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Wonderful Welcome

Left: LCdr Matthew Coates, HMCS Charlottetown Executive Officer, was "First Off Ship" to greet his wife Meagan and newborn son. After seeing his son for the first time, the family was flanked by media.

MCpl Leona Chaisson, Formation Imaging Services, Halifax

Below: Gen Walter Natynczyk, Chief of the Defence Staff, and VAdm Paul Maddison, Commander Royal Canadian Navy, stand on the ship's bridge wing as it comes alongside Halifax Dockyard Friday, Sept. 2. The ship returned after six months at sea off the coast of Libya on Operation Mobile/Unified Protector.

Cpl Dan Bard, Formation Imaging Services, Halifax



HMCS CHARLOTTETOWN returns home

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Feline fun and festivities at the CPAC

Mike Hillian
Contributor

The Colwood Pacific Activity Centre will be home to the Northwest Regional Cat Show on Sept. 17 and 18. The event will showcase some of the finest felines from western Canada and the United States.

A team of four highly trained judges will evaluate cats and announce winners on the final day. Cats are split into groups of kittens, champions, alters and household cats.

Although many professional breeders will attend, event organizer Carol Scheidl thinks the show will appeal

to more than just pet experts.

"This event will provide something for everyone," said Scheidl. "There will be kittens and cats from different breeds, vendors, raffles, cat toys and even cat artwork. It's a great way for cat lovers to come together and meet other people who are interested in cats."

The show runs from 10 a.m. to 5 p.m. on Saturday, Sept. 17 and 9 a.m. to 4 p.m. on Sunday, Sept. 18. Cats must be pre-registered to participate.

Entry is by donation with a suggested amount of \$3. For more information call 250-391-1336 or email nawycats@telus.net.



Photo courtesy of Carol Scheidl

Four-month-old Persian kitten, Charlotte, a Calico and White Van, is resting up for her debut at the Northwest Regional Cat Show, which will be held at the Colwood Pacific Activity Centre.

For the love of the game, golf greatness

Ben Green
Staff Writer

As Capt James Dickson channelled his inner Freddy Couples and drained his putt on 18, he calmly knelt down, retrieved his ball, and sauntered off the green.

There was no Tiger Woods fist pump or tearful Phil Mickelson-esque embrace that signified his victory. In fact, he had no idea he'd even won the 2011 CF National Golf Championship until he walked off the hole completely.

"To tell you the truth, I was playing my own game and over the years I have learned to shut out the sidelines and officials to avoid any other pressure," says Capt Dickson, the 19 Wing Comox management services officer and Deputy Wing Comptroller. "As a result, I didn't know I had won until I stepped off the green."

From Aug. 21-25, Capt Dickson and the rest of the field were teeing off at the Circling Pines Golf Course at CFB Borden. The players shot three rounds over three days, with the lowest three-day total taking home the national title.

"It was a tough course if you didn't have very good course management,"

The greens were the nicest I have played on in a very long time.

-Capt James Dickson
2011 CF National Golf Champion

he says. "The greens were the nicest I have played on in a very long time. The rough was long with small greens, and the wind was tricky based on the weather we had. I found it tough, but if you putted well and hit a lot of greens you would do okay."

After qualifying from the Pacific Region earlier this year, Capt Dickson knew he'd be facing elite competition in Ontario. With this being his first national championship in a field that was littered with veteran golfers, his expectations were reduced to a more modest "give it your best try" attitude. However, it was the elements rather than the opponents that proved to be the most difficult obstacle to overcome.

"We had tornado warnings the last day which almost shortened the tournament by a day," he says.

After a slow start, falling four shots back, Capt Dickson mustered all his

golf experience from the past 27 years and narrowed the gap. Having spent his teen years driving, chipping, and putting every square inch of Glen Meadows Golf Course in Sidney, there wasn't a water hazard, bunker, or patch of rough that was going to prove too formidable.

After 54 holes of solid golf, he unknowingly tapped in a four-foot side hill putt for par and the championship - minus one on the day and only a one shot victory over the runner up.

"Winning a tournament like this was not expected but it was nice to play with a strong field," he says.

After burning out his drive and competitive passion for the sport as an ambitious youth, Capt Dickson says he now just swings the clubs for fun. He credits his friends for keeping him on the fairways this long, and as president of Glacier Greens, the military golf course in Comox, he manages to get a few rounds in each week.

As for his upcoming plans with the sport, he's just taking it one hole at a time.

"I look forward to CISM [competitions] if I am asked to go, and after that it's month-to-month as far as future plans are concerned."

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INTERNATIONAL NEWS: OPERATION MOBILE

HMCS Vancouver turns 18 in the "Med"

Lt(N) Tony Wright and Lt(N) Ronald Clancy
HMCS Vancouver

No cake, no singing, no champagne. Grapefruit juice was the strongest available beverage.

In an atmosphere more vigilant than festive, the ship's company marked the 18th anniversary of HMCS Vancouver's commissioning as the frigate headed out of Agusta Bay on the east coast of Sicily for her first patrol of Operation Mobile. Her destination: Libyan territorial waters off the port of Misrata.

Misrata is a far cry from Canada Place in downtown Vancouver, British Columbia, where Vancouver flew her commissioning pennant Aug. 23, 1993.

One member of the ship's company witnessed the events of that long-ago day. As a "plank-owner," CPO1 Gino Spinelli,

Coxswain, has kept a close eye on HMCS Vancouver throughout her service life.

"I am simply honoured that I was selected as Coxswain for Vancouver back in July 2010. Vancouver is close to my heart, especially considering the fact that I am on the commissioning list," he said. "This is the third time I have sailed in Vancouver and, really, the pride I see today within the ship's company is not much different from what it was back in 1993. HMCS Vancouver has a great history, and I am honoured to be a part of it."

Vancouver is the third ship of that name to serve in the Royal Canadian Navy. Her predecessors were a destroyer transferred from Britain in 1928 and paid off in 1936, and a Canadian-built corvette commissioned in 1942 that earned battle honours for the Aleutian campaign and the Battle of the Atlantic,

and was paid off in 1945.

Today's Vancouver is patrolling in Libya's territorial waters to protect civilians by ensuring the flow of legitimate traffic — especially humanitarian aid — in and out of the port of Misrata.

This mission frequently brings the frigate within sight of shore. NATO ships on this station have faced fire both from shore-based artillery and rocket batteries, and from small boats at sea.

In the Operations Room, one can feel the heightened awareness as the sensor operators keep their eyes fixed on their screens. On the bridge, the binoculars are never still as the lookouts constantly scan for any hint of trouble.

"This crew has a shared history with the crews of Vancouver's past," said Cdr Bradley Peats, the commanding officer. "Sailors, some young, some a little older, travelling around the

world to secure peace and help those in need — that's what this ship is doing today, and it's a proud tradition we carry on from the first RCN ships named Vancouver."

With a modern weapons suite including Harpoon Block II surface-to-surface missiles, a Block 1B Phalanx Surface Mode close-in weapons system, Enhanced Seasparrow surface-to-air missiles, and the latest shallow-water variant of the Mk 46 torpedo, Vancouver is one of the world's most capable warships.

The third Vancouver already has a proud history. In October 2001 she deployed on the initial rotation of Operation Apollo, departing Esquimalt on 10 days notice to spend the winter as part of the USS John C. Stennis Carrier Battle Group in the North Arabian Sea. She has also conducted countless patrols on Canada's west coast.

HMCS Vancouver patrols her "box" in Libya's territorial waters off the port of Misrata.

photo by Cpl Brandon O'Connell



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WHAT SAY YOU

BPSO Bits and Bytes: endless possibilities

LCdr Kathryn Hodgson
BPSO

Are you mindlessly plodding through your work days whilst daydreaming of how your life would change if you won \$40 million?

Do you think about what you would do with your life if only...?

Do you joke about what you want to do when you grow up and you're already on your fourth career?

These are all worthwhile ponderings and if you're happy and loving your life, stay the course because it's obviously working for you. However, if you think there's something different you could be doing or something better out there for you, then

it's time to take action.

One of the limiting factors for people to make positive changes in their life is not being aware of the possible opportunities. Numerous programs and resources exist to assist you in your career or life goals. Finding out more information about these programs and resources is easy. Visit <http://esquimalt.mil.ca/badm/BPSO/index.htm> or call 363-4091 for information on upcoming internal military career, education opportunities, career transition assistance workshops/information sessions, and their respective application procedures.

In the meantime, here are a few news bytes to spark your synapses and perhaps fire you into action:

- Career Transition Workshops delivered by VAC; the next ones are Sept. 19, 20 and 21

- Second Career Assistance Network (SCAN) Seminar; Nov. 7 and 8 (Medical SCAN, add Nov. 9 to your schedule)

- Commissioning from the Ranks Plan (CFRP) and Special Commission Plan (SCP) application deadline is Sept. 30

- Annual and Continuing Voluntary Occupation Transfer Program (AVOTP and COTP) application deadline is Nov. 1

- University Training Plan for Non-Commissioned Members (UTPNM) and Continuing Education Officer Training Plan application deadline is Nov. 14

Next week: How fear limits us from taking action and what to do about it.

LETTER of the week

Remembering 9/11, and our role in security

Sept. 11 marked the 10th anniversary of the attacks of 9/11.

Canada and the United States have a long standing friendship and a long history of cooperation on defence and security issues, including a mutual commitment to continental and international security.

The tragic events of Sept. 11, 2001, where Canadians were among the victims, were a key event in the history of our two nations. The events strengthened our relationship and our commitment to continental and international security.

This has not been without sacrifice and so we should all take time to remember those of our comrades in arms, whether military or civilian, including

our allies and partners, who have been victims of the events resulting from 9/11.

It is reasonable to anticipate that this upcoming anniversary will generate a significant amount of public discourse, and with it a focus on what the Defence Team is doing to contribute to the whole-of-government security preparations for this sombre anniversary.

First and foremost, we want to make it clear that DND/CF will continue to use a threat-based approach to adjust our posture for any future eventualities. This approach ensures that DND/CF efficiently uses assigned resources to the greatest effect. We will, as always, continue to monitor the indicators and warnings

and, if required, we will tailor our response to any changes.

Second, we want to emphasize our confidence in the current abilities of DND/CF to respond to domestic incidents when called upon by the Government of Canada.

Since the attacks of 9/11, DND/CF has made significant investments in security and defence in the areas of interoperability, deployability, intelligence and the protection of Canada's people and critical infrastructure. These efforts have contributed to improved continental and international security.

As the 10th anniversary of the 9/11 attacks approaches, we will remember and honour all those who lost their lives due to the

tragic events of Sept. 11, 2001.

We would also like to recognize the men and women of National Defence and the Canadian Forces who have made, and continue to make, extraordinary efforts to support Canada's contribution to global security.

The Defence Team stands ready to defend Canada and Canadians from all threats. The continued dedication and professional excellence you have shown gives us great pride and comfort in the knowledge that Canadians are being well-served.

Robert Fonberg,
Deputy Minister

Gen Walt Natynczyk,
Chief of the Defence Staff

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Navy "classics" showcased at harbour front boat festival

QHM Team

On Friday, Sept. 2, Blue Boat YFB 318 left the confines of Esquimalt Harbour and ventured downtown to Victoria's Inner Harbour to participate in the Classic Boat Festival, which is held every year on the Labour Day weekend.

The on board crew were Tony Steward (Captain, Acting Marine Superintendent), Kevin Bauml (Ship's Captain), Ken Hanson (Ship's Engineer) and Paul White (Oiler).

This is the third year a "Blue Boat" has entered the Classic Boat Festival. This year, 318 was lovingly restored by Fleet Maintenance Facility Cape Breton apprentices; the end result was a fine example of the workmanship of the shipwrights and paint shop.

During the weekend the boat was open

to the public, which included local residents and visitors from around the world. The crew answered many questions and told visitors the story of the Blue Boat's continuous operational service since 1955, serving the navy and performing all tasks asked of them.

The weather co-operated and on Sunday morning, as part of the tradition of the festival, a parade of ships sailed past the Commodore's vessel - *HMCS Oriole* - in which 318 took part. Invited guests were on board 318 during the parade, which contributed to her presence in the festival. After the parade, the boat returned to the Inner Harbour to renew her connection with the enquiring public.

Captain Kevin Bauml attended an awards banquet on Sunday, where 318 received Best Work Boat and was the runner up for the Hospitality Award.



Above: HMCS Oriole's commanding officer, LCdr Jeff Kibble, stands on deck as visitors tour his vessel in Victoria's Inner Harbour during the Classic Boat Festival.

Right: Blue Boat YFB 318 sails past in the Classic Boat Festival Salute on Sunday, Sept. 4.



Gerry Pash, NPAO

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MFRC NEWS: NEW BLOOD

New selection of MFRC board members

Jon Chabun
MFRC

As a non-profit organization, the Military Family Resource Centre (MFRC) is governed by an elected Board of Directors made up of 51 per cent military spouses.

On Sept. 7, the MFRC held its Annual General Meeting (AGM) to elect its new Board of Directors.

New members of the board this year are Marie Amoto, Michael Morrison, Carl McLean, Kathy Easton and CPO1 Paul Helston. Returning members are Craig Smith, Jennifer Furry, CPO1 Doug Markin, Helen Bates and LCdr Glen Thomas.

"The new board members bring a variety of skills and experiences to the Board of Directors," said new board chairperson Craig Smith. "They will significantly help the organization. The new additions will let us continue to develop new programs, build new relationships with in both our military and

local communities, and to increase our effectiveness as a board."

There are three appointed positions on the Board – the Formation Chief, the Base Chief and the Commanding Officer of Canadian Fleet Pacific Headquarters – who keep the line of communication open between the MFRC and Formation leadership.

"The past year has been a great experience for me," said Smith of his first year on the board. "There's such a dynamic group of volunteers and staff here.

The MFRC can be very innovative when it comes to program development. The recent e-learning projects have made it easier for families to access resources not just in our region but all across the country. With social service cuts in the greater community, I think that the programs and services offered by the MFRC are more valuable than ever."

"There are challenges ahead for the MFRC," continued Smith. "Economic cutbacks and fiscal restraint are a reality. We are searching for creative

ways to make sure programs and services remain unaffected. People might not know that the MFRC is the only local non-profit specifically dedicated to providing services to military families. The upcoming GCWCC provides an excellent opportunity to support your MFRC."

Board members can serve three two-year terms at the MFRC, and every year at the annual general meeting those terms are up for re-election. The board focuses its work on big picture issues such as developing strategic priorities. They also act as trustees for the organization on behalf of donors and funding sources. The MFRC is a separate entity from CFB Esquimalt and works at an arm's length from the Base to ensure client confidentiality and privacy.

If you are interested in finding out more about getting involved with the MFRC Board of Directors or volunteering in general with the organization, please call 250-363-2640.

New MFRC Board:

Craig Smith – Chair

Jennifer Furry – Secretary

LCdr Glen Thomas – Treasurer & Fleet OPI

Helen Bates – Director

Kathy Easton – Director

Marie Amoto – Director

Carl McLean – Director

Michael Morrison – Director

CPO1 Paul Helston – Formation OPI

CPO1 Doug Markin – Base OPI

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EAST COAST NEWS: COMMUNITIES UNITE



Mike Bonin, PAO CFB Halifax Boston Bruins fans Sgt Bill Mitchell, LS Terrence Purchase, MCpl Nick Berendsen, Cpl Tyson LeBlanc and Cpl Olivier Moustier pose with Brad Marchand at Marchand's Stanley Cup parade in Halifax on Monday Aug. 29.



Military celebrates the Cup

Mike Bonin
Formation Halifax BPAO

With a grin from ear to ear, proudly sitting atop a big black Hummer and firmly holding the Stanley Cup, Brad Marchand, the Boston Bruins rookie winger, unmistakably showed his pride and delight.

This was clearly and constantly evident as he rode along the parade route through downtown HRM streets waving to fans and celebrating his Stanley Cup win.

The 23-year-old hockey player from Hammonds Plains thrilled crowds with his aggressive and feisty play during the 2010-2011 NHL playoffs. His ability to antagonize his opponents and score key goals made him a valuable asset throughout the grueling hockey series.

While Hurricane Irene created havoc all around the region, the possibility of the downtown parade on Monday, Aug. 29, being cancelled was a real possibility. By early morning, the skies cleared and the winds subsided for Marchand's opportunity to share the Stanley Cup with his fans.

The parade had a military component to it, as the Marchand family has members who served in the military. Both his grandparents served in the Canadian Forces, as did one of his uncles.

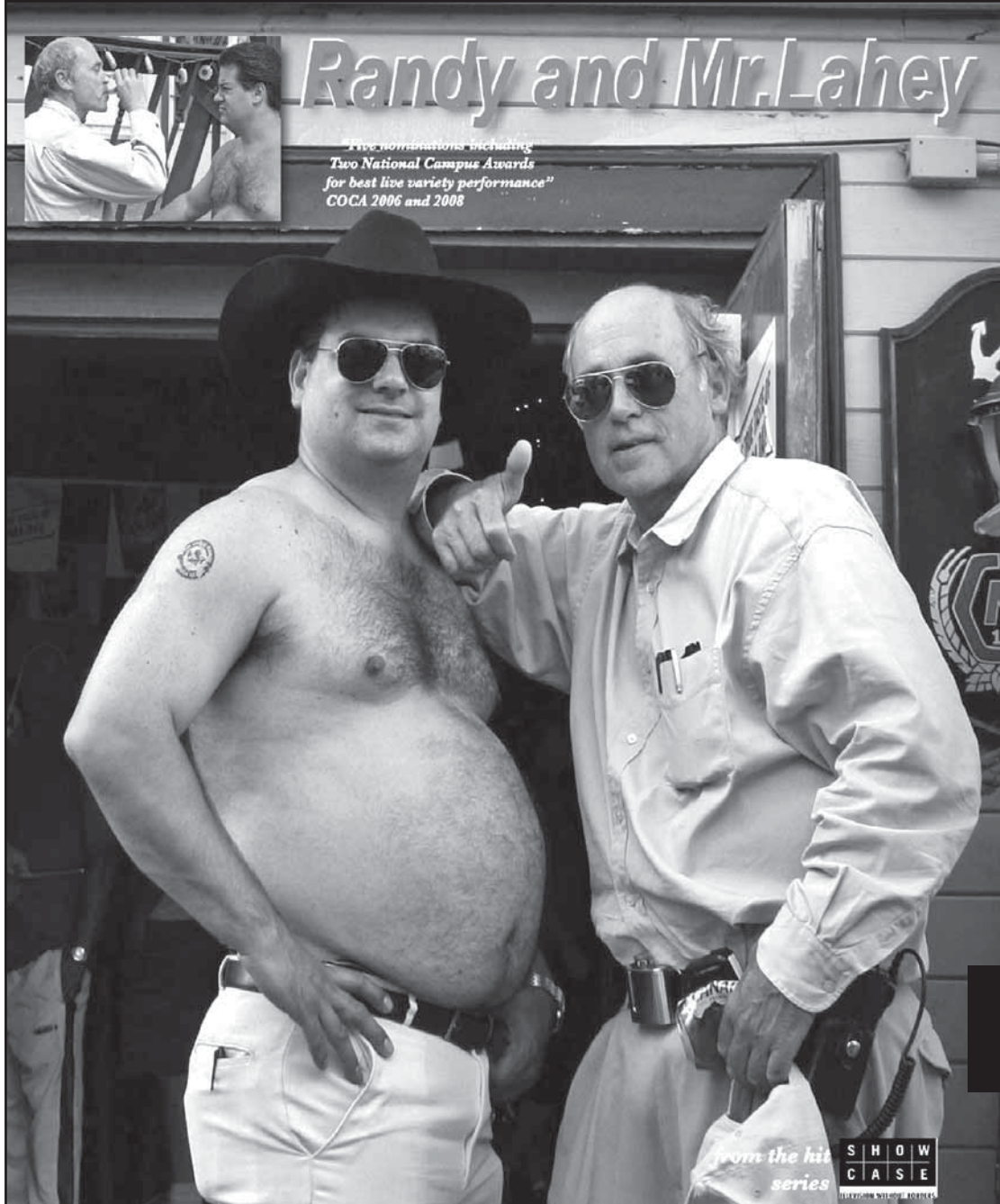
The Stadacona Band of Maritime

The Marchand family has members who served in the military. Both his grandparents served in the Canadian Forces, as did one of his uncles.

Forces Atlantic was at the front of the parade, playing tunes that were upbeat and lively. Twenty-four of Marchand's family and friends were perched on a Medium Support Vehicle from 36 Canadian Brigade Group.

Halifax Regional Police horses led the parade, followed by a police and RCMP flag party and then the Stadacona Band. Minor hockey players marched in the parade as did a group of CBC supporters. There were several other vehicles in the parade, mostly corporate sponsors. Bringing up the rear was Marchand, beaming with pride and joy as he was able to share this moment with the hundreds of fans along the parade route.

Following a proclamation by Mayor Peter Kelly at City Hall, Marchand and the Stanley Cup went to the St Margaret's Centre in Tantallon where he signed autographs and posed for photos with his fans.



Randy and Mr. Lahey from the hit TV show

TRAILER PARK BOYS

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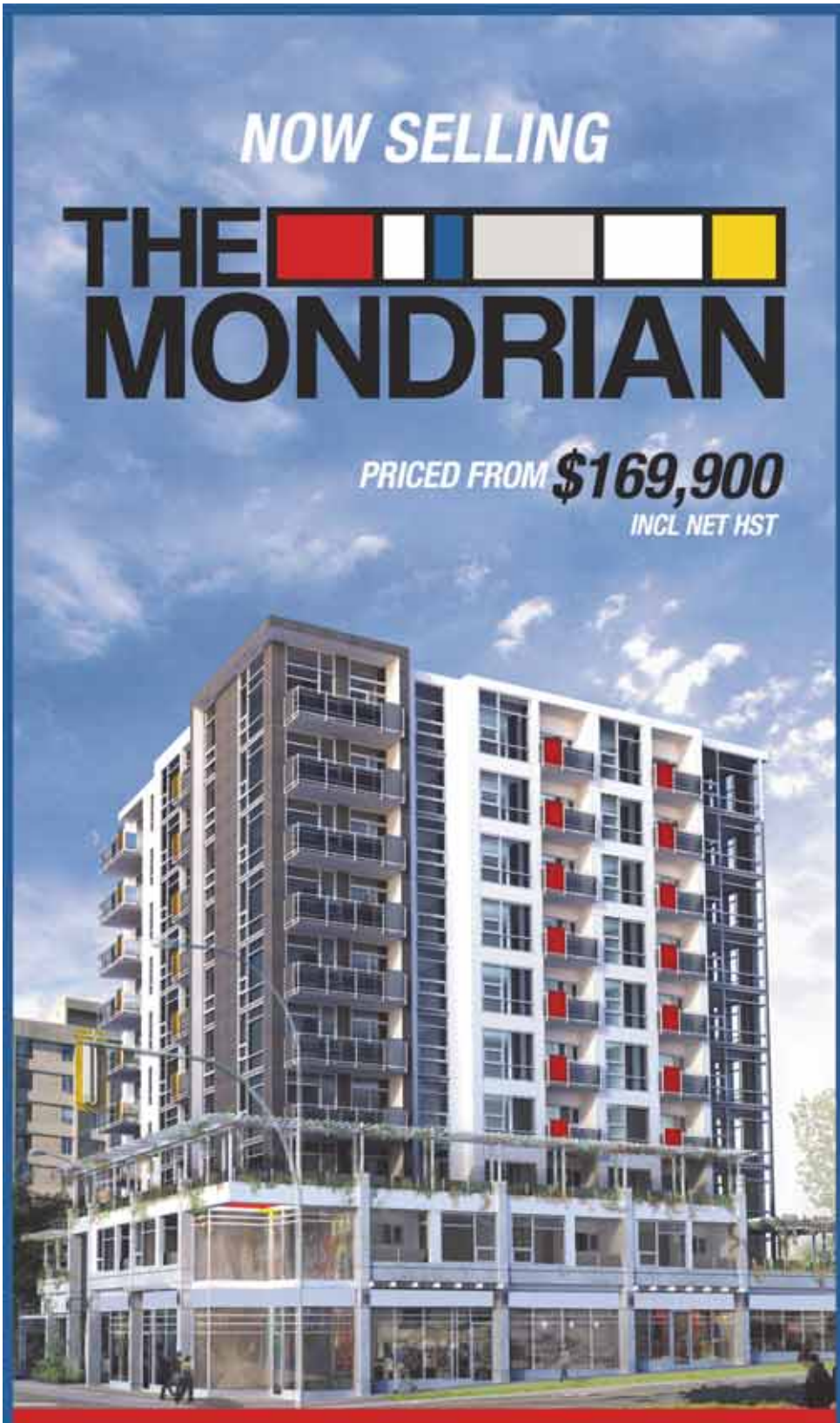
Part of their multi-year international tour, the show boasts an intimate, interactive setting and many members of the audience will join the "Boys" up on stage throughout the night.

Open to all ranks, DND employees, and their friends and family. Age 19+ unless you are a member of the mess.

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NEWS Nuggets

Court martial result

On Aug. 18 and 19, Lt(N) Nguyen was tried by standing court martial for the offenses S. 85, behaved with content towards a superior officer, and S. 130, assault, under the National Defence Act.

Charge 1 (S. 85), was withdrawn while Lt(N) Nguyen plead guilty to Charge 2 (S. 130).

The court sentenced a fine of \$3,500 to be paid at a rate of \$500 per month beginning Sept. 15.

Ship home

On Sept. 2, *HMCS Charlottetown* arrived back in Halifax after six months in the Mediterranean. As part of Operation Mobile, the frigate helped enforce the U.N. sanctioned embargo and no-fly zone in Libya. As part of their mission, *Charlottetown* fended off boat attacks, protected minesweeping vessels, conducted boardings of ships entering port, and helped coordinate airstrikes. During their time there, the frigate became the first Canadian warship to be fired upon since the Korean War.

LCC Library Grand Re-Opening

The Library at the Learning and Career Centre is open for business with a comprehensive selection of audio, video and printed training materials to help you and your team achieve academic and personal development goals. The LCC Library is open 8 a.m. to 4 p.m. Monday to Friday and is located in Bldg 136 Naden.

United Way

The United Way Slo-Pitch Tournament is

being held Sept. 27-29 from noon to 4 p.m. at the Colville Ball Diamonds. Team format will be six men and four women.

To register call 363-4540 or email Alicia. Whyte@forces.gc.ca. Cost is \$50 per team, all proceeds to United Way charity. Registration deadline is Sept. 20.

Jeet Kune Do and Kali

The martial art of Jeet Kune Do, the weapons-based Filipino martial art of Kali, as well as some Muay Thai, Silat and grappling are now available to base employees at the Naden Athletic Centre upper gym. Students can expect to learn realistic street-smart martial arts, a stick and knife-based weapons system, as well as kickboxing and grappling techniques. What you'll need is comfortable workout clothes, bag gloves, two 28" long rattan sticks and a desire to learn. The program runs Monday and Wednesday, from Sept. 14 to Nov. 7, 4:30-5:30 p.m. Cost is \$75. To register call 250-363-1009 or in person at the Naden Athletic Center Kiosk.

New Hockey Team

On Sept. 6, the NHL's Winnipeg Jets unveiled their new jerseys at 17 Wing Winnipeg. Four Jets players - Andrew Ladd, Nik Antropov, Mark Stuart, and Eric Fehr - walked down the ramp of a CC-130 Hercules from 435 Transport and Rescue Squadron wearing the new home and away jerseys. The Jets' logo incorporates a fighter aircraft overlaid on an RCAF roundel. For using this design, the team has promised \$1 million over the next 10 years to the Soldier On Fund, the Military Families Fund, and Air Force Heritage.

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Official Campaign Kick Off at 11:30 a.m. with welcome addresses by the Admiral and Base Commander. More info on page 10-11.

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| Acklands-Grainger | Container West | Honeywell Safet |
| ACT Equipment | Corcan | Husqvarna Cons |
| Aerosystems International | Costco | Industrial Paint & |
| Air Liquid Canada (Outside) | Custom Protect Ear | Ingersol Rand |
| Albrite Lighting | Danielle Electronics | Integral Tactical |
| Andrew Sheret | E.B. Peerless | Interstate Batter |
| Anixter Canada Inc | Edley Imagineering | Iris the Visual Gr |
| Argosy Communication Products | EECOL | Island Fasteners |
| Bartle and Gibson | Envirosafety Certified | Ives Training Gro |
| Battery Direct | Esquimalt Auto Marine | Kal Tire (outside |
| Binatex Inc. | Fastenal Company Canada | Klingspor inc. |
| Braidner Survival | (Outside) | KMS Tools and E |
| CANEX | FMF ACT | Krasicki & Ward |
| Carleton Rescue Equipment | GCWCC | Levitt-Safety |
| Cascade | General Paint | Liesch Interiors |
| Castertown | Grand and Toy | Lumisave |
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CFB ESquimalt ULTRADE Show

SEPTEMBER 15 10:30am-3pm Naden Drill Deck

nders bus or the Blue Boat and don't miss out!

- | | | |
|--------------|---------------------------------|--------------------------------|
| tside) | Megapro | Serious Coffee |
| y Products | Metabo Canada (Outside) | Sharp's Audio Visual |
| struction | MFRC | Sign of the Times |
| and Plastics | Milwaukee Electric Tool Co. | Skookum Tools |
| | Monks Office | Stanley Vidmar |
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| | Out of the Blue Sportswear | Transworld Imports |
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| | Paystation | Unified Alloys |
| | Pelican | Vancouver Gear Works |
| | Pitney Bowes | Victoria Marriot Inner Harbour |
| | PPG Aerospace | Walter Surface Technologies |
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| | Richlock Rentals (Outside) | Western Equipment |
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| | Sauce Restaurant (Outside) | |

FFEE

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Working lots between Buildings N50 and N75 along with the lot adjacent will NOT be available for normal use from 8 a.m. on Sept. 14 until the Industrial Trade Show on Sept. 15.



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SEPTEMBER 15 10:30am-3pm Naden Drill Deck

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DOCKYARD / NADEN

A bus will transport DND members and Civilian Employees between Naden and Dockyard, September 15 for the CFB Esquimalt Industrial Supply Trade Show. Bus will leave from Bldg 211D and stop at Bldg 575D on the way to and from Naden.

Leave Dockyard: 09:50	Leave Dockyard: 12:50
Leave Naden Drill Deck: 10:20	Leave Naden Drill Deck: 13:20
Leave Dockyard: 10:50	Leave Dockyard: 13:50
Leave Naden Drill Deck: 11:20	Leave Naden Drill Deck: 14:20
Leave Dockyard: 11:50	Leave Dockyard: 14:50
Leave Naden Drill Deck: 12:20	Leave Naden Drill Deck: 15:20

WORKPOINT / NADEN

Leave Workpoint: 11:00
Leave Naden Drill Deck: 13:30

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12:25 pm	1:15 pm
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Support centre officially opens



Dawn Bennett, Lookout
Above: Col Gerry Blais, Director Casualty Support Management and Commanding Officer of the Joint Personnel Support Unit, and Bernard Butler, Director General Policy and Research Division at Veterans Affairs, cut the ribbon marking the official opening of CFB Esquimalt's Integrated Personnel Support Centre (IPSC) in building N30 in Naden.



Right: Cdr Barb Clerihue, officer in charge of the IPSC, cuts a cake as part of the official opening of the centre.

CFB ESQUIMALT TAKE NOTE:

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Padre baptizes sailor aboard Vancouver

Capt Alan Bennett
HMCS Vancouver

On the very sunny morning of Sunday, Aug. 14, a small group gathered on the quarterdeck of HMCS Vancouver to celebrate the baptism of one of the ship's company.

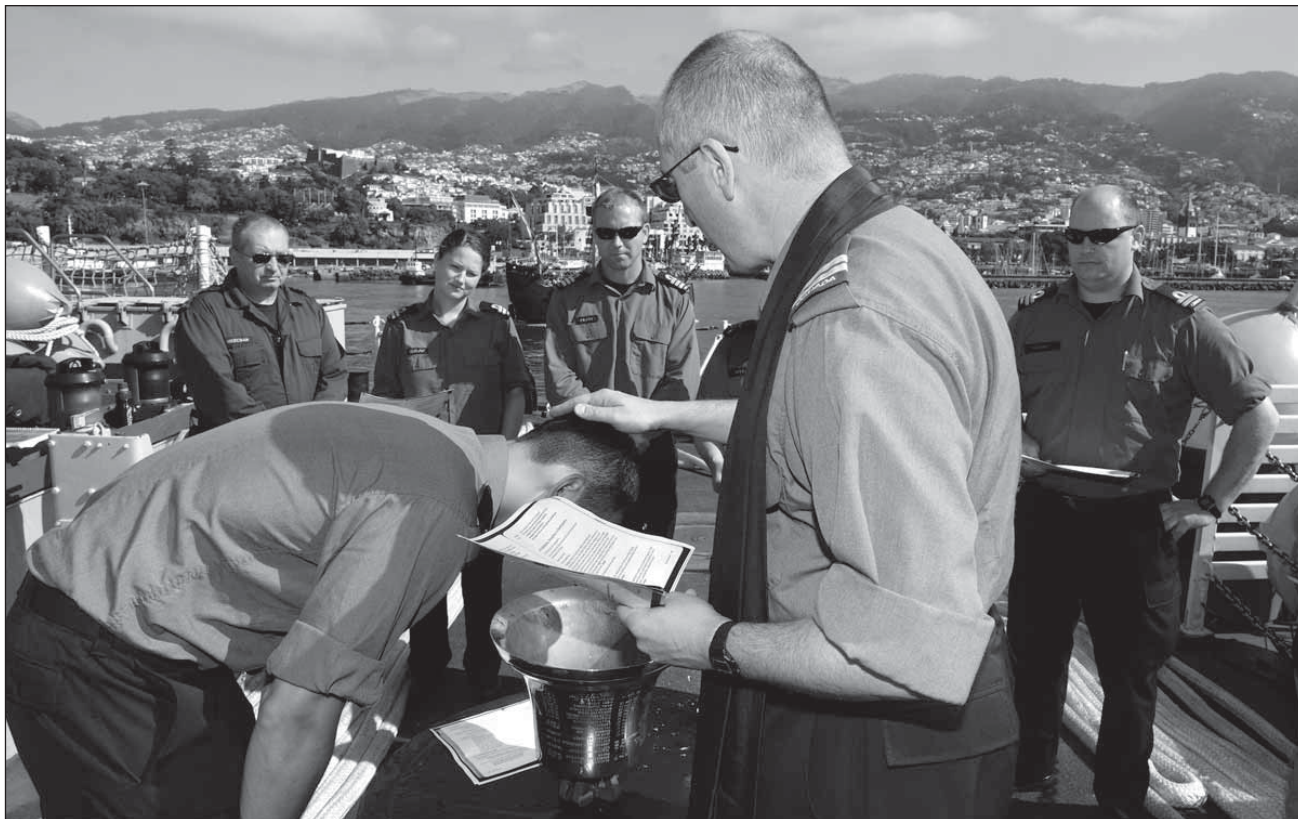
The ceremony commenced with the story of Jesus' baptism in the River Jordan. Then, using the ship's bell as a font, I, as ship's padre, poured water three times over the head of LS Angelo Aires and welcomed him officially as a baptized Christian according to the rites of the Church. Afterwards, he received his first communion.

It was a simple ceremony carrying great personal meaning. LS Aires was born in Portugal and brought to Canada as an infant. He wanted to be baptized for some time, and took part in instruction. After questioning and prayer, LS Aires felt ready to be received

into the Church, especially among his fellow sailors in Vancouver and in the land of his birth.

"I witnessed my first baptism almost three years ago when my fiancée Lindsay's niece was baptized aboard HMCS Winnipeg at a very young age. Lindsay is also Anglican, and my hope is that we have children one day who will follow in our footsteps and commit to a lifestyle of good moral standing, which the church will help us teach them," said LS Aires. "When I found out the ship would be stopping in Portugal, the country where I was born and haven't returned to since I was three years old, I thought this was the perfect opportunity to be baptized."

Traditions reveal a great deal about us. Naval traditions tie many of our religious traditions to the environment in which we serve. Each space in a warship must be made to serve many purposes, so there is



Using the ship's bell as his font, Padre Alan Bennett baptizes LS Angelo Aires on the quarterdeck of HMCS Vancouver with commanding officer Cdr Bradley Peats and other members of the ship's company as witnesses.

Cpl Brandon O'Connell, DND

no dedicated chapel aboard; in fact, we hold Sunday worship in the Chiefs' and Petty Officers' Mess. We have no font, so the ship's bell serves that purpose — and the

names of each person baptized in it are inscribed on the bell, as we have no other place to display them. Thus everyday things and places acquire a spiritual purpose:

the ship and the sea are our home and our workplace, our chapel and our memorial.

For me, as the Padre embarked in Vancouver, the

privilege of baptizing one of our crew is a joyful part of ministering to the whole ship's company. Each and every day, we tie the present to the eternal.

HMCS Charlottetown earns CF Unit Commendations

SLt Matt Stickland
HMCS Charlottetown

This year has been a year of firsts for the Royal Canadian Navy, and many of these have been spearheaded by HMCS Charlottetown and its crew.

Perhaps the most significant first was the fact that Charlottetown was the first ship since the Korean Conflict to come under fire and engage the enemy during its recent deployment off the coast of Libya.

Before commencing the return transit home to Halifax, Charlottetown was visited by Commander CEFCOM, LGen Marc Lessard. During this visit in Palma de Mallorca, Spain, Charlottetown marked another first, becoming the first naval unit to receive simultaneous CF Unit Commendations for two different missions.

The first commendation was for Charlottetown's role in Operation Altair, during which the ship integrated seamlessly into an American Carrier

Group, conducting counter-terrorism and anti-piracy operations.

The commendation citation reads as follows: "While deployed throughout the Middle East from December 2007 to April 2008, the crew of Her Majesty's Canadian Ship Charlottetown consistently excelled while accomplishing their various objectives. Assigned a leadership role within the international task force, the ship successfully led up to 11 other ships in counter-terrorism, maritime security and search and rescue operations. In particular their efforts were instrumental in stemming the flow of illegal goods that fund criminal organizations, saving the lives of stranded mariners and highlighting Canada's contribution to the international fight against terrorism."

The Second CF Unit Commendation was for Charlottetown's more recent involvement in Operation Mobile/Unified Protector. This mission was unprecedented

in the history of the navy in many respects.

The citation for the commendation elaborates on this. "In responding to the crisis in Libya from March to August 2011, Her Majesty's Canadian Ship Charlottetown participated in numerous NATO operations that resulted in the security and safety of the Libyan coast. The work performed by the ship and her crew had an enormous impact on the port city of Misratah, ensuring it maintained its critical life line to the sea and withstood all attempts from Pro-Gaddafi forces to occupy the city, bringing well-deserved credit to both the Canadian Forces and Canada."

For the next year, Charlotteown has the distinct honour of being able to fly two CF unit commendations at the same time. However, the greatest honour for the crew of Charlottetown is the knowledge that their actions helped to bring about positive change in the lives of the people of Libya.



Cpl Chris Ringius, Combat Camera

HMCS Charlottetown received a couple of kudos for their work during two high profile missions. From left: CPO1 Alistair Skinner, Coxswain of HMCS Charlottetown, LGen Marc Lessard, Commander of CEFCOM, CWO Jorma Hamalainen, Command Chief Warrant Officer of CEFCOM, and LCdr Matthew Coates, Executive Officer of Charlottetown, display the CF Unit Commendations.



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CAREGIVING FOR SOMEONE with dementia? The Alzheimer Society of B.C. has support groups for caregivers, Contact the Alzheimer Resource Centre at 250-382-2052 for info and to register.

VOLUNTEER

RECREATION INTEGRATION VICTORIA is looking for volunteers of all ages to assist individuals with disabilities to get out and be active! Time commitments are as little as 1 hour a week. No experience necessary as orientation, disability specific information and support is provided when matched. Planning on running in one of the Good Life Fitness Victoria Marathon events? Join the RIV "Equalizers" to help fundraise for our Inclusion Service for Children & Youth and our Volunteer Services! For more info or to volunteer please call the Leisure Assistance Coordinator at 250-477-6314 or volunteers@risonline.org.

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Warm Canadian welcome for HMCS Algonquin visit

Lt(N) Amanda Finn
HMCS Algonquin

HMCS *Algonquin* departed from Rocky Point Aug. 3 for a three-month deployment, knowing that days spent alongside in foreign ports would be few and far between.

The Commanding Officer had remarked this was a requirement for "an extremely operational deployment."

Since *Algonquin* sailed past family and friends at Saxe Point, it has only been alongside once to refuel and embark rations in Manzanillo, Mexico. Such visits are a bitter sweet tease since the ship's company, who only get ashore to "store ship," "land gash," and avoid "smoking throughout ship while alongside the fueling jetty."

Translation: everyone lines up to embark groceries, dis-

embark garbage, and as soon as the ship gets enough fuel, it's back to work.

That being said, *Algonquin* took advantage of a few hours ashore in the sunshine to rejuvenate by having a barbeque on the "steel beach" of the flight deck.

Almost a week later, *Algonquin* required replenishment again before commencing the next phase of its mission: PANAMAX.

The weather had been poor overnight, navigating in and out of precipitation pockets and isolated thunder and lightning. But after sunrise, the clouds seemed to burn off just as the Panamanian coastline came into view on the horizon.


Spirits were light on the bridge as the Navigating Officer fixed the ship's position using the southernmost tip of North America,

the northern most part of South America, and the Panama Canal range ahead. The bridge team continued to smile as the ship passed beneath The Bridge of the Americas.

The climax of the voyage came part way up the Panama Canal as the ship passed a busy marina with nearly a 100 small boats at anchor on either side of the buoyed channel. Someone on the bridge sighted a Canadian flag at the stern of a sail boat. The people in the boat were waving their flag wildly to get our attention, and once they knew they had it, they bent the flag onto its halyard and ceremonially dipped it as a sign of respect for *Algonquin*.

The vessel's name was "Elisa," and beneath the name the words "Victoria, British Columbia." It made everyone think of home.

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New health courses

Ben Green
Staff Writer

Starting this month, Personnel Support Program's Health Promotion department will roll out two new courses and one briefing to base members looking to increase their overall health and wellness.

Mental Fitness and Suicide Awareness is a one-day course that helps participants recognize suicide risk in others, and teaches how to prevent the immediate risk of suicide.

"It's more what to do if someone you know is experiencing problems," says Krista Durand, Health Promotion manager.

The new course has been geared specifically to a military environment and replaces the Applied Suicide Intervention Skills Training (ASIST). The program teaches how to build mental resiliency and mitigate the incidence of mental health injuries.

The course is offered separately for supervisors as well as unit personnel.

The second course is a revised *Top Fuel for Top Performance* and will be available until the New Year. The redesigned course combines several previ-

ous programs and stresses the importance of proper nutrition for physical and mental performance. The course is split into four modules – everyday eating, fine-tuning eating, fuel training and recovery, and body composition and sports supplements.

Participants must attend all modules if signed up for the course.

Health Promotion is also introducing their *Injury Reduction Strategies* briefing in September. This is now a nationally run program, replacing a locally-run course that was previously offered. Open to any units, the hour-long presentation teaches participants the correct steps for sports injury prevention.

There is a briefing available for supervisors as well as unit personnel.

"I think in general if people are more informed they can make better choices for themselves," adds Durand. "The courses make time to also think about the knowledge they have."

To register for courses or for more information regarding them, contact Christine Blackburn at 250-363-5621, or contact your unit training coordinator.

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