

# LOOKOUT



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Lt(N) Michael McWhinnie, BPAO

RAdm Nigel Greenwood pins the Sacrifice Medal onto the uniform of Cpl William Salikin, who was injured in Afghanistan in the same attack that killed diplomat Glyn Barry in 2006.

## Injured soldier receives Sacrifice Medal

**Lt(N) Michael McWhinnie**  
Base PAO

The CFB Esquimalt Naval and Military Museum was the setting for a rare event last Tuesday when, during the forenoon of Sept. 14, RAdm Nigel Greenwood addressed an intimate gathering of approximately 20 people prior to pinning a Sacrifice Medal to the tunic of infantryman Cpl William Edward Salikin.

In a room fittingly adorned with a multitude of Canadian military awards in glass display

cases, RAdm Greenwood began by reflecting on the recipient's personal qualities. "There are many types of courage," he said. "There is the obvious courage required for battlefield service, but there is also the quiet courage exemplified by Cpl William Salikin's continuing determination to battle back from his wounds."

On Jan. 15, 2006, the driver of an explosive-laden taxi swerved into a CF G-Wagon about one kilometre south of Camp Nathan Smith in Kandahar, Afghanistan. The suicide attack wounded Cpl Salikin and two other soldiers,

MCpl Paul Franklin and Cpl Jeffrey Bailey, and took the life of Canadian diplomat Glyn Barry. Two Afghan civilians were killed and 10 injured.

Cpl Salikin, a native of Grand Forks, B.C., has been rehabilitating from wounds suffered to his arm, wrist, neck and head. He credits the CF for improvements made to its casualty support organization.

"I feel the army has come a long way in how it supports injured soldiers," said Cpl Salikin. "I am very grateful for the help I have received."

*See It's not... on page 6*

**CFB ESQUIMALT'S LARGEST TRADE SHOW**  
WEDNESDAY SEPTEMBER 22  
**INDUSTRIAL 2010 TRADE SHOW**  
Details on page 2

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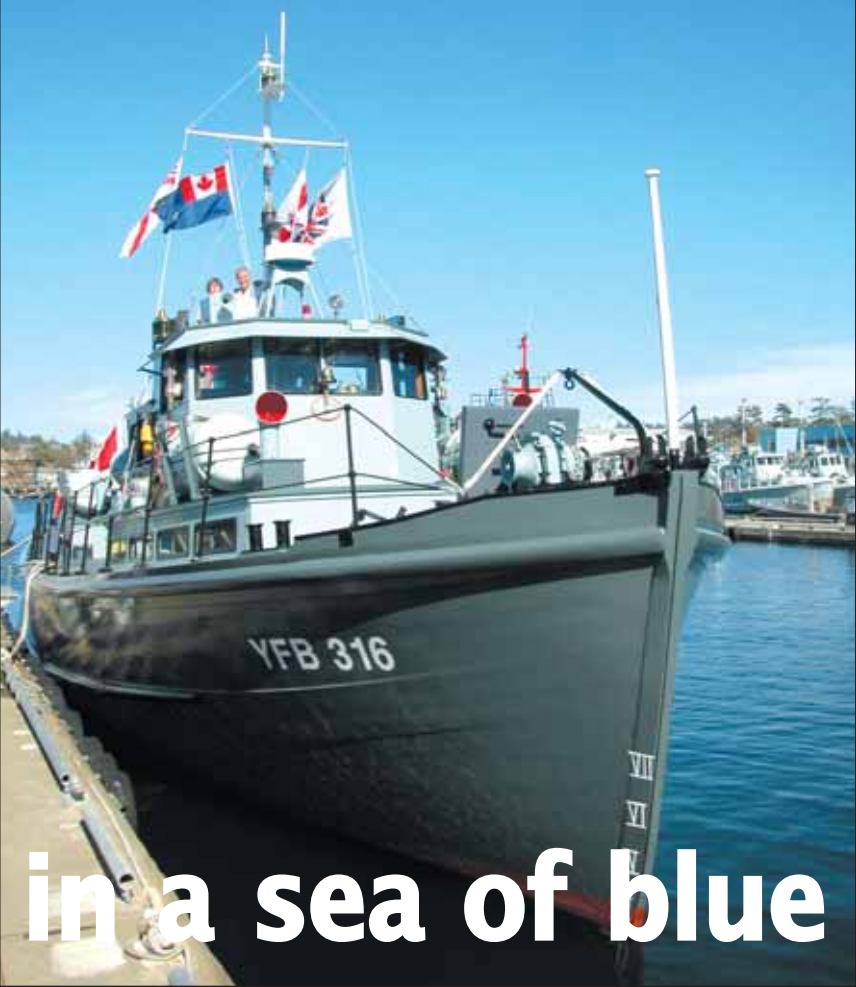
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# A shining star



# in a sea of blue

**SLt Aaron Hawkins**  
Assistant to BPAO

The spotlight shone brightly on one of Canada's oldest and most trusted active vessels two weeks ago. A local workhorse better known for its reliability, strength and stoicism turned heads at the 33<sup>rd</sup> Annual Victoria Classic Boat Festival.

YFB 316, a Canadian Forces Auxiliary Vessel, otherwise known as one of two "Blue Boats" employed to shuttle employees between DND properties along Esquimalt Harbour, entered the Classic Boat Festival after a hasty pre-show clean-up by its crew on Friday Sept. 3.

And presentable it was. The crew were rewarded for their hard work and dedication by receiving the prestigious Hospitality Award for 2010, beating out stiff competition for the honour from such storied floating royalty as M.V. Olympus, which in its efforts to woo the judges hosted a Gin and Tonic party for 200 people. Despite these efforts, YFB 316 shone above all others for its remarkable character and friendliness in obtaining the Hospitality Award.

As a compliment to its success at the festival, YFB 316 acted as the committee vessel for event organizers and led the classic boat parade out of, and back in to Victoria's Inner Harbour. Captain David Jones was ecstatic at the attention the vessel received over the long weekend.

"We had approximately 3,000 people tour the '316,'" said Jones. "Some of the comments we received from inquisitive guests were: 'I live in Victoria and did not know this service existed,' 'Is this a mine-sweeper?' and 'do you own this boat?' To this last question I asked 'are you Canadian?' When the answer came back affirmative, I

replied, 'Then you own this boat!' It was a fun weekend, and in sharing this vessel with the public as we did at the Classic Boat Festival, we were able to present living history to thousands of people."

The Canadian Forces Auxiliary Vessels are vital members of CFB Esquimalt's Port Operations and Emergency Services Branch. Created after the Second World War as a support service for the Royal Canadian Navy, the Auxiliary Fleet is responsible for tug operation and coordination, firebrand services, fuelling operations, mooring operations, spill response, floating barges, cranes and targets, not to mention the trusted Blue Boat service.

This diverse capability and interoperability is only rivalled by the great care and pride taken by members of the Auxiliary Fleet in maintaining and running these vessels,



Guests of the Classic Boat Festival enjoy a ride on CFB Esquimalt's Blue Boat YFB 316.

*It was a fun weekend, and in sharing this vessel with the public as we did at the Classic Boat Festival, we were able to present living history to thousands of people.*

-Captain David Jones

many of which are now over 50 years old.

This year's Classic Boat Festival attracted 91 vessels from both north and south of the border, with 10,000 visitors attending the festival over the three-day period from Sept. 3-5. The Canadian Navy has a long-standing tradition of attending the event, and HMCS Oriole, the navy's nostalgic sail training yacht, is customarily honoured as the vessel receiving the salute and sail-past at the festival's conclusion.

"As a 55-year-old boat, YFB 316 is a classic unto itself," explains Jamie Webb, Victoria Classic Boat Festival Chair. "The standard to which the Canadian Navy upkeeps its wooden vessels is a great credit to both the crews and Dockyard workers who proudly maintain them."

In order to qualify as a classic boat and be eligible to participate in the festival, entrants must proffer a well-maintained vessel of traditional construction built to a classic design. Esquimalt-based Canadian Forces Auxiliary Vessels have entered this competition in the past. YFB 318, Blue Boat sister vessel to YFB 316, won the Best Workboat award at last year's festival and roles this year were reversed.

For now, it's back to the grind for YFB 316. As a personnel transport vessel, it is a constant reminder of the durability and capability of the wooden vessels of CFB Esquimalt's Auxiliary Fleet.

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# matters of OPINION

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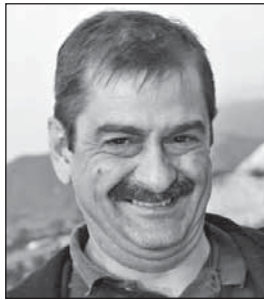
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## People Talk

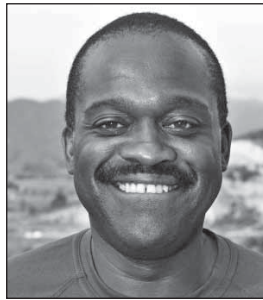
During their port visit in Valparaiso, Chile, about 30 HMCS Algonquin sailors experienced a winery tour. This allowed the sailors to socialize and learn about wines of the Casablanca Valley. Lookout asked:

*What did this experience mean to you and what did you learn?*



It was a great experience from the ship's point of view and a great way to learn about Chilean culture. Wine in Chile is part of the local economy and they really are taking the market over. For me the best part was spending the day with the crew. It's my last long deployment as I'm going to shore in May or June. It was a good bonding experience. Every Coxswain in the fleet says I have the best crew in the fleet, and I agree. In Algonquin many people come back for multiple tours because we have special qualifications. When I began this tour I knew half of the ship's company because I spent seven years on it. The crew is very special to me and I like spending time with them and I think our wine tour was a great way to bring the crew together.

CPO1 Vee Syrd,  
Coxswain



I've been in the navy for 30 years and today brought it all together. To me this opportunity was more about the spending time with the crew members than tasting wine. I love everybody on Algonquin and the ship's company gets tighter every time we do something like this.

PO1 Darrel Colley



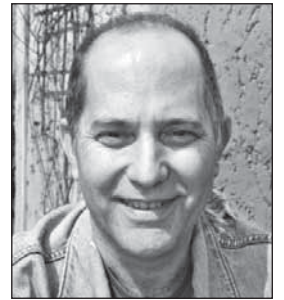
Being in Chile is a great opportunity to take advantage of a wine tour and visit the major establishments. It's quite different than the wine tours in B.C. I wanted to see if there were any differences between B.C. and Chile, and I learned that we are processing wine the same way as we do on the west coast of Canada. I was first introduced to wine in 2001 when I discovered the Quebec wine route. I learned what to look for in a value-tasting wine from whites to heavy reds. I've been to the Niagara Falls wine region, the Okanagan Valley, San Francisco, the Napa Valley, and now Chile. The wine here is especially good because of the climate, which is exponentially better for growing grapes. It doesn't snow here and it has the right amount of rain which produces the perfect grapes.

PO2 Martin Michaud



It's amazing to come to a place with the best wine in the world and see how it is produced. Everyone sees the bottles or what's in the stores, but to see the tedious process is perfection achieved. I'm glad I did it. I appreciated seeing it and learned that I don't want to brew my own wine. It's too hard. My uncle is a wine rep for B.C. and he taught me how to taste wine and allow my 2,300 taste buds to feel the wine and taste the fruits and ingredients. Each person will interpret wine differently. It's unique to you and you appreciate it differently than other's might. Making wine is not a rushed evolution. It takes time and patience that goes into the process.

PO2 Scottie Crouse



I went into this knowing that I'd get to taste a lot of wines. I've had some Pinot's from Chile and was interested in them. I was surprised with the whites in this area and now have a better appreciation of them. This section of Chile in the Casablanca Valley is known especially for the whites. I also learned a lot about the history of this area, which is of interest to me. In Australia I visited the Hunter Valley and became a red wine connoisseur. As much as I had my eyes open to the reds in the Hunter Valley, I am now getting my eyes opened to the Casablanca whites. It's helping me to be a better-rounded wine connoisseur.

CPO2 Gordy Howe



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# FILM *friday*

## Affleck's "The Town" a great heist film

**W. Andrew Powell**  
The GATE

Opening this week at theatres across the country: Ben Affleck stars and directs the heist-thriller, *The Town*.

### The Town

As we're told in the opening credits, the neighbourhood of Charlestown, outside of Boston, is apparently the bank robbery capital of the world, and that area has produced more bank thieves than anywhere else in the world.

In writer, director and actor Ben Affleck's heist drama, *The Town*, we get a glimpse into that neighbourhood as three friends try to cover their tracks after a particular job goes a little off the plan.

Affleck plays Doug MacRay, a former hockey player turned bank thief who works with his long-time friend Jim, played by Jeremy Renner, to pull jobs for a local thug boss, played by Pete Postlethwaite. Opening the film, Doug and Jim are running another job at a bank when a silent alarm is trig-

gered. Panicking, Jim does something completely unexpected and takes the bank's night manager Claire, played by Rebecca Hall, hostage.

After they abandon Claire, Jim worries she might be a liability, so Doug follows her to see if she recognizes him. Claire never actually saw their faces since they were wearing masks, and she also doesn't recognize Doug's voice, so Doug realizes they should be fine, but against all common sense he starts dating her. Meanwhile, Jim seems to be going off the rails more and more each job, wounding a security guard during one heist, and recklessly talking about killing anyone who gets in their way. Jim also doesn't realize that Doug is dating Claire, and while Doug wants to get out after the next job, their mobster-like boss has plans for the biggest job of the decade.

As the FBI hunts for the group, led by the very determined agent Adam Frawley, played by Mad Men's Jon Hamm, Doug will have to decide what to do with his



Photo by Claire Folger

### Ben Affleck as Doug MacRay and Jeremy Renner as Jim Coughlin in "The Town."

life, and how important Claire really is to him.

Walking out of the film, which screened at this year's Toronto International Film Festival (TIFF), I was literally shocked by how much I liked this film. Affleck does an impressive job with *The Town*, not only as an actor, but in leading this perfectly tuned cast of actors. Affleck pulls great performances from Hamm, Hall, and especially Renner, and his team of filmmakers captures the energy of this neighbourhood with a unique approach; the

winding streets especially get the limelight through two of the more intense chase scenes.

*The Town* is a great heist film though because it also inspires you to root for these gritty, smart thugs, and because the film and story also have a lot of heart. Affleck and the screenwriting crew perhaps went a little too far with all that heart, diminishing some of the impact of the crew's thuggery, but it's a film you can step in to and never look back.



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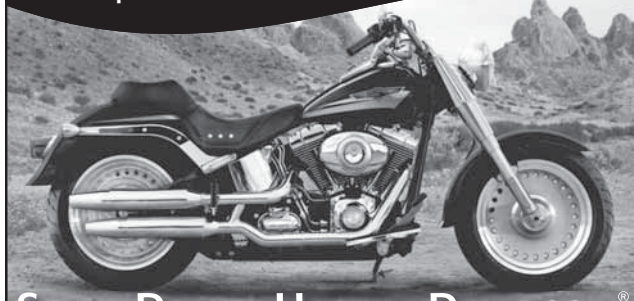
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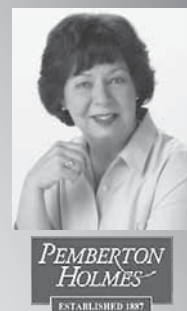
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# It's not the one you want

From page 1

Part of those ongoing improvements to casualty support include the creation in 2008 of a network of Joint Personnel Support Units (JPSU), intended to provide ill or injured CF personnel and their families with coordinated, seamless and integrated care through the stages of recovery, rehabilitation and reintegration into military or civilian life and employment. Cpl Salikin is currently supported by the Pacific Region office in Esquimalt.

He is optimistic about his future and determined to rejoin his regiment and resume his career as an infantryman.

"I want to do what I joined to do. I want to feel like I am earning my pay as a soldier," he says. "As for the medal itself, I feel a bit conflicted. It's not the one anyone wants to get. For me, it will be an outward sign of how resilient all Canadians are. You can hurt us but you can't keep us down; we will always come back."

**There are many types of courage. There is the obvious courage required for battlefield service, but there is also the quiet courage exemplified by Cpl William Salikin's continuing determination to battle back from his wounds.**

-RAdm Nigel Greenwood  
Commander MARPAC

RAdm Greenwood affirmed Cpl Salikin's message when he stated, "People can wear the Sacrifice Medal, not just as a mark of their wounds in action, but (as in Cpl Salikin's case) to show they have come back from that experience and are

ready to serve again."

The Sacrifice Medal was created in response to an increasing desire of Canadians and the government to provide formal recognition to those who are killed or wounded as a direct result of hostile enemy action. The round silver medal bears a contemporary effigy of Queen Elizabeth II with the reverse side adorned by a representation of a statue that forms part of the Canadian National Vimy Memorial and the word "Sacrifice." The ribbon has a black central stripe, symbolizing the mourning of the dead and the shock of the wounds, bordered on two sides by red, representing that blood has been spilled.

Though eligibility is retroactive to 2001, the Sacrifice Medal was first issued in 2009. As of June of this year, 544 had been awarded nationally, including the posthumous award to Glyn Berry, the only civilian recipient to date. Tuesday's event marked only the third time the medal has been awarded locally.



Lt(N) Michael McWhinnie, BPAO

Cpl Salikin speaks with reporters after receiving the Sacrifice Medal.

## CFB ESQUIMALT INDUSTRIAL TRADE SHOW

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# A GOOD SIGN

## Ranch honours soldier's memory

**Lt(N) Michael McWhinnie**  
BPAO

When Lt Andrew Nuttall was killed by a roadside bomb while on foot patrol in the Panjwaii district of Afghanistan two days before Christmas last year, it would be natural to assume that all his plans for the future would have ended with his life. However, the love and determination of his parents, Jane and Richard Nuttall, ensured that, at least in a small symbolic way, that would not occur.

Their tidy Cordova Bay home holds many tangible links to their son. A fireplace has become a memorial. The mantle holds a faded beret, photos and the only two medals Andrew had a chance to earn during his shortened career: a Campaign Star and Sacrifice Medal. Other connections to their son are less visible, like his phone messages they preserve on their answering machine. "Andrew would call from Afghanistan to discuss many topics. He would talk about raising an entrance sign at an undeveloped property we own at Alexis Creek on the Chilcotin River," explained Richard. "Andrew enjoyed the place immensely. He offered to pay for the header and sign and admonish his mother and me for not progressing the project."

With their son's platoon returning to Canada this summer, Richard and Jane seized the chance to realized one of Andrew's goals. With the help of local artist Len Gibbs, a sign was designed and arrangements made for a service in Alexis Creek.

"Everyone we contacted was immediately supportive," said Richard. "The Canadian people, whether lining the Highway of Heroes or participating in



Photo by Andrew Gregg

**Above:** Two soldiers from Lt Andrew Nuttall's platoon raise an entrance sign at his family's Alexis Creek property.

**Below:** Dr. Richard Nuttall and wife Jane look on as their son's vision is realized.



small events like ours, time and again demonstrate that they truly value the service of our men and women in uniform."

Approximately 50 military personnel from 1 PPCLI travelled from Edmonton to raise the header and participate in the event. "It was a touching experience to meet the soldiers Andrew served with and to hear recollections of him," said Jane. "We felt Andrew's presence and a special connection to the soldiers. Andrew used to tell us that we were part of a larger family after he had joined the army. We did not really grasp what that meant before now. It

was very comforting to be with a group of people who understand our loss." For the Nuttalls, that sense of family extends to include the local military community. "We are extremely grateful to the navy here in Victoria for all their support, especially for all that was done to arrange his funeral," said Richard.

In their recounting of the sign-raising, it is apparent the event held a deeper meaning for both parents. Though they live less than a mile from where their son lays in rest at the Royal Oak Burial Park, clearly, in fulfilling one of Andrew's wishes, the family had been brought even more closely together.

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# PSP camps put the fun in summer

This summer the Personnel Support Programs (PSP) Recreation Fun-Seeker Camps played in the sunshine at local playgrounds, beaches and lagoons. The campers went Dragon-boating on the Gorge Waterway and slipped into the Juan de Fuca pool to escape the summer heat. On rainy days, the fun-seekers were busy exploring the mysteries of the Royal B.C. Museum, and meeting new four-legged friends at the Beacon Hill petting zoo. Be sure to keep PSP Fun Seeker camps in mind for spring break and for the summer of 2011.



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CRD

## HMCS Calgary to the rescue

**SLt Will Chong**  
HMCS Calgary

In the early morning of Sept. 15, the Officer-of-the-Watch aboard *HMCS Calgary* received a distress call from Motor Vessel (MV) *Pacific Prowler*, who reported going aground at Race Rocks nine nautical miles away from the warship's position at the time.

Upon receiving the distress call, SLt Clayton Erickson informed the commanding officer and prepared the ship's search and rescue (SAR) response team. The ship's reaction was quick, and within a short period of time, the ship's company was ready to arrive on scene and assist the stricken vessel.

AB James Houghton, boat Coxswain, was dispatched in a Rigid Hulled Inflatable Boat (RHIB) and made the first contact with the vessel and crew.

"When we showed up on scene, the vessel had broken free from the rocks and the crew was evacuating the life raft and returning to the vessel. We proceeded to get the status of the crew and the damage to the vessel, after which, we returned

*It was a relief to see that the crew was safe and unharmed and the vessel was in salvageable condition.*

-AB James Houghton

to *Calgary* to pick up the SWAT (Sea Worthiness Assessment Team) and respective equipment. Upon returning to the vessel, the SWAT was embarked and they began a rapid survey and initial action to pump out water. It was a relief to see that the crew was safe and unharmed and the vessel was in salvageable condition to return to Victoria."

Once an initial survey was completed, the RHIB returned for Hull Technician PO2 Sean Wilcox and the ship's SWAT. The SWAT is comprised of Hull Technicians who specialize in repairing and maintaining the ship's hull and plumbing systems. PO2 Wilcox describes the scene: "When I first arrived, I couldn't

believe how badly the ship was listing. The after deck was flooded and the engine room had 10 inches of water in it. It was a lucky wave that lifted them off the rocks, allowing their machinery systems to catch up and begin pumping out water."

Shortly after *Calgary's* arrival, a Coast Guard Auxiliary vessel arrived on scene and assisted in the response with an additional pump and manpower.

Once the ingress of water was under control the *Pacific Prowler* was able to carefully make its way towards Victoria Harbour with Coast Guard and *Calgary* crew still aboard keeping the pumps running. Meanwhile, *Calgary* followed close by, escorting the vessels, until the *Pacific Prowler* came alongside Fisherman's Wharf intact and the crew safe.

Although *Calgary* was at sea primarily to support training, the incident underscored the often intertwined relationship between Fore Generation and operational activities. In this case, the sum of all previous training was put in action to the benefit of the *Pacific Prowler*.

### THE NEXT STEP IN SUSTAINABILITY



## We're considering a new twist on curbside pick up. And we need your input.

Did you know that 30% of the waste that we send to Hartland Landfill is compostable organic material? That's why the Capital Regional District (CRD) is considering a region-wide kitchen scrap restriction and enhanced curbside collection program. After all, kitchen scraps – items like meat, dairy, vegetables, grains and soiled paper products – are a valuable resource.

We are inviting residents to participate in community workshops to help us solicit feedback on possible funding options for an enhanced curbside collection program and the revenue shortfall resulting from the proposed kitchen scraps restriction.

Feedback from these workshops will be recorded to help guide the decisions in this project. We're committed to finding the best options and we need your input.

For more information email [atthecurb@crd.bc.ca](mailto:atthecurb@crd.bc.ca), phone 250.474.9613, or visit us online at [www.crd.bc.ca/atthecurb](http://www.crd.bc.ca/atthecurb)

#### GET INVOLVED

**REGISTER** Please **pre-register** to participate in the structured two hour community workshop of your choice from 6:30 - 8:30pm by calling 250.474.9613:

**September 20** – Sidney – Mary Winspear

**September 21** – West Shore – Juan de Fuca Recreation Centre

**September 27** – Saanich/Oak Bay – Emmanuel Baptist Church

**September 29** – Sooke – Community Hall

**September 30** – Victoria/Esquimalt – Delta Ocean Pointe

**DROP-IN** Can't attend a two hour workshop? Drop-in at one of the sessions below:

**September 24** – Victoria

CRD 625 Fisgard Street | 10 am until noon

**September 24** – Prospect Lake

Community Hall | 6:30 - 8:30 pm

**September 28** – Willis Point

Community Hall | 6:30 - 8:30 pm

**October 1** – Salt Spring Island

Anglian Church | 6:30 - 8:30 pm

**ONLINE FORUM** Can't make a session? Participate in the online forum to provide your input regarding this project.

[www.forums.crd.bc.ca/atthecurb](http://www.forums.crd.bc.ca/atthecurb)

CRD

# Work Point garden a winner

## ■ Plot recognized for best food

**Shelley Lipke**  
Staff writer

Master gardener John Hutton knows a thing or two about growing vegetables.

The Esquimalt resident has a large plot in the Work Point Community garden and recently won the Lifecycles gardening competition for Best Food Garden.

This contest involved the judging of 30 gardens in the Greater Victoria and Saanich area, and it was Hutton's unique garden that came out the winner.

Raspberries, garlic, parsley, purple top turnips, Jerusalem artichokes, chick peas and purple sprouting broccoli are only a few of the many fruit and vegetables he grows.

"I really enjoy spending time in the garden and interacting with other club members," he said. "In winning I hope that my garden can be an example and an inspiration to others."

The Work Point Community Garden is a

*I have developed my garden for year-round food production with raised beds, wind protection and cold frames, and it was just fenced this year to keep the deer out.*

-John Hutton  
Master Gardener

Personnel Support Program (PSP) initiative that has 14 members. Hutton has been a fixture for the past two years.

Being a vegetarian, he's able to be nearly self-sufficient year round and spends only \$50 a month on groceries.

For Hutton working in the garden is all about learning how to grow food, and this past year he's made some unique changes.

"I have developed my

garden for year-round food production with raised beds, wind protection and cold frames, and it was just fenced this year to keep the deer out," he says. "I have over 50 different vegetables, berries and herbs."

In the winter he grows kale, leeks, garlic, parsley purple top turnips, rutabagas, Jerusalem artichokes and purple sprouting broccoli, and in the summer he has raspberries, zucchini, lettuce, tomatoes, carrots potatoes and more.

The garden plots are allocated for military families and some community members and are located at Munro and Anson Streets in Work Point.

To find out more about the base gardening club and the Work Point Community Garden contact john.groot@forces.gc.ca.

This was the first year Lifecycles ran this contest through their Urban Agriculture Hub initiative, and it will run again next year.



Shelley Lipke, Lookout

John Hutton shows off the fruits of his labour from the Work Point Garden.

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Serving those who serve

**CANEX****Heart disease doesn't keep Meghan Kelly on the sideline****Shelley Lipke**  
Staff writer

Meghan Kelly

Meghan Kelly has not let a rare heart condition keep her from living an active life.

The 25-year-old sports supervisor at Personnel Support Programs was diagnosed two years ago with Prolong Qt Syndrome (LQTS). It is an uncommon genetic condition that causes an abnormal heart beat, often followed by fainting, and even sudden death if left undiagnosed and untreated.

On Oct. 10 she's lining up her runners for the Royal Victoria Half-Marathon as a fundraiser for the Canadian Sudden Arrhythmia Death Syndromes (SADS) foundation.

"Running in the Royal Vic Marathon will be my first physical accomplishment since being diagnosed with this heart condition. I am really looking forward to the physical challenge and running on behalf of something I feel so passionate about," she says.

The diagnosis came during a game of recreational soccer when she suddenly felt weak and dizzy on the field. After fainting, she reluctantly went to the hospital, and after doctors performed an ECG test she was diagnosed with Prolong Qt Syndrome.

"I was absolutely shocked when my ECG showed that I had a heart condition. Reflecting on my years of competitive soccer, I found it impossible to believe that anything was wrong with my heart."

Life changed significantly for Kelly. She is no longer able to participate

in vigorous exercise. She learned the condition is hereditary and her mother carries the gene, and it also has a 50 per cent chance of being passed down in her own family. She must keep her alarm clock and ringers low because sudden shock or stress can bring on an arrhythmia.

"This was devastating for me at the beginning, especially with the nature of my job. Being a sports and fitness instructor and not being able to train at the level I always had was very difficult. It was a part of my life and in a way part of who I was. I was not used to being so careful and having to think things through before I did them. I now carry around a portable AED just as a preventative measure if I am going on a hike or camping, or somewhere far away from help. I don't live in fear but I must always educate my friends and teammates of my condition," she says.

She takes beta blockers each day to keep her heartbeat regular, and says she feels lucky that she doesn't need a pace maker or an internal defibrillator.

The biggest adjustment has been slowing down the physical activity and getting used to the medications. However, long distance running allows a steady heart rate, so the marathon, while a challenge unto itself, is doable.

"I think the biggest thing that has changed is my appreciation for health and for life. We all take our health for granted, especially when we are young and healthy. I want to raise awareness. It's important for us to listen to our bodies. If you are someone who faints or has seizures during physical activity, emotional excitement, or emotional distress, it's a good idea to get checked out with your doctor. It's also important to look at family background and see if there is a history of unexpected deaths, especially in young people during physical activity. A simple ECG test could save a life. Once treated, most people don't experience another cardiac incident again."

She has extra pledge sheets if people would like to run with her in either the eight kilometre, half or full Royal Victoria Marathon, or help recruit sponsors for this cause. To make an online donation go to [www.sads.ca](http://www.sads.ca); donations towards SADS can also be made at the kiosk in the Naden Gym.

If anyone has questions about this heart condition or would like to speak to Meghan Kelly call 250-363-4069.

*I was absolutely shocked when my ECG showed that I had a heart condition. Reflecting on my years of competitive soccer, I found it impossible to believe that anything was wrong with my heart.*

-Meghan Kelly

**SADS**

The Canadian SADS Foundation

# SPORTS *trivia*

## Mish Mash

by PO2 Bill Sheridan  
Contributor

### QUESTIONS?

1. What rookie golfer entered the 1991 PGA Championship as the 9th and final alternate, when no one else could make it, he went on to win the tournament?
2. Who holds the Major League Baseball record for most consecutive games with a hit?
3. Casimir Stanislaus Gzowski was instrumental in initiating which horse race?
4. Who is known as the great white shark?
5. The oldest record in the NFL is from what year?
6. At the movies, who was Carl Spackler?
7. What sport features the Hawaiian Ironman Championships?
8. What sport is the Davis Cup?
9. How many major leaguers have played in over 3,000 games?
10. Who was the Manassa Mauler?
11. Who had the most pass receptions in one season at 143?
12. How many Gold medals did Canada win at the 1920 Summer Olympics?
13. Who was the Greek goddess of victory?
14. Where is the US Open of tennis played?
15. Which halls of fame are in Cooperstown, NY and Canton, Ohio?
16. Who holds the record for the most 'Total bases'?
17. Bob Nash was noted as the first player in the NFL for a couple things? Can you name them?
18. Who were the Fab-Five?
19. When is the Kentucky Derby held?
20. Who was the first running back to have consecutive 200 yard games?

ANSWERS  
John Daly  
Joe Dimaggio  
Greg Norman  
Nov 28, 1929 Most points in a game by one person at 40 by Ernie Nevers  
Greenskeeper on Caddyhack played by Bill Murray  
Triathlon  
Tennis  
Eight  
Jack Dempsey  
Marvin Harrison of the Colts 2002  
3 Including Ice Hockey  
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OJ Simpson

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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 \$133 bi-weekly with \$1,000 down or trade equivalent for 72 months at 2.8% 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 September 30, 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\_10-09-20.



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# Local Sea Cadet spends summer overseas

**Lt Michelle Wilson**  
RCSU(P)

A Vancouver Island teenager was one of a select group of Sea Cadets chosen to spend their summer in countries around the world.

CPO1 Caitlin Powelson of Parksville recently travelled to Russia, participating in a three-week exchange as part of the International Sea Cadet Association exchange programme. The 18-year-old former Coxswain of the corps participated in both cultural and seamanship activities on land and sea with cadets from around the world.

When the opportunity arose for CPO1 Powelson to apply for a summer exchange, she didn't even consider the Russian exchange. She had applied for an exchange to Australia in the spring; however, she

*Sea Cadets has given me the most memorable experiences of my life and provided me with new knowledge and friends that will last a lifetime, stronger leadership skills and everything in between.*

-CPO1 Caitlin Powelson  
Sea Cadet

was very excited when given the chance to travel to Russia. CPO1 Powelson was chosen based on past performance and recommendations from her Commanding Officer, as well as an evaluation of course reports and letters of recommendation. Other B.C. Sea Cadets travelled to the United Kingdom, Bermuda, the Netherlands, Japan and Sweden.

The Russian exchange occurs annually; however,

there are usually only billets for three cadets and participation rotates between the regions. This year, for the first time, five cadets, one for each cadet administrative region in Canada were chosen, along with Canadian escort officer Lt(N) Pat Cardinell.

Cadets stayed aboard TS Gospodin Velky Novogorog. During their voyage, they were joined by Russian "Children Marines" (Sea

Cadets) and Cadets from Sweden, Great Britain, Hong Kong, and Estonia. Meals were taken onboard.

"The Russian sailors, as they like to call themselves, have a unique program. They enjoy their arts and crafts, whaler sailing and pulling and seamanship. They are very friendly people and like to have a lot of fun," said CPO1 Powelson.

The ship travelled up two of the main rivers to the oldest city and first capital of Russia, Velky Novogorog. Here Cadets participated in the opening ceremony of the International Summer Camp hosted by Russian Cadets. The group then travelled to Moscow and visited historical and cultural sites such as the Kremlin, Museum of Wooden Architecture and Yaroslav's Courtyard.

A highlight of the trip



From left Canadian Sea Cadets Caitlin Powelson, Gerald Yates and Erin Wood and their interpreter on the bow of the TS Godospin Velky Novogorog in Russia.

was when the ship anchored on Lake Illman for three days. Sea Cadets raced whalers by pulling (rowing) and also under sail, a task which CPO1 Powellson was aptly prepared for as she took

boatswain summer training courses during her time as a Cadet.

"Sea Cadets has given me the most memorable experiences of my life and provided me with new knowledge and friends that will last a lifetime, stronger leadership skills and everything in between. It has been the best experience of my teenage years," she says.

This was the last Sea Cadet event for CPO1 Powelson, who recently moved across Canada to St John's, Newfoundland to start a new chapter in her life. She, of course, is taking the "Sea Cadet thing", as she describes it, with her as she will be entering the Nautical Sciences Programme at the Fisheries and Marine Institute of Memorial University. She hopes to become a Navigation Officer aboard a cruise ship.

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. For more information on sea cadets please visit [www.cadets.ca/regions/pac/](http://www.cadets.ca/regions/pac/)

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363-8150



Cpl Tina Gillies, Combat Camera

Chief of Land Staff, LGen Peter Devlin visits The National Support Element during Battle Inoculation Stand as part of Exercise Reflexe Rapide at Canadian Forces Base Wainwright. The exercise includes live fire traces, combat conditioning, and convoy escort stands. The training tempo is fast and includes live situations.

*Welcome all  
retired and serving members  
to our final Centennial salute!*



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28 October 2010 • 5:30 p.m. | Crystal Gardens • Victoria Conference Centre

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# Bravo ZULU

Prior to his retirement RAdm Tyrone Pile presented awards to deserving Canadian Forces members for their jobs performed during Operation Podium in support of the Vancouver 2010 Olympics. The Awards Ceremony was held in the Rainbow room at the Chiefs and Petty Officer's Mess on June 24.

Photos by Cpl Roderick Hopp, MARPAC Imaging Services



Capt Mike McBride, accompanied by his wife Kia, receives the Joint Task Force Games Bravo Zulu Award for his work during Op Podium.



Lt(N) J. Hwang receives the Joint Task Force Games Bravo Zulu Award for his work during Op Podium.



PO2 Robert DeProy accompanied by his wife Karen DeProy receives the Joint Task Force Games Bravo Zulu Award for his work during Op Podium.



CPO2 Bruce Stauffer receives the Joint Task Force Games Bravo Zulu Award for his work during Op Podium.



WO Donald Johnson receives the Joint Task Force Games Bravo Zulu Award for his work during Op Podium.



PO1 Leo MacDonald, accompanied by his spouse and son Michele and Garrett, receives the Joint Task Force Games Bravo Zulu Award for his work during Op Podium.



PO2 Jennifer Gauthier, accompanied by her husband PO2 Andre Gauthier, receives the Joint Task Force Games Bravo Zulu Award for her work during Op Podium.



Sgt Zsuzsanna Kruzel, accompanied by her husband Hugh Kruzel, receives the Joint Task Force Games Bravo Zulu Award for her work during Op Podium.



MS Fritzie Lyttle receives the Joint Task Force Games Bravo Zulu Award for her work during Op Podium.



MCpl Manon Lareau accompanied by her husband Pierre DesHarnais, receives the Joint Task Force Games (JTFG) Bravo Zulu Award for her work during Op Podium.



LS Bower is promoted to Master Seaman by Capt(N) Smith (left) and Cdr Bellas.



Cdr Bellas receives his CD1 from Capt(N) Smith.

**Recognize the accomplishments in your unit.** Send your Bravo Zulus to [melissa.atkinson@forces.gc.ca](mailto:melissa.atkinson@forces.gc.ca)



# INFOCUS

## Wardroom mess meeting

The CFB Esquimalt Wardroom will hold a general mess meeting Friday Sept 24 at 10 a.m. in the lower lounge. The meeting will be followed by a lunch weepers in the upper lounge.

Attendance shall be considered a parade and each unit, branch and/or section will provide designated representation from its officers. Commanding officers, branch heads and/or section heads will ensure that 14 per cent of their officers or one officer, whichever is greater, shall attend. Agenda items are to be submitted no later than Sept. 20 to SLt Mercier at jo-ani.mercier@forces.gc.ca

### MARPAC Canadian Navy Ball update

The MARPAC Canadian Navy Ball will be held on Thursday, Oct. 28. This formal dress event will be held in the Victoria Convention Centre and includes dinner in the historic Crystal Garden. This navy ball is open to all ranks of serving CF members of Maritime Forces Pacific.

The Lieutenant

Governor of B.C., Steven Point, will be the guest of honour. Master of ceremonies will be the well-known local broadcaster, Bruce Williams.

Each serving member may purchase one ticket for themselves and one for their accompanying guest. New blocks of tickets are now available at the messes. Tickets will be available for sale to retired CF personnel after Sept. 20.

Tickets are \$55 per person (includes HST). The Fairmont Empress and Swans Hotels are offering special room rates for the evening.

Dress for serving personnel is No. 2 (mess dress) or 2b (No. 3 service dress with bow tie).

### Applicants Needed To Review Local Property Assessments

The Province is currently looking for people interested in sitting on a Property Assessment Review Panel in the Greater Victoria area.

About 270 people sit on 75 Property Assessment Review Panels across

British Columbia to review complaints that B.C. property owners have with their annual property assessment. Panels can address issues such as value, classification, and exemptions, but do not address issues or concerns with taxes or tax rates.

Each year approximately 18,000 property assessment complaints are filed and hearings take place across B.C. At these hearings, property owners outline why they think their assessment is inaccurate and members of the panel review the evidence submitted before providing an objective and independent decision. It's the first formal step in a review of a property assessment.

Panels typically sit from early February through March 15, with the number of hearings dependent on the number of complaints filed in the area.

To learn more about joining a Property Assessment Review Panel, visit [www.cd.gov.bc.ca/parp](http://www.cd.gov.bc.ca/parp), call 250 356-7535 or toll-free through Enquiry BC, at 1-800-663-7867.

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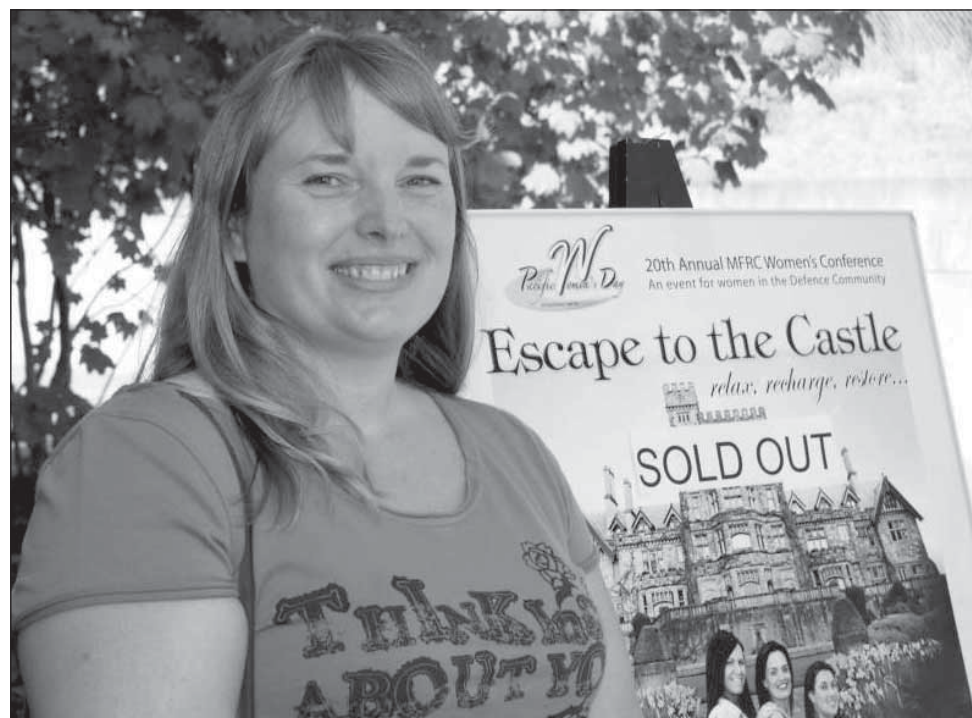
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Sgt April Levigne of Base Logistics is the winner of the early bird draw for Pacific Women's Day. Her prize includes \$800 in new clothes, accessories, hair and makeup. April's new look will be revealed at the MFRC's annual Women's Conference on Nov. 6 at Royal Roads University.

### Phenomenal Woman Award

RECOGNIZE A PHENOMENAL WOMAN IN UNIFORM, CF PARTNER/SPOUSE OR DND CIVILIAN.

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- Fill out the nomination form available at [www.esquimaltmfrc.com](http://www.esquimaltmfrc.com) and every MFRC location.
- Drop off the completed form at any MFRC location by Friday October 15 at 3pm.

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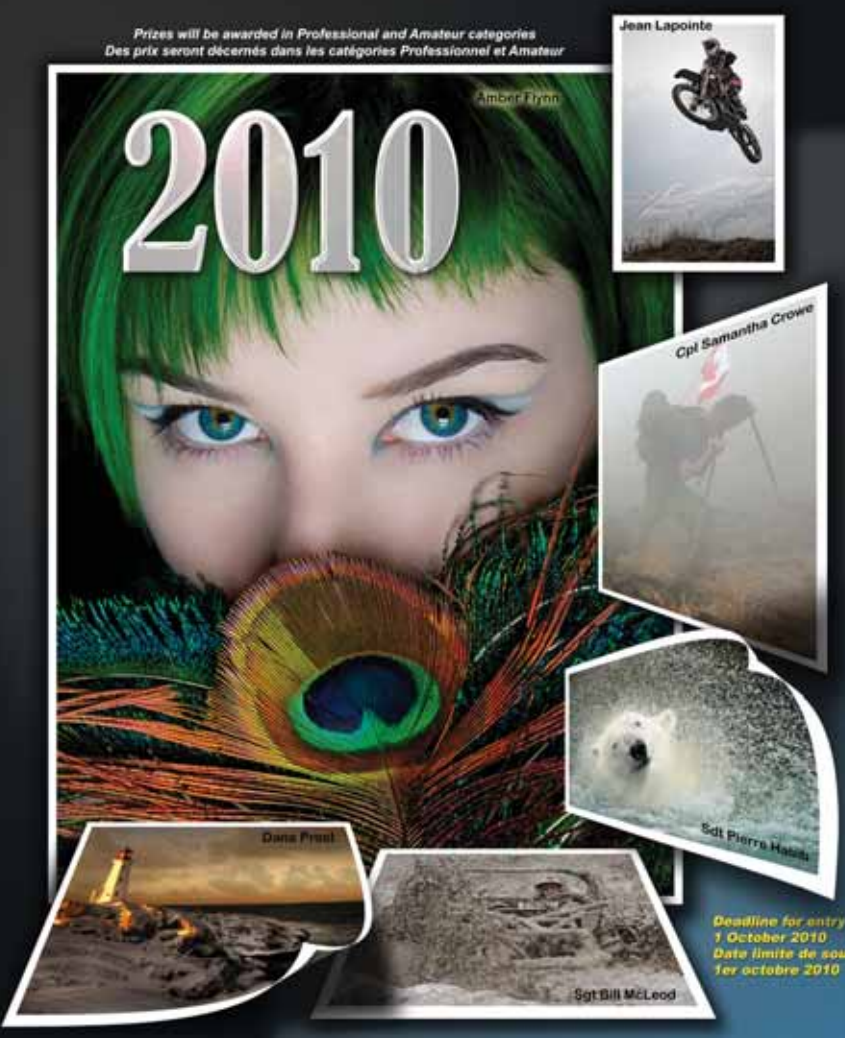
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**DONATIONS NEED FOR SILENT AUCTION**

The 5th Annual Base-wide Silent Auction in support of the GCWCC-United Way will take place from Mon Nov. 8 - Wed Nov 10 at Building N-136 (Learning & Career Centre) and donations are being accepted for items to be auctioned off.


**Donations could be:**

- a gift you received but never used
- gently used items
- homemade items (crafts, jewellery • baking, wine, jams, art
- a service that you could offer such as cooking a BBQ lunch, oil change, car wash, music lesson, art lesson, singing telegram, boating outing or use of your Mt Washington chalet.

Provide a description of your item and its estimated value by Friday, Oct. 29 to:

- Terri O’Keeffe (Okeeffe TCM@CHRSC(PAC)@Esquimalt)
- Karen Barth (Barth KN@CHRSC(PAC)@Esquimalt)

Watch for more details in November when we’ll provide a list of all items available to bid on and bidding instructions.




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Saturday, Sept. 25<sup>th</sup> 2010

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- This is an outdoor movie so bring your blankets and chairs!

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- Vous pourriez aussi gagner un ensemble d'émetteur-récepteur portatif et 2 billets de film.
- Le film est diffusé à l'extérieur; n'oubliez donc pas vos couvertures et vos chaises.

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