelain, and hand decorated using glass colored inks, not plastic, that have been permanently fired into the ceramic at temperatures approaching 1600° Fahrenheit. It will provide more than a lifetime of service without any degradation to those who appreciate fine and unusual objects.

Of special mention is the bottom of the decanter’s base, on which most every RCN ship that was

commissioned over the past 100 years is listed in alphabetical order, more than 300 ships in all. If you served, your ship or ships should be on there.

All of the decanter’s decorative elements are of historical significance. Encircling the neck are the 13 Provincial and Territorial Flags.

One of the main cameos on the shoulder depicts HMCS SACKVILLE (K181). Commissioned in 1941, she was one of more than 120 Corvettes built for the RCN during WW II. She saw heavy action from 1941 to 1944, and is the last surviving Corvette.

The adjacent cameo, to the right of SACKVILLE, salutes the Merchant Navy with a painting of the FORT WALLACE. She was one of the Fort Ships that carried vital supplies on perilous voyages to the Allies throughout the Second World War.

The third cameo, “READY, AYE READY” - the RCN’s motto - is backed up by the White Ensign of World War II on the one side, and Canada’s

national flag on the other.

The final cameo, composed of maple leaves and Leviathans, quotes Churchill on the importance of winning the Battle of the Atlantic. Here the RCN played a vital and major role in its victory at a very high cost of ships and men. If that battle had been lost, so might the war in Europe.

The blue ribbon surrounding the base lists the Seven Seas in Latin.



**Stopper Detail**

The top of the stopper (shown above), commemorates the RCN’s 100th Anniversary, in gold leaf.

This Decanter is certainly a fitting tribute to all of those who served over the past 100 years in both the RCN and the Merchant Navy, and to those who still serve today in the cause of freedom.

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