

# LOOKOUT



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Year of the Canadian Naval Centennial

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**NEWS 3**

CF provides health care for South East Asia

**FEATURE 8-9**

What it's like to be an Air Cadet for a day

**COMMUNITY 12**

Summer tours come to a close

## Planting smiles in Mexico

Cpl Charles A. Stephen, MARPAC Imaging Services

After a torrential downpour that left Manzanillo, Mexico, drenched, the skies cleared in time to allow visiting HMCS Algonquin crewmembers to volunteer refurbishing many parks. Above, PO1 Gaetan Bouchard helps Carina Sambrano Herrera (left) and Jaime Velazquez Lopez (right) plant a tree during the community outreach event. See page 5 for the full story.

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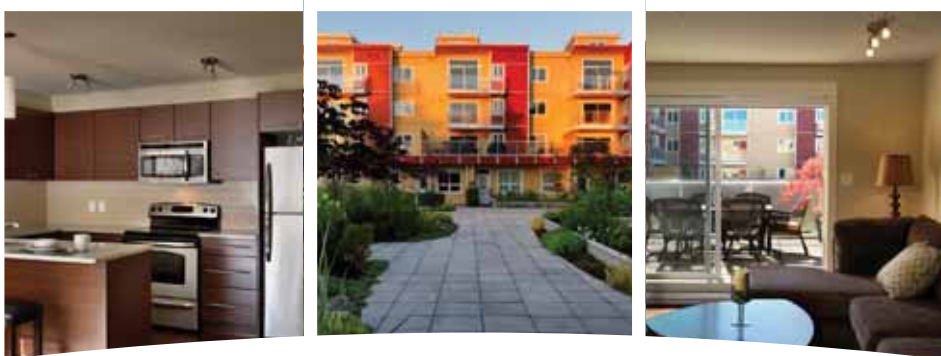
# A brush with fire

Penny Rogers, Lookout

Smoke and ash wafted across Dockyard as the wind carried the tell-tale signs of a nearby fire. CFB Esquimalt Fire Department were quick to respond to calls about the fire that flared up in a brush area behind houses on Campbell Street. They were successful at keeping the flames from spreading and no damage to property was reported.

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**Above:** MS Michelle Verville, a medical technician from 11 Field Ambulance, assesses a boy from Gam on Mare Island, North Maluku, Indonesia.

**Right:** Lt Rebecca Sparkes, a physiotherapist from Canadian Forces Health Services Centre (Pacific) in Esquimalt, provides a cane to an elderly woman in Tobelo, North Maluku, Indonesia.

# Pacific Partnership 2010 - an enduring symbol of goodwill

**Lt(N) Chris Shannon**  
Contributor

A group of Canadian Forces health care providers are getting the experience of a lifetime providing health care to impoverished countries of Southeast Asia.

Seventeen Regular and Reserve Force personnel, including physicians, dentists, nurses, physiotherapists, medical and dental technicians recently deployed for the Indonesian phase of Pacific Partnership 2010. They are part of the joint disaster preparedness training exercise aboard the American Navy hospital ship USNS Mercy as well as the Royal Australian Navy heavy landing craft, the HMAS Labuan and HMAS Tarakan.

The CF members took over from the first Canadian team, who deployed to Cambodia and Vietnam in May and June.

During the Indonesian phase of Pacific Partnership 2010 more than 30,000 patients were seen in the operating rooms and wards of USNS Mercy, as well as on numerous medical and dental civil action program sites throughout the predominantly rural Spice Islands of Maluku and North Maluku Provinces.

Without exception, participating Canadian Forces members were pleased they could provide assistance to those with limited access to medical and dental care.

"This has truly been a tremendous experience," said dental technician Cpl Shannon Robertson, who assisted with more than 500 dental procedures and examinations. "Being able to come halfway around the world and provide care for these wonderful people has been, without a doubt one of the pinnacles of my life."

Pacific Partnership originated following the 2004 Indian Ocean tsunami that claimed 225,000 lives. What began simply as an exercise to plan and enact multinational and multiservice disaster relief has become an enduring symbol of international goodwill and cooperation.

Dozens of cross-cultural learning and teaching sessions, or subject matter expert exchanges, were undertaken throughout Indonesia, at schools, hospitals, and villages. As the Canadian troops demonstrated their skills and techniques, they "were warmly welcomed by the local population. Many recognized the maple leaf on our uniforms," said LCol Paul Charlebois,

an internal medicine specialist from 1 Canadian Field Hospital (detachment Halifax) who is deployed as the senior Canadian officer on USNS Mercy.


This experience has also allowed our military to forge strong ties with other partner nations. One of these experiences involved a sombre memorial service at the Ambon War Cemetery with the Australian contingent.

More than 2,000 allied personnel are buried here, including Australian, British, Dutch and Canadian servicemen. This well-manicured memorial is the final resting place for those from many nations who fought during the Japanese invasion of Ambon, Indonesia.

The cemetery also honours those allied prisoners-of-war who suffered in the Japanese prison camp that stood on the site.

A group of Canadian Forces members visited this cemetery and paused to pay their respects at the graves of two Canadian airmen, Flight Sgt Ronald Neal and Cpl Charles Moore.

The next challenge for the Canadian Forces medical and dental team was in Timor Leste, from Aug. 11 to 24. The group will return home in early September.


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# matters of OPINION

## WHO WE ARE

**MANAGING EDITOR**  
Melissa Atkinson 250-363-3372  
melissa.atkinson@forces.gc.ca

**STAFF WRITER**  
Shelley Lipke 250-363-3130  
shelley.lipke@forces.gc.ca  
Penny Rogers 250-363-3672  
penny.rogers@forces.gc.ca

**PRODUCTION**  
Carmel Ecker 250-363-8033  
production@lookoutnewspaper.com  
Shelley Fox 250-363-8033  
projects@lookoutnewspaper.com

**ADMINISTRATIVE ASSISTANT**  
Kate King 250-363-3014  
kate.king@forces.gc.ca

**ACCOUNTS**  
250-363-3127

**SALES REPRESENTATIVES**  
Ivan Groth 250-363-3133  
ivan.groth@forces.gc.ca  
Joshua Buck 250-363-8602  
joshua.buck@forces.gc.ca

**EDITORIAL ADVISOR**  
Lt(N) Michael McWhinnie 250-363-4006

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CFB Esquimalt, PO Box 17000 Stn. Forces,  
Victoria, BC V9A 7N2

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## WHAT SAY YOU

### People Talk

Lookout posed this question posed to some of the senior chief's:  
*If you could do it all over again, would you still join the navy and why?*



Absolutely I would join again. Probably the main reason is the good people I've had the chance to work with over my career. The opportunities, the differences and changes in jobs have, for the most part, made it a pleasure to work in this organization. I have been lucky enough to get to the Far East, Australia, New Zealand, Hawaii, South America. My experience has been outstanding and I would recommend it as a career to anybody.

**CPO1 Peter Ford**



Yes I would, with one exception. I would join a little earlier than what I did. I was mid 20s when I joined and now I'm reaching the retirement age and don't have the years of service that I would like. Plus as a younger man I think I would have enjoyed the foreign ports a little more.

**CPO1 Dexter Goulding**



I would join the navy again in a heartbeat. Where else could you have a career where you have such a wide variety of jobs throughout that career? Plus I've had the opportunity to work with a huge variety of people from all walks of life from across Canada.

**CPO1 Guy Ledrew**



I would do it all over again. When I joined in 1975 the furthest I had travelled outside of B.C. was to Alberta. I joined the navy to learn a trade and see the world, and in my first year, on my first ship, we sailed for six months to many ports including New York, Puerto Rico, Norway, Belgium, Holland, France, Portugal and Portsmouth, England. I was hooked on the travel. I am so happy that I spent the last 35-plus years in the navy.

**CPO1 Doug Markin**



Yes I would join the navy again. Great career so far. A lot of fun and adventure. And today the options are much better than when I joined in the 70s. Education is better, qualifications are better and the navy is about to rebuild to a new navy, new future, so yes, I'd definitely join again.

**CPO1 Jay Watts**

## SPORTS trivia | The mixed bag

by PO2 Bill Sheridan  
Contributor

### QUESTIONS?

1. What sport used the term "home run" long before baseball?
2. What short lived NHL netminder earned the nickname Net detective?
3. What Canadian born harness racer has won the most races at over 15,000?
4. What team had the first NFL professional cheerleading squad in 1972?
5. What two World Series teams were picketed by the American Indian Movement in 1995?
6. What comic actor scored huge sales with his Bad Golf Made Easy instructional videos?
7. What position must college footballers play to receive the Davey O'Brien Award?
8. What disorder did Muhammad Ali develop after his boxing career ended?
9. Where is the oldest MLB stadium?
10. What is the NBA coach of the year trophy called?
11. What are the Warren C Giles and William Harridge Trophies?
12. Who wins the Larry O'Brien Championship Trophy?
13. What NHL team has now gone the longest without winning the Cup?
14. What baseball team has a monthly newsletter called "The Vineline"?
15. What are sportsmen likely to find in a creel?
16. How many teams are in the MLS?
17. Who is third in NBA titles after the Celtics and the Lakers?
18. Who were the youngest and oldest players on a Ryder Cup team?
19. What is the Weber Cup?
20. Whose bone crushing tackle ended Joe Theismans career?

- ANSWERS
1. Cricket
  2. Jim Carey
  3. Hervé Filion
  4. Dallas Cowboys
  5. Atlanta Braves and Cleveland Indians
  6. Leslie Nielson
  7. Quarterback (NCAA)
  8. Parkinsons disease
  9. Bostons Fenway Park
  10. Red Auerbach
  11. National and American League Champions
  12. NBA Champions
  13. Toronto Maple Leafs
  14. The Cubs
  15. Fish
  16. 16, but three more are set to join the league
  17. Chicago Bulls with six
  18. Sergio Garcia (19) and Raymond Floyd (51)
  19. Named for bowling legend Dick Weber, its the Ten-pin bowling equivalent of Golf's Ryder Cup
  20. Lawrence Taylor

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## Algonquin volunteers in Mexico

Cpl Carles A. Stephen, HMCS Algonquin  
 Members of HMCS Algonquin and Trancanada Corp. pose for a group photo at the end of a community outreach event in Manzanillo, Mexico.

**Lt(N) Liam McKeracher**  
 HMCS Algonquin

After completing a 10-day transit from Pearl Harbor, the next port - Manzanillo, Mexico - did not greet the sailors of *HMCS Algonquin* with the sunny clear blue skies that they had been hoping for. Shortly after arriving, the ominous black skies opened up and drenched the Mexican town, shutting down traffic and covering some areas in foot-deep mud.

The Monsoon changed the plans of 21 *Algonquin* personnel who were set to assist the City of Manzanillo with painting and repair of several parks.

Thankfully, the rain eventually stopped and early in the morning of Aug. 14 21 *Algonquin* personnel met with personnel from Manzanillo City Hall and 34 employees and their families from Engergia Occidente de Mexico (EOM) - a subsidiary of the Calgary-based TransCanada Corporation. Valerie Manzo, community relations agent for EOM, explained to the sailors, "TransCanada has supported EOM to create the largest community outreach project in the history of the company and it is absolutely amazing to have Canadian Forces Personnel volunteer their time off to work together and help a less fortunate Mexican community."

Everyone was quickly put to work in the Manzanillo community of Valle de las Garas. All along the Avenue Parotas,

Canadian planted trees while others were moved up and down the streets collecting garbage that had been strewn about by the monsoon. The largest project was the removal of a significant amount of mud and garbage that had completely covered a local market square. EOM employees and *Algonquin* sailors worked tirelessly for the entire morning to mitigate the damages of the storm.

However, the work was not without reward. Upon completion, *Algonquin* hosted a barbeque that provided a chance to relax and socialize after a long but rewarding morning. *Algonquin's* Commanding Officer, Commander Angus Topshee, greeted everyone and thanked them for their hard work. Francisco Gudino, Manzanillo's head of the Office for the Environment, then spoke on behalf of the Manzanillo city government and thanked *Algonquin* for their support during their visit.

Even though the volunteers were completely exhausted from the work during a very hot and humid day, they wore ear-to-ear smiles knowing they had given back to the Mexican community.

*HMCS Algonquin has completed their port visit to Manzanillo and are currently taking part in Operation Pacific Amistad with HMCS Protecteur. Their next port is Callao, Peru, and will continue on to visit Valparaiso, Chile, Puerto Quetzal, Guatemala, and San Diego, U.S.A, before returning to Canada in October.*



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# Summer car care: Symptoms of a sick cooling system

## Car Care Canada

Summer can be tough on cars, especially during times of high temperatures when heat can destroy batteries and stress the cooling system and tires. To keep the family car healthy, a vehicle's components should be checked periodically during summer to help avoid breakdowns and car problems.

Excessive heat and overcharging will shorten the life of your battery. Heat causes battery fluid to evaporate, which then damages the internal structure of the battery. A malfunctioning component in the charging system, usually the voltage regulator, allows for too high a charging rate, which will eventually destroy a battery.

"Cooling system neglect is cited as a principal reason for mechanical failure of a vehicle," said race car driver Kelly Williams, spokesperson for Car Care Canada's "Be Car Care Aware" consumer education program.

To get the most life out of a battery, have the electrical system checked to make sure it is charging at the correct rate. If your car's battery is the type that needs to be topped off, check it often, especially in hot weather and add distilled water if necessary. Keep the top of the battery clean. Dirt can

become a conductor, which drains battery power. If corrosion accumulates on battery terminals, it becomes an insulator and inhibits the current flow.

The cooling system also works harder during hot temperatures to prevent overheating of the engine. To keep the cooling system working effectively, the coolant and distilled water mixture for a vehicle's radiator should be 50:50. Remember, never open a hot radiator cap when checking the coolant level in the reservoir.

As a rule of thumb, the coolant should be changed annually on most vehicles. This will keep the cooling system fresh and clean inside, which helps prevent corrosion and assures the coolant has the proper boiling point and protection. A pressure test, thermostat test, a cooling fan test and a visual inspection for leaks and corrosion should also be done annually. Hoses and drive belts should be checked for cracks, bulges or frayed edges.

The radiator should be kept clean by periodically using a garden hose and a soft brush to carefully remove bugs, dirt and debris.

Tires also need special care in

warmer weather as high temperatures put added stress on them. To maximize tire life and safety, check the tire condition and inflation pressure monthly, and have the tires rotated every 5,000-8,000 kilometres. Summer heat will cause the pressure within a tire to rise, therefore, it's important to check the pressure when tires are cold. The owner's manual includes the recommended air pressure for your vehicle's tires.

"It takes very little time and money to make sure your car runs properly during summer, and although breakdowns happen, they can definitely be minimized by taking a few extra preventive maintenance steps," says Williams.



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# Food, fun and friends *- a final salute!*

**Heather Watters**  
PSP

After our busiest, most unforgettable year, all CFB Esquimalt members have earned a night of sincere appreciation. Your hard work has paid off in the fulfilment of our Canadian Naval Centennial goals. For that reason, we gladly present a high-spirited, "Navy-style" salute to our guests of honour – all MARPAC's sailors, soldiers and airmen – at the special Canadian Navy Ball on Oct. 28.

More than a ceremonial event, the Ball is a night to relax and reminisce about your favourite moments from 2010. It is a unique opportunity to don your finest (#2 or mess dress; black tie attire for civilians) and join your friends for wine, dining, and dancing until wee hours at Crystal Gardens and the Victoria Conference Center. Beginning with a mouth-watering dinner catered by the Fairmont

Empress, and carrying on with a delectable dessert buffet, lively music, and special prizes, our final bash will officially close the 100th Naval Anniversary in style.

The Canadian Navy Ball is our way to recognize the commitment of every sailor and officer who dedicated long hours and skills that proved to be the backbone of our success. Together, we accomplished our goal of "bringing the Navy to Canadians" by sharing our unique way of life with those around us.

Many members recount that meeting our counterparts from foreign navies, swapping sea stories, and toasting new kinships was the most intriguing and exciting time of their Naval career thus far. New friendships were formed, and old ones rekindled, confirming just how special a time it is to be a member of the West Coast Navy during our Centennial year. Many inspiring stories

have been told, but there are many left to tell. You can continue to share the moments that stirred a deep pride in you as a member of Canada's Navy during the Canadian Navy Ball.

From our remarkable Freedom of the City Parade to our impressive International Fleet Review, and dozens of unique events and activities this year, support for our Navy was staggering. As we wrap up our numerous CNC achievements, and look forward to a little down time, it is the perfect time to break from our usual regimen and take part in a night free from duties, but not from fun. The Canadian Navy Ball is a salute to the Defence Team, and all members are invited to attend this special night of food, fun and friends. A limited number of tickets are now on sale; visit your respective Mess Clubs soon to confirm your attendance at our final once-in-a-century salute.



MARITIME FORCES PACIFIC

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# Ball

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## MFRC Annual General Meeting

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CFB Esquimalt Wardroom

All members of the CFB Esquimalt community are invited to attend.

The 2009/10 year will be discussed in detail.

For more information, contact the MFRC at 250-363-2640 (toll free 1-800-353-3329)



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## Air Cadet for a Day

### Lookout steps into cadet boots for a camp experience

**Penny Rogers**  
Staff writer

When I was a kid, summers were a time when you ran barefoot, rode horses, floated down the river on inner tubes or just hung out with friends doing nothing in particular.

Not so for the approximately 1,000 cadets who spent up to six weeks of their summer vacation at the Albert Head Air Cadet Summer Training Centre (ACSTC) just outside Victoria.

Judging from the energy and enthusiasm I saw during my day there as an active observer, I don't think any of these kids felt deprived.

It was the first time I had been to the facility at Albert Head and, after surviving the scrutiny of the vigilant security staff, I entered a world I wished I had known about ever-so-many years ago when I was a kid.

Inside the gate is a small town filled with tree-lined roads, acres of sports fields, barracks identified by symbols of stick men or women, a canteen, classrooms of varying shapes and sizes, a bustling mess hall, and a duty services hut that is manned 24/7, staffed with camo-clad personnel who deal with the day-to-day logistics of the camp. On a 25-degree day such as this, one of their duties is to keep the numerous,

strategically placed water stations full for the active young cadets.

After meeting up with my escort for the day, Public Affairs Officer Capt Jen Taylor, we headed down to the sports field, our first of many stops. On the way she explained a bit about how the camp works.

"The course cadets come from all across B.C. and they range in age from 12 to 17 years. The two-week general training course is for our junior or level one cadets and is a basic introductory course. The next level courses are three weeks long and are basic leadership, basic survival, basic fitness and sports, basic aviation technology and

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aerospace (BATA), plus the six-week service band program. We have a lot going on and a lot of areas of interest for cadets to participate in with a broad spectrum of things to do," said Capt Taylor.

She also mentioned that the multitude of training courses offered to these young cadets, as well as their accommodations, meals and travel to and from their home squadrons are all provided at no cost to the families. On top of that, when the course cadets are at ACSTC they receive a weekly salary of \$60 and the staff cadets are paid based on their rank.

We met up mid-field with some of the staff cadets who were in charge of the morning's handball tournament for three flights, or classes, from the basic leadership course.

To get the cadets motivated and warmed up before the games began, the young staff members had them play something called Knights, Cavalry, Princesses. I'm still not sure what the object of the game was, but the pace exhausted me and I was simply a spectator. On every corner of the field there were pairs of teenagers in various stages of lifting, twisting and pointing. And laughing. Always there was laughing.

Once warmed up, handball teams were picked and the remainder of the morning was spent in friendly competition.

Unfortunately, we couldn't stay to see which flight claimed victory as there was much more to see.

Capt Taylor led the way past the green 'safe to enter' flag, down a winding tree-lined path to the rifle range where we met up with Capt Trevor Welsh and his assistant for the summer, 18-year-old Cadet Sgt Stefan Egilson.

They handed us two Daisy 853C air rifles, two cups filled with 10 pellets each and two targets off in the distance sporting 10 very small round bull's-eyes.

After donning the safety goggles and getting instruction in pump action rifles from Cadet Sgt Egilson, I took a rather uncomfortable prone position on the plastic mat next to Capt Taylor.

I won't go into all the ugly details, but will say that in the end no one was injured and I did end up scoring 50 points out of 100, a paltry score compared to Capt Taylor's, but not bad for an aging rookie with poor eyesight.

This year at ACSTC, 683 cadets went through the marksmanship program that, according to Capt Welsh, helps to instill discipline, sportsmanship and competition in the youth.

After washing the pellet dust from our hands, we headed back toward the parade square where another flight of cadets were being instructed in rifle drill by basic leadership course staff sergeants Hannah Gulliver and Kevin Chow.

"I just love working with the cadets," said Sgt Gulliver. "I love seeing how they learn and just dealing with all the different types of people, teaching them."

This was Sgt Gulliver's last summer as a staff instructor at Albert Head as she was recently accepted into the Reserves.

Standing on the sideline under the shade of the drill shed, I watched the young group parade around with rifles slung over their shoulders moving from slow march to quick march to marching in place. They stood at attention, then on command tossed their rifles skyward, catching them mid air before smartly slinging them over their shoulders, elbows pointed, backs and fingers pin straight.

It was remarkable to watch, until I was dragged out onto the square and handed a rifle of my own.

It took both staff sergeants a good 10 minutes to explain the 'toss and grab' technique to me before I actually managed to do it correctly... once. Thanking them immensely for the lesson, I was quick to hand the heavy rifle back to them before I dropped it on my toes.



Penny Rogers, Lookout

**Opposite page: Cadets warm up before their morning of sports by playing a game called 'Knights, Calvary, Princesses.'**

**Top: This group of cadets hone their skills at rifle drill.**

**Bottom: Sgt Yannis Cheunt instructs the general training course in music theory and shows cadets how to perform a drum line routing.**

From the parade square my patient guide explained that our next stop would be a general training music theory class and I thought, "How hard could that be?"

After we rounded the drill shed I could have found the music class all by myself simply by following the sound of drumming.

We entered the tent structure and I was amazed to find two long tables surrounded with students and what seemed like five thousand drumsticks all pounding small round pads sitting in front of the cadets.

Sgt Yannis Cheung was instructing the 12- to 14-year-olds on the proper method of holding the drumsticks and how to perform a drum line routine. As this is the first experience with music for many cadets, Sgt Cheung felt they were doing great.

I decided to give it a shot and, much like the rifle drill, discovered that even in music there are positions with which my fingers just don't want to comply.

The morning was still young, so we left the rhythmic sound of drums behind us and headed to a nearby classroom where BATA cadets were hard at work.

In the brightly lit room about a dozen teens stood in zippered coveralls, studying diagrams that were lying on tables piled with tools, shiny bits of metal and objects that once could have been soft drink cans. The goal for this particular Basic Aviation Technology and Aerospace course was to build a biplane.

I was not about to tackle any aspect of this, as the name of the course alone had me tongue-tied and some of the tools they were using to cut out the biplane wings looked pretty sharp. Instead, I wandered over to sixteen-year old course cadet Kathryn Aydon and asked her what she was learning.

"We learn about how to maintenance airplanes, how aerodromes work, how airports work, what the difference between the two are, and right now we are building our own biplanes to learn the structure of the planes," said Aydon, who is contemplating a career as a pilot.

As it was getting close to lunch, Capt Taylor and I wandered back outside and started to make our way to the mess hall when more activity caught our eye.

Heading into the drill shed, where it was cool, were two groups of course cadets. The first had in hand black combat boots and the second had uniforms that required ironing.

Capt Taylor explained that all cadets are evaluated on the tidiness of their barracks everyday as well as the neatness of their uniforms - boots included.

Me being a long-time navy wife, I felt I had earned the right to skip participation in either the ironing or boot polishing, so we continued on our journey to the mess hall.

Feeling more in my element, I chose the very popular chicken fingers from the menu, then wove my way through an extensive

salad bar before sitting with some of the officers - there are approximately 70 in total who work at ACSTC. They informed me that the cadets complete an evaluation at the end of the program and one of their highlights is always the food. I could see why.

For the afternoon's activities we would have to leave the secluded beauty of Albert Head and drive to Belmont Secondary School where, even from a distance, cadets clad in PT attire and sporting Tilley hats could be seen performing activities such as mace and drill practice.

This is where classes are held for the service band as well as basic sports and fitness.

The sound of music drew us into a room filled with cadets playing a wide array of instruments. This obviously talented group of 13- to 16-year-old musicians was spending six weeks under the tutelage of Lt Mandart Chan, ACSTC's Director of Music.

"This course is designed for senior musicians from across B.C. to get the skills to assist their home squadron band officers in the fall, so they get instruction in instructional techniques, more specifically for music; leadership, again more specifically for music; skills at being a drum major; skills at being a parade conductor; how to run a squadron band if their band officer is not available; all that sort of stuff, and it gives them just a little bit of extra advanced training that they may not get at their home units," said Lt Chan.

Aside from their training, the service band performs for the community as well as for the camp and has, in the past, been called on to fill in for the Naden Band of Maritime Forces Pacific when it was unavailable.

It was time to start winding up the day but we still had the basic fitness and sports course to drop in on.

We found them in an unexpected place.

Gathered under the shade of a large tree, the cadets sat, leaned or sprawled out across the lawn enjoying counselor Angelo Virone's padre hour. It's a time when they get to just relax and unwind.

Virone offers counseling to everyone at ACSTC - course cadets, staff cadets and officers alike. He also organizes church parades for different religions and holds a non-denominational church service on Sundays for those wishing to attend.

"This is my fourth year here and I love it," said Virone. "The best part is just making them happy and helping them if I can."

As soon as padre hour is over though, the calm cadets grab their Tilley hats and make haste to the grassy field for their last class of the day - soccer.

After warming up in unique ways, including handstands and back flips, the basic fitness and sports class is broken into groups before taking to the field.

The sun still beating down, I decide to pass on participating and choose instead to chat with one of the cadets who had earlier been doing one-arm handstands.

Cpl Rory Cote, 14, explained to me how the course worked.

"It's a three-week program and we learn about the sports first in the classroom, learn about the safety, the rules, the equipment, how to play it, then when we finally get out to the field we start playing the games and then we move on to a different sport. We learn four sports in total."

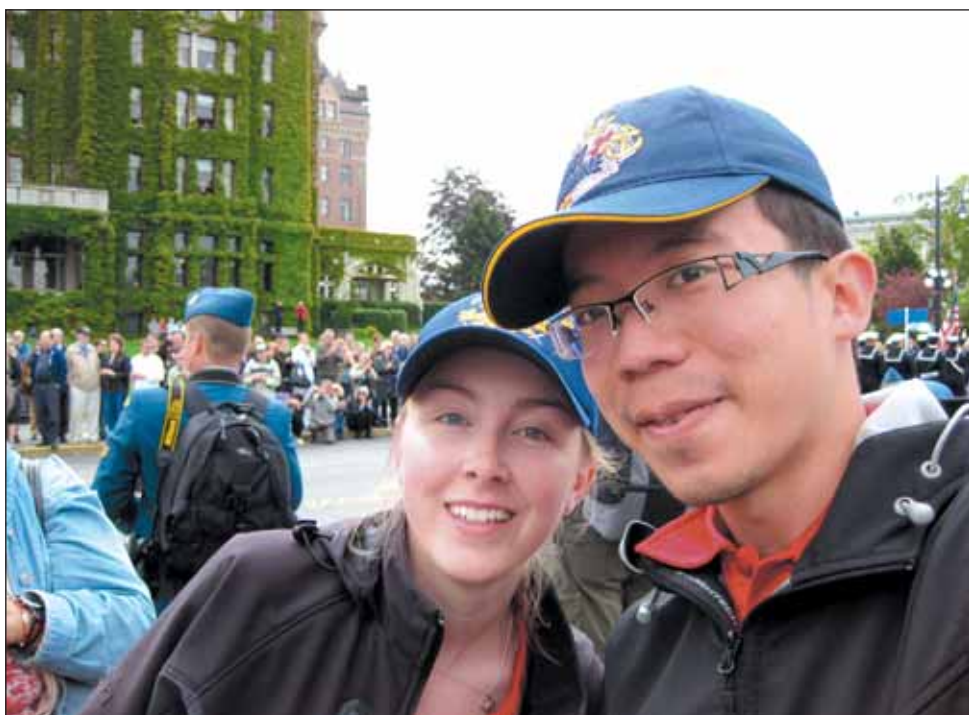
Cpl Cote would like to make it to the next level and one day become a basic fitness and sports instructor. But for now he is just enjoying his time at the camp.

"The best part of cadets is just the experience because you see a lot of stuff. When I was in basic general training last year I got to meet the Empress and Emperor of Japan so that was pretty sweet."

With that, he ran off to the soccer pitch to join his flight. I packed up my bag and headed for home, glad to have had my very own summer camp experience.



Base Tour Guides Charlynn Guay (seen below) took more than 3,600 people through CFB Esquimalt, among them school groups such as the group above.



# CFB Esquimalt Base Tours SUMMER TOURS END

**Charlynn Guay**  
Contributor

CFB Esquimalt opened its gates to the public and two eager guides hosted oceans of curious people this summer in a program complimented by the addition of Naval Centennial educational tours in the spring.

More than 2,000 people have taken part in this summer's tour program, doubling last year's total. With an additional 1,000 youth and 600 adults hosted through the education initiative, 3600 people have participated in base tours this year making it a success worthy of the Naval Centennial.

The experience for the guides and tour participants this year has been qualitatively different from those of previous years. Exciting public events such as the Freedom of the City Parade in May, the International Fleet Review in June and a number of other unique navy-themed celebrations all helped raise the profile of the tours and interest in the base, its people and their roles.

As guides, we met a diverse group of visitors, from serious veterans with stories about the last day the rum ration was issued and dry-firing their rifle after a shift, to laughing cadets from

overseas with tales about how they aren't required to march and stamp as seriously as Canadian cadets.

The sense of excitement, discovery and knowledge we, as guides, gained regarding Canada's Pacific Fleet and the people who support it won't soon be forgotten.

Everyone on the tours loved the ships and the submarine. However, while we found that the bus tours were popular, the comment cards visitors filled out always mentioned wanting more time off the bus and the ability to get closer pictures of the ships. Especially for the younger, more energetic visitors, the walking version of the tour was a very popular option.

As University of Victoria co-op students on a summer work term we have had many fun opportunities to explore the different aspects of CFB Esquimalt. Enjoyable experiences were many and diverse ranging from learning of the historic role of maritime forces in the region, to driving a tugboat to touring a Japanese destroyer during the International Fleet Review.

For me, the best impression came from the people I met. Hosting the many different groups on tour, meeting the military and civilian

professionals working for DND and attending classes at the Learning and Career Centre were a few of the highlights.

When asked for his most memorable moment, my colleague David Lin said, "Going aboard the aircraft carrier USS Ronald Reagan. Not only was I impressed by the sheer scale of the ship's architecture but I was fascinated to learn about its capabilities and roles. The bonus was the panoramic view of Victoria, something that can't be experienced from land."

The warm welcome extended to visitors and the educational quality of the tours were greatly enhanced by the collaboration and kind support of many organizations including Fleet Maintenance Facility (the Rigging Loft in particular was a fan favorite) the Fire Hall (kids love those red trucks) Base Transport (imagine the poor bus driver listening to the same tour every day) the Auxiliary Fleet and other groups and individuals too numerous to mention.

Thanks so much for a wonderful summer CFB Esquimalt. It has been an enriching experience not only for the multitude of visitors we welcomed but for the two of us as well.

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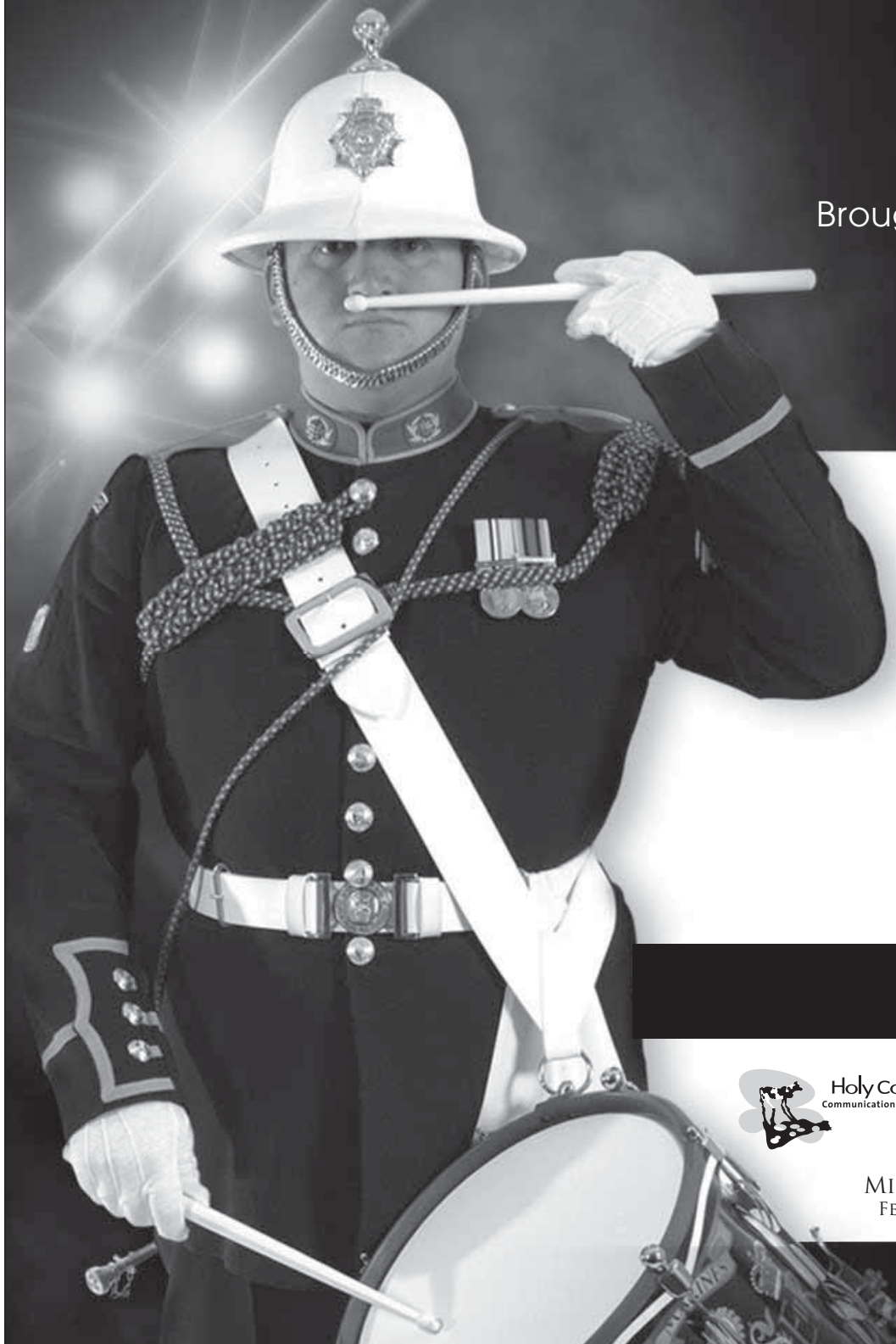
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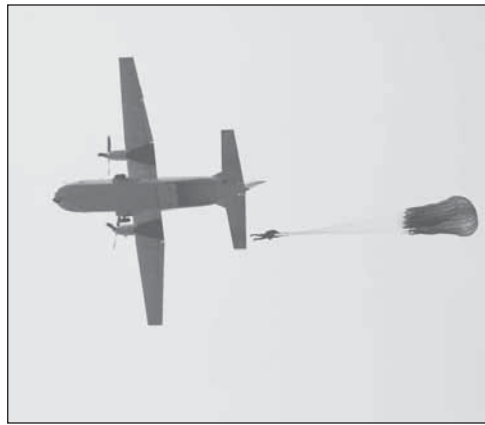
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**Left:** Seventeen-year-old Alena VanDerPoelen proudly took the Canadian Forces Cadet Parachute Finalist Award. **Right:** Ryan Deveau took the Top Army Cadet Award and will return to instruct cadets at next year's course.

# Local cadets soar to success

**Shelley Lipke**  
 Staff writer

Two Victoria cadets soared above their classmates this summer during the gruelling Canadian Forces Basic Parachute Course in Trenton, ON.

The pair was among 44 army cadets from across Canada who endured five weeks of vigorous fitness training, day and night static jumps, and a lot of surged adrenaline to earn the sought-after Parachutist Wings qualification badges.

Seventeen-year-old Alena VanDerPoelen was the only female to tackle the tough course, and proudly took the Canadian Forces Cadet Parachute Finalist Award, while Ryan Deveau took the Top Army Cadet Award and will return to instruct cadets at next year's course.

"You need to be mentally strong to do this course," said VanDerPoelen. "Anyone can be very physically fit, but in order to complete it and do well at it you must be mentally prepared. It's not a dance in the field. It's a real army course. I was the first female in 25 years from Pacific Region to take part in this course and winning this award was pretty unexpected."

Deveau agreed. "The course was pretty intense both physically and mentally," he said. "The first two weeks were demanding physically with hours of fitness from morning to late at night, and then a lot of academic studies were crammed in, creating stressful situations. We were told if we didn't get it right we could be a risk to ourselves and to others in the air."

The course began with an intense physical fitness regime, which was especially tough in Ontario's heat

wave conditions. "People were passing out and getting heat stroke," said VanDerPoelen. "You need a lot of upper body strength to jump," she said. "Before we were accepted for this course we had to complete a pre-screening course, which involved demonstrating seven chin-ups, 31 sit ups and a 1.6 kilometre run within seven and a half minutes, but once we arrived the physical training took on a new level. It was tough."

The cadets learned aircraft drills, landing and flight procedures and rigging equipment on the ground before learning theory and practicing mock jumps and landings.

Then it was time to take to the sky in a C-130 Hercules aircraft to jump.

The first jump was unforgettable, said VanDerPoelen. "People were really nervous about jumping. The harness was so tight I just wanted to get out. People were sweating, pale or not talking at all."

Once the cadets leapt from the plane and successfully reached the ground, the muted atmosphere vanished. "Everyone was all smiles as they ran off the drop zones," said VanDerPoelen. "I would have to say the first time I jumped it was a mix between feeling like I was on a roller coaster and taking off in an airplane. It was beautiful too. Seeing the canopy above you and the trees below was a priceless experience."

Five static jumps from 1,250 feet was the minimum requirement for the course and some of the jumps involved packing heavy gear.

"We had a rucksack, personal deployment bag, snowshoes and a rifle and were given 20 minutes to rig our kit. The way we rig our kit depends on whether we were exiting the plane

starboard or port. The gear was heavy. The parachute was 32 pounds, the reserve 24 pounds and the rucksack was 80 pounds," she said.

Each jump was a bit different. Some utilized the main parachute, others the reserve parachute and one involved a night jump.

"We jumped at 11 p.m. It was pitch black and we had our full equipment on. It was crazy," said VanDerPoelen. "It felt like I was jumping into a black hole. You couldn't see anything. After four jumps you kind of get a feel for when to pull the chute and I counted the seconds in my mind. When I reached 28, I felt it was getting a little too late and I pulled it."

Adding to her learning experience, VanDerPoelen took her course in French. "I thought it was a bonus to brush up on my French skills and a boost to my resume," she said.

In order to qualify for consideration for the Canadian Forces Basic Parachute Course, an army cadet must be at least 16, medically fit and physically capable of performing the minimum physical requirements.

Of all the courses offered by the Canadian Army Cadet Program, the parachutist qualification badge is the only one that can be worn on a Canadian Forces uniform should the cadet choose to enlist. It's the only qualification a cadet can earn that is transferrable to the CF because the cadets undergo the same training as CF members.

"I really enjoyed the course," said VanDerPoelen. "Everyone there was one giant family it was like having 45 brothers who really cared for you. It was a supportive environment and people really worked well together."

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# Nine week FMF program almost complete

**Penny Rogers**  
Staff writer

What started in early July for a group of 10 eager candidates in Fleet Maintenance Facility (FMF) Cape Breton's Employment Equity Trades Orientation Program (EETOP) is winding up next week after a second successful year.

The nine-week program for Aboriginals and visible minorities has taken the group through a wide variety of training and has seen them rotate through a majority of FMF trades including: electronics, electrical, sheet metal, boilermaker/metal fabrication, above/below water weapons, machinists, pipe fitters, diesel fitters, mechanical fitters, riggers/sail makers, painters, shipwrights/joiners, foundry and lagers.

Now into the final weeks, the participants have chosen a trade to focus on and will spend the remainder of their time on base gleaning knowledge from the experts in that trade.

Participant Hanlin Li, who is originally from China but has lived in Canada for seven years, chose the electronics trade because, prior to starting EETOP, he had just completed his first year of Camosun College's Electronics Engineering Program.

"This (EETOP) program has motivated me," said Li. "When I was in school I didn't know what the stuff I was learning was good for, but after coming here, all the stuff I learned from school applied to the equipment here."

"I am working on communications equipment here and I haven't done the communications course yet at Camosun because that comes in the second year, but I am starting to learn it now so it's an advantage for me when I go back to school."

Walking into the office at FMF's paint shop it's immediately apparent why Diana Charles chose her trade.

She's a skilled artist and colourful Coast Salish designs fill the desk in front of her. So far she has designed and created stickers for a local baseball team and is applying finishing touches to a hummingbird painting she is giving to one of the supervisors at the shop.

Charles enjoyed spending time in the other trades as well, especially metal fabrication in which she built a hibachi and a tool kit she gets to keep.

She also took apart needle guns, worked onboard one of the ships for the electronics shop and while in the rigging shop she learned how to tie knots. She and her teammate Jeremy were able to tie two knots that the others in EETOP have yet to master.

Charles said she hopes to stay on at FMF and will apply for an apprentice position once EETOP has wrapped up.

Wagdy Rezk chose to spend his remaining time working and learning alongside FMF machinists. Trained as a machinist in his home country of Egypt, Rezk would like to find employment with DND in the near future.

"Everyone here is very good, from the managers to the workers," said Rezk. "They all help out and it's very exciting. You work with different people and they show you different ways to do things."

Getting a chance to work with the mechanics onboard ship was one of the highlights of the program, he said. "It's good for someone who doesn't know about being a mechanic. He can learn. It's an absolutely fantastic program. It gives you a very good overview and I enjoyed my time here."

Richard Braithwaite, an EETOP facilitator, said he is pleased the participants have done so well again this year.

"It's very exciting to see the smiles on the faces. That's what really motivates me," he said.

"I like hearing from them how much they appreciate the chance to come in and not only get a paycheque, but actually learn and see more of what's happening behind the main gate of Dockyard. It's a big sort of question mark for a lot of people."

Aside from their time spent in the trades, participants have also had the opportunity to do online WHMIS training, a two-day FMF safety indoctrination and respirator fit training.

"The lessons they've learned in the trades and just what they've been able to witness and soak up along the way, it's up to them now to take that and sell that to wherever they want to go," said Braithwaite.



Penny Rogers, Lookout

Diana Charles chose to learn more about the paint trade during her final three weeks on FMF's EETOP program. A skilled artist, her focus is on Coast Salish design work.

Li hopes to one day soon be back inside the gates of Dockyard working in the electronics shop at FMF, but in the meantime he is grateful for all he has learned these past weeks. "This program is a very good opportunity and I really want to thank the people who made this happen for me," he said.

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## Call 363-3014 to book your display or word ad

### ANNOUNCEMENTS

TREAT YOURSELF TO A VISIT FROM WELCOME WAGON! IT'S FREE. We are a community service whose aim is to bring you greetings, gifts, and information regarding the area you live in. Call Welcome Wagon 1-866-518-7287 and arrange a short visit. I look forward to bringing you my basket of goodies!

VIEW ROYAL READING CENTRE. Conveniently located at Admirals Walk Shopping Centre. We have books, audios, videos, & DVD's for all ages. Internet is also available. For hours of operation and other information please call 250-479-2723.

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Available at all PSP and MFRC outlets

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97 HONDA PRELUDE. Only 104K. Excellent condition. Dealer serviced. Dark green. Power sunroof. Auto with Tiptronic. \$6900 firm.

**VOLUNTEER**  
VOLUNTEERS OF ALL AGES are needed to assist individuals with disabilities to get out and be active this fall! 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. For more information or to volunteer please call the Leisure Assistant Coordinator at 250-477-6314 ext. 15 or volunteers@rionline.org

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GREAT FAMILY HOME in Langford! Avail. Sept. 1st. 3 bdrm, 1.5 bth, gas fireplace, hw floors, single car garage, fenced yard, quiet street, walking distance to all amenities. \$1950/mo. 514-841-3916.

LARGE FURNISHED SUITE in Esquimalt. Hot Tub, Laundry, Kitchen, Pvt. Yard. \$450/week or \$1,500/mo. 250-661-2142 or 250-516-2841.

**The Seagate**  
**Apartments**  
707 Esquimalt Rd  
Ocean front, Olympic mountain views, seawalk to downtown, spacious and clean.  
Bachelor, 1, 2 & 3 bedrooms  
Rent includes:  
• Hot water  
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Call to view  
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**FOR RENT**  
**659 Admirals Rd**  
• 2nd floor duplex across from base. 2br, 2 bath, backyard, parking, appls, \$1550 + util., July & Aug.  
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RENTALS CENTRALLY LOCATED  
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CLOSE TO SCHOOLS, ADMIRALS WALK, GORGE & CFB ESQUIMALT  
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Shared kitchen laundry.  
Male 35+, NS, NP ND  
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\$795 - 837 Ellery St.  
1 large bdrm. Sept. 1. Heat, hot water, no pets.  
\$925 - 837 Ellery St.  
Close to base, 2 bdrm top floor. Heat, hot water, no pets. 250-217-0757.

**Devon PROPERTIES LTD.** No Pets allowed in any building  
www.devonprop.com  
**Esquimalt**  
**1180 Colville**  
2 bdrms from \$925, avail NOW & Sept 1. 3 bdrms from \$1065, avail NOW. Bach \$690, avail NOW. Large suites. Mgr 250-360-1983.  
**103 Gorge Rd**  
1 bdrm \$850, avail Sept 1. Mgr 250-384-4951.

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New Condo Units for Rent  
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 Short leases available.  
 1 bedroom starting from \$813  
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 Lookout Newspaper - Full Time  
 Closing Date Sept. 8, 2010

**Qualifications:** College diploma or certificate in Marketing, Publishing, Advertising, Business Administration, or a related field and some years of related experience  
 Or High school diploma and several years experience in a related field OR -An acceptable combination of education, training, and/or experience will also be considered Language requirement: English essential. **Knowledge Requirements:** Of community newspaper practices. Of multi-media product publishing practices. Of press operation procedures. Of office procedures. Of personnel management. Of financial statements. Of basic accounting theories and practices.

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**Make the most of life on the island.**

**Stay fit with the Activity Guide.**

Available at all PSP and MFRC outlets




**Base Taxi Service**  
 for Naden, Dockyard & Work Point  
 Operates 7:30am to 3pm Monday to Friday.

Try to use Base Rounders before calling the Base Taxi to reduce wait times.

For military-related appointments/meetings on base.

**Taxi Dispatch**  
**363-2384**





# weekly update

**Natalie Vincent,**  
PSP Coordinator

## AQUATIC PROGRAMMING:

Aqua Bootcamp - spaces are filling up quickly for this new and exciting program! This class offers the same low impact, high cardio workout as our cardio blast but adds a little extra burn! Crunches, squats, lunges, and push-ups will be introduced on deck. These exercises will help you develop your core, lower, and upper body! This class will use a variety of equipment in and out of the pool. Bring your water bottle and get ready to sweat!

Tues/Thurs Sep 14-Oct 14 6-7pm 10/\$40

## PLEASE NOTE:

Our Pool will be closed for maintenance 23 Aug - 7 Sep 10. During our pool closure Esquimalt Rec is available for pool use only but you must show a valid military, DND, or gym membership ID to use the Esquimalt Pool.

PSP Aquatic Department has a new set of swimming lessons starting on Sep 20 2010. If you are unsure which level to register your child in or if they are moving from preschool to school age lessons then please contact our Aquatic Supervisor, Amanda Morency, to book your child in a free 15 minute assessment - 250-363-4070.

## YOUTH CENTRE:

Friday nights are back on at the Youth Activity Centre starting Fri 10th! Drop in Fridays and Saturdays 7:30-10:00pm - \$2

## INTRO TO GUITAR

Learn how to play the guitar and build your music knowledge! Learn to play your favourite songs from your favourite bands during this weekly jam and instructional sessions.

Location: CPAC  
Mon & Wed Sep 13 - Nov 8 4:30-5:30pm  
\$120

PSP Fun Seekers Camp, last week to sign your child up for some fun in the sun!

Fall Activity Guide now out: Sign up now to try something new or just stick with a favourite! Spots filling quickly!

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

## New at the Base Library – August 2010

DVDs : Date Night • Kick-Ass • Dexter Season 4

## BOOKS:

- The Vigilantes by W.E.B. Griffin
- The Search by Nora Roberts
- The Red Queen by Philippa Gregory
- Still Missing by Chevy Stevens
- Lucy by Laurence Gonzales
- Angelina by Andrew Morton
- On Thin Ice by Hugh Rowland

& many, many more

## Are you LaTuquios(es)?

The Royal Canadian Legion Branch 31 in LaTuque, Quebec, is trying to locate as many LaTuquios(es) who are serving or have served in the Canadian Forces since 1945 to include their names on an Honour Roll that will be unveiled during a celebration of the 80th anniversary of RCL Branch 31, on 7/8 May 2011, in LaTuque, QC.



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HWY: 43 MPG\*  
City: 30 MPG\*



MLA4433

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**\$19,508\*** OR **\$149** bi-weekly **\$1,000** down or trade equivalent 72 months @ **1.8%**

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- Fog Lights
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- Heated Seats
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Smart customers always read the fine print. Vehicles may not be exactly as shown. \*Cash purchase a 2010 Lancer SE for a sale price of \$19,508 including Dealer Diamond Trading Dollars of \$500 and Adrenaline Cash of \$1,950 or purchase finance at \$149 bi-weekly with \$1,000 down or trade equivalent for 72 months at 1.8% including Dealer Diamond Trading Dollars of \$500, total obligation \$24,184. \*Cash purchase a 2010 Outlander LS 4WD for a sale price of \$27,790 including Dealer Diamond Trading Dollars of \$650 and Adrenaline Cash of \$2,350 or purchase finance at \$189 bi-weekly with \$1,000 down or trade equivalent for 84 months at 3.8% including Dealer Diamond Trading Dollars of \$650, total obligation \$35,398. Prices include Freight and PDI. †Fuel Economy ratings are based on Natural Resources Canada 2010 Fuel Consumption Guide ratings. Your actual fuel economy may vary. All offers available only through participating dealers to qualified retail customers in Canada and are only on approved credit. Purchase financing at 0% APR available through Bank of Nova Scotia and Bank of Montreal for up to 60 months on all new 2010 Lancer models and all new 2010 Outlander models (Lancer Evolution models excluded.) Customer is responsible for the following expenses ordinarily due at purchase or signing: license, registration, insurance, documentation fees, taxes, inspection, gas and any additional delivery or preparation charges.\*Whichever comes first. Regular maintenance not included. See dealer or [mitsubishi-motors.ca](http://mitsubishi-motors.ca) for warranty terms, restrictions and details. Not all customers will qualify. \*\*Best backed claim does not cover Lancer Evolution and Ralliart models. Offer good until August 31, 2010 © MITSUBISHI MOTORS, BEST BACKED CARS IN THE WORLD are trade-marks of Mitsubishi Motors North America, Inc. and are used under license. Dealer #30693. Ad #1121\_10-08-30.