

Volume 57 Number 27 | July 3, 2012

# LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

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## A Charitable Venture



The crew of NOTC Venture pedal the Big Bike to raise money for the Heart & Stroke Foundation. Four teams took part in the fund raiser.

See more on page 14  
Photo by Shawn O'Hara, Lookout

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# URBAN BY NATURE

Condominium living in Greater Victoria's Westshore is reaching new heights with the development of the Capital City Centre.

Encompassing 14 acres, the "Urban by Nature" community will offer a live/work/play lifestyle that is second to none on Vancouver Island in terms of size, design, and price.

The Centre is a unique mix of residential, retail shopping, and office buildings designed to foster urban convenience, but with a walkable lifestyle and a relaxed pace.

*"Affordability, along with premium quality"*

"Affordability, along with premium quality, are at the heart of this turn-key venture. And since these modern-living homes are in close proximity to CFB Esquimalt, they're ideal for military members—no matter what their income level," says Adam Gant, Founding Partner of LEAGUE Financial Partners, the developer of Capital City Centre.

"Whether it's a Canadian Forces family recently posted to the area and looking for a permanent home, or a young sailor purchasing property for the first time, or a newly retired CF member looking to downsize, Capital City Centre is the perfect community, and we're offering a program to partner with them on the down payment too," he says.

Through LEAGUE Equity Mortgage program, monthly payments can be up to 30 per cent lower, and down payment for ownership reduced, a plan easily affordable by any Ordinary or Leading Seaman, he adds.

*"A lifestyle second to none"*

"Victoria's Westshore is the fastest growing community in Canada, and Capital City Centre is an opportunity to be on the forefront of that wave," says Gant.

"Everyone living in Victoria knows what it's about: the climate, the community, the West Coast culture. It's one of a kind," he says. "And Capital City Centre's core—the community plaza—will bring the community together unlike anywhere else on the Island. And most importantly, we're making it an affordable and accessible place to live."

Construction has begun and private pre-sales are steady.

Capital City Centre is being developed in multiple phases over the next 20 years. When complete there will be contemporary condominium towers, mid-rise residential buildings above retail stores, two-storey town homes, multi-storey office buildings, and a public plaza that will include a wide array of shops, services, cafes and restaurants, as well as open outdoor space.

Commercial anchors include London Drugs – one of the largest retailers of its kind in Western Canada – as well as Royal Bank of Canada, Coast Capital Savings Credit Union, a supermarket, liquor store, along with the best collection of character retailers in the region.

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# Recognizing the bravest of the brave

Corporate Internal Communications

A new initiative called The Decorated Programme was unveiled June 14 in Ottawa. It aims to increase awareness of the outstanding achievements of decorated CF members.

The Decorated recognizes the bravest of the brave: those who display the ultimate example of devotion to duty in the presence of the enemy, or who willingly and knowingly place themselves in harm's way to save or protect others.

This initiative is being promoted a

number of ways.

An exhibit featuring portraits and citations of highly decorated CF members is presently situated in the National Capital Region until the end of June, and will travel throughout the country to various bases in the fall and early next year.

The Decorated website has been launched and features military valour and bravery decoration recipients dating back to 2001, and other related news.

Also, news stories on decorated CF members will be featured in upcoming issues of *The Maple Leaf*.

"Canadian Forces members have

always, and will continue to exemplify a set of military values that are dear to us all: duty, loyalty, integrity and courage," says Chief of the Defence Staff General Walt Natynczyk while unveiling The Decorated programme in Ottawa. "The Canadian Forces members celebrated within The Decorated represent the very best qualities of all those who serve, whether it be in battle or while helping those in need."

To learn more about the decorated CF members featured within The Decorated program, please visit the Defence Team website at <http://dt-ed.mil.ca/>



Service Medal of Valour recipient Sergeant Jeremy Pinchin listens to The Decorated inaugural speech given by the Chief of Defence Staff, General Walter Natynczyk. Celebrating our decorated CF members and their outstanding achievements in often unforgiving and dangerous circumstances is important for the morale of our Defence Team and well-being of Canada's respected military institution, says the General.

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**Can't make it down to Victoria Hyundai? Come see us at one of the many events we will be at this summer.**

- Formation Fun Day on July 7, 2012
- Industrial Trade Show on September 22, 2012

**We're working on more events so be sure to check back for more details.**  
Contest closes December 14, 2012  
The draw date is December 17, 2012  
Visit [www.victoriahyundai.com](http://www.victoriahyundai.com) for complete contest rules.



# matters of OPINION

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## WHAT SAY YOU



### "Gnothing Beats a Gnightly Bath"

The Gnaval Gnome, seen here with his two favourite rubber duckies Mar and Pac, demonstrates the importance of not bathing in a tub that is taller than you are.

# CFB Esquimalt SPORTS TRIVIA

**Bill Sheridan**  
Contributor

1. What's a change pitcher?
2. What hockey star would later become Commissioner of Immigration for British Columbia and the Yukon?
3. Who was a wide receiver named first team all state (Ohio) in his sophomore year in high school football before turning on the heat in basketball?
4. What was billed as the world's first 24-hour-per-day sports talk station?
5. Who was Stan Kostka?
6. What NFL team became the Brooklyn Tigers?
7. Who were the first undefeated heavyweights to meet in a championship bout?
8. Which teams play a Thank God I Am A Country Boy, after Take Me Out To The Ball Game during their seventh inning stretch?
9. Who portrayed Roy 'Tin Cup' McAvoy's caddie Romeo Posar in the movie?
10. What type of play was Theisman trying when Lawrence Taylor and Harry Carson hit him, breaking his leg and ending his career?
11. What was the Gary L Davidson trophy given for?
12. Who cost the Bills Superbowl XXV by a missed field goal?
13. How many clubs can a PGA player carry in his bag?
14. Who was Eddie the Eagle Edwards?
15. Who is the only Golfer to win four consecutive majors?
16. What baseball manager asked for a measurement of pine tar on George Bretts bat?
17. Whats the Rob Ray jersey rule?
18. Whose skate cut Clint Malarchuk?
19. Which NASCAR race saw the end of The Intimidators career?
20. The Big Fight was a book written about which boxer?

### Sports Trivia Answers

1. Before substitutions were allowed, a change pitcher would normally be the right fielder who would come in for relief by switching positions with the pitcher.
2. Cyclone Taylor
3. Lebron James
4. WFAN (radio) in New York City
5. In early days of NFL, Philadelphia tried to sign Kostka, when they couldn't sign him, the owner cried foul stating that only the good teams could sign good players, as result, the NFL instituted a draft system. (Kostka barely played one year)
6. Brooklyn Dodgers.
7. Muhammad Ali and Joe Frazier, Frazier won.
8. Baltimore and Atlanta
9. Czech Martin,
10. Flea flicker, Gary Reasons was also involved in the sack.
11. MVP WHA, after three seasons it was changed to the Gordie Howe Trophy.
12. Scott Norwood
13. 14
14. 1988 British Olympic Ski Jumper who finished dead last in both runs
15. Tiger Woods, 2000 US, British & PGA Championship then 2001 Masters
16. Billy Martin, bat had more than 18 inches pine tar
17. Jerseys must be tied down
18. Steve Tuttle was upended and his skate hit the jugular vein of the goalie.
19. On the last turn of the last lap of the 2001 Daytona 500, Dale Earnhardt was involved in an accident which claimed his life.
20. Sugar Ray Leonard

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Photo by Mass Communication Specialist 2nd Class Eric Crosby/U.S. Navy  
 Commodore Peter Ellis, Commander Combined Task Force 176 during Rim of the Pacific exercise 2012, sits in the bridge of USS Essex familiarizing himself with the capabilities aboard the amphibious assault ship prior to the exercise start.

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UPSTAIRS

## Financial assistance available for dependants

The Royal Canadian Naval Benevolent Fund (RCNBF) is offering financial assistance to former and/or serving members of the RCN, and their dependents, toward the pursuit of post-secondary education.

Three programs of financial assistance are currently available: the Trades/Vocational Bursary, the RCNBF Educational Bursary Program, and the Chief Petty Officer Andrew McQueen Jack Educational Bursary Program.

### Trades/Vocational Bursary

The RCNBF has created a bursary to be awarded to prospective or current stu-

dents with financial needs who are interested in applying for, or who are involved in, a trades/vocational or college program.

### RCNBF Educational Bursary Program

The RCNBF Educational Bursary Program was established in 2006 with the purpose of providing assistance with the associated costs of a post-secondary program in a recognized educational institution to promising students in financial need. Fifteen one-time bursaries of \$2,000 are awarded annually. The top five candidates selected annually for this bursary are automatically awarded an additional

\$1,000 in recognition of a bequest from the late Chief Petty Officer (Ret) Douglas R. Hooser.

### Chief Petty Officer Andrew McQueen Jack Educational Bursary Program

In 1990, Mrs. Marjorie Jack established an educational trust fund in memory of her late husband, Chief Petty Officer (Ret RCNR) Andrew McQueen Jack. Ten bursaries of \$1,000 are awarded annually. Successful applicants may apply in subsequent academic years. Special consideration will be given to applicants enrolled in environmental, health sciences and marine-related

courses of study.

### Application information

Applications will be reviewed by the RCNBF Selection Committee and bursaries will be awarded based on past academic achievement, civic and volunteer involvement, community recognition, and the overall quality of the application. Applications are accepted between Sept. 1 and Oct. 31 each year and can be obtained from the RCNBF website (English only), the Royal Canadian Sea Cadet Education Foundation or your Corps Division. Locally, contact Jim Clemens at 250-363-6264.

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# Above and beyond

**Shawn O'Hara**  
Staff Writer

Padre Lt(N) Eloi Gunn feels it's his duty and passion to help those around them – a life calling he says.

For this work, he expects no fanfare, back pats or awards.

But exceptional work always generates awareness among peers and supervisors.

A few weeks ago, the military Chaplain was given the Bishop George Anderson Wells Award for the Spirit of Initiative Shown in the Chaplain Ministry, which he received for his efforts to bring awareness and celebration for Black History Month at CFB Esquimalt.

"Coming from the United Church of Canada, we always celebrated February as Black History Month," says Padre Gunn. "I think that it's very important to celebrate diversity, especially in a country like Canada. I didn't do it for an award; I didn't even know there was one. I did it because it's the right thing to do."

Padre Gunn was born in Togo, a French-speaking country in the west of Africa, and he began help-

ing people at the age of 24 when he joined a church in Togo as a youth pastor. There he helped the region's youth by organizing church sports programs and spiritual support.

In 1999, he came to Canada to complete his PhD in Theology at the University of Ottawa. He went on to become the minister of a parish in Southern Ontario. Last year, he joined the Canadian Forces as a chaplain, and is posted to CFB Esquimalt.

As a first generation African immigrant, Padre Gunn says he is thankful for the life Canada has offered him, and wanted a way to give back through ministry.

"Joining the CF was a very personal choice to me," he says. "I wanted to give back to the country that provided me with so many opportunities, like my education and my marriage. I felt like I had a debt to repay to the country, to support my brothers and sisters in uniform, psychologically and spiritually. Especially with the CF members and families affected by the war in Afghanistan, I thought that if there was a time for me to help, it was now."

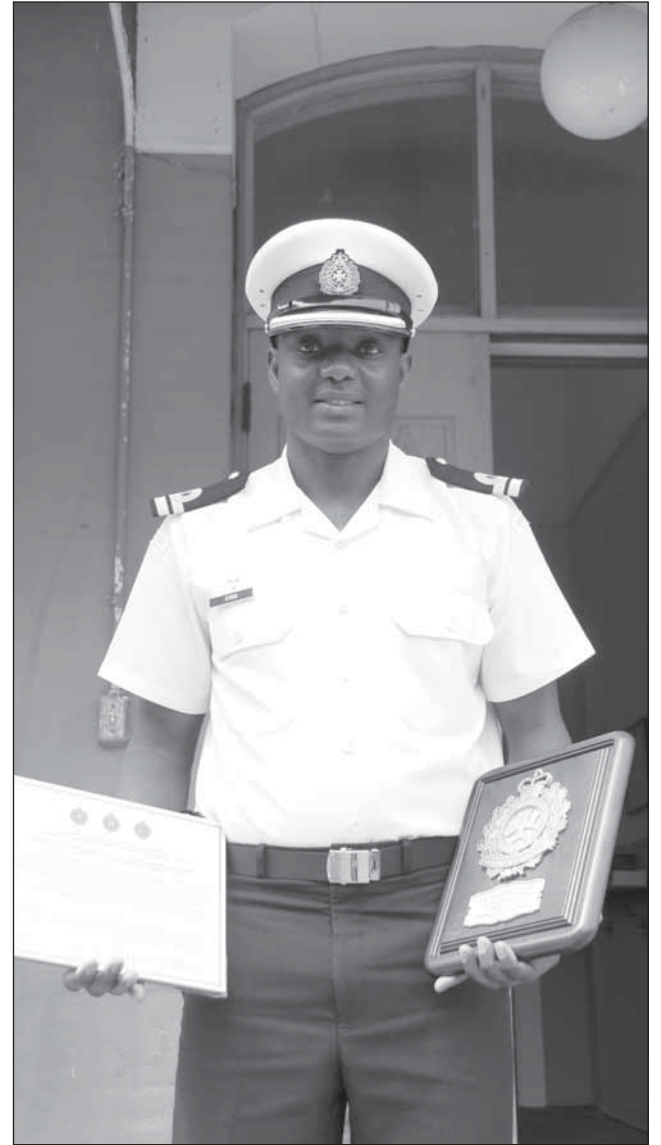


Photo by Shawn O'Hara, Lookout  
**Padre Eloi Gunn shows his Bishop George Anderson Wells Award for the Spirit of Initiative in the Chaplain Ministry.**

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**NEWS** *Nuggets*

# Leadership change in Ottawa

After two years as the Commandant of the Canadian Forces Support Unit (Ottawa) (CFSU(O)), Commodore Mark B. Watson has relinquished command to Colonel Bill McLean. The change of command ceremony was held at Salaberry Armoury (Regiment de Hull) June 27.

During his tenure as the Canadian Forces Base Commander in the National Capital Region, Cdre Watson launched numerous community initiatives such as the *Guard of Honour* newspaper and the organization of the Canadian Defence Community Family Appreciation Days.

Colonel Bill McLean is taking command of CFSU(O) after two years as the Director of Air Personnel Management where he was responsible for shaping personnel policy, ensuring better care of RCAF personnel and their families, and shaping Human Resources requirements in building the RCAF of the future.

### Sailor hits the road

Master Seaman Steven Gallant has embarked on a unique motorcycle adventure.

Over a 42-day period, he will travel 20,000 kilometres on his motorcycle as he circumnavigates North America. He departed from Halifax June 29, and will travel to the Eastern Seaboard, then to Florida, across the Southern States to California, to Vancouver and across Canada, and back home.

During his journey, he will be raising funds and awareness for the Camp Hill Veterans Memorial facility. Several of his stops will include visits to veteran's facilities.

You can follow his adventure on Facebook under North American Circle or by visiting [www.northamericancircle.wordpress.com](http://www.northamericancircle.wordpress.com)

### Canada's shorelines need your help

The Great Canadian Shoreline Cleanup, presented by Loblaw Companies Limited, is the perfect opportunity to help clean Canada's waterways and shorelines, ensuring they're health for the wildlife and communities that depend on them. This national conservation initiative of the Vancouver Aquarium and WWF removed 143,737 kg of litter from our shorelines in

2011. If left on our shorelines, this litter would have had a serious impact on the health of our oceans, lakes and rivers, and ultimately our communities.

Make a difference in your community from Sept. 15-23 by joining Canadians coast to coast to coast in cleaning up litter on your local shoreline. Register today at [ShorelineCleanup.ca](http://ShorelineCleanup.ca) or call 1-877-427-2422.

### Vest donated to Belize

The Canadian Forces have donated 2,000 surplus utility vests to the Belize Defence Force (BDF) in support of Canada's Americas' Strategy and broader commitments to support Central American countries in their efforts to address the security situation in the region.

Declared surplus by the CF, the utility vests have multiple functions and are composed of pockets for arms and additional pockets for alternative use such as carrying small radios and first aid kits.

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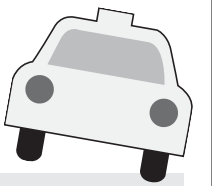
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# WOMEN IN THE WAR ZONE

**Craig Graham**  
Office of the Asia-Pacific Advisor

*Royal Roads University, the Asia Pacific Center for Security Studies, and Maritime Forces Pacific will be holding the biennial Maritime Security Challenges conference in Victoria, B.C. from Oct 1-3, 2012*

Women have made tremendous strides in the United States Armed Forces; however, many still seek further equality in the realm of combat operations.

In February, the Pentagon opened up 14,000 positions for servicewomen that were previously unavailable to them, marking a milestone that will see females in roles such as intelligence officers, tank mechanics, and rocket launcher crew members.

While there are still approximately 255,000 combat-related roles that women are prohibited from participating in, the nature of modern warfare has distorted the concept of front lines, ensuring that every person deployed to a warzone, male or female, has the potential to become involved in combat.

The unbalanced differentiation between the U.S. military and the adversaries they face in combat zones in Afghanistan and Iraq have forced insurgent groups to confront American and allied forces in irregular ways, which have made non-combat roles extremely dangerous. The threat of suicide bombings, improvised explosive devices, and ambush tactics carried out by guerrillas disguised as allied security forces have all been evident in countless instances. This challenge of unconventional warfare has increased the demand for more combat-ready troops, and has led the U.S. military to allow women to be attached to battle units.

Although women cannot officially participate in U.S. infantry or special forces operations, they are still regularly subject to warfare dangers through attachment to combat groups in supporting roles such as translators. Attachments are temporary postings of soldiers from

one unit to another in order to provide specialized assistance to the new group, but differ from assignments, which are permanent positions within a unit. The duties performed by an attached soldier are virtually the same as those for an assigned serviceperson, but despite the de facto role they can play in battle, women are still not officially recognized as equals.

Approximately 14 percent of U.S. forces are female and despite being nominally disconnected from combat duties, 144 female American troops have been killed and more than 850 have been wounded in wars in Central Asia and the Middle East since 2001.

Regardless of the importance of women in the U.S. military, there remains opposition to female roles in war fighting. Some argue that women do not have the same physical strength as men and that testing standards would have to be lowered to make up for this. Others think that combat effectiveness would diminish because the psyche of a warzone could change with the inclusion of women. However, despite this contention, there are women who do meet current physical requirements. And effectiveness and professionalism in a warzone depends on the character of the individual, not the gender. These issues are currently being pursued by equal opportunity supporters, though there are legal ramifications to consider.

Approximately one week after the Pentagon's implementation of its new policy for women, two female U.S. Army reservists filed a lawsuit against Defence Secretary Leon Panetta and Army Secretary John McHugh claiming that the restriction on official female participation in warfare limits women's career and earning potential and violates their constitutional rights. Service in the infantry is essential to career advancement in the U.S. military, leading some gender equality advocates to conclude that combat-exclusionist policies hold most women back from progressing through the ranks.

While some say that the recent

Pentagon policy changes do not go far enough towards gender equality compared to other western nations, adherents maintain that the move is a significant advancement.

Currently, 13 other countries, including Canada and Australia, allow women to participate in official combat roles. This inclusion has broadened the pool of recruits available for active duty, allowed commanders to choose the most competent people for the job regardless of gender, and worked to counter sexism by enabling women to attain the highest-ranking positions.

U.S. servicewomen are already fighting and dying on foreign battlefields. However, in order for the U.S. Armed Forces to gain the diversity and resource pool they need to continue fighting these wars, women need to be officially recognized for their contributions. While recent Pentagon policy changes are a positive step forward, the lawsuit filed against Department of Defense staff ensures that the fight for equality is not over.

*The Office of the Asia Pacific Advisor provides unclassified daily news summaries on security events around the world. Email [Daniel.Baart@forces.gc.ca](mailto:Daniel.Baart@forces.gc.ca) to sign up.*





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# HMCS Charlottetown at work



Photo by Mass Communication Specialist 2nd Class Nick Scott/Released/U.S. Navy  
 Royal Canadian sailors assigned to frigate HMCS Charlottetown pilot a rigid hull inflatable boat toward the guided-missile cruiser USS Vicksburg. Vicksburg is deployed to the U.S. 5th Fleet area of responsibility conducting maritime security operations, theater security cooperation efforts and support missions as part of Operation Enduring Freedom.

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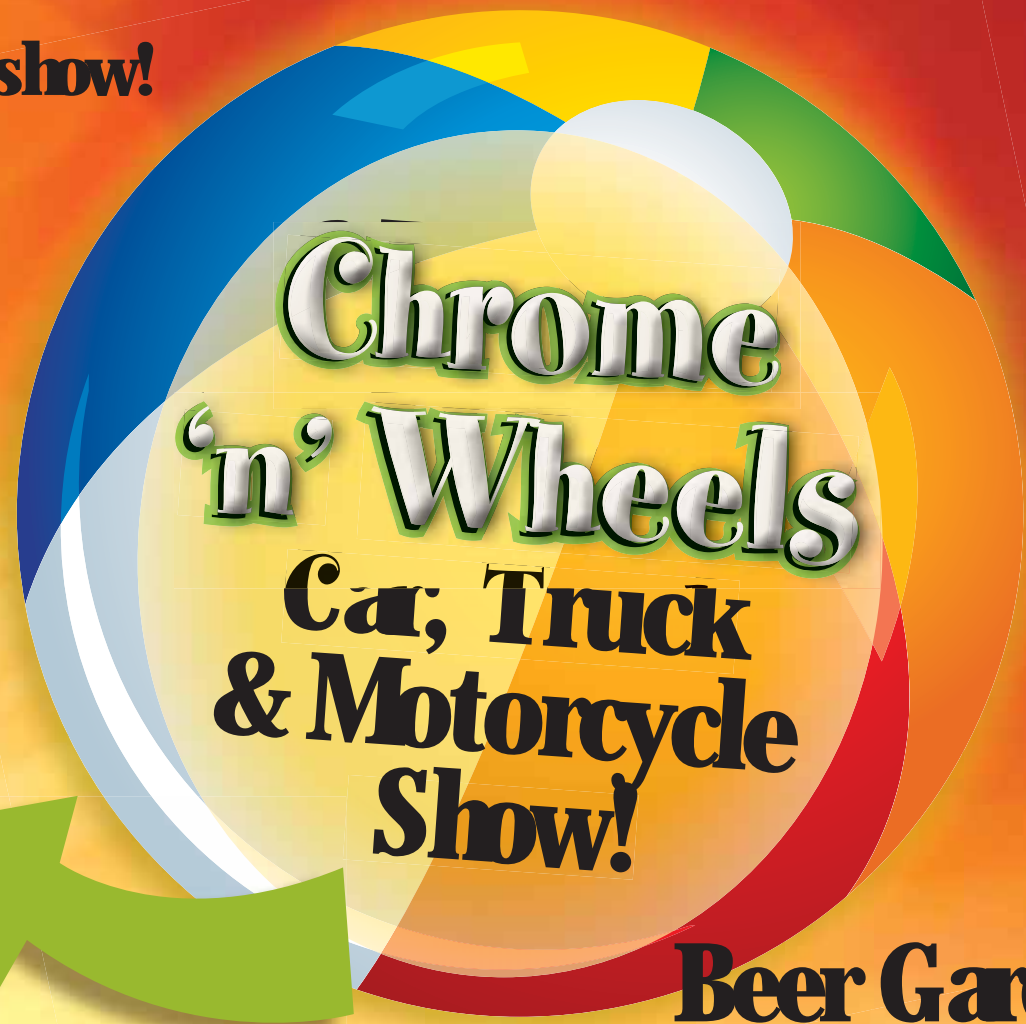
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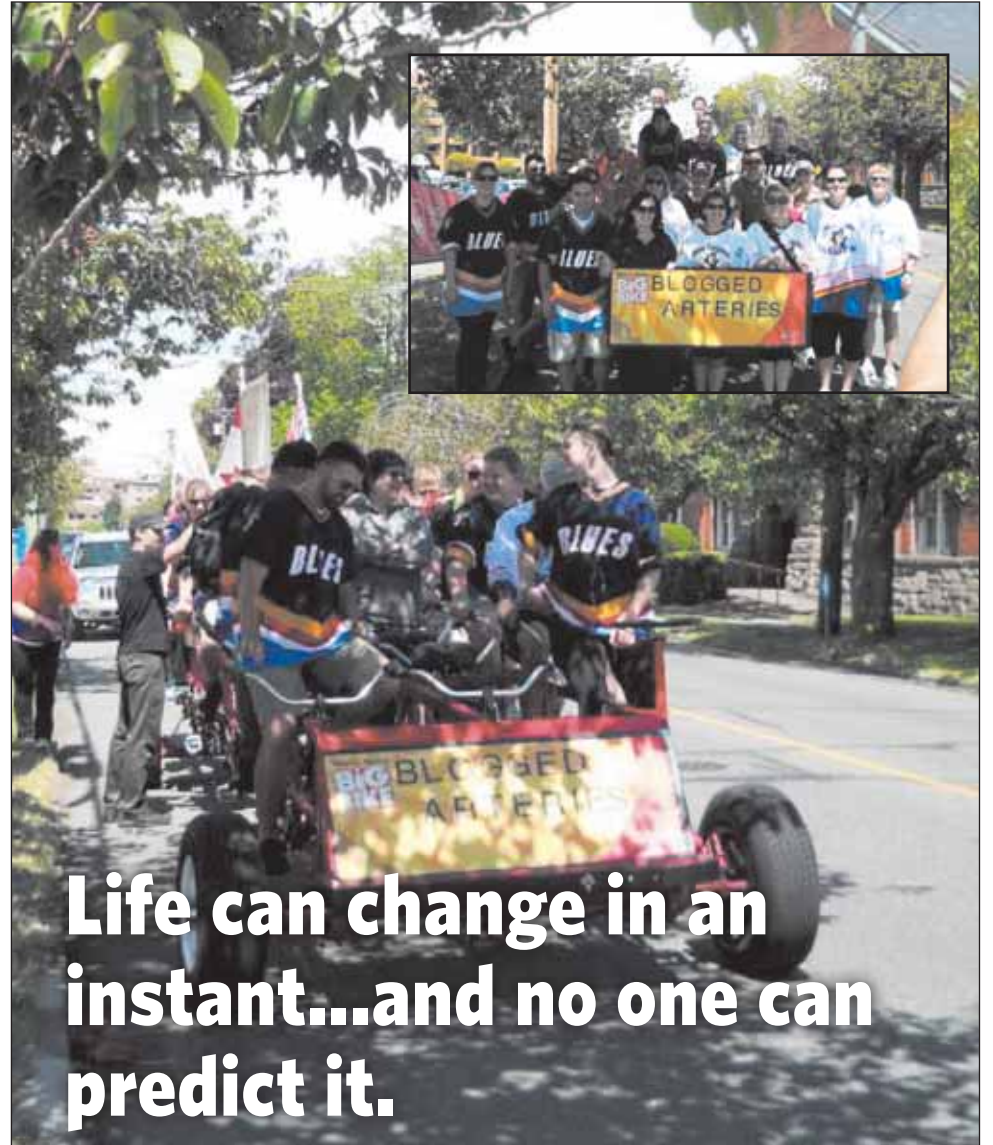
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**Life can change in an instant...and no one can predict it.**

**Suzan Issel**  
 Contributor

At 39 years old the last thing I ever thought my spouse Blaise and I would face was the news that he needed open heart surgery in order to replace his mitral valve.

Leading up to the day we were told of his condition, life seemed fairly normal. The kids had gone back to school and Blaise started to experience some flu-like symptoms. He just thought they had brought home the latest virus and he was the next victim. This went on for a few days and through some coaxing I finally talked him into going to the hospital to get checked out.

Less than 24 hours later he was told he had endocarditis, which, as was explained to us, is inflam-

mation of the inside lining of the heart chambers and heart valves.

Two weeks in the Jubilee Hospital, and six weeks of home antibiotic therapy later the impact of the endocarditis and infection was known and surgery was scheduled.

The support of the amazing doctors involved and the information that was made available to us from the Heart and Stroke Foundation truly got us through this period of our lives, and Blaise is doing great.

Fast forward to a few months ago when the advertisement for this year's Heart and Stroke - Big Bike Challenge caught my eye. Who couldn't have fun with 29 people on a bike, riding through downtown Victoria. With promotional package in hand I

approached our Executive Officer, LCdr Ryan Klassen who agreed without hesitation to become the Team Leader. His brilliant mind at work, the team name "BLogged Arteries" was conceived. This was our first year in this event and the team raised \$1,763.10 for this very worthwhile cause.

Thank you Base Logistics you continue to make a difference in your community.

**Team Riders:** Ryan Klassen, Cynthia Smith, Mallory McDonald, Dale Smith, Anne-Catherine Kozlowski, Sue Issel, Will Slater, Rick Taylor, Lori McAllister, Lee Riglin-McAllister, Lee Riglin, Rob Mason, John Vincer, Anita Blais, Mathilde Belanger, Leigh Garrod, Marie Amoto, Quinton Mimura, Dave Ireland, Jan McKee, Dani Heroux, and Elaine Jones.

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Photo by Sgt Alain Martineau, © 2012 DND-MDN Canada

Steven Blaney, Minister of Veterans Affairs, announces the creation of an official honour to recognize Canadian veterans of Bomber Command. A special bar is to be created and worn on the ribbon of the Canadian Volunteer Service Medal.

## Special Bar added to Medal

Canadian airmen who flew with Bomber Command during the Second World War are getting recognition 67 years after their service.

The government announced that a special bar will be struck to be worn on the Canadian Volunteer Service Medal.

At the end of the war, special medals were awarded for various campaigns, but none was given to those who flew in the

long and dangerous bombing campaign.

Defence Minister Peter MacKay said the new bar will recognize the service and sacrifice of Bomber Command flyers.

About 10,000 Canadian airmen were killed while serving with Bomber Command.

The bombing campaign has long been controversial because it killed as many as 600,000 Germans, many of them civilians.



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## A day in the life of AB Brent Hillier

**Lt(N) Jessica MacDonald**  
HMCS Charlottetown

"Usually the Marine Engineering System department is first on the boat and the last off the boat," says AB Brent Hillier, who is currently sailing in HMCS Charlottetown. "We work incredibly hard, and as a result we're a close knit department."

AB Hillier's main task on the ship is to perform engineering rounds.

"While on watch, I travel between various engineering spaces below the main decks to ensure that all engines and auxiliary equipment are running correctly," said AB Hillier.

In a typical day, engineering roundsmen work two or three four hours shifts. Today he worked three watches: 11:30 p.m. - 3:30 a.m., 11:30 a.m. - 3:30 p.m. and 7:30 p.m. - 11:30 p.m.

When not on watch, there's often routine maintenance and corrective maintenance to help with. If he's not doing that then you'll find him studying to write his Auxiliary

Machinery Operator Certification Level 1 exam, which he will write this week.

"It makes for a busy schedule, but I enjoy that no watch is the same," says AB Hillier. "There are always different challenges to overcome; the best part of my job is that I'm always learning."

In addition to his watches, ship maintenance, and studying, there's also meals to be eaten, physical training to be done, and everyone has to take a turn doing jobs that help keep the ship running such as scullery or laundry.

This is AB Hillier's first overseas deployment and he has been in the Royal Canadian Navy two years.

"Besides everything I've learned in this deployment, one of the highlights for me was getting to go on our familiarization flight in our helo," said AB Hillier. "The air crew took me and explained how everything works. They even allowed me to fly the helicopter; it was great to gain a better understanding of what they do."

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# Big Winners!



The Men's Base Soccer Team recently triumphed by winning the Regional Men's Soccer Championships at 19 Wing Comox. They will now represent the Pacific Region at the National Men's Soccer Championship at CFB Borden this fall.

**Pictured here:**

**Front Row from left to right:** LtN) Kevin Darling, LS Carlos Cea, Pte Oualid Semghouni, LS David Magnotta, MS Chris Saunderson, MCpl Andrew Murphy and OS Liam Chambers.

**Rear Row from left to right:** LS Francisco GriloPeredo, LS Jean-Paul Richard, A/SLt Christian Walsh, OS Brad Salmon, PO2 Jon McKenzie, Capt Shane Boyce, A/SLt Oscar Vanderzaag, SLt Landon Zeeman and CPO2 Frederic Torres.

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# Bravo ZULU



Photo by Cpl C.A. Stephen, MARPAC Imaging Services  
 LS Sheldon MacPherson, with his daughter Ava MacPherson, receives the Canadian Fleet Pacific Sailor of the Quarter Award from Commander Canadian Fleet Pacific, Commodore Peter Ellis on June 13 at HMCS Protecteur's shore office.



Colonel Darlene Quinn, Base Construction Engineering Officer, is promoted to her new rank by Capt(N) Craig Baines with the assistance of Col Quinn's husband Dr. Pete Quinn during a BCE Branch Town Hall on June 20.



Sgt Christopher Ward is promoted to his new rank by Col Darlene Quinn.



Steve Drew is presented a Commanding Officer's Award by Col Darlene Quinn for his outstanding dedication and performance in improving the locksmithing capabilities of the Base Construction Engineering Branch.



Sea Training Pacific's Commanding Officer, Cdr Richard Dowker presents the SWASM 1st Rotation Bar to Sea Training Pacific's Combat Officer LCdr Annick Fortin.



Photo by Cpl Michael Bastien, MARPAC Imaging Services  
 LCol Rick Warren, Capt(N) Tim Kavanagh and LCol Joane Simard sign the transfer of authority documents June 19, passing command of Canadian Forces Health Services to LCol Simard.

## Base Divisions

Awards, promotions, and decorations were handed out by the Base Commander, Capt(N) Craig Baines during Base Divisions held at the Naden Drill Deck on June 14.

Photos by Cpl Charles A. Stephen, MARPAC Imaging Services



PO2 Jarrett Teague of Base Logistics receives the South West Asia Medal.



Sgt Thomas Hicks receives the General Campaign Star South West Asia Rotation Bar.



MCpl Kevin Bouchard receives the General Campaign Star South West Asia Rotation Bar.



Capt(N) Baines promotes PO2 Chester Thomas to Petty Officer First Class.



Capt(N) Baines promotes MCpl Andree Thibodeau to Sergeant.





MS Cory Cooper receives the General Campaign Star South West Asia Rotation Bar.



CPO2 Sharon Slenders receives the Operational Service Medal - Expedition for service on Operation Caribe.



MCpl Andrew MacDonald receives the Canadian Forces Decoration.



LS Sean Crilly receives the General Campaign Star South West Asia Rotation Bar.



Lt(N) Dwight Ince receives the Canadian Forces Decoration Second Clasp.



PO2 Chester Thomas receives a Base Commander's Recognition Award.



Pte Ryan Parsons receives the General Campaign Star South West Asia Medal.



PO1 Paul Deveau receives the Canadian Forces Decoration First Clasp.



Capt(N) Baines promotes 2Lt Craig Patzer to Lieutenant.



MWO James Warner receives the General Campaign Star South West Asia Medal.



Sgt Thomas Hicks receives the Canadian Forces Decoration.



Capt(N) Baines promotes Cpl Agu-Silver Kapp to Master Corporal.



Capt(N) Baines promotes Cpl Philippe St-Louis-Lareau to Master Corporal.



Capt(N) Baines promotes OS Matthew Nicolle to Able Seaman.



Capt(N) Baines promotes Sgt Rick Cowley to Warrant Officer.



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# Boomer's Legacy paid forward

**Shawn O'Hara**  
Staff Writer

The good deeds of some can live on after death.

Such is the case with Cpl Andrew "Boomer" Eykelenboom, a 23-year-old Medical Technician killed in Spin Boldak, Afghanistan, in 2006.

To keep alive his passion of helping people he met while deployed, Boomer's Legacy was created. It raises funds for these endeavors primarily via "Boomer Rides."

In B.C. the annual two-day ride took place June 15 -16 from Comox to Victoria. Saddling up for the charity ride was MS Gerald Mitchell of HMCS Calgary.

He also used the 240-kilometre ride to reach a personal milestone of recovery. He was forced to give up cycling a few years ago due to a debilitating sports injury.

"In 2006, I tore my ACL in a floor hockey game. After the reconstruction surgery on my knee it took me a while to find something physical that I could take part in. After a while I realized that biking is still my passion. I got back into it, and found that kind of physical activity does wonders for my knee. Thanks to the exercise I've been able to start getting back into weight lifting and hockey again."

He discovered the Boomer ride by chance on line. The cause touched him.

"I thought the ride looked like a great cause. Helping children that live in countries affected by the war seemed like a perfect fit to me."

While the ride was at times physically demanding, MS Mitchell felt that despite his pervading knee troubles he had little trouble.

"Keeping up with the more experienced riders was a challenge at times," he says. "It wasn't a problem though.

I'm always up for a challenge."

MS Mitchell wants everyone to know that even though it may seem daunting, Boomer's Legacy is possible for anyone to accomplish.

"The ride really is for everyone. It's all about getting out there, getting active and helping these soldiers support communities affected by conflict. In fact, I challenge all the units of CFB Esquimalt to take part in next year's ride."

Donations raised by the riders in Boomer's Legacy go towards funding humanitarian projects in countries where Canadian Forces members are deployed. Projects have included the purchase of school supplies, equipment, first aid training, life changing surgeries, and food in Afghanistan; a \$10,000 donation to the Woman and Children's centre in Kosovo; and \$6,000 donation to a technical school in Jamaica.

**Right:** Maureen Eykelenboom, mother of fallen soldier Cpl Andrew James Eykelenboom, takes time to be interviewed by the media during the first stop of the Boomer's Ride, the Courtenay Civic Cemetery, June 15.

Photo by Corporal Owen W. Budge, DND-MDN CANADA

**Below:** MS Gerald Mitchell recently cycled in the Boomer's Legacy Ride, a two-day charity ride from Comox to Victoria.

Photo by Shawn O'Hara, Lookout



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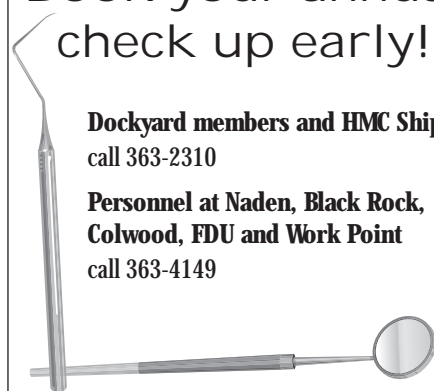
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