

# LOOKOUT



**MARPAC NEWS** CFB Esquimalt, Victoria, B.C.

Year of the Canadian Naval Centennial



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## Navy makes a splash

Cpl Eduardo Jorge, MARPAC Imaging Services

This year's Symphony Splash honoured the Canadian Naval Centennial with a "Salute to the Navy" that included tours of the Maritime Coastal Defence Vessels berthed at Ship Point and Sea Cadet displays in the Inner Harbour, plus performances by the Naden Band of Maritime Forces Pacific.

**Above:** Cdr Antony deRosenroll manages the Canadian Navy Centennial \$1 coin exchange during the Symphony Splash on Aug. 1.

**Right:** The Naden Band performs for the crowd of revellers on land and water.

See more photos on page 10.



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# Add Formation Fun Day to your plans

Saturday Aug. 14 at CFB Esquimalt's Naden

Bring your family, bring your camera, and bring a smile! It's free! It's right in your neighbourhood! And it gives you a break - let us entertain your kids for the day because you deserve it!

Don't forget to fill out your Grand Prize ballot and drop it off at the ballot table and you could win a \$2,000 travel voucher!

Here are just some of the incredible events and activities:

- Come join our cast of characters featuring pirates from the Vancouver Island Pirate Club, colonial pioneers and re-enactors from Canada's fur trading era.

- Ashton Armouries will display 20 heritage vehicles.

- The Victoria Model Ship Society will display their radio controlled sailboats, and a variety of scale craft including tugs, liners, warships and working submarines in a larger-than-life man-made pond.

**Entertainment Stage**

- Live band Waitin' for Wally with special guest vocalist Eden Britton will

hit high notes throughout the day

- Clowns Sparkles and Sweezie will entertain the children

**Refreshments/Food**

- Lion's Club barbecue
- Beer garden featuring Vancouver Island Brewery's Sea Dog Ale

- Rogers Chocolate free ice cream

- Judy Bryan nuts & cotton candy

**Contests with prizes!**

- Get wild, go Play - Minute To Win It! You could find yourself in

the trees zipping through a canyon or taking the big swing at WildPlay Element Parks - but you have to play!

- The KMS Duct Tape Contest - sponsored by KMS Tools. Grand prize is an iPod!

**Activities/Games**

- RHIB rides around the harbour, a big favourite with the kids

- Home Depot craft kits for children

- Old El Paso train ride

- Bee hive game

- Shooting gallery

- 11 Field Ambulance Teddy Bear Clinic

- Camo Face painting
- Fun time Inflatables
- Laser tag
- Sumo suits
- Bungee run
- Swing Rides
- Pony Rides
- and much more!

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# Sailor rehabilitates after accident

**Shelley Lipke**  
Staff writer

Twenty-seven-year-old OS Mike Seinen knows firsthand that life can take an unexpected turn at any moment.

In June, while cycling to work along the Old Island Highway near the Four Mile Pub, he hit the curb and was thrown from his bicycle into a telephone pole.

The accident left him a paraplegic.

Two weeks ago, RAdm Tyrone Pile and Formation Chief CPO1 Bob Cookson joined View Royal Mayor Graham Hill to visit the sailor and his family at GF Strong Rehabilitation Centre in Vancouver where he is being treated for his injuries.

Hill wanted to share his story of recovery with the sailor. He was 28 when a back surgery operation went wrong and left him a paraplegic; however, through extensive rehabilitation at GF Strong he was able to walk.

OS Seinen's wife and his 17-month-old daughter, and assisting officer to the Seinen family SLT Matt Gillmore were also present for the visit.

"There were tears in Mike's eyes when he heard this story," said Hill. "It had real meaning to a man who was sitting with his wife and baby."

Hill told the family of his progress through GF Strong.

"Through continuing work at GF Strong I got away from the wheelchair and began using forearm crutches and leg braces. Then I started with two canes and spent the greater part of my life with splints on my legs," he said.

Now Hill describes his walk as hobbled, but with



OS Mike Seinen and his family received a visit from Formation Chief Petty Officer CPO1 Bob Cookson (left), Commander Maritime Forces Pacific/Joint Task Force Pacific RAdm Tyrone Pile (centre), SLT Matt Gillmore (second from right) and View Royal Mayor Graham Hill.

grace and elegance.

"Everyone enjoyed the visit which took place in the garden on the premises," said SLT Gillmore. "Having Mike outside is a sign he is strong and his progress is coming along well."

Hill said OS Seinen is in the best care facility possible and that the navy family is doing an admirable job looking after his wellbeing and monitoring his needs.

OS Seinen is working with occupational, physical and recreational therapists, and the facility has

**Having Mike outside is a sign he is strong and his progress is coming along well.**

-SLT Matt Gillmore

a gym, pool and weight room.

"The goal of the centre is to reintegrate him back into living with his injury," said S/Lt Gillmore. "Mike's rehabilitation has progressed very well."

He will spend at least 10 more weeks there and his condition is expected to improve during that time.

Two days a week SLT Gillmore travels to Vancouver to visit the family and OS Seinen to ensure they are getting everything they need and are well looked after.

When OS Seinen and his family come back to Victoria they will live in Work Point in a residential housing unit that the Canadian Forces have converted for paraplegic use under the direction of an occupational therapist.

"Mike is a very brave man with the fortitude and courage to make this

step. It's tough to fall down, get back up and look it straight in the eye and make things better with what you've got," said Hill.

Before his accident OS Seinen was attending CF Fleet School Esquimalt taking QL3 marine engineering

A trust fund with Coast Capital Savings has been set up for the family. Anyone wishing to donate money can deposit it into the Mike Seinen in Trust Fund at any Coast Capital location and anyone with a fundraising idea can contact OS Seinen's best friend Peter Paine at 250-858-1747 or SLT Gillmore at 250-213-5810 to see that the money raised reaches the family. If people wish to send a card it can be sent to GF Strong Rehabilitation Centre to OS Seinen's attention at 4255 Laurel Street, Vancouver, B.C. V5Z 2G9.

## Pacific Women's Day tickets on sale soon

Tickets to the 2010 Pacific Women's Day go on sale starting this Saturday Aug. 14 at Formation Fun Day. Women interested in registering can do so onsite at the event booth by paying in cash or by credit card.

The annual Military Family Resource Centre women's conference is a chance for women in the Defence Community to make connections and take a day for themselves. Workshops this year include spa experience, truffle making, and wine tasting and much more. The topic for the keynote address is energy management.

This year's version takes place at Royal Road University's Hatley Castle on Saturday Nov. 6.

For more details on the event, go to [www.esquimaltmfrc.com](http://www.esquimaltmfrc.com) or call 250-363-2640 (toll free 1-800-353-3329).

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# matters of OPINION

## FILM *friday*

### The Other Guys pulls off police comedy

**W. Andrew Powell**  
The GATE

This week, opening at a theatre near you: Will Ferrell and Mark Wahlberg play mismatched partners in the action-comedy, *The Other Guys*; the dancers are back again in *Step Up 3*, which also debuts in 3D.

#### The Other Guys

Adam McKay might be the best thing to ever happen to Will Ferrell. Take a look at most of Ferrell's movies, and you're going to get this feeling in the pit of your stomach that you've seen it all before. Ferrell is a funny guy, but he seems to fall into the trap of playing the same shtick over and over again.

Writer and director Adam McKay knows what he's doing though, and once again, as we saw in *Anchorman*, *Talladega Nights*, and *Step Brothers*, he tames Ferrell just enough to get something funny and a little new out of him.

*The Other Guys* stars Ferrell and Mark Wahlberg as reluctant partners in the New York City Police Department. Wahlberg is Detective Terry Hoitz, an overzealous cop who was given a desk job after he shot baseball player Derek Jeter in the leg. Ferrell plays the mismatched Allen Gamble, a quiet, naive outsider on the force who started out as a police accountant, but now finds himself forced to work with Hoitz.

Inspired by the explosive antics of detectives P.K. Highsmith and Christopher Danson, played by Samuel L. Jackson and Dwayne Johnson, Hoitz constantly wants to

leap at the next big case, but somehow that never works out very well, especially with Gamble behind the wheel of his Prius.

They get what could be their big shot though when Gamble drags his partner out on what Hoitz considers a minor case; a businessman has purchased a number of properties for construction, but he hasn't done his paperwork. The partners end up on the edge of a very big case that has them kidnapped, hiding from armed thugs, and chasing a money trail across the city, all while their boss, played by Michael Keaton, tries to get them off the case that they're constantly messing up in some way.

*The Other Guys* is a simple premise that does almost everything right. Ferrell and Wahlberg could have been awful in these roles, but McKay guides them to performances that are laugh-out-loud hilarious. Between the sight gags, the zingers and dialogue, and the supporting cast of cops and robbers, McKay has made one of the few funny police action-comedies I've seen in a long time.

The film also pulls off a number of impressive action sequences which are farcically hilarious, most notably the opening scene where Highsmith and Danson chase armed thieves across the city, ultimately in a double-decker bus that has their car jammed through it.

Later in the film, *The Other Guys* does lose some of its momentum, and it's sometimes a little too silly. Ferrell and Wahlberg also lose some of their appeal in the latter parts of the

film when their shtick has worn a little thin, but the film's big finale does ultimately pay off quite well.

Walking into the film I didn't expect it, but *The Other Guys* is one of the funniest films I've seen all year. It could also be the start of a funny franchise for Ferrell and Wahlberg, although it might take a lot of ingenuity to make this concept fresh a second time.

Best of all, I have to praise McKay for the barbs at America's financial troubles on Wall Street, which is summed up perfectly in the film's closing credits. If you want to know the full depth to which the business world has sunk, stay for the closing factoids that run at the end of the film.

Also opening this weekend in theatres...

#### Step Up 3

The dancers are back again, and this time they're in 3D as the *Step Up* franchise returns for one more dance-off.

In the latest, Rick Malambri, Adam Sevani, and Sharni Vinson star as three talented, young dancers who have to prove themselves against some of the world's best hip hop dancers.

The film really requires little other explanation. If you enjoyed the previous two films, you'll probably enjoy this one, but the critics have been less than enthusiastic.

"It's like *Muppets Take Manhattan*," wrote Ed Gonzalez for *Slant Magazine*, "but replace a milquetoast young artiste for an amnesiac frog and a group of muppets for a post-racial group of seamlessly integrated metrosexuals."

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#### WHAT SAY YOU

### HMCS Malahat to celebrate naval centennial

Like all 24 Canadian naval reserve divisions (NRD) across Canada, Victoria's NRD *HMCS Malahat* has been celebrating the Canadian Naval Centennial (CNC) in many ways since Jan. 1, 2010. *Malahat* had the first CNC activity of the new year on the west coast with its CNC-themed annual levy.

At the levy, Rear-Admiral Pile performed the honours by raising the Canadian Naval Centennial flag, with the assistance of *Malahat* Commanding Officer Steven Pokotylo, to the masthead for the first time in front of *HMCS Malahat*.

There have been more than half a dozen CNC activities conducted by *Malahat* since the levy, but the big one - the premiere CNC event for *Malahat* - happens the weekend of Sept. 17-19, 2010.

*Malahat's* Canadian Naval Centennial Homecoming promises to be a gala occasion. Many events are planned, beginning with a traditional weepers on the Friday night in *Malahat's* wardroom. The next day is a regular training day for the ship's company, so former *Malahatians* and guests will be able to observe and participate

in many activities in order to knock the rust off their old naval reserve skills.

Much more is planned, but all will culminate in a gala dinner to be held the Saturday evening on *Malahat's* parade deck, which will be transformed into an old *Malahat* days-themed venue.

The Homecoming organizing committee hopes that all former members of *HMCS Malahat* will make their way back to Victoria for this wonderful event. We have arranged accommodations at a hotel near *Malahat* and they have kindly offered us a sizable discount for those attending

the Homecoming.

So, book your flights now, gas up your cars, get the old mess dress de-moulded and altered and plan to spend a couple of days in beautiful Victoria this fall with former shipmates.

We may be reached at the following website: <http://malahathomecoming.blogspot.com> and email address: [malahathomecoming@shaw.ca](mailto:malahathomecoming@shaw.ca), on which you will find registration forms and payment options.

*Yours aye,*  
**HMCS Malahat Homecoming  
Organizing Committee**

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# SPORTS *trivia* by PO2 Bill Sheridan Contributor

## Sports in the movies

### QUESTIONS?

- Who was the coach of the Charlestown Chiefs?
- Who was Jerry's only client in Jerry Maguire?
- Who wins the caddy day tournament on Caddyshack?
- Kevin Ward is the fictional NY Jets quarterback in what movie?
- What does Tin Cup score on the final hole?
- Who has played Shoeless Joe Jackson?
- What character did both Frank Whaley & Burt Lancaster play in Field of Dreams?
- What movie featured a character named Crash Davis?
- Who portrayed Morris Buttermaker in which original movie?
- Who does Happy Gilmore fight with?
- What Notre Dame player spent four years in the US Navy after High School?
- What movie featured the line 'there's no crying in baseball'?
- Who played 'The Gipper' in Knute Rockne, All American?
- Which movie saw Danny Gallivan make an appearance?
- Billy Hoyle and Sidney Deane are basketball players in which movie?
- Which recent movie had Mike Tyson playing himself in search for his tiger?
- The Jake Lamotta story was shown in which boxing movie?
- Paul Crewe was portrayed by which two actors in The Longest Yard?
- How is the winning touchdown scored in the M\*A\*S\*H movie?
- Which movie featured Roy Hobbs and his bat Wonderboy?

- ANSWERS
- Reggie Dunlop
  - Rod Tidwell
  - Danny Noonan
  - Mr. Deeds
  - Twelve
  - DB Sweeney (Eight Men Out) and Ray Liotta (Field of Dreams)
  - Archibald 'Moonlight' Graham
  - Bull Durham
  - Walter Matthau Bad News Bears
  - Bob Barker
  - Daniel Ruettinger, basis for movie Rudy; A League of Their Own
  - Ronald Reagan
  - The Mystery of the Million Dollar Hockey Puck
  - White Men Can't Jump
  - The Hangover
  - Raging Bull
  - Burt Reynolds and Adam Sandler
  - The center hides the ball in his sweater and scores.
  - The Natural

## SUDOKU PUZZLE

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

ANSWERS ON PAGE 19

Level: Beginner

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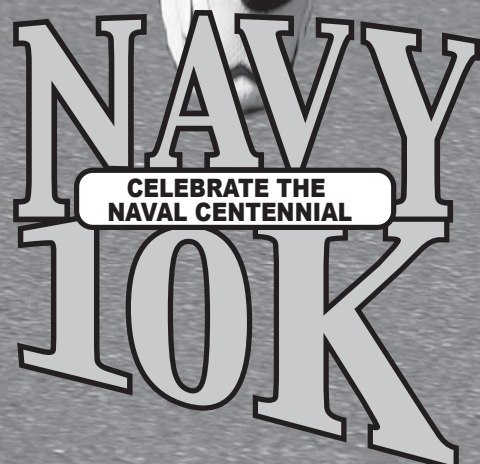



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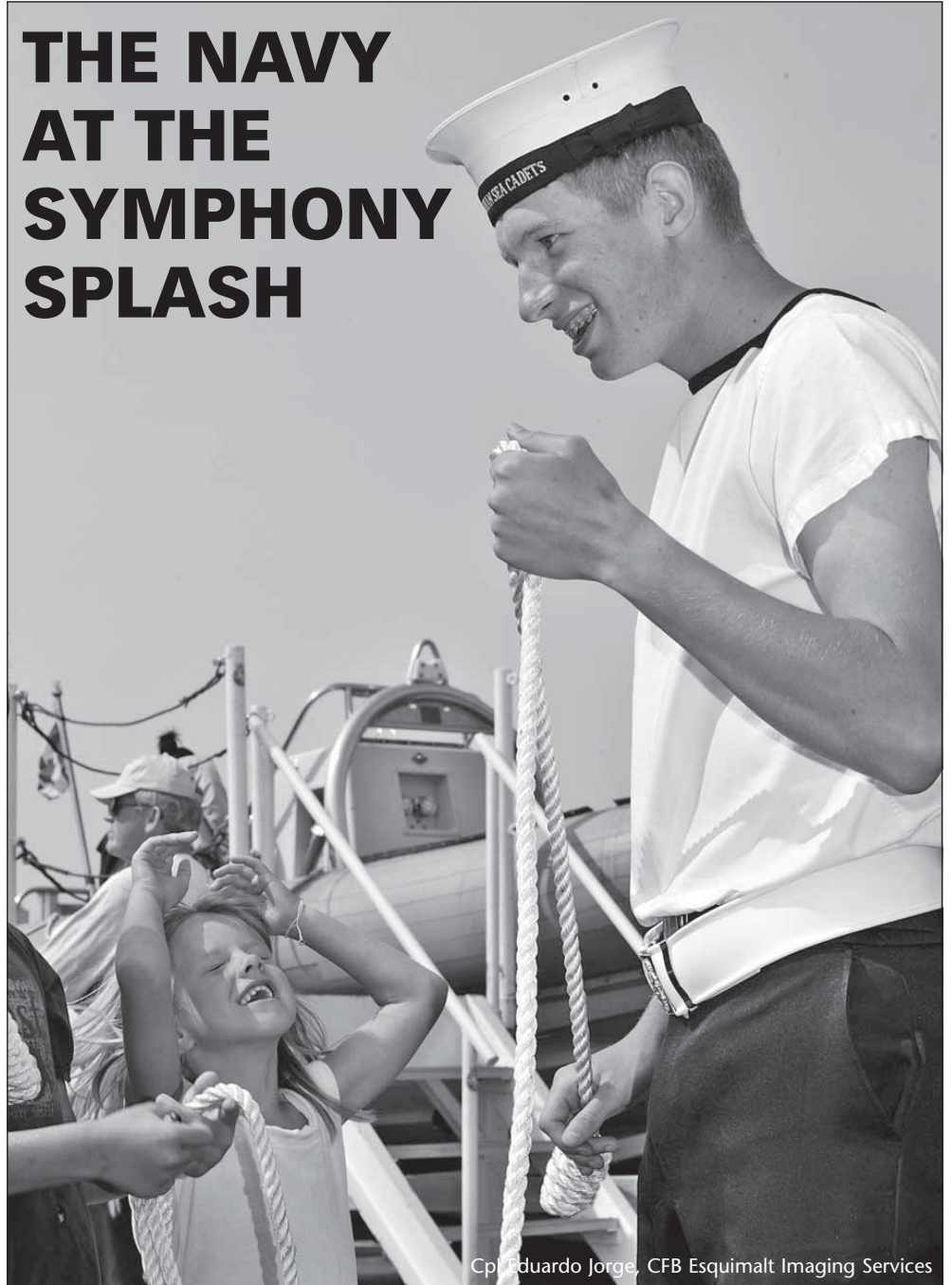
MCpl Chris Ward, CFB Esquimalt Imaging Services

**Above:** During a tour of HMCS Edmonton, former Fort Garry Horse Warrant Officer Frank Lengyel tries out the .50 calibre gun on the brow.

**Right:** Sea Cadet Braydon Dodman explains how knots are used to save the lives of sailors at sea.

**Below:** With the B.C. Legislature Buildings shining in the background, the crew of HMCS Nanaimo fires off the "cannon" during the finale of the 1812 overture performed by the Victoria Symphony orchestra.

**Bottom:** HMCS Edmonton lowered its gangway for the public.



Cpl Eduardo Jorge, CFB Esquimalt Imaging Services



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# INMEMORIAM

## Remembering a friend and colleague: Al Fleury

**Shelley Lipke**  
Staff writer

A celebration of life was held for Allan Fleury on Aug. 3 at the Esquimalt Legion.

Known to many around base as the man who loved to dress up as Santa Claus, Fleury will be greatly missed.

He died on July 27 from a heart attack while riding his bicycle. Fleury was 55 years old.

With standing room only, more than 500 friends, colleagues and family members packed the Esquimalt Legion.

"He was the human incarnation of Santa Claus," recalled long time friend and colleague Rod Wood. "He had a custom-made Santa suit and was Santa Claus right down to his size. He was big, boisterous, rosy cheeked, and always had a smile on his face. At any time of the year, he could tell you how many days were left until the next Christmas without blinking an eye" Each year he'd grow his beard for Christmas and pose for photos with children at CanWest and Hillside Mall, as well as for parties with children on the base.

He got so good at it that he had a finely tuned system to convince children he was the real deal.

"He used an elf's sheet that parents would write things down that only the family would know, like pets names, and then he'd ask the kids about them. They would think they were with the real Santa and their faces would light up. If the kids gave him a tug on the beard it would be real. He loved the interaction with the kids," said Wood.

Fleury worked at Base Logistics since 1984 in a variety of positions

such as base supply, packaging, industrial first aid attendant and his last post, industrial supply and reverse logistics in Dockyard.

On Aug. 3 the entire Base Logistics department shut down to pay tribute to him.

"He bent over backwards to help others," said Wood. "I first met Al in the mid 70s when he was hired by Eaton's to keep the tables in the cafeteria free from people who were loitering. Then I was reacquainted with him in June of 2000 as he was my first trainer when I started in base supply and we worked together in receiving. He was always quick to help and had a smile, especially if people needed a hand lifting things. He was a big six-foot-three guy and weighed 300 pounds. He was strong and loved to jump on the machinery and drive the equipment. Al was always helpful with new people," said Wood.

Fleury was also very heavily involved with the Canadian Legion.

He was a vice president of the B.C. and Yukon Legion Command, a recipient of the Meritorious Service Medal, and a Life Member of Public Service Branch 127 where he had been an active member since 1974. In addition to Legion honours, he was also awarded the Order of St. John, the Queen's Golden Jubilee Medal and the Minister of Veterans Affairs Commendation.

Fleury was a busy volunteer in The Legion where he served at three levels as a Branch President, Immediate Past Zone Commander and chaired the Youth Committee.

He was also President of HMCS Esquimalt Memorial Association, a trustee for the Victoria Fish and Game Protective Association, and was active



in fundraising with the 89 (Pacific) Squadron Royal Canadian Air Cadets Support Association.

Fleury served as Superintendent for St. John Ambulance Brigade in Victoria from 1987 to 1990, and in 1991 he organized the Esquimalt Municipal Emergency Response First Aid cell as chief instructor throughout his tenure.

As a member of the committee to organize a new Veteran's Memorial at the Safe-On-Foods Memorial Arena, Al designed the entire memorial that can viewed there now.

In reviewing Fleury's personnel file at CFB Esquimalt, letters of appreciation and performance assessments stacked up from his supervisors who commented on his "going above and beyond expectations", his sense of humour and general caring of those around him.

Former Base Commander Capt(N) Marcel Hallé attended his celebration of life at the Legion taking advantage of the open mike to render a fitting, and at times humorous, tribute to Fleury.

"He will be greatly missed by a lot of people in the city," said Wood.

"He was the kind of guy that was always thinking of other people. He was always laughing and telling jokes. I'll miss him a lot. Rest in peace Al."

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# RIMPAC concludes with results

## ■ Challenging scenarios give crews necessary skills

**LCdr Nathalie Garcia**  
NPAO

After completing the month-long training in the operating areas off the Hawaiian Islands, Canadian sailors, soldiers, airmen and women return to port tired but proud of their accomplishments as part of the Rim of the Pacific (RIMPAC) 2010 exercise.

The world's largest maritime exercise officially ended Aug. 1 after an intense training schedule that brought together the forces from 14 nations with an interest in the Rim of the Pacific.

"I am truly pleased with the success of this exercise," said RAdm Ron Lloyd, the Maritime Component Commander. "The challenging scenarios have allowed Canadian Forces personnel to gain the skills they need to work with other nations, be it in a humanitarian role, as part of counter-piracy operations such as CTF 150, or in combat operations should it be required. No other maritime exercise can claim better training areas or better results."

Canadian participation in the exercise included *HMC Ships Calgary* and *Algonquin*, each with an embarked CH-124 Sea King detachment, and a

14-person dive team from Fleet Diving Unit (Pacific) that conducted both mine warfare and explosive ordnance disposal. The Air Force sent two CP-140 Aurora aircraft from 19 Wing Comox, with crews from Comox and 14 Wing Greenwood, and a CC-130 T Hercules air-to-air refuelling aircraft from 17 Wing Winnipeg. More than 130 Canadian soldiers from Golf Company, Second Battalion, The Royal Canadian Regiment (G Coy 2 RCR) also participated as part of multinational amphibious force.

Finally, dozens of personnel were assigned to key positions in support of all three elements including the Maritime Operations Director, Battle Watch Director, CAOC director and the Combined Forces Maritime Component Commander.

"All the Canadian participants were integral members of the Combined Forces either at sea, in the air or as part of the staff," said Capt(N) Gilles Couturier, the Maritime Operation Centre Director. "Each had a key role in the planning and execution of an extraordinarily complex scenario that covered the spectrum of operations to include maritime interdiction operations, live mis-

sile firings, maritime air operations, diving and amphibious operations and a dynamic and challenging war fighting phase."

The Canadian Forces participation in the exercise harks back to 1971, when the exercise brought together ships from Australia, U.S. and Canada. Since then however, the biennial exercise has grown into a truly multinational event, joining air, land, marine and maritime elements from around the world.

"Working in a coalition setting has its challenges," said Cdr Andy Muir, the current operations director for the Combined Forces Maritime Component. "Even when we use the same words, our interpretation may vary. Bringing everyone to agree on processes and terminology wasn't easy but it's much better to practice this now than in a real world setting."

For the army, the exercise provided 2nd Battalion, The Royal Canadian Regiment Golf Company, the opportunity to work with U.S. Marines and soldiers for Royal Australian Regiment in an amphibious setting.

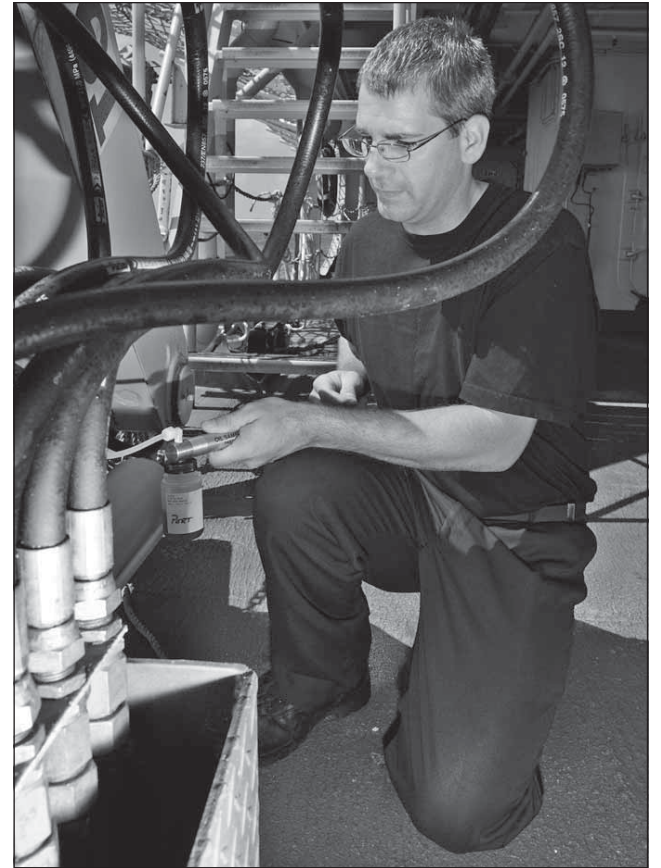
"It's a great opportunity to rehearse the company's role as the non-combatant evacuation operations company for Canada," said Officer Commanding Maj

Shane Murphy, speaking of his unit's role in assisting Canadian civilians trapped in a combat zone to return to Canada.

The long range patrol aircraft got the opportunity to practice anti-submarine skills, practicing alongside their Korean, Japanese, Australian and U.S. counterparts.

"The exercise has been very good from a number of standpoints," said Brent Vaino the officer Commanding of 407 Long Range Patrol Sqdn deployed. "Anti-submarine warfare training is very hard to come by, so to have an exercise where you have a number of submarines deployed as targets is a bit of a rarity." "It's also been really good to operate with such a large naval force, which a lot of are troops have never have the chance to do."

The exercise followed a tiered training schedule that allowed participants to follow a crawl, walk, run pace. The first three weeks were dedicated to honing individual and unit level skills followed by a week of force integration training. This phase, which brought together more than 20,000 personnel into one combined force, focused on command and control procedure allowing the various units to adjust to the new



Cpl Charles A. Stephen, CFB Esquimalt Imaging Services  
**MS Shawn Zweers, a Naval Weapons Technician in Algonquin, takes an oil sample from the port crane.**

construct. The final phase pitted the newly trained combined force against a fictitious foe in an elaborately developed scenario designed to challenge the entire force.

For the first time in RIMPAC history, the Combined Forces Maritime Component Commander stood up a full dynamic targeting cell. This cell was responsible for the identification of hostile contacts to be prosecuted using the newly devel-

oped Joint Automated Deep Operations Coordination System or JADOCS. JADOCS allows the team to coordinate surface and submarine contacts with air, land and sea elements to prosecute the designated targets.

RIMPAC 2010 included forces from Australia, Chile, Colombia, France, Indonesia, Japan, Malaysia, Netherlands, Peru, Republic of Korea, Singapore, Thailand and the United States.

Members of HMCS Calgary's crew wave as an aircraft flies past during Rim of the Pacific Exercise. Calgary and HMCS Algonquin spent the past month working with allied navies in the waters around Hawaii to hone their skills and improve interoperability.







Shelley Lipke, Lookout

RAAdm (Ret'd) Ken Summers of the Homecoming Statue Committee presents a print of "Beckoning Seas," to Chief and Petty Officers' mess President CPO1 Glenn Ball. It was one of two prints by artist Len Gibbs given to the mess in appreciation of its members' fundraising for the statue.

*Inset:* The second painting is called "The Arrival."



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# 443 Squadron pilot becomes angel volunteer

**HCol Jeff Morris**  
Contributor

"As a cancer survivor, I feel fortunate to be able to support those who battle this disease everyday," said Capt Dennis Mann, a Sea King pilot with 443 Maritime Helicopter (MH) Squadron.

He has signed on to volunteer with Angel Flight of British Columbia, a non-profit charity that flies cancer patients to and from their treatment appointments.

Captain Mann recently undertook his first Angel Flight, transporting client Rebecca back to Comox from Victoria after she had completed a portion of her ongoing cancer treatment.

If not for Angel Flight and Capt Mann, Rebecca would have faced an arduous three-hour drive home after her treatment, or wait until the following day for the "cancer bus" to take her there.

With many cancer patients' suppressed immune systems after treatment, the prospect of travelling on public transport is not an option as the risk of contagion is high. Angel Flight provides a contagion free environment and works with the volunteer driver organizations at

several places to provide a seamless transport system to and from the client's home to the treatment centre.

Captain Mann decided to volunteer his services after hearing a presentation to 443 (MH) Sqn members in 2009.

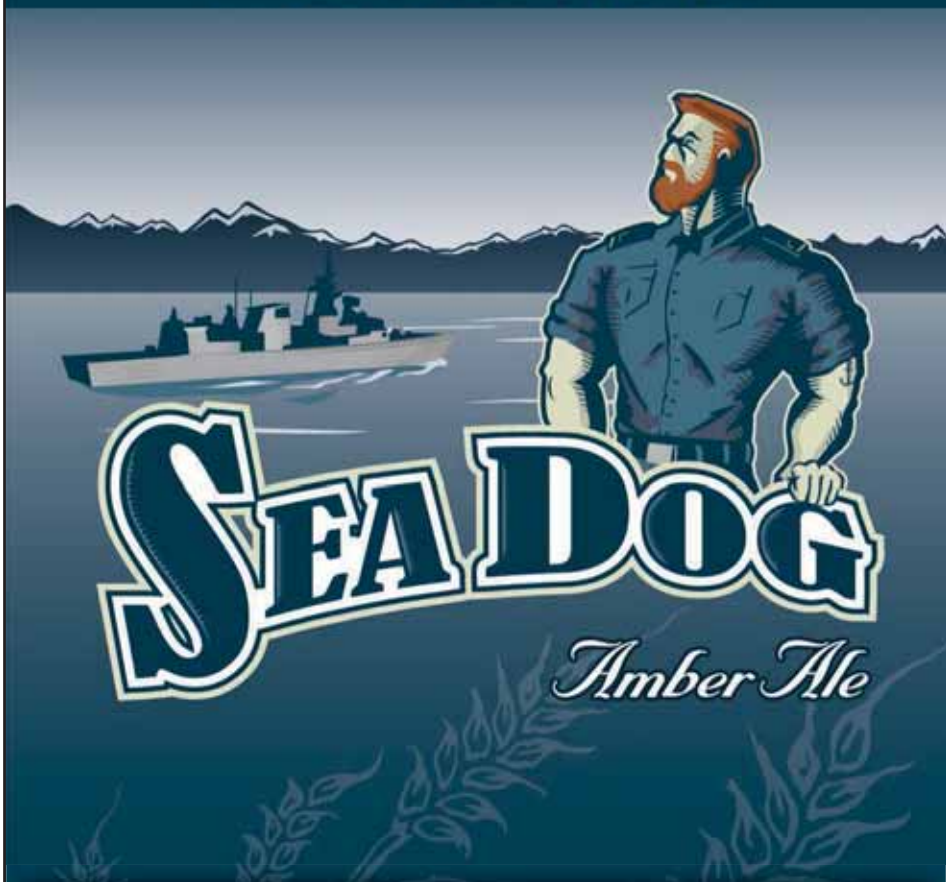
Not only does he volunteer his time and expertise, but Capt Mann donates financially to the cause as well.

"Every Canadian has had their life touched by cancer in one form or another, and our willingness to help others is a fundamental Canadian value," says Capt Mann. "I see my role as giving back to the community out of my own good fortune."

Angel Flight commenced operations in April 2002, and has undertaken more than 800 client flights carrying cancer patients from Vancouver Island, the Sunshine Coast, and parts of Lower Mainland B.C. to the main cancer treatment centres in Victoria and Vancouver.

If you would like to know more about Angel Flight please visit - [www.angel-flight.ca](http://www.angel-flight.ca) - or call Jeff Morris directly at 250-818-0288.

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# Run with the navy in centennial style

**Shelley Lipke**  
Staff writer

Fleet school instructor PO1 Howard Manderson is one of the Navy 10K's biggest advocates.

As the Maritime Command navy male athlete of the year, he's striving for a personal best time of less than 40 minutes in the Aug. 15 run.

"A running race is one of the most positive environments you'll ever see in your life. Running is one of the few sports that you can compete in the same competition as some of the best people in the world and compete on a personal level."

Everyone is welcome to run in either the 10 or five kilometre run, and for children five to 14 there is a one kilometre fun run; parents must pre-register their kids by phoning 250-363-1009.

"The 5K is a great first race for somebody who has never tried to run before, and the 10K is a challenging course that experienced runners will get something out of. I think people in the navy will feel especially proud this year to be involved in this race," he said.

This is also the only race held in August in Southern Vancouver Island.

Start time is 8:30 a.m.; runners will gather inside the Naden gate, warm up and await the start gun.

Included in the race package is a commemorative Canadian Naval Centennial timing chip and navy blue dry-tech shirt.

The route starts inside the Naden main gate and weaves through the streets of Esquimalt close to the ocean passing Saxe Point and Work Point before looping back to finish at Naden.

"It's a challenging course,"

says PO1 Manderson. "There are a lot of hills in this race and it really makes you work."

After the race there will be a fundraising barbecue in support of the United Way and an awards presentation that includes more than \$700 worth of draw prizes provided by the Running Room.

PO1 Manderson loves running and won his 2009 athletic award from his history pounding the pavement in running shoes.

"A lot of my nomination for the 2009 navy athlete of the year was based on qualifying and participating in the Boston Marathon and participating in the CF National Marathon," he said.

LS Kirsten Arensen, a naval communicator in HMCS Winnipeg, is the 2009 navy female athlete of the year. "Kirsten won her award for triathlon and she qualified in 2009 for Ironman Hawaii, which is happening this October. Ironman Hawaii is the Boston Marathon for triathletes," he said.

LS Arensen will race with PO1 Manderson this year, and Pte Ryan Mckenzie, the winner of last year's Navy 10K, will be back to defend his title. He won the race last year with a time of 31:25.

Online registration is recommended and available at [www.pspesquimalt.ca](http://www.pspesquimalt.ca). Last minute registration will be available the morning of the race, but people are encouraged to register beforehand to ensure they receive all the race package goodies. Prices are: military personnel \$31, DND, Lifemark and TC10K runners \$33, general public \$35.

Military participants of the 10K and 5K run will be awarded points towards the annual inter-fleet sports competition.

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Sara Helmeczi, BPAO

Daphne Goode, Program Director for Shaw TV, interview's PO1 Howie Manderson for the television station's Community Calendar to promote the Navy 10K taking place at Naden on Aug. 15.

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# A wave of weight loss in Winnipeg

**Shelley Lipke**  
Staff writer

It began with a medical report, which served as a call to action.

Then sweat, determination and perseverance followed as MCpl Dana Haley began an exercise routine during HMCS Winnipeg's six-month deployment in the Gulf of Aden last year.

By the time the ship sailed into Esquimalt harbour he was 75 pounds lighter.

Shedding the pounds and adopting a new eating regime was especially challenging for the cook.

"Being a cook on the ship, I was always taking care of everybody and not taking care of myself enough. Not to mention being around food a lot."

In 2007, when his gall bladder was removed, his doctor warned him about being a high risk for heart disease and diabetes.

He decided to turn life around and take control and asked fellow cooks LS Norman Galway and LS Scott Voshell to help him achieve his goal.

"I had a really bad habit of eating desserts and they would stop me in the process if they saw me going for the duff," recalls MCpl Haley.

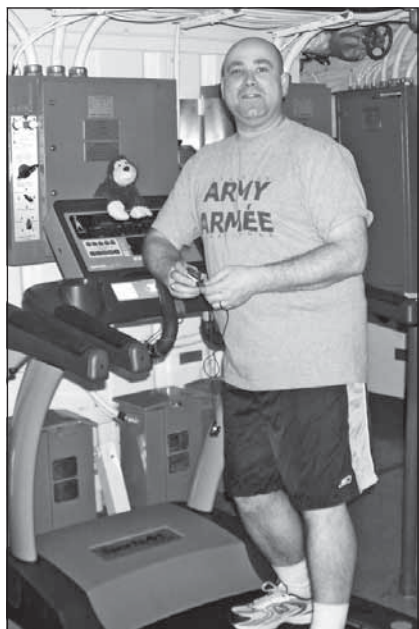
The ship's physician WO Kelly Humphrey also played a key role.

"He has a background in body building and was very helpful teaching me what fruits and vegetables to eat at certain times of the day to maintain my consistency. I learned that 80 per cent of weight loss is attributed to diet and that 20 per cent is attributed to exercise. It was especially important to eat the right foods," he said.

Each day for an hour or more, he'd run on the treadmill, contend with the elliptical machine and do sit ups, push ups and chin ups.

"It was a very difficult transition because I wasn't seeing any results right away. It took a month before I noticed any of the weight coming off. I knew I was feeling healthier, but I was frustrated at not seeing a difference."

Then one day that changed. "We filmed a television show called Glutton for Punishment with Bob Blumer and when it finally aired on the ship there was a huge reaction from the ship's company saying, 'Holy smokes. I didn't know you lost



**Before (above) and after (below): MCpl Dana Haley lost 75 pounds during HMCS Winnipeg's six-month deployment.**



so much weight.' At this stage I had reached my goal of 165 pounds, and then I decided I would like to lose more so I dropped it to 150, which I reached by the time I got home."

After six months of healthy food and exercise people didn't recognize him.

"I wanted to surprise my wife Lisa with my weight loss, but she was getting angry that I wasn't sending any pictures from sea. When I finally showed her some she was totally blown away by the whole process. She said if I hadn't sent them she

wouldn't have recognized me. A lot of people still don't."

MCpl Haley was also an influence on his children. "They were never overweight, but they saw me and also wanted to be healthy. Now I wake up in the morning and my daughter says, 'I'm having whatever you are eating,'" he says. "I have to put special thanks out to both of my bosses PO2 Rick D'Anjou and PO1 Tim Rogerson for allowing me the opportunity to adjust my diet and eat the way I needed to eat. I ate differently than a lot of people on the ship."

Now an advocate for weight loss, MCpl Haley made a PowerPoint presentation and spoke to students at NOTC Venture about his experience losing weight at sea.

"I wanted to talk to them about the effects of being on board the ship and explain what can happen to them if they don't pay attention. This presentation offers tips on food, exercise and diet. I learned so much through this experience," he said. "I was a firm believer that I could eat whatever I wanted and if I exercised it was okay, but this is not the case."

A big part of weight loss is maintaining the weight after losing it and keeping a healthy lifestyle.

Since MCpl Haley's successful weight loss, he's become an avid runner, and initially wanted to run the TC10K when Winnipeg returned from the deployment, but he was doing so well that he surpassed that goal and went straight into the Royal Victoria half marathon.

Through his successes he earned the Academic Aerobic Achievement Award through Personnel Support Programs.

Now he's running in the Lower Island Race Series, just raced in the CF Nationals in Ottawa and is already striving to qualify for next years CF Nationals.

"Before I was just passing the EXPRES test at bare minimum, but now I am exempt because I scored so well and met the exemption levels. I'm 40 years old and I feel amazing. I can't believe how much younger and stronger I feel. When you set your mind to it anything is possible. If I can do it anyone can," he says.

Anyone interested in seeing his PowerPoint demonstration and learning more from him directly can contact him at Dana.Haley@forces.gc.ca

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# Base Chief turnover

**Penny Rogers**  
Staff writer

Acting Base Commander, Cdr Allan James hosted a ceremony on July 29 for outgoing Base Chief CPO1 Peter Ford and incoming Base Chief, CPO1 Douglas Markin.

After three years and two months, CPO1 Peter Ford is leaving the position and tackling policy and training with the Deputy Chief of Staff Halifax Class Modernization (frigate refit program).

He says the role of Base Chief is a multi-faceted one that includes acting as the "eyes and ears" for the Base Commander, looking after discipline for the base, making sure dress regulations are followed, and following up on complaints ranging anywhere from parking, to housing, to food.

There are challenges that come with any position, but as CPO1 Ford explains, the rewards have definitely outweighed the trials.

"As I went around with the base commander I was able to talk with a myriad of different people; people on the base, people in the civilian world, people in lodger and integral units and that's probably been the biggest reward

- the people that we have working for us and being able to work with them," said CPO1 Ford.

The position of Base Chief also granted him an opportunity to learn more about Aboriginal culture as he watched former base commander, Capt(N) Marcel Hallé forge a relationship with First Nations people by opening up dialogue with local chiefs.

Also high on the list of pluses was being able to take part in all the parades, ceremonies and activities that the Base Commander was involved with, including the chance to meet B.C.'s Lieutenant Governor on several occasions, along with the Chief of Maritime Staff, and the Chief of Defence Staff.

It was easy working for Capt(N) Hallé, said CPO1 Ford, who describes his former boss as a people person and someone who was extremely interested in talking with everyone in the room, from the most senior person attending the function down to the serving staff.

"He'd come into a meeting and people would introduce themselves and then he would start calling them by their first name, especially the civilians," recalls CPO1 Ford. "And I'm not sure how

he did that. Although I always knew people were important, I didn't realize how important. People just want to be noticed, and he noticed everybody."

CPO1 Ford said the thing that stood out most in the past three years was being part of the Freedom of the City parade.

"Being there and marching through the city and hearing the cheers, it was something I have not felt from the city up until that point. I could see there was a change coming, but that sealed the fact that the navy was at least, at that point in time, appreciated here in Victoria more than at any other time I've seen in my 33 years of service."

Taking over Base Chief is CPO1 Douglas Markin, whose last posting was Unit Chief at Fleet Maintenance Facility Cape Breton (FMFCB) for the past two years.

"It was an interesting challenge when I first got there, dealing with a large civilian workforce after coming from a ship where you have an all-military crew of 240 people with your air detachment on board," said CPO1 Markin. "It sure hones the people skills when dealing with a non-military perspective on events, so



MCpl Frieda Van Putten, CFB Esquimalt Imaging Services  
**Outgoing Base Chief Petty Officer, CPO1 Peter Ford, performs the ceremonial turnover of the keys and Blackberry to CPO1 Douglas Markin on July 29 following a change of command ceremony.**

it was definitely a good learning tool to prepare me for the job as Base Chief."

CPO1 Markin is looking forward to several things in his new position, including working with new Base Commander, Capt(N) Craig Baines; learning more about the base with its 1,500-plus buildings, thousands of acres of land and all the people that go along with

it; and mentoring other chiefs, petty officers, junior non-commissioned members and officers who request it.

He is also looking forward to the problem solving aspect of his new job.

"There is a lot of day-to-day housekeeping that does not need to end up on the Base Commander's dinner plate. It's like that Whack-A-Mole game you see at the fair; a problem

pops up and you whack it with a mallet and you keep on whacking problems and knocking them down so they don't overtake the Base Commander and that allows him to do what he needs to do. The new Base Chief knows it will be a busy job and so does his wife Cathy, who said to him, "Have a good day at work and I'll see you in three years."



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Throughout the hundred years of its history, the Navy League of Canada has been there to actively support our Navy. Founded in 1895 as a society with the primary aim of ensuring secure ocean trade and an adequate naval defense of Canada, the League helped formulate naval policy and the establishment of the Canadian Naval Service, the forerunner of the Canadian Navy.

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As we celebrate the centennial of the Canadian Navy, it is only fitting that the Navy League shows its pride in a distinctive yet timely way. The Navy League of Canada, Ontario Division has commissioned one of Canada's leading watch designers Time is Ticking Inc., to issue a truly remarkable limited edition commemorative timepiece which will reflect the great heritage of Canada's naval service.

The Navy League of Canada, Ontario Division "Tribute to the Canadian Navy" watch is made with Seiko movements, gold plating is 24 karat, has monogrammed caseback and a striking alligator style leather-strap manufactured by the Speidel Corporation. Each watch is being offered for only \$65.00 (plus applicable taxes, shipping and handling) which is far below its actual value of approximately 200.00. All watches will be shipped in a distinctly monogrammed velveteen collector's box.

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Honorary Captain(Navy) Tung Chan on board a U.S. ship during the Rim of the Pacific Exercise.

## Navy welcomes newest sailor

**Penny Rogers**  
Staff writer

The list of honorary naval captains is a distinguished one that includes Steven Point, Lieutenant Governor of British Columbia. On Canada Day one more prominent citizen joined the ranks.

On board *HMCS Vancouver*, moored under the white sails of Canada Place in downtown Vancouver, Honorary Captain(Navy) Tung Chan was given the rank insignia.

HCapt(N) Chan emigrated from Hong Kong to Vancouver in 1974 at age 22, and from the start he immersed himself in the volunteer community. His first role was seniors' group leader for S.U.C.C.E.S.S.

S.U.C.C.E.S.S. is non-profit organization that helps Canadians live harmoniously together and, in particular, first generation immigrants to integrate into all facets of Canadian society in terms of daily life, education, employment and political participation.

Thirty-six years later, he is Chief Executive Officer (CEO) of that same organization.

"I feel this appointment (as honorary captain) will increase my visibility in the community, as well as give

the media an excuse to write more about the navy. They now have a focal point; they now have someone that speaks Chinese and shares that experience of being a first generation immigrant, and so I think this is going to be tremendously helpful," said HCapt(N) Chan.

Prior to his role as CEO for S.U.C.C.E.S.S., HCapt(N) Chan had a 28-year financial career that culminated in the high-profile position of vice president Asian banking for TD Bank Financial Group. One of his mandates in this position was to increase the bank's visibility within the Chinese, Korean and South Asian communities, which he did, in part, by acting as spokesperson in all the Chinese language media outlets: print, radio and television.

He also found himself in another highly visible position when he was elected Councillor of the City of Vancouver from 1990-1993.

"I was the only Chinese-speaking elected politician for a couple of years, so I maintained a high visibility during that time and now I'm going to help the navy to get more of that visibility. As a matter of fact, the moment I got appointed honorary captain, the news release got out and I was able to get onto CBC Radio Vancouver

where I was interviewed by Rick Cluff on The Early Edition." HCapt(N) Chan's appointment also prompted Xinhua News Agency, the official news agency of the People's Republic of China to file a full length article from its Vancouver bureau.

The role of honorary captain is to act as a bridge between military and civilian communities and is held by those representing diverse areas of interest such as politics, business, journalism and the arts. The appointees have unique skills and connections needed to strengthen the navy's ties to all Canadian communities and to promote a better understanding of maritime defence issues.

Rear-Admiral Tyrone Pile asked the new honorary captain to be affiliated with the office of the Chief of Staff for Maritime Forces Pacific (MARFAC) and focus on areas such as training and recruitment.

"I will look for opportunities to bring that portion of the work to the forefront and encourage more first generation immigrants, once they receive citizenship, that they would consider joining the navy in particular, or our Canadian Forces in general; to look at it as a viable and honorable career, or as well, look at joining our Reserve Force," said HCapt(N) Chan.

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# Bravo ZULU

Cdr Guy Bolduc, Commanding Officer of Maritime Forces Pacific Headquarters, recently presented several Canadian Forces members with new ranks and Canadian Forces Decorations.



WO Gordon McLean receives his CD1 from Cdr Guy Bolduc.



LS Stephen Davidson receives his CD from Cdr Guy Bolduc.



OS Michael Cunningham receives her new rank from Cdr Guy Bolduc and PO1 Paul Dumas.



MCpl Freida VanPutten receives her new rank from Cdr Guy Bolduc and MWO Guy Tardif of Formation Training.



Lt(N) Rob Sutherland receives his CD1 from Cdr Guy Bolduc.



SLt Andrew Janes receives his new rank of Lieutenant(Navy) from Cdr Guy Bolduc and LCdr Kevin Stewart.



*Left:* PO2 Oliver Meyer of Coastal Division Mine Warfare receives his promotion to Petty Officer First Class from Cdr James Sprang (right), Commander Coastal Division, and CPO2 Rob Peterson, IRMDS Crew Chief.



*Right:* PO2 Sean Hadley-O'Shaughnessy of HMCS Yellowknife receives his promotion to Petty Officer First Class from Cdr James Sprang (right), and CPO2 Melissa Hockey, Coxswain of Yellowknife.

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

PUZZLE ON PAGE 4

**VOLUNTEERING**

VOLUNTEERS ARE NEEDED to assist individuals with disabilities to get out and be active! By devoting as little as one hour a week, you have the opportunity to participate in an activity you enjoy while giving back to the community. Males needed especially! For more information or to volunteer please call the Leisure Assistant Coordinator at 250-477-6314 ext. 15 or volunteers@rivonline.org

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