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RAdm Nigel Greenwood, Commander Maritime Forces Pacific, salutes the parade during this year's Canadian Peacekeeping Memorial Day. On Aug. 9 each year the CF honours members who have died on peacekeeping operations. The ceremony marks the deaths of nine Canadians killed when a missile hit their aircraft over the Golan Heights on August 9, 1974. Thirty-seven years later, the Golan Heights tragedy continues to represent the most Canadian lives lost in a single incident as part of a military operation since the Korean War.

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Edmonton honours west coast naval history

Grant Cree
The Western Sentinel

CFB Esquimalt was recently honoured when the City of Edmonton named one of its streets for former Commander Maritime Forces Pacific RAdm (Ret'd) Roger Girouard and another for HMCS Naden.

Girouard and CFB Esquimalt Base Commander Capt(N) Craig Baines were at the naming ceremony to mark the occasion.

"When you think of Edmonton, you don't necessarily think of a naval town," Capt(N) Baines said at the unveiling. "Edmonton, clearly you love the navy and the navy loves you."

The streets are located at Bedford Basin in the Griesbach area of Edmonton, which has been developed with military history in mind. It has numerous streets and artistic features commemorating military history. Plaques accompany each new street to provide stories explaining the significance of the names.

"We really deeply believe in our military family and the contributions they have made," said Edmonton

Mayor Stephen Mandel. "I hope you enjoy this incredible view and this incredible experience. These displays are for all Edmontonians and they should be maintained by all Edmontonians."

Speaking to the crowd after the street named for him was unveiled, Girouard thanked the city of Edmonton for creating an area to honour Canada's military.

"This is an amazing site and I applaud Edmonton for its active embracing of the military services and I commend you in making these streets part of the community. They are memories that everyone can be proud of."

Over his career, Girouard played a prominent leadership role in the Canadian Navy and Edmonton's naval veterans felt strongly that his career should be recognized.

He served at sea as part of the fleet during the Cold War, was the Executive Officer of HMCS Athabaskan in the First Gulf War and commanded Canada's contribution to the emergency in East Timor where he led from the front by staying ashore

with CF soldiers assigned to the mission.

Girouard commanded a multi-national task force in the Arabian Sea, where he had command over more ships than any Canadian since the Second World War. He coordinated the salvage and recovery for the Swiss Air tragedy and was later appointed Commander Maritime Forces Pacific.

Now retired, he teaches at Royal Roads University in Victoria where he shares his knowledge and experience with others.

"If my name and my story help to encapsulate an important era for the Canadian Navy, then I'm happy to contribute," said Girouard. "If there's one thing you learn in the ships, there is nothing of any value that you do all by yourself. That is a sailor's understanding of life, and it's also the philosophy for a good officer."

The decision to also name a street for HMCS Naden was based on the long history of the name including its current use for the administrative side of CFB Esquimalt.

The original HMCS Naden was a small wood-

en schooner built in 1913 that carried books with the names of all sailors in Esquimalt.

When the Second World War began, the main Naval Training Centre for western Canada was in the Esquimalt area and was known as Naden. Many sailors from Edmonton who enlisted in the navy did their training at Naden.

Esquimalt's naval shore facility was officially named HMCS Naden in 1922.

"I think it's fantastic that the City of Edmonton is renaming one of its streets after HMCS Naden," Capt(N) Baines told the crowd. "It's a great connection with the navy and our heritage."

In the same ceremony, Edmonton recognized a more local naval tie in naming one of its three new streets after HMCS Nonsuch, a Naval Reserve Division in Edmonton.

The name Nonsuch originates from the French "non pareil" meaning "eminent beyond comparison," or "something of unequalled excellence."

Since 1584, many ships in the Royal Navy have been named Nonsuch.



Grant Cree, The Western Sentinel
RAdm (Ret'd) Roger Girouard (right) helps unveil the commemorative plaque near the street named for him in Edmonton.

In 1975, HMCS Nonsuch was made a land-bound ship in Edmonton, and is located near the city centre airport. "It's a great honour for HMCS Nonsuch to be honoured this way," said LCdr Greg Stead, Executive Officer of HMCS Nonsuch.

"It's a remarkable testimony by the City of Edmonton, the Edmonton Salutes Committee, the Edmonton Naval Community, and Canada Lands Corporation for them to recognize the streets names within the city."

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Grant Cree, The Western Sentinel

Cdr Paul Francoeur (centre), Commanding Officer of HMCS Calgary, and members of the ship's crew presents the ship's bell to Calgary Mayor Naheed Nenshi at Calgary City Hall.

Ship's bell presented to Calgary's mayor

Grant Cree
The Western Sentinel

As *HMCS Calgary* undergoes extensive work under the Frigate Life Extension program, its bell is being safely stowed at City Hall in Calgary, AB.

On July 10, *Calgary's* Commanding Officer Cdr Paul Francoeur presented the ship's bell to the City of Calgary Mayor Naheed Nenshi for safekeeping.

"I have asked His Worship on behalf of this city to do us a great favour," Cdr Francoeur said to the assembled spectators from the naval community. "Because the ship is going into a fairly lengthy refit, I have asked the mayor to safeguard our ship's bell for the duration."

The ship is in drydock at Victoria Shipyards Ltd., and is expected to return to active service next year. Many of the sensor systems and weapons will be upgraded to meet current standards of computer systems on navy ships.

"This will keep the heart of the ship in the city with which we have a very strong connection," said Cdr Francoeur.

Historically, the ship's bell was used to signal the passage of time and has become part of various navy ceremonies. It is sacrosanct in naval ceremonial traditions, and important to sailors. When a sailor has a child, the name can be engraved on the ship's bell.

"It's something that is cherished and very close

to our hearts," said Cdr Francoeur. "When the ship is turned over to a civilian dockyard for its refitting, the question becomes, 'Where do we store the bell?' and that's because we want to safeguard this very important artifact that is near and dear to every sailor on the ship."

On every navy vessel, the ship's bell has a historical and practical purpose. Before clocks existed, the bell was rung every 30 minutes to mark the time. These days, the bell is rung eight times every morning at 8 a.m. to mark the daily ceremony of colours, which takes place 365 days a year. During that

ceremony, the Canadian anthem is played as the flag is raised to commence the work day and remind sailors of their duty to Canada. All sailors onboard salute the flag as it rises. Announcements are made, and then all hands get to work.

"Thank you so much," said Nenshi. "We are very pleased to have this great honour to look after this bell. We in this city have a long and powerful history of support for our armed forces. In particular for a place that is land-locked, we have a proud and honourable tradition of supporting the navy."

After the ceremony,

Nenshi led his navy guests through city hall and brought them to a model of *HMCS Calgary*, which is in a permanent display on the main floor.

As everybody admired the model, Cdr Francoeur presented Nenshi with a gift that was created at the foundry in CFB Esquimalt's dockyard. It was a large belt buckle made from the brass of a 57 mm shell casing and forged in a western theme.

"We will take excellent care of the bell, and we look forward to a wonderful ceremony in a year when the ship is ready and we will invite the Calgary community," said Nenshi.



Grant Cree, The Western Sentinel

Calgary Mayor Naheed Nenshi shows off the belt buckle – made from the brass of a 57 mm shell casing – given to him by Cdr Francoeur.

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A SERIES ON FAMILIES AFFECTED BY DEPLOYMENT



Hugh Kruzel
Contributor

The phone rang while I was in traffic. I got home to find the message light blinking. My wife, Sgt Susan Kruzel, had missed me several other times over two or three days and I could see it getting more difficult as her ship, *HMCS Vancouver*, changed yet another time zone that day. She

Connecting and communicating

Hugh Kruzel is a military spouse writing a series about the experience of military families during HMCS Vancouver's deployment on Operation Mobile. The author welcomes ideas and comments for future topics and content, kruzelh@hotmail.com.

wondered where I was and why I didn't pick up my cell.

Calling home from a ship is difficult at the best of times. It is frustrating for those sailing and maybe it is even worse for those of us left on land when we miss call after call.

When everyone is home we share even the little details that make up the day and week, including body language that can be read as subtext to the words. Without visual cues, the message sometimes gets muddled.

I recently read that many military spouses start phone calls with "I love you" in case the link is cut. I think I may

adopt this as a policy because it sets the right tone of support and re-inforces the bond of the relationship. You never know when the call will end, or if it may be a long time until you can say it again.

"I love you" may be the most powerful phrase in a dialogue that sometimes goes in directions you don't expect. When your spouse (or girlfriend, boyfriend...) is away, who do you have to discuss the daily moments of life with? Should we tell our loved ones abroad about the neighbours being posted, that the car broke down or that gas has gone up again? These things make

up our daily discourse, but should we make the \$1,000 auto repair bill the number one item when we talk? It is not to avoid conflict that I don't tell Susan about the house repairs or one of the kid's report cards. It's just that there is nothing our soldiers can do about the front door key sticking or the water pump that needs replacing. We too must "soldier on."

I've taken to having a note pad by the phone and jotting a few key things down that I need to ask Susan about, but big and bold I have written "I love you!" on the top of the page.

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HMCS Oriole was front and centre at this year's Richmond Maritime Festival. Being secured at the Britannia Shipyard (formerly the Britannia Cannery), the west coast fleet's tall ship entertained many visitors during its weekend visit to the mainland. Marine artist, John Horton, the owner and operator of the Steveston Lifeboat (in front of Oriole), escorted Oriole through the shallow waters of Steveston Harbour to its berth. Horton's historic wooden lifeboat, now part of the Canadian Lifeboat Institute's fleet, was built by the US Navy in Pearl Harbour in 1944 and used by Admiral Nimitz as his barge.

Photo courtesy of Mary Horton, Contributor

Learning a second language provides lessons in innovative learning

Cdr Rob Ferguson
Contributor

This article is written from the point of view of an Anglophone who, after 23 years of military service, was selected for second language training. Hopefully it will provide some insight into second language training, motivate others to take the challenge, and provide some useful learning tips.

Learning a second language is unlike any education I've undertaken before. However, I quickly discovered that if I didn't take the time to understand why it's different and what I needed to change about my student habits, I would not succeed.

In the military we are conditioned for success. Failure, while recognized as an occupational hazard, is seldom rewarded. However, when learning a secondary language, you absolutely must fail if you are to succeed.

Being chosen for second language training by your unit is a mutual investment in the future and a great opportunity to expand your horizons. There's no boss looking over your shoulder, no PERs to write, and a steady schedule with weekends free. Sounds perfect, but what's the catch?

The catch, as I found out, is to actively participate in an open learning environment where it often takes weeks or months to see results.

Like most people at my level selected for second language training, I had some initial second language training early on in my career, rapidly followed by more than 20 years experience working in a unilingual environment. I was lucky to maintain even the most rudimentary skills.

I started the course with

a very poor oral proficiency, which required that I attend a five-week refresher before the year-long course started.

After completing both my bachelor's and master's degree on my own time, I felt pretty confident I had the necessary self-learning skills to succeed in second language training. All I was required to do was spend up to 1.5 hours per night on homework, including watching TV or listening to the radio. My homework is watching TV? How difficult could it be?

As I found out, it was extremely difficult. I could not go a week

I realized I was not speaking French outside of class. I was essentially a good student with misaligned study habits who was on a path to second language mediocrity.

I needed to change, and fast. I needed to make French, not just the language but also the culture, a part of my life.

So I made some changes. I joined the Société Francophone de Victoria and, among other things, gave a tour in French to a group on board a frigate. I started to read in French. I started watching TV in French a bit more regularly, including movies I had

ronment called "Playstation Home" where you can create a character and walk around a virtual environment talking to others free of charge, and I subscribed to Transparent Language word of the day. It's free and you get one word sent to you via email each day with the definition, a phrase for context, and the pronunciation.

My comprehension, my vocabulary and my speaking took off like a rocket. I should have been making French a part of my life from the start of the course, rather than just pedantically following the same learning methods that had proven successful in the past.

My advice to anyone considering second language training: It is absolutely worth it. Take responsibility early for your own education, find a way to actively make your second language a part of your life and use the technology that's available. With the amount of free software on the market for every level, there is no better time to try.

Finally, forget about trying to use the age-old study methods that have been successful for you in the past. Learning a new language and culture is about trying new things.

The best teachers in the world, and we have them at our language schools, can't make you to learn if you aren't ready to make the necessary changes.

If you would like to know more, don't hesitate to drop by the learning resource centre at the Base Language Training Centre, 670 Lamson Street. You don't have to be on a course to benefit from the wealth of experience available to you at the school.

Take responsibility early for your own education, find a way to actively make your second language a part of your life, and use the technology that's available.

without taking a night or two off because "mon cerveau était fatigué."

Still, I kept trying. After five months of failure, with the same predictable results, I became discouraged. What I failed to understand was that, unlike other courses in the military where I could depend upon the teacher to provide me with everything I needed to succeed, second language training required constant participation.

Unlike other courses where I could defer to someone else's opinion, I was expected to participate in every conversation. I was expected to effectively listen to others. I can tell you that it's one thing to think you are a good active listener, but it's quite another to actually be one in another language.

already seen in English. I bought an iPod and spent a weekend searching iTunes for free French downloads, finding a virtual treasure trove of useful podcasts for anyone at any level of learning. I played Xbox, which is the most useful second language learning tool available on the market today and, in my opinion, essential for any language school. I would recommend it over Rosetta Stone any day of the week. Playing the games was a perfect way to relax my brain after hours of French in class, and was way more fun than homework. These games include nearly every type of learning activity including active conversation, passive listening and vocabulary.

I played Playstation because it has a virtual envi-

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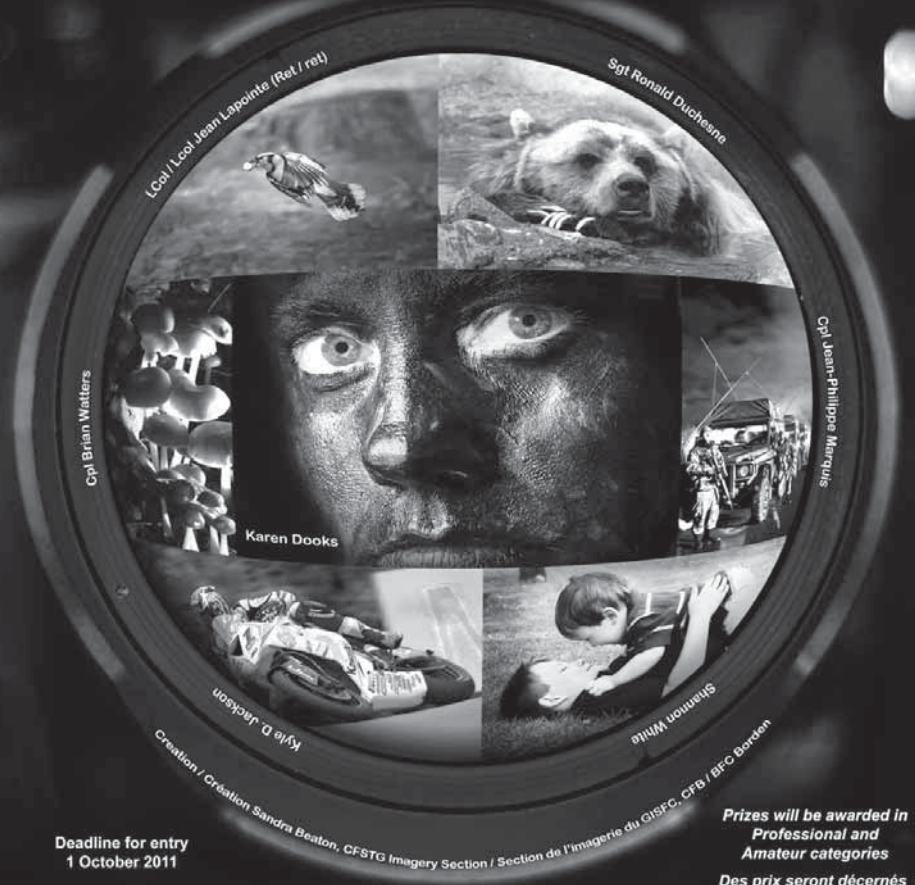
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Mission Transition Task Force Engineers transform unused seacans into accommodations for the Afghan National Army.

From seacans to living quarters

Capt Susan Magill
Operation Athena

A team of Canadian Forces engineers at Kandahar Airfield are converting shipping containers — “seacans” — into portable accommodations for soldiers of the Afghan National Army (ANA).

Nineteen seacans are in the process of being converted into quarters complete with electricity, built-in bunk beds, air conditioning and heat. It takes a few days to convert a seacan into modular barracks.

“It’s designed to be simple. Once it’s delivered you just have to plug and play,” said electrical distribution technician MCpl Kevin Conroy.

The CF team includes carpenters, plumbers, refrigeration technicians, an electrician and field engineers, all members of the Mission Transition Task Force (MTTF) Engineer Regiment and most of them deployed from 1 Combat Engineer Regiment

in Edmonton, AB.

The Seacan Accommodation Conversion project began with a sample built by the engineers of Rotation 10, the last combat roto. The MTTF engineers put together a plan based on the sample and worked together to allocate duties and complete the work. Carpenters measured and cut wooden studs, sills and top plates for the wall framing installed inside the empty seacans. Then plywood sheeting was hung on the framing to form interior walls, followed by double-walled bunk beds built of plywood and two by four timbers. Each seacan holds eight to 10 bunks. Once the interior carpentry was completed, the lighting and power outlets were wired in and connected, and the air conditioning-heating system was installed.

“The system both cools and heats,” said refrigeration technician MCpl Standing, “and all the parts are common to the region so it’s

easy for the ANA to use and replace parts.”

Each seacan gets its power from a generator. The finishing touches include an air vent, a metal floor plate to accommodate the pot-bellied stove that Afghan soldiers use to cook their meals and heat their water, and a door set in a frame to give the gaping seacan a proper entrance.

Three additional seacans have already been adapted as ablutions facilities to accompany the 19 accommodation seacans, which, when finished, will house 160 ANA soldiers.

After almost 10 years of Canadian military operations in Afghanistan, about 1,000 skilled military tradespeople of all ranks have arrived at Kandahar Airfield with the MTTF to deal with the administrative, supply, communication, material management and movement challenges required to close down Operation Athena in Kandahar Province.

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Reservist wins gold at the CISM Military World Games

Ben Green
Staff writer

The daughter of a Kung Fu instructor and a track and field standout, OS Yvette Yong's gold medal at last month's CISM Military World Games in Rio de Janeiro, one could argue, came down to genetics.

But genetics can only go so far in athletics, especially in a sport like taekwondo where a swift kick to the head can level the playing field pretty quick.

Leaving nothing to chance, the reservist from HMCS Discovery, Vancouver's Reserve Division, has spent the past 12 years honing her skills for glory at the highest level.

Still, nothing could prepare her for how she felt when she realized she'd won gold.

"The first thing I did was hit the floor with excitement, I don't know what came over me," says OS Yong. "I jumped up, landed in the splits, and jumped

back up again. It all happened so fast I didn't even remember until I watched a replay."

Her path to the podium at the World Games reads like a Hollywood script full of redemption and familiar foes. After a challenging opening bout against Vietnam, her semi-final and final bouts were against Germany and China, two competitors who had beaten her in previous meetings. Making her fight against Germany even more emotional was the fact the two had become close friends ever since their bout at last year's World CISM Championships.

"She beat me in the semi-finals and won the silver while I took the bronze," says OS Yong. "We both knew that the day would come pretty soon when we would have to face each other [again]."

After sharing a few smiles at centre ring, both fighters composed themselves for another close battle.

In her quest for gold and redemption, the final bout pitted her against China for the second time in a few short months.

"We actually fought just a couple months ago at the WTF [World Taekwondo Federation] World Championships in Korea where I was defeated by her," says OS Yong. "I felt that this was a second chance given to me where I could show what I'd learned and give a tough fight."

The fight was another nail-biter, ticking down to the buzzer where OS Yong claimed victory for Team Canada along with the title of tournament MVP.

"My success at the games is attributed to everyone who has helped me along the way to where I am today," she says. "My family is a big one, my team, other teams, the crowd, even the locals who watched me train and came by to wish me good luck for my fights."

Besides her family and teammates, OS Yong says a



OS Yvette Yong delivers a devastating kick to the head during one of her bouts at the CISM Military World Games held in Brazil.

large part of her victory in Brazil is owed to her Grand Master, Young-Su Choung, her unit in Vancouver, and her commanding officer, LCdr Elaine Fisher.

Though her CISM win is still fresh, OS Yong is already looking ahead to 2012 in London, England,

where she hopes to fulfill her childhood dream of competing in the Olympics.

"It was my ultimate dream since I was a little girl and to be at this level and to be so close is very exciting since there is only one more year left and the qualifications in the next year are

important," she says.

The CISM Military World Games are held every four years, one year prior to the Olympic Games. The games have military members from across the globe compete in a variety of team and individual sporting events.



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BOARDINGS AND AIR STRIKES:

HMCS Charlottetown provides the ounce of prevention and the pound of cure

Lt(N) Michael McWhinnie
HMCS Charlottetown

One warship, two very different teams. One group is armed and mobile and labours in the heat of the North African sun, and the other spends its days and nights in air-conditioned darkness broken only by the dim green glow of combat system displays. Their functions are distinct yet intertwined and both have been active in *HMCS Charlottetown's* contribution to Operation Unified Protector, the NATO-led effort in Libya.

In the waxing pre-dawn light of July 2, a naval communicator began the hailing procedure that initiates a boarding. For the third time in a week, *Charlottetown* sent its boarding team of 20 specially trained sailors to verify the legitimacy of a merchant vessel destined for the port of Misrata.

"At the outset of the Battle of Misrata, when the regime attacks were unrelenting, the only vessels entering Misrata were being operated by humanitarian agencies that were known to us, like Médecins sans frontières and the International Committee of the Red Cross," said Lt(N) George MacLean, the frigate's Boarding Team Officer. "Although we have seen regular internal movements of humanitarian assistance from Benghazi, there now appears to be an increase in regular commercial shipping activity."

Boardings are crucial, not only to the enforcement of the arms embargo authorized by United Nations Security Council Resolution 1973 (2011), but also to the establishment and maintenance of maritime stability in the operational area. Checks of cargo and documents by boarding teams have led NATO to deny several ships access to Libyan ports, so they are a strong deterrent to the illegal transport of arms and materials useful in military operations.

On July 2, the *Charlottetown* boarding team spent several hours searching a Turkish-registered merchant vessel, opening shipping containers and validating cargo and crew manifests.

"We found everything to be in compliance," said Lt(N) MacLean. "They were transporting mostly food, some consumer items and, interestingly, building supplies. The demand for construction material indicates that the people of Misrata have begun the process of rebuilding after months of destruction at the hands of the regime's military forces."

The signs of improving security are a welcome measure of progress for crew members aboard *Charlottetown*, who have spent most of their deployment engaged in the defence of Misrata. With a population of approximately 500,000, the city is Libya's third largest. *Charlottetown* has protected the port from seaborne attacks by pro-Gaddafi forces using small boats, and has safeguarded NATO mine-countermeasures vessels operating in high-threat areas. However, most of the crew believes *Charlottetown's* greatest contribution is the accurate, real-time surveillance and intelligence data the frigate provides to NATO to support air operations.

Lt(N) Christopher Devita is one of *Charlottetown's* two Operations Room Officers. Like most of his team, he works at a tactical display where he controls weapons and sensors, exchanges information on surface and air contacts with other

NATO units, and coordinates war-fighting activities.

"While the maritime task group has maintained an open lifeline to the port of Misrata, air strikes have markedly reduced Gaddafi's military forces threatening the city," said Lt(N) Devita.

"Our sustained proximity to Misrata has allowed us to leverage our C4ISR capabilities to become an active par-

ticipant in the air campaign," he went on. "The operations team has alerted NATO when regime forces have mounted attacks and has provided a range of data required to execute timely precision strikes."

"C4ISR" is an acronym used to refer to the warship's command and control, communication, computing, intelligence, surveillance and reconnaissance systems. At the same time, the expression repre-

sents the tactics and procedures developed by the operations team to direct the flow of information and contribute to a coherent tactical picture shared by the entire NATO force, officially known as Combined Joint Task Force Unified Protector.

For Lt(N) Devita, three events epitomize the tactical effects enabled by the *Charlottetown* operations team. "On April 26th, we obtained intelligence describing a large concentration of pro-Gaddafi troops manoeuvring to attack from the southeast coast," he said. "We immediately reported the position and composition of the force to NATO. Working with on-station air controllers, our operations team provided the information required to coordinate air strikes that blunted the attack and eliminated several dozen assault vehicles, artillery pieces and a main battle tank. On May 8th, and again on May 24th, *Charlottetown* conducted similar joint and combined operations where the ship's data directed NATO jets to a significant number of regime-force heavy-weapons systems actively attacking the civilian population.

"Since the outset of operations NATO air strikes have destroyed over 3,800 military targets," said Lt(N) Devita. "According to our informal tally, over 200 of these engagements around Misrata have been conducted when information or coordination provided by *Charlottetown* has been a contributing factor. It is tremendously rewarding to have helped eliminate so many tanks, armoured vehicles, artillery pieces and mobile rocket launchers from their illegitimate use against the Libyan people."

"When we first arrived in the operational area in late March, pro-Gaddafi forces were regularly bombarding the people in the city of Misrata with artillery and rockets," said *Charlottetown's* commanding officer, Cdr Craig Skjerpen. "Due in large part to NATO air strikes and the naval task group's ability to protect the port, opposition forces have expanded the front line surrounding the city to a distance where the regime is no longer able to effectively target civilians. The combined effects have facilitated the safe evacuation of over 10,000 migrant workers and saved the lives of countless residents. The ongoing protection of the port is permitting safe access to commercial and humanitarian shipping. These are all objective and measurable indications that NATO is succeeding in its military goals."



Lt(N) Michael McWhinnie, HMCS Charlottetown



Cpl Chris Ringius, HMCS Charlottetown

Above: Aboard a vessel of interest, members of the boarding party from HMCS Charlottetown rappel down a stack of sea containers, checking labels as they descend.

Left: Operations Room Officer Lt(N) Christopher Devita (foreground) leads the operations team managing the flow of tactical information among NATO air and maritime units near the Libyan city of Misrata. Background, from left: Above-Water Warfare Director Lt(N) Paul Morrison, Underwater Warfare Director PO1 Phil Gormley and Information Management Director PO1 Rodney Helpard.

Ceremony of the Flags

Top: More than 230 Sea and Air Cadets from HMCS Quadra marched to the B.C. Legislature Lawn on July 30 as part of their annual Ceremony of the Flags. Also marching with the Canadian cadets was a contingent of international cadets from Sweden, Korea, the United Kingdom, the United States and Australia.

Middle: The cadets were reviewed by Capt(N) Don Smith, commanding officer of Fleet Maintenance Facility Cape Breton.

Bottom: The guard of honour stands at attention while the cadet corps fires its guns.

Photos by Cpl Michael Bastien, MARPAC Imaging services



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Sea Cadets get experience of a lifetime

Dawn Bennett
Staff writer

Ten Canadian Sea Cadets recently experienced the trip of a lifetime as part of the 2011 International Sea Cadet Exchange that took them to Ottawa, Boston and New York City.

The Canadian cadets, along with 40 others from the United States, the United Kingdom, Australia, Ghana, Sweden, Singapore and Hong Kong, were hosted by the U.S. Sea Cadet Organization in Newport, RI.

LCdr Byron Thomas, from Saint John, NB, was selected to act as escort officer.

"We were busy from 6 a.m. to 11 p.m. every day," says LCdr Thomas. "And I was amazed and pleased to see that, despite the hectic schedule, language barriers, cultural differences and differences in creed, race and background, just how well these young people from all around the world cooperated and communicated with each other."

The cadets started their journey in Ottawa, ON, with a cultural tour of the city and a unique opportunity for a tour of the senate from the Speaker, Honourary Captain(Navy) Noel Kinsella.

Adding extra prestige to the experience, HCapt(N) Kinsella hosted the cadets for lunch in his private dining room before the group marched from parliament to the National

War Memorial for a memorial service.

The cadets then flew to Newport, RI, to meet up with the other cadets from around the world for two weeks of training at various U.S. Navy and Coast Guard facilities in the Newport area.

"For me, the highlight was meeting all the different people from all over the world," said PO Vanessa Lee of Vancouver. "Even though their way of life may be different, I was surprised at the similarities between us and them. Plus, I made a really good friend, PO Becca Yip from Hong Kong, and we're still in touch."

In Boston, the cadets were treated to a Duck (amphibious) Boat Tour of Boston Harbor and a visit to the U.S. Submarine Base and its Nuclear Submarine Trainer, a state-of-the-art simulator that replicates the feeling and pressures on board a real submarine.

A trip to Quincy Market, part of the Faneuil Hall Marketplace, sent the cadets back over 225 years into America's history. Faneuil Hall, also known as "the cradle of liberty" since its creation in 1742, was the site of several speeches by Samuel Adams, James Otis, and others who encouraged independence from Great Britain, and is now part of Boston National Historical Park.

But for LCdr Thomas and many of the cadets, the highlight of Boston was an overnight stay on the



Photo courtesy of the Office of the Speaker of the Senate
Petty Officer Vanessa Lee of Vancouver sits at the "Constitution Table" that was used as the signing table for the Proclamation of the Constitution Act that was signed by Her Majesty, Queen Elizabeth II on April 17, 1982, on Parliament Hill. The table is located in the Speaker of the Senate Suite. Looking on is Honourary Captain (Navy) Noel Kinsella, the Speaker of the Senate.

USS Massachusetts (Big Mamie) on July 4th to watch the fireworks.

The USS Massachusetts, now moored in Battleship Cove in Fall River, MA, is the centerpiece of the city's revitalized waterfront and one of the five National Historic Landmark ships at Battleship Cove. The ship is now run by volunteers and tourists are invited to stay onboard overnight.

"Our American friends certainly know how to put on a show and this one was no less spectacular," said an enthused LCdr Thomas. "The USS Massachusetts was open to the public for the July 4th fireworks, which were held in the middle of the Fall River, just abeam of the ship about three ship lengths away. You couldn't ask for a better view."

PO Lee says staying on board the vessel was like an opportunity to travel back in time. "We slept in the same bunks as the sailors who served in the Second World War and I kept imagining what it would have been like back then. It made me realize how times have changed and I'd like to think we can take a different approach to resolving conflicts today."

While in New York,

the cadets enjoyed some free time made especially interesting by an American benefactor who gave them all tickets to the Tony award winning musical "The Jersey Boys." Though the donor requested to remain anonymous, they said their reason for the donation was an appreciation for the "benefits of marine training for youth in a naval setting."

Some cadets also got their 15 minutes (or 15 seconds really) of fame when a picture of them wearing their red golf shirts with the Sea Cadet logo appeared on the large billboard overlooking Times Square.

"The U.S. Sea Cadet Organization put a lot of time and effort into the planning and execution of this exchange program," said LCdr Thomas. "Keeping 50 Cadets and their Escort Officers on their toes for two weeks is no mean feat. Bravo Zulu to our U.S. Sea Cadet friends and thank you."

The exchange program was set up to reward Canada's best cadets. If you're interested in the exchange program and would like more information, visit www.navyleague.ca/en/youth/sea-cadets/international-exchanges/.

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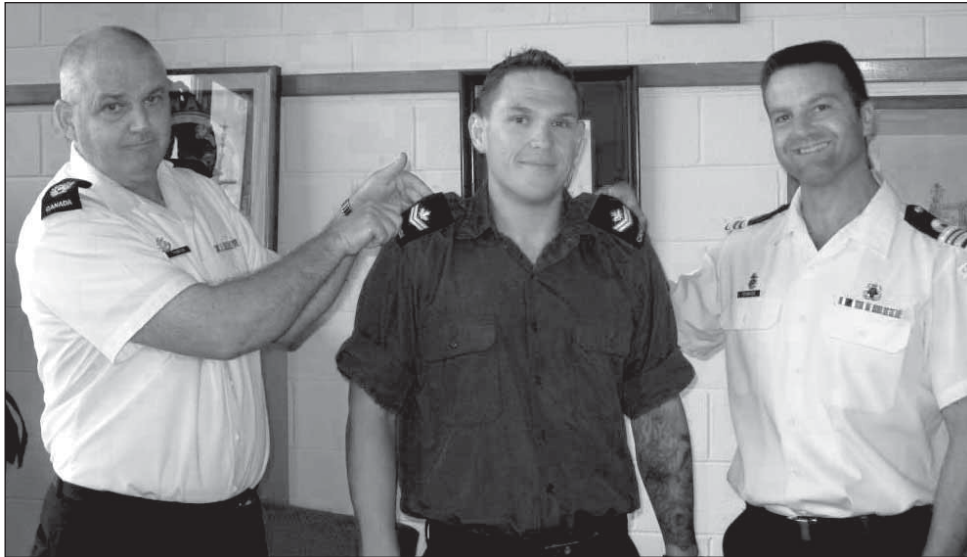
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Bravo ZULU

Cdr Hugh Fitzpatrick (left) takes command of Port Operations and Emergency Services Branch (POESB) from Cdr Allan James (right) as they sign the change of command certificates with reviewing officer Capt(N) Craig Baines (centre), Base Commander of CFB Esquimalt.

MCpl Chris Ward, CFB Esquimalt



Alex Makrodimitras of Canadian Forces Fleet School (Esquimalt) is promoted to Master Seaman by P02 Peter Thomson (left) and LCdr Aaron Gyorkos.



PO1 Elliott (centre) is promoted by Cdr Jim Sprang, Commander Coastal Division, (left) and CPO2 Dave Ostroplolski, Coastal Division Route Survey Chief.

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Near drowning teaches boat safety

"It happened so quickly. One minute you're having the most fun of your life, the next minute you're struggling for your life."

That was Dave Kimpinski's comment after nearly drowning in a boating accident. Kimpinski and his young son, Curtis, were pulling niece Amanda on an inflatable tube in their small outboard motor powered boat.

Suddenly Kimpinski saw the large wake from another boat right in front of them. He leaned across to prevent his son Curtis from falling in, but instead went overboard himself.

Kimpinski wasn't wearing a lifejacket. His boat started to make lazy circles while Curtis cried out for his dad. Amanda saw her uncle struggling to stay afloat and began to swim after him.

Fortunately, she was prepared for the water and was wearing a lifejacket. She reached her uncle and Kimpinski grabbed on to her.

Curtis, meanwhile, pulled the safety lanyard on the motor just like he'd seen his dad do and the boat stopped moving.

Amanda and Kimpinski were able to get back to their boat and climb aboard.

Kimpinski was lucky, lucky that Amanda was wearing a lifejacket and able to help him and that his son managed to stop their boat.

He'll tell you today that he is a much wiser boater.

Our loved ones are precious and, unfortunately, none of us can predict

when disaster might strike. Kimpinski knows that firsthand. A fun day of tubing nearly turned deadly because he decided not to wear a lifejacket.

When the Canadian Safe Boating Council (CSBC) and SmartBoater.ca speak to Canadian boaters about the importance of wearing a lifejacket there is no gentle way to say it. Not wearing one could cost you your life.

Today's lifejackets look and feel nothing like the lifejackets and vests of even 10 years ago. Think of the first cell phones, how bulky and awkward they were. Think of today's mobile phones: sleek, slim, lightweight.

Materials used in the construction of today's flotation devices are lighter, stronger and more comfortable to wear. And the new, approved inflatable personal flotation devices lie flat around your shoulders like a collar.

Many times boaters, will proudly tell boating safety officials that they always have their lifejackets on board their boats, just like the law demands.

The CSBC applauds this, but reminds those boaters that a lifejacket isn't intended to save the life of the boat. It's meant to save the life of the human being on the boat.

So, if you fall in the water without your lifejacket on your body, that fine sense of pride in having lifejackets on board won't keep you floating. And in the case of an inflatable PFD, the law

requires it be worn while on board.

Not long ago, the CSBC conducted an experiment. The Council selected half a dozen volunteers, both young and old, and asked them to jump into a swimming pool and, once in the water, attempt to get into a lifejacket.

All the participants said afterwards how difficult it was to perform that seemingly simple task. Few of them managed to select lifejackets that were the right size when they were in the pool.

Rob Hall, one of the volunteers, summed it up best when he said, "I think it's way too tough to put on a lifejacket in the water, to have to put it on after your boat's flipped over."

And if it was tough for volunteers in a swimming pool, imagine how difficult it would be in a real-life situation in a lake, river or ocean with individuals overcome by panic and fear.


None of these Canadian boaters and volunteers could have imagined such deadly scenarios occurring to them. After all, what are the chances?

But why take that chance when it involves your life?

Make the smart choice. Wear a lifejacket. And don't forget to get a PFD for your infant. They're available for children in the 9-25 pound range. You can also purchase a PFD for your pet.

For more information on safe and responsible boating practices visit Canada's educational boating website www.smartboater.ca.

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EAST COAST NEWS: ARMWRESTLER AT HIS PEAK

CF MEMBER ARMED AND COMPETITIVE

Benjamin J. DeLong
Trident staff

At 5'6," 140lbs, NCdt Will Sarty is one of the lightest armwrestling competitors in Atlantic Canada. He's also one of the best.

"I started arm wrestling in high school, in 1998. I was good right away," says the 31-year-old. His first competition was the Nova Scotia Provincials in 2000, where he placed third. "After that, I was hooked," he says.

His life was consumed with armwrestling training and competition. He focused on fitness to make his body the best he could.

Eleven years later, he has seven provincial titles, three Atlantic titles, 10 national titles, two ultimate titles, and a fourth place finish at the World Armwrestling Championships.

This July he successfully defended his seventh straight provincial title, earning him a spot in the National Armwrestling Competition in Ottawa. The Canadian Forces (CF) and Personnel Support Programs (PSP) has offered to sponsor him for the competition, being held Sept. 3 to 5.

"This year I will not only be defending my national title as last year's champion, but I will be competing for my twelfth straight national title without a loss. This will make me one of only three people to ever complete this feat. Knowing how much is on the line, my training has

been incredibly intense."

His current program consists of 25 plus hours of intense rock climbing each week, three days of weightlifting and five days of fast cardio. One day of the week, he is armwrestling and training technical aspects of his competition by researching videos of tournaments and counter-moves for the event.

"I haven't felt as strong and focused for a tournament as I do right now. This year will be a great success and I appreciate the help of PSP and the CF. It is hard work to compete in this sport and it is important how much the CF and PSP help members of the Forces."

"I have had many injuries," he admits. "That goes hand-in-hand when competing internationally. I have had torn tendons, dislocated shoulders, strained muscles, and was recently diagnosed with severe carpal tunnel. Injuries are the worst thing to happen to someone who is on top of

their game because you have to train harder to balance them."

NCdt Sarty said that last year's nationals was "easy," but "only because I trained so hard."

Being prepared, he was able to win in two categories, and he said he hopes to do as well this year.

He has received so many trophies he has a hard time deciding what to do with them. "Some I have donated to other kids' sporting events, some I give to my son because he loves watching me armwrestle, but I always keep my provincial and national trophies."

Strong family support is what gets him through some of his more grueling training regimes.

"My family is incredible. I have a beautiful wife of seven years, a four-year-old son who loves armwrestling, and a 16-month-old baby girl. At times I want to call it quits during a session, but know that they give up so much for me to compete that I can't quit."

NCdt Sarty has been in the military for nine years. He started as a non-commissioned member supply technician with the army, was deployed to Afghanistan, and has now been accepted into the University Training Plan Non-commissioned Members (UTPNCM) program to become a Navy Logistics Officer.



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