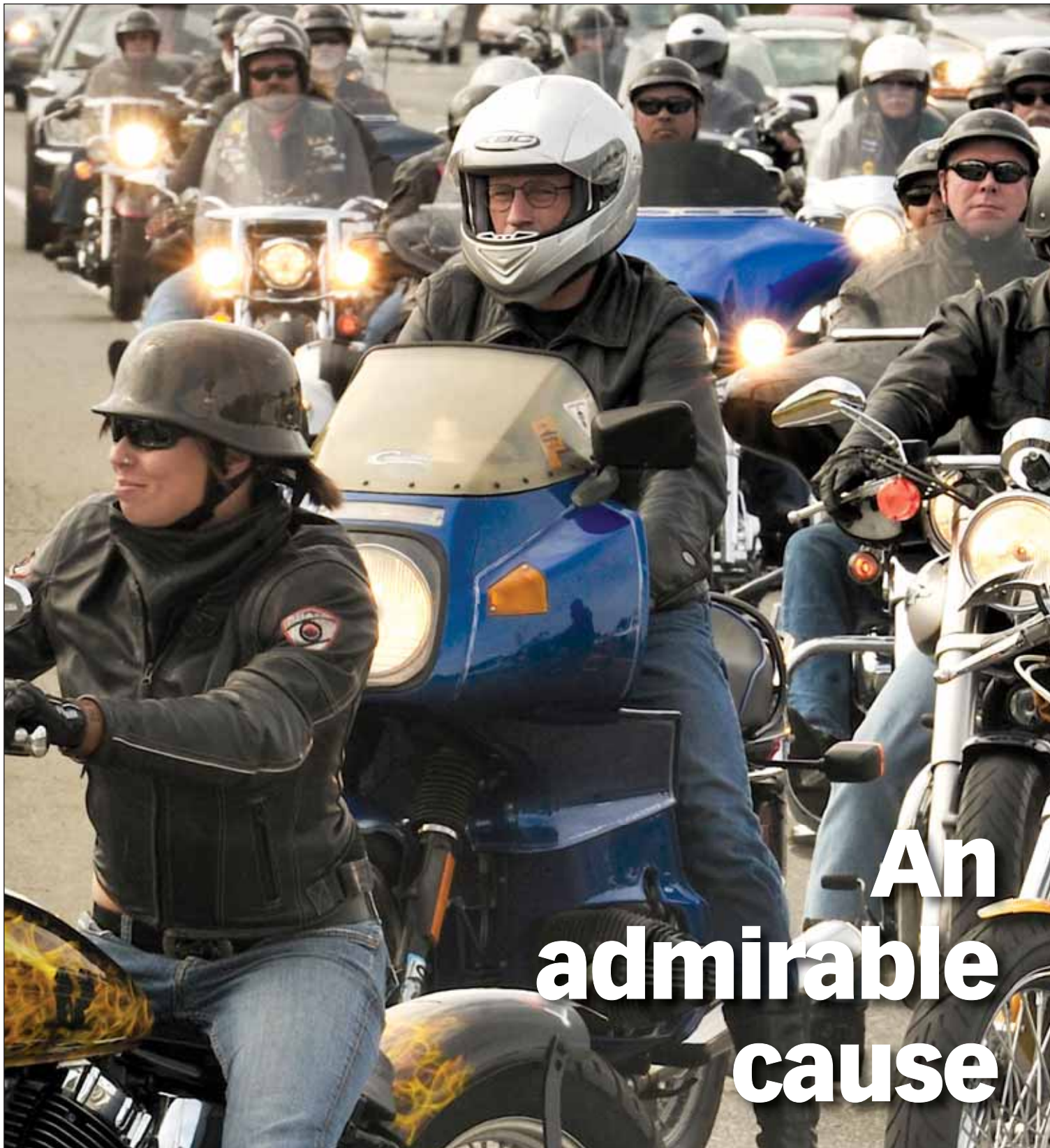


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An admirable cause

MCpl Dan Mallette, MARPAC Imaging Services

RAdm Nigel Greenwood, Commander Maritime Forces Pacific/Joint Task Force Pacific, rolls into Naden as part of the Motorcycle Ride for Dad parade on Aug. 29. Victoria was the last stop for the cross-country tour that raised funds and awareness for prostate cancer and the Military Families Fund. Read more on page 3.

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Sailors chip in at orphanage 2

SAR crew receives international accolades 5

A look behind the scenes of the Snowbirds 8

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Sailors lend a hand to Peruvian orphanage

Capt Quentin Wyne
HMCS Algonquin

The noise of blaring horns, occasional shouts and the many rattles coming from the worn out bus were a stark contrast to the silence of its passengers. Visiting sailors from HMC Ships *Protecteur* and *Algonquin* were en route to a unique centre for disadvantaged youth on the outskirts of Lima, Peru. With the scenery alternating between the walled compounds of modern homes and what could only be described as shanty shacks, many wondered what to expect.

Centro de Integracion de Menores con Amore (CIMA) was established 15 years ago in a rural suburb just

five kilometres from the congested Peruvian capital. The centre was envisioned in 1990 by Jean Louise Lebel, a Canadian-born aid worker and educator. Back then, he was concerned about the plight of young men and boys subjected to drugs and violence, many of whom had been abandoned in Lima's roughest quarter. From its early beginnings providing shelter in a crowded hotel room, the centre has grown to house 90 children and teens, providing food, shelter, and love.

Like many shelters, the complex has experienced financial difficulties and Lebel had to make tough choices; he opted to save on upkeep rather than cut programming or give up

beds. The result has been a number of maintenance issues that have not been addressed. That is, until the Canadian Navy came to visit.

The crews of *Algonquin* and *Protecteur* had expressed interest in finding a community project that could be undertaken during their shore visit. Working through the Defence Attaché at the Canadian Embassy in Lima, CIMA was identified as an agency needing help. On Thursday, Aug. 26, 40 sailors arrived at the site.

All was quiet at first, but the ice broke after introductions and the presentation of soccer balls and a cash donation from the ship's crew. The children provided tours and explanations of their classrooms and activities after which the work was soon underway.

Three main projects were identified: the painting of a large classroom, repairs to a fence line bordering the centre's teaching farm, and the construction of a rock wall. When the work was complete, lunch was served and the volunteers were treated to a vibrant performance by the student's band.

There was a different silence on the return trip. This time, the hard work, the hearty meal, and the hugs of the children as the crew boarded the bus led to a certain serenity as each volunteer relaxed in the knowledge of having done great work for a worthy cause.



Photos by Cpl Charles A. Stephen, MARPAC Imaging Services
Above: Sgt Josie Bissonnette, from HMCS *Protecteur*, scrapes loose paint from the ceiling of one of the buildings at Centro de Integracion de Menores con Amore.
Below: MS John Bruzas, from HMCS *Algonquin*, sands down a wall before applying a much needed coat of paint.



Boys at Centro de Integracion de Menores con Amore smile after receiving soccer balls from Canadian sailors.

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Photo: Al Seib Costume: Dominique Lemieux © 2011 Cirque du Soleil



A Vanguard Rider gives a thumbs up as the group finishes its month-long coast-to-coast journey.

Ride for Dad brings awareness to base

The roar of more than 100 motorcycles filled Naden as the Motorcycle Ride for Dad made the final stop in its cross country trek on Aug. 29.

Ride participants and supporters rolled into the base for dinner and a final celebration of 30 days on the road in support of prostate cancer research and the Military Families Fund.

Decked out in leather, newly appointed Commander Maritime Forces Pacific/Joint Task Force Pacific RAdm Nigel Greenwood entered the base as part of the parade of bikes having joined the ride during a stop at Steve Drane Harley Davidson.

Former Reform Party Member of Parliament Deborah Grey was also dressed for the occasion as she rode in on two wheels.

Base Commander Capt(N) Craig Baines, also came out to show his support for the event. A former motorcyclist, he shared his tale of using oven mitts to warm his hands after being caught in cold weather without gloves.

Musical entertainment was provided by emcee Wayne

Rostad, famous for hosting the CBC show "On the Road Again," and Vancouver performer Alexandria Beck who sang "Oh Canada" as well as three of her own songs.

Local members of the Canadian Army Veterans motorcycle club helped with event set up, take down and escorting the Vanguard riders from Nanaimo to Naden.

A local family who benefitted from the Military Families Fund was there to show appreciation for the ride. LS Rempel's wife Christine had a rare blood disorder and the medication she needed wasn't covered by her health care plan. The Military Families Fund helped pay for her life-saving medicine and the illness is now in remission.

Though the Motorcycle Ride for Dad supported the Military Families Fund this year, its primary role is as "an army of chrome and leather fighting prostate cancer."

"Prostate health is a complex subject that too many men avoid discussing openly," says Base Surgeon Maj Henry Phillips. "That discomfort towards addressing

the topic itself and learning about risk factors and early detection methods is the greatest barrier to men making informed prostate healthcare decisions."

According to the Canadian Cancer Society, prostate cancer is the most common cancer in Canadian men. One in seven men will develop prostate cancer during his lifetime and one in 27 will die of it.

"Beginning at age 40, the frequency of scheduled physical examinations for CF members increases from every five years to every two years," says Maj Phillips. "Prostate health then becomes a more prominent concern in the health profile of men."

Prostate cancer usually grows slowly and can often be cured or managed successfully if detected early.

"Our initial screening method for prostate health in an asymptomatic male is through digital rectal exam (DRE). Screening may also include testing for prostate-specific antigen (PSA) at the discretion of the physician after an informed discussion with the patient. Should a

DRE or PSA reveal abnormal results, then further investigations are warranted such as prostate ultrasound or biopsy," reminds Maj Phillips.

Signs and symptoms of prostate cancer include the need to urinate often, especially at night; an intense need to urinate (urgency); difficulty in starting or stopping the urine flow; an inability to urinate; weak, decreased or interrupted urine stream; a sense of incompletely emptying the bladder; burning or pain during urination; blood in the urine or semen or painful ejaculation.

Many of the same symptoms can be caused by a non-life threatening prostate condition called Benign Prostatic Hyperplasia.

"If someone is displaying any of these symptoms they should seek proper medical diagnoses," urges Maj Phillips. "The worst possible course of action is to ignore or suppress health concerns. Early detection and treatment just might save your life."

Further information can be found on the Canadian Cancer Society website, www.cancer.ca



Photos by Genevieve Primeau, Contributor

Left: More than 100 motorcycles line the parking lot in front of the drill shed.

Right: Capt(N) Craig Baines, Base Commander, welcomes everyone to CFB Esquimalt.

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FILM *friday*

Machete a fun blockbuster action film

W. Andrew Powell
The GATE

Debuting this week in theatres: Danny Trejo stars as the tough-as-nails Mexican hero, *Machete*, and George Clooney plays a hunted assassin in *The American*.

Machete

If you've seen Robert Rodriguez and Quentin Tarantino's *Grindhouse*, *Machete* will probably be familiar. Back in 2007 when *Grindhouse* was released, to give the double-feature some style, Rodriguez and Tarantino created fake trailers for the kind of films that you would expect to see at your average b-movie cinema of yesteryear. The idea came from the days when Rodriguez was making *Desperado* though, and from the start the writer and director always had Danny Trejo in mind to play this contentious action hero.

Wooing the ladies, killing the bad guys, and never looking back, *Machete* is a tough Mexican ex-Federale who got burned by a druglord named Torrez, played by Steven Seagal. We catch up with *Machete* on the streets of Texas where he works as a day labourer until one man picks him up to kill a corrupt, loud-mouthed politician.

Michael Booth, played by *Lost*'s Jeff Fahey, hands *Machete* \$150,000 to kill Senator McLaughlin, played by Robert De Niro, but *Machete* doesn't realize that Booth works for

McLaughlin, and is just trying to make a name for the senator and plans to set him up. Of course the senator's aide also doesn't realize that the old Mexican he just hired is actually the famed ex-Federale known as *Machete*.

When the trap is sprung and *Machete* goes to take the shot, one of Booth's men appears, shoots *Machete*, and then shoots the senator in the leg. *Machete* has to run for his life, which is when he meets up with a number of very interesting characters as he works to get even, and find out who is behind it all.

Co-written by Rodriguez and Alvaro Rodriguez, *Machete* is a modern day b-movie with lots of blood and explosive action, but it also has a big message about America's immigration laws. The best part of the film though is the countless string of cameos by the likes of Segal, Michelle Rodriguez as Luz, Jessica Alba as Sartana, De Niro, Cheech Marin as *Machete*'s brother Padre, not to mention Lindsay Lohan, Don Johnson, and Tom Savini.

Unlike *The Expendables*, which wasted its co-stars, *Machete* knows how to use its stars with hilarious tongue-in-cheek asides and jokes. The film is not for everyone of course. *Machete* is a hilarious action-comedy built on the heroic conquests with every pretty woman he meets, and the unique ways he finds to off the bad guys; it safe to say if you didn't love the trailer, you're going to hate the film.

That said, *Machete* is a little disappointing. The film is simply



Photo by Joaquin Avellán

Danny Trejo is Machete, a legendary ex-Federale with a deadly attitude and the skills to match.

far, far too long – at 1 hour and 45 minutes, *Machete* feels like it needs to hammer you over the head with the immigration message, and the action starts and stops to make time for that. *Machete* is definitely a big screen action film with laughs and great leading ladies, but Rodriguez and Maniquis could have cut a bit out to make this a slicker action movie.

Ultimately though, *Machete* is just plain fun, and for action junkies, it's a great way to end the blockbuster season.

The American

The American makes me wonder if George Clooney's star is starting to fade.

Normally, Clooney's films get some serious fanfare before they're released, but *The American* was quietly dumped into theatres on a Wednesday

and is getting the kind of reviews you'd expect from far lesser stars.

Clooney stars as Jack, an assassin on a break in the Italian countryside after his last job in Sweden didn't end quite as planned. Befriending a local priest, and falling for a local woman, Jack takes the job of building a special gun for one of his contacts. His problem is that someone is coming for him and he doesn't know who to trust, or who might be watching him.

The film has been getting a few notable reviews, but most reviews have not been kind.

As Colin Covert of Minneapolis Star Tribune wrote, "*The American* strains so hard to be European – a slower, more intellectual cloak-and-dagger melodrama – that it winds up feeling Canadian: more bloodless and chilly than thrilling."

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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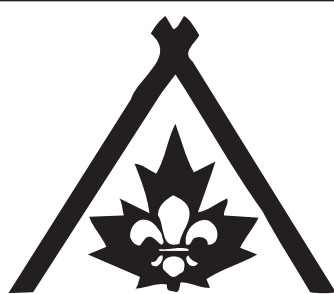
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442 Sqn helicopter crew receive international award

Shelley Lipke
Staff writer

Five search and rescue helicopter crewmembers from 442 Squadron in Comox will travel to London, U.K., this fall to receive a prestigious award recognizing their devotion and courage during a dangerous glacier rescue on April 24, 2009.

In a ceremony at Guildhall on Oct. 21, Sgt Kent Gulliford, Maj Jason Von Kruse, LCol Christian Lalande, Cpl Dominic Frenette, and MCpl Billy Ternes will receive the elite Prince Phillip Helicopter Rescue award, presented by the Guild of Air Pilots and Air Navigators.

"This award represents the work of search and rescue as a whole," says mission team leader Sgt Kent Gulliford. "Many heroic and lifesaving missions have been undertaken that had far greater risk, less certain outcomes, and far less fanfare. So I will be thinking of my fellow SAR air crew, and fellow SAR Techs in particular when I receive this prestigious award."

The 2009 rescue began

with a mountain climber's worst nightmare. A challenging multi-day ski mountaineering excursion across the Homathko Glacier near Comox took a turn for the worst for a party of three when one man fell into a deep crevasse.

The other two men tried to help their injured friend who was trapped 30 metres below, but were physically, mentally and emotionally exhausted and needed help.

Cormorant 902, with assistance from Buffalo 457, was tasked to respond to the call.

"Like many missions, the information we received did not fully prepare us for the situation on scene. We were led to believe there was a large and well-equipped climbing party, and we expected to find things well in hand when we arrived. However, once on scene it became apparent the actual situation was much different," said Sgt Gulliford.

The two climbers on the glacier didn't have much strength left and were hoisted into the helicopter. They reported they low-

ered themselves into the crevasse and tried to resuscitate their friend. While his colour improved, they were unsuccessful.

Flight Engineer Cpl Dominic Frenette was asked to use hoist techniques seldom practiced to lower Sgt Gulliford down into the crevasse, which was about three metres wide.

"At an elevation of 2,650 metres, hovering was very difficult and the darkness and featureless snowy terrain made finding a hover reference challenging," said Sgt Gulliford.

"Executing a high angle rope rescue with just myself - while it's a scenario that we practice - was not one I relished," he said. Sgt Gulliford strapped crampons on in preparation and clomped around the helicopter as he prepared to be lowered.

"The biggest challenge was facing a technical ice rescue at night with little support," he said.

The steep mountainous terrain did not permit efficient use of flare illumination from the Buffalo aircraft on scene and the crew's night vision goggles



Sgt Gulliford's helmet peeks out from three metre opening to a 30 foot deep crevasse as he performs a rare high angle rope rescue in the dark of night.

were hampered by the lack of light.

"I relayed commands via radio as I was being lowered into the crevasse because I wouldn't be in view of the engineer for much of the evolution. I told them that if they didn't hear from me to pull me up. Then I just started a cadence into the radios so they would anticipate hearing me in a certain rhythm, down, down, down. Every once and again I said stop just to be sure they were paying attention. There was an overhang, and I basically just dropped down into an

icy well, about 30 metres down."

Once at the bottom of the crevasse Sgt Gulliford located 37-year-old Johannes Mueller, a doctor and member of North Shore SAR, and attached the double lift harness he had taken with him to extract him to safety.

Slowly the two men were raised up the cable and into the helicopter. The crew attended to injuries and alerted St. Joseph Hospital in Comox they were transporting the injured man who was still unconscious.

This is the second time Sgt Gulliford will walk between the medieval walls of Guildhall. In 2007 he received the Prince Phillip Helicopter Rescue award for his actions in rescuing three men who were involved in a helicopter crash. This latest honour makes him the international award's only double winner in its 22 year history.

Sgt Gulliford is now posted to 103 Rescue Squadron in Gander, NL.

Despite this heroic lifesaving effort, Mueller was pronounced dead on arrival at the hospital.



Image: Department of National Defence

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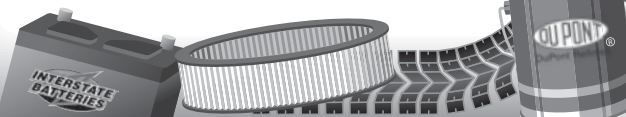
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Military grads gather for reunion

Shelley Lipke
Staff writer

This year Royal Roads University will celebrate its 10th anniversary of the Alumni Homecoming Weekend from Sept. 10-12.

This event allows alumni from past years to reunite, celebrate, rekindle friendships and remember their time at the former military college, and in the year of the Canadian Naval Centennial some unique events are planned.

More than 100 alumni will travel from across the country to join in the celebrations at the school.

Planned events include repatriation of the original Royal Roads bell, dedication of the mast, the returning of the colours and a day sail in *HMCS Calgary*.

"It's a fantastic weekend for these gentlemen who are coming back," said manager of alumni relations Christine Gross. "For many, their experience at Royal Roads was a turning point in their lives, which played a key role in their future decisions and careers."

The weekend kicks off on Friday with the day sail, which takes 175 people on the water to experience present day navy life firsthand.

"We expect to see a lot of former cadets and university alumni on the day sail," said Gross. "It will be a great networking opportunity for the two groups to meet one another. A lot of alumni don't know much about the military, so it's great for them and the former cadets to enjoy the experience being on the ship. The men who went on to have careers in the navy see it as a great reminder of the time they spent at sea, and find it interesting to see what has changed since they were in the navy."

Following the day sail, a President's Reception officially welcomes the guests to the homecoming weekend at 6:30 p.m. before the bell dedication ceremony begins.



Photo by Chris Preston

The Sooke Pipe Band plays at the 2009 Royal Roads Homecoming Weekend.

"Historically the Royal Roads bell sat in front of the castle in a roundabout where the horses and carriages pulled up to the castle," said Gross. "But when we became a university we lost a lot of the heritage items and a lot of the physical history from the cadets being on campus. The bell was one of the most recognizable items of the time and it's exciting that it's coming back."

After the rededication it will be housed permanently in the Grant Block with special thanks to the Class of 1963, the CFB Esquimalt Naval and Military Museum and Fleet Maintenance Facility Cape Breton for making this happen.

Then Commodore Bill Truelove will return the colours to Royal Roads.

On Saturday a luncheon for the reunion classes will be held followed by a formal gala dinner and dance that evening.

Finally, on Sunday the mast will be dedicated thanks to the Classes of 1943-1945 and a reception will follow to complete the homecoming weekend celebrations.

Alumni in attendance will date as far back as 1942.

To register for the homecoming weekend go to www.homecoming@royalroads.ca or phone 250-391-2551. Tickets for the entire weekend are \$100, the Friday evening reception is free, and the Saturday champagne reception and gala dinner dance \$80.

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LS Jonathan Reid "rescues" Coast Guard rescue specialist Dave Schur during a search and rescue exercise.

LS Hayley King, HMCS Whitehorse

Whitehorse flexes rescue skills

■ Crew members hone SAR training

LS Emily Agopsowicz
HMCS Whitehorse

Clad in a rescue swimmer dry suit at the bow of HMCS Whitehorse's rigid hull inflatable boat (RHIB), LS Jonathan Reid assesses the scene: an unconscious child and a hypothermic adult male have been located in the water 300 yards away.

Once in the water, he quickly swims toward the distressed man while a shipmate recovers the child. LS Reid calms the man down, checks his vital signs and swims him back to the RHIB, where both casualties are carefully hoisted into the boat using a rescue technique known as the par-buckling system for recovery.

While the scene seems real, it is actually a training exercise, one of several set up by Coast Guard rescue specialist and public safety diver Dave Schur. The sample situation is one sailors in HMCS Whitehorse, a Maritime Coastal Defence Vessel (MCDV), may be tasked to respond to while on a search and rescue (SAR) patrol.

Schur played the distressed man and, as a twist, threw Oscar, the ship's training dummy, in the water as his unconscious child.

"I instructed the crew to use any means possible for recovery to see how they would respond," said Schur. "They conducted the search and recovery all in fantastic time and with enthusiastic effort."

Schur was aboard Whitehorse for

MCDVs in particular are a good platform for SAR because of the extent of Reservists' experience with coastal navigation and their considerable local knowledge.

-Lt(N) Jeff Lee
HMCS Whitehorse Operations Officer

the duration of the ship's SAR zone tasking from Aug. 9 to 22. Training exercises were conducted throughout to educate the ship's crew about the possible challenges of a real life SAR tasking and practice responding to a distress call.

The Naval Reserve works with the Canadian Coast Guard to maintain coastal patrols and respond to marine emergencies. Once a year for a 25-day period MCDVs are tasked to relieve Coast Guard vessels on SAR patrol, so that Coast Guard crews can take summer leave and their vessels can undergo maintenance work.

"DND is the lead government agency tasked with SAR responsibility," said Lt(N) Jeff Lee, Whitehorse's Operations Officer. "And MCDVs in particular are a good platform for SAR because of the extent of Reservists' experience with coastal navigation and their considerable local knowledge."

Whitehorse's crew benefited from Schur's expertise in SAR techniques including boat handling, triage training, CPR, and treatment of shock and pain.

"It was fantastic working with the crew," said Schur, "There was a wealth of knowledge between all the departments. There's a definite learning curve; SAR training is unique and specialized - if it's not a part of the mandate it can be hard to train for and I could see the wheels turning and people putting into motion what I was teaching."

In addition to training crew, Schur assessed the ship's SAR capabilities and provided the command team with recommendations for improvements. Schur noted that he would like to see all MCDV's small boats equipped with waterproof radios and depth sounders.

"What I hope comes from this is that recommendations made by Coast Guard rescue specialists or even crew on board are recognized and rectified," said Schur.

Most importantly, a SAR unit must be prepared for the variety of challenges that come with a SAR tasking.

"That means knowing each other's capabilities, the ship's capabilities, what tools the crew have at their disposal and constantly striving to improve," said Schur. "You need to think outside the box - don't be 'tunnel-visioned' when coming up with a SAR response, and if you have a concern, make it known to your teammates."

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Behind the scenes: a photographer's Snowbird experience

Shelley Lipke
Staff writer

Only a chosen handful of Canadians get to experience flying with Canada's Air Demonstration Team.

Photojournalist Mike Sroka is one of the lucky few.

He spent five years soaring with and documenting the excitement of the Snowbird team air shows, the challenge of life on the road, and most notably he experienced countless heart-stopping full aerobic performances with his camera.

Now he's bringing his experiences to Victorians in a special presentation on Sept. 18 from 2 to 4:30 p.m. at Camosun College.

This artistic multimedia presentation gives a bird's eye view of training, travelling and flying with the Snowbirds.

"This presentation is the first of its kind," says Sroka. "The general public will be treated to a personal look at the team that has never been done before. They will see what it's like to try out for the team, learn about the intense training, discover the challenges of taking the show on the road, and meet some of the pilots and their families."

The presentation is a mix of lectures supported by still photos, a multi-media slide show and a short video. "It is also a look at



Shelley Lipke, Lookout

both the process of getting a book deal and becoming a part of the Snowbird family," says Sroka.

Additionally, it looks at air shows in general and examines North America's other military aviation teams the Blue Angels and the Thunderbirds.

"It would be of interest to Snowbird fans, aviation enthusiasts, photographers, writers, pilots and members of the general public that are simply curious," he said.

His book *Snowbirds: Behind The Scenes With Canada's Air Demonstration Team* covers Snowbird teams of 2003 - 2005 with updates from 2006 and 2007, and looks at both the show team and the Moose Jaw, SK, home team.

"One of the conditions of the book deal was that no door be closed," he said.

Because of this, Sroka experienced the full deal during his various encounters.

He describes flying with the Snowbirds like no other experience a photographer could go through. "People always compare it to a roller coaster, but it's definitely a bit more. You are constantly changing directions, flying upside down, and pulling up to five Gs takes its toll on your body. Add a camera and photography to the mix and you can see where it becomes a very

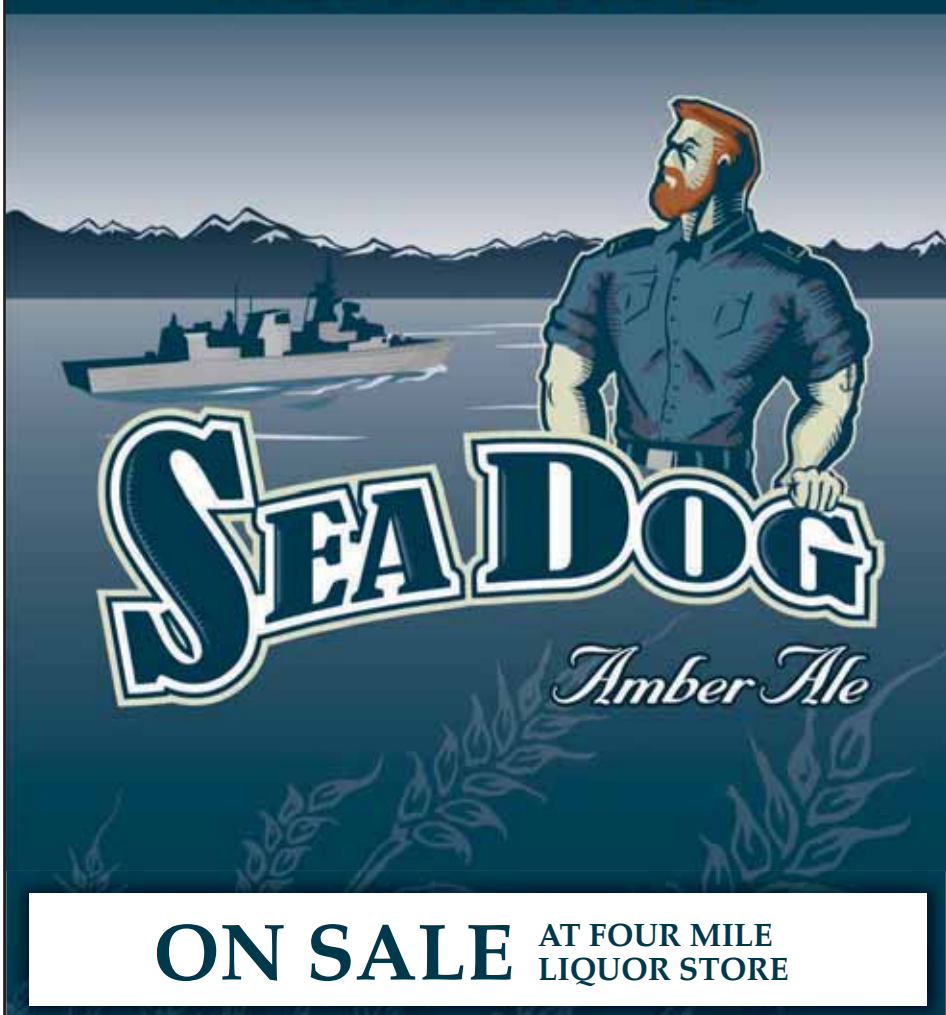
challenging photo environment," he says. "As for the fun factor, it's hard to find anything that compares to flying military aerobatics surrounded by planes basically a few feet away."

His most memorable photo flight was with the schooner Bluenose II off Peggy's Cove. "Combining the timings of three at speed subjects - the Bluenose II, the Snowbirds squadron, and my chase plane - made for the most challenging photography of my 20-plus year career," said Sroka.

"Although I had a bit of a reputation as one of North America's 'high energy' photographers, my flying experience prior to the Snowbirds was basically limited to the coach section of major airlines. *Snowbirds: Behind The Scenes With Canada's Air Demonstration Team* was published at a time when no one was doing hard cover coffee table books. I think people will find the process of 'crazy idea to published book' worth the price of admission," he said.

Sroka's presentation is \$25 plus HST, which includes refreshments. Pre registration is required though Camosun's Continuing Education department at www.camosun.ca/snowbirds for details of online registration and registration by phone.

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National regatta champions PO1 Quinn Lessing of Port Moody and CPO1 Michael Jarosz of Victoria wave the B.C. flag proudly after their final race.

B.C. cadets dominate regatta

The last race of the 2010 National Sea Cadet Regatta could not have been more perfect for the B.C. Sea Cadet Sailing Team. As the finish gun fired, three B.C. boats sailed in picture perfect formation, one after the other, across the line to win gold, silver and bronze medals. A fourth B.C. boat placed fifth during the competition, which was held Aug. 22-27 in Kingston, ON.

First place during the regatta went to CPO1 Michael Jarosz from 5 Royal Canadian Sea Cadet Corps (RCSCC) Rainbow in Victoria, and PO1 Quinn Lessing (Crew) from 201 RCSCC Grilse in Port Moody. Second place during the regatta went to PO1 Chad Grandison from 54 RCSCC Admiral De Wolf in Campbell River and PO2 Cody Williamson from

63 RCSCC Kalamalka in Vernon.

Third place went to CPO2 Kevin Bowen from 102 RCSCC Fraser in New Westminster and CPO2 Dana Tomlinson from 137 RCSCC Kamloops in Kamloops.

PO2 Class Gleb Moiseyenko from 201 RCSCC Grilse and PO1 Cody Bernard from 102 RCSCC Fraser also sailed for the team and placed fifth in the event.

"When we crossed that finish line and won, it didn't hit me at first. I only knew that five intense days of sailing where over," said first place sailor Quinn Lessing, 15. "It was only after we got the B.C. flag, that I realized that my skipper and I had overcome several obstacles put in front of us and were now the top sea cadet sailors in Canada."

The regatta is a four-day sailing competition that pits the best sailors from Atlantic, Central, Eastern, Prairie, and Pacific regions against each other for the title of the top sea cadet sailors in Canada. The medal sweep is the second time Pacific Region Sea Cadets have dominated the podium.

Royal Canadian Sea Cadets is a national youth program jointly sponsored by the Department of National Defence/Canadian Forces and the Navy League of Canada. The program aims to develop leadership and citizenship, physical fitness and stimulate an interest in the maritime activities of the Canadian Navy, and is open to boys and girls aged 12-18. For more information on the Cadet programme, visit www.cadets.ca.



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In an effort to raise funds for the United Way, the Canadian Forces Base Esquimalt Fire Rescue Department is creating a sizzling 2011 calendar! 1,000 calendars will be sold to the military community and general public with

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Ravens graduate

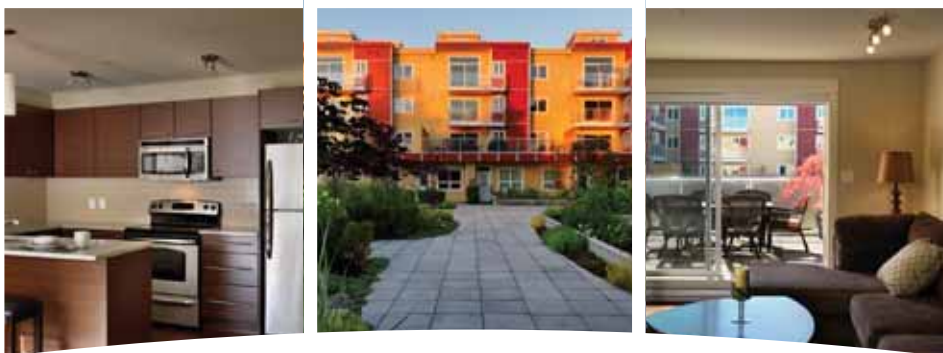
Above: Aboriginal youth participating in the Raven program celebrate after their graduation parade on Aug. 19 at Work Point barracks.

Left: Reviewing officer, Cmdre Jennifer Bennett, Commander Naval Reserve, inspected the troops and presented awards to several. A reception followed where friends and family got their first glimpse of the new grads since the program started six weeks ago.



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9:30 am - 11:30 am

Colwood Pacific Activity Centre

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Come learn more about your community at this annual open house.



A FREE *hot pancake breakfast*

Over \$1,000 in prizes
including a fantastic weekend getaway!

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 - Info on MFRC programs and services
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This exceptionally beautiful, one-liter ceramic ship’s decanter has been commissioned to commemorate the Royal Canadian Navy’s 100th Anniversary. Fewer than 6,000 have been produced. A donation of \$5 from the sale of each decanter is being given to the Canadian Naval Memorial Trust, which maintains and operates the only surviving Corvette, HMCS SACKVILLE in Halifax. The mission of this non-profit trust is to maintain the ‘Last Corvette’ in her 1944 configuration as Canada’s Naval Memorial to all those who served in the naval service.

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

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

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

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

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

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

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

national flag on the other.

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

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



Stopper Detail

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

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

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MFRC

West Coast Welcome introduces newcomers to Victoria

Jon Chabun
MFRC

If you are a military member posted to CFB Esquimalt in the past year or want to learn what's new in the military community, West Coast Welcome is an open house dedicated to you.

On Saturday, Sept. 11 from 9:30 to 11:30 a.m. at the Colwood Pacific Activity Centre, the fifth annual West Coast Welcome features a free pancake breakfast courtesy of Save On Foods, entertainment for CF members and their families, and information from community organizations and groups including the Military Family Resource Centre (MFRC).

"It's a great way to find out more about your community," said MFRC Program Manager Linda Scott. "Some people come for the free breakfast, some to meet new people, some to learn more information about what's available to them here."

Displays and booths will help new residents transition into CFB Esquimalt's military community and the Greater Victoria area.

Base clubs such as the Model Railway, Golf and Dive Clubs will be there looking to sign up new members and the Medieval Club will be on hand to give demonstrations.

Community organizations such as local employment agencies, the Welcome Wagon and the Francophone Society will be there to provide help.

For military members with children, the cadets as well as the boy scouts and girl guides will be there to distribute information and sign up new recruits.

Expectant or new parents will be able to learn more about the new Imagination Library. Families with babies born in 2010 to serving regular force members at

Some people come for the free breakfast, some to meet new people, some to learn more information about what's available to them here.

-Linda Scott
MFRC Program Manager

CFB Esquimalt are eligible to register. Children will receive in the mail one book per month until their fifth birthday.

Entertainment includes face painting, inflatable games, hockey shootout, the cadets running their popular flight simulator, and the 11 Field Ambulance hosting a teddy bear clinic.

100.3 the Q will be on site to provide music outdoors and Fernando's Music Service will spin the tunes in the CPAC gym.

Over \$1,000 in prizes are up for grabs including a weekend getaway to the Kingfisher Oceanside Resort and Spa in Courtenay, passes to WildPlay Element Parks and tickets to the Victoria Salmon Kings.

The Langford Trolley will provide free transportation to the Colwood Pacific Activity Centre (located at 2610 Rosebank Road, off Ocean Boulevard) from various locations on the West Shore. Pick-up locations every 20 minutes from 9 a.m. to noon will include the CANEX ExpressMart, the Youth Activity Centre, the Ranger Station in Belmont Park, the Royal Roads University gate on College Road and the Colwood Pacific Activity Centre.

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PSP

What's in store for fitness this month

Base Slo Pitch teams gear up for Nationals

After beating 19 Wing Comox at Regionals, both the men's and women's CFB Esquimalt Slo Pitch teams are gearing up and training for success in the upcoming Nationals which will be held Sept. 10-15 in St. Jean, Quebec.

During this competition both teams must contend with a team from each of the four other regions: Prairies, Ontario, Quebec, and Atlantic.

Pacific Women's Regional Soccer training camp

A women's soccer training camp held Aug. 17-20 involved Comox and Esquimalt players who had their fitness levels and ball handling skills tested at each challenging practice.

Esquimalt and Comox players worked hard to learn how to play well together as a team, and players from both bases are getting prepped for Nationals happening in St. Jean, QC, Sept. 18-24.

End of Season Golf tourney

It's what the avid golfers have been waiting for.

On Oct. 7 at Gorge Vale Golf Course tee off is at 1:30 p.m.

The game will be played in a best ball format - two player teams will play

their own ball all the way through the holes. The lowest score on each hole is counted towards the team's total score.

To register for this tournament sign up in the Naden Gym at the Kiosk.

Cost per player is still being determined.

Women's Volleyball

Women's volleyball practices will start Sept. 30 at 4:30 p.m. and will be regularly held on Tuesday and Thursdays from 4:30 to 6:30 p.m. The team is looking for any military women interested in playing for the base team to sign up and join.

For more information contact Milena Johnson at 250-514-8149 or Switch Rousseau at 250-363-0978.

Men's Volleyball

Men's Volleyball practices began Sept. 1 in the lower gym of the Naden Athletic Centre and will continue each Wednesday from 4:30 to 6:30 p.m.

Contact LS Ashley St. Jean at 250-363-7940 to sign up.

Men's Basketball Team Practices

Men's basketball team practices began Aug. 31 and will continue each Tuesday and Thursday from 4:30-5:30 p.m. in the lower gym at the Naden Athletic Centre. To sign

up contact Jeff Snook at 250-363-1133.

Recreation Programs

Adult Hockey Development Starting Soon

Tuning up for the new season or getting back on the skates for the first time. This weekly ice time is designed to help get you back in shape and ready for the game. New skills, strategies and fitness make up this development course.

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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 you water bottle and get ready to sweat.

Tue/Thur, Sept. 14-Oct. 14
6-7 p.m.
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The PSP Aquatic Department has a new set of swimming lessons starting Sept. 20. 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!

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7:30-10 p.m.
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New Fall Programs at a Glance:

• Power Yoga Sundays starts Sept. 12

11:30 a.m.-12:30 p.m. at NAC
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• Martial Bootcamp Mondays starts Sept. 13
4:30-5:30 p.m. at NAC
\$63

JKD/Kali at the NAC, Lower Gym starts Sept. 13
4:30-5:30 p.m.
\$80

Stability Ball Wednesdays starts Sept. 15
6-7 p.m. at CPAC
\$45

The Fall Activity Guide is 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 at 250-363-1009.



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LCdr Erik James, HMCS Oriole

From left to right: MS Jason Clark, LCdr Erik James, PO1 Ken McEvoy display the Centennial flag high atop Golden Hinde.

Navy flag reaches new heights

Over the period of Aug. 22-26, three members of HMCS Oriole's core crew hiked through Strathcona Park and scaled Vancouver Island's tallest mountain, the Golden Hinde.

This is the second attempt by LCdr Erik James, commanding officer, and PO1 Ken McEvoy, the ship's coxswain. An attempt was made last year, but the team was turned back on summit day by severely inclement weather. It was the first attempt by MS Jason Clarke, who joined Oriole this summer as the ship's engineer, thereby earning him the honorific title of "Lucky."

The crew are all avid outdoorsmen, as is fitting with a ship that has no covered helms position and all lines are managed "handraulically", meaning there are no winches or powered

In 100 hours, the team covered 60 kilometres of mountainous terrain and ascended a total of 5.5km.

devices to aid in sailing the ship.

This expedition complemented the sea-going experiences of the team, as it too was outdoor, archaic in its living conditions, and physically demanding, but in a terrestrial environment.

The expedition was conducted under the auspices the adventure training program as outlined in DAOD 5031-10

and MARPACORD 9-58, with the specific goals of challenging Oriole's team physically and mentally, developing teamwork in a unique and demanding environment, and validating and increasing physical fitness levels, as well as displaying the Naval Centennial Flag from the highest point on the island that is home to the Pacific Fleet.

In 100 hours, the team covered 60 kilometres of mountainous terrain and ascended a total of 5.5km. Without exception, each team member felt this was the most physically demanding adventure they had undertaken, but were equally unanimous in stating it was one of the most rewarding challenges they had completed.

In all regards, this was a mission success.



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Bravo ZULU

MARPAC Awards



Duncan Ayre, NPAO

Jennifer Almeida, Sponsorship and Donations Coordinator, receives a MARPAC Bravo Zulu for her work on several Canadian Naval Centennial events in the past year.



Duncan Ayre, NPAO

Dave Molinari, Personnel Support Programs Manager, receives a MARPAC Bravo Zulu for his work on the Navy Rocks concert.



Duncan Ayre, NPAO

Jamie Webb, Maritime Forces Pacific Senior Staff Officer Visits and Protocol, receives a MARPAC Bravo Zulu for his work on several Canadian Naval Centennial events in the past year.

Promotions



Duncan Ayre, NPAO

CPO2 Nelson Lemieux is promoted by Cdr Guy Bolduc (right), Commanding Officer of Maritime Forces Pacific/Joint Task Force Pacific Headquarters, with help from Lt(N) Eric Pongs.



Duncan Ayre, NPAO

AB LeBlanc is congratulated on his new rank by Cdr Wamback, Commanding Officer of HMCS Regina.



LS Therrien receives his new shoulder slip-ons after being promoted by CPO2 Gracey (left) and Cdr Wamback (right), Commanding Officer of HMCS Regina.



Cpl Kelcey receives her new shoulder slip-ons after being promoted by WO Skrypchuk (left) and Cdr Wamback (right), Commanding Officer of HMCS Regina.

Cadets help fund paediatric machine

Albert Head Air Cadet Summer Training Centre presented a cheque for \$6,468.29 to Victoria Hospitals Foundation Representative Christy Parker, at the training centre's final graduation parade on Aug. 20.

The cadets and staff who attended the training centre this summer almost doubled their original goal of \$4,000 to purchase a specialized paediatric syringe pump - a piece of equipment that administers precise amounts of medication to infants and small children. The final cheque total was for \$7,386.15, after all donations were collected. The additional money raised will go toward other badly needed paediatric equipment for the Victoria General and Royal Jubilee Hospitals in Victoria.



Lt Will Berger, Contributor

Albert Head Air Cadet Summer Training Centre Public Affairs Officer, Capt Jen Taylor (second from left) presents a cheque to Victoria Hospitals Foundation representative Christy Parker (right), with help from "Top Fundraisers" representatives (left to right) Warrant Officer Second Class Ryan Halmich, Lt Chris Tupy and Cadet Nathan Valsangkar.

Tell the formation about achievements in your unit.

Send your Bravo Zulus to melissa.atkinson@forces.gc.ca

Cirque du Soleil brings Alegría to the Save-on-Foods Centre

Cirque du Soleil will bring the excitement of its big top productions to the Save-on-Foods Memorial Centre when it presents Alegría from Sept. 8-12.

Alegría is a classic Cirque du Soleil production that has received international acclaim and wowed over 10 million people worldwide since it premiered in 1994 in Montreal. After 15 years performing under the big top, Alegría embarked on a new journey in May 2009 and is now presented in arenas throughout the United States and Canada.

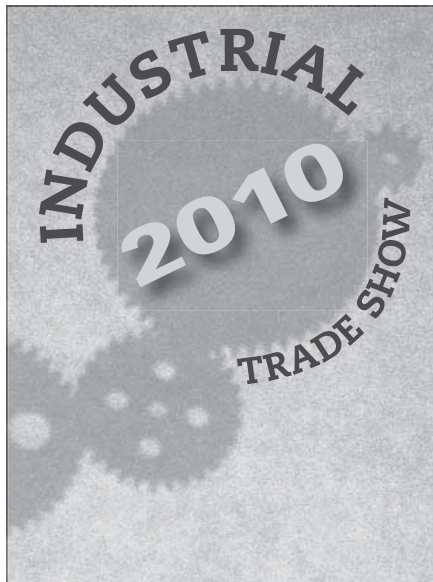
A Spanish word for elation, joy and jubilation, Alegría features an international cast of 55 performers and musicians from 15 countries.

Kings' fools, minstrels, beggars, old aristocrats, children and clowns make up the entertaining cast of characters.

Alegría has a baroque and operatic style with flamboyant costumes, original music performed live and an elaborate set that serves to enhance the astonishing spectacle of athleticism and artistry.

The result is an impressive mix of skill, strength and speed combined with elegant, almost ethereal performances.

Tickets to Alegría can be purchased at www.cirquedusoleil.com/alegría or by calling 250-220-7777.



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2010 First Aid Courses

occupational first aid

OFA Level 1 BC-ESO - Sept 1, 3, 6, 9, 10, 11, 14, 17, 19, 20, 22, 24, 26, 28, 30

Transportation Endorsement BC SPTE
Sept. 15

Standard for Industry BC-SSOC
no September dates

OFA Level 2 - Sept 27-Oct. 1

OFA Level 3 - Sept 13-24

New AED protocols start in Sept. Classes added weekly. OFA course certificates now valid for 3 years by WorkSafeBC

standard first aid

Standard First Aid w/CPR-C & AED - Sept 4-5, 7-8, 18-19, 21/23/28/30 (night), 23-24

CPR-C & AED - Sept. 12

CPR-C renewal - Sept. 2, 21

Emergency Community Care - Sept 11, 27

additional courses

Marine Advanced Sept 13-17

63 Gorge Road East

For Info or to register call 250-388-5505

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O most beautiful flower of Mount Carmel, fruitful vine, splendor of heaven, blessed mother of the son of God, immaculate virgin, assist me in my necessity. O Star of the Sea, help me and show me that you are my mother, O Holy Mary Mother of God, Queen of heaven and earth, I humbly beseech you from the bottom of my heart to help me in my necessity. (Make your request.) There are none that can withstand your power. "O Mary conceived without sin, pray for us who have recourse to you." (Three times.) "Holy Mary place this prayer in your hands." Say this prayer three consecutive days and then publish it and it will be granted you. JK

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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@rivonline.org

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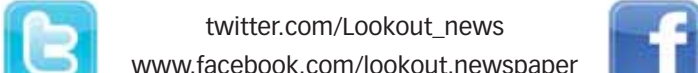
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INMEMORIAM



Canadian soldier dies after IED attack

Cpl Brian Pinksen, from the 2nd Battalion, The Royal Newfoundland Regiment, died Aug. 30 from injuries sustained when the vehicle he was travelling in struck an improvised explosive device (IED) Aug. 22 in Afghanistan.

He was serving with the 1st Battalion, The Royal Canadian

Regiment Battle Group. Cpl Pinksen was treated on the scene for his injuries and evacuated by helicopter to the Role 3 Multi-National Medical Facility at Kandahar Airfield. He was subsequently moved to the Landstuhl Regional Medical Centre in Ramstein, Germany, where he succumbed to his injuries.



2010 GCWCC - UW Kick Off Tug-o-war Competition

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