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Gnautical gnuptials

Left: The Gnaval Gnome was a guest at the wedding of LCdr Jeffrey and Angel Kibble who were married on board HMCS Oriole July 20. The happy groom is the Commanding Officer of HMCS Oriole.

Inset: The bride and groom were attended by their children from left to right: Tyler, Andrew, Katie, Gnaval Gnome (unrelated) and Cameron.

OS Karen Hough, Contributor



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Port stop included charity work

CPO2 Ron Eccles & SLt Nathan-Cody Black
 HMCS Ottawa

During a port visit to Puerto Quetzal, Guatemala, June 29, sailors from *HMCS Ottawa* made goodwill visits to an orphanage and hospital.

Twenty crewmembers from the ship visited Maná de Vida and the Hospital Regional Escuintla in the nearby town of Escuintla.

Before journeying to the care facilities, sailors made a brief stop at a shopping mall to buy, with their own money, toys and candy. They combined their purchases with two packages provided by the Boomer's Legacy Foundation, which consisted of hand-made hats, mittens and dolls. Plus sailors gave a cash donation from a 50/50 draw of \$770 that was split between the two facilities.

OS Sacha Perron won the draw and immediately returned his winnings into the charitable proceeds.

"I just wanted to help," OS Perron said. "It's simple in my mind: I didn't need the money, but they did."

Maná de Vida

Sailors first visited Maná de Vida, a children's aid association. Many children come from impoverished families with little to no prospect of a solid future, either economically or socially. If not for Maná de Vida, many children would never receive an education, and many would go days at a time without a meal.

Songs and applause accompanied the 150 smiles, as the children led the crew on a tour of the facility. The children seemed to have no cares about the language barrier; many were eager to hold the sailor's hands, get a piggy-back ride and smile at the chance to wear a peak-cap or beret. Maná de Vida provides the children with breakfast, lunch and a snack, and the facility houses a small primary, elementary and high school, and there is a pool for swimming lessons and fun. The facility also provides spiritual development as the foundation for children to break a vicious cycle and life history of violence, abandonment and addiction.

After the tour, sailors passed out the homemade dolls and hats from the Boomer's Legacy Foundation, along with the toys and candies. The director of the facility was overwhelmed by the cash donation, and the gratitude of the children was evident in their smiles and laughter.



CPO2 Ron Eccles, Contributor

Above: LS Catherine Quantien squeezes her new friend at Maná de Vida Orphanage.

Below: OS Sacha Perron of HMCS Ottawa shares toys and smiles with a new friend at Maná de Vida Orphanage during a port visit to Puerto Quetzal, Guatemala.

Hospital Regional Escuintla

The Hospital Regional Escuintla is for children abandoned by their parents because they cannot afford required medical treatment. The homemade hats provided by Boomer's Legacy provided necessary comfort to very sick children. The cash donation brought the senior nurse, who guided the sailors through the facility, to tears, and she assured them it would be used for children whose parents had abandoned them.

"While we are here in the region to accomplish a specific mission, it is important also for us to be able to provide this humanitarian support," said Captain Moley Mangana, the ship's Padre. "In fact, the crew told me they'd love to do even more of this type of work."

HMCS Ottawa is currently in the region conducting operations in support of Operation Caribe, Canada's on-going contribution to JIATF South and multinational, inter-agency drug interdiction operations in the eastern Pacific and Caribbean basin.



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Lt(N) David Lewis, Contributor

LCdr Michele Tessier leads the Raven's in the swearing-in ceremony for the 10th anniversary year for the program.

Ravens have returned to CFB Esquimalt

SLt David Lewis
BMOQ

The Nixon gym at Work Point Barracks was the setting of a unique ceremony on Saturday July 20.

First Nations, Métis and Inuit ancestry from across Canada were sworn into the Canadian Armed Forces (CAF) as candidates in the Raven program.

The Raven Aboriginal Employment Program was established in 2003 and is designed to build bridges

into the Aboriginal communities across Canada, and to make Aboriginal youth aware of potential military or civilian careers with the Department of National Defence. It is now in its 10th year.

Raven candidates attended a four-day culture camp this past week where Aboriginal elders imparted spiritual components unique to their culture. This included story telling, ancestral knowledge, spiritual cleansing and meditation. The purpose of the culture camp

is to facilitate the transition to the next phase of the program, basic military training.

Saturday's ceremony saw 43 Raven students swear in to the military for the next five weeks. They were given the traditional option of swearing on a bible or alternately with an Eagle feather a cultural symbol for the First Nations people.

Over the summer, Raven students will learn basic military drill, participate in physical training, learn first aid, rappel

down a tower, run a confidence course, sail for a day on a Royal Canadian Navy ship, qualify on the C7 rifle, and much more.

Through the program they will learn self-discipline, leadership and team-building skills.

The program gives them a good idea of life in the CAF. They can complete the program with the option - but no commitment - to pursue a career in the Reserve Force, Regular Force, or work in a Civilian Occupation with the National Defence.

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People Talk

Base tour guides asked this question of military members:
Do you have any hidden talents?



I'm a brewmaster.

Lt (N) Jeff Thomson,
HMCS Winnipeg



I'm great with accents.

AB Daryl Bowen,
HMCS Winnipeg



I'm an ultra light hiker.

LS Joseph MacDougall



I horseback ride.

AB Jahraus



I can fold my ear.

OS Kryskow,
HMCS Calgary

WHAT SAY WE

Messages from the outgoing and incoming MND

Message from the former Minister of National Defence

After almost six years as your Minister, I bid you all a very fond farewell.

It is with tremendous pride that I served with you in the Department of National Defence. While I am filled with many emotions looking back, I feel an even stronger sense of satisfaction for all that has been accomplished by the remarkable, patriotic, passionate people of this department.

I feel truly blessed to have been given the opportunity to work with so many of you and to be inspired by the endless work ethic, tremendous professionalism, compassion and desire to make the world a better place. And this you have done from Afghanistan, Haiti, Libya—so many places around the world—and here at home from High River to the high Arctic.

Let me also extend a special word of respect and appreciation to our military families who set the standard for dedication and serve our country in a very important way as well. Their steadfast support is an integral part of everything that happens at National Defence and around the world. I appreciate the friendships and acts of kind-

ness that so many of you have extended to my wife, Nazanin and I, on the arrival of our son Kian. I could wish nothing better than for him to one day serve this country through this department.

As I take up my new responsibilities at the Department of Justice, I have no doubt that my time at National Defence has further prepared me for the task ahead. Among the many principles soldiers uphold on behalf of Canadians, justice is high among them.

I draw comfort in the knowledge that our work together will continue.

I have every confidence that the new Minister of National Defence, Minister Nicholson, and I will be in close contact. He is an outstanding individual of high intellect and ability. He inherits a strong department with leadership in the Chief of the Defence staff and Deputy Minister Fadden and the entire team on both sides of the building.

I look forward to continuing the friendships and contacts made over the years. Until we meet again, my sincere best wishes for your health and happiness.

Peter MacKay,
Minister of Justice and
Attorney General

Message from the new Minister of National Defence

It is a great pleasure for me to become Canada's Minister of National Defence. This is a proud and truly unique organization. I am honoured and privileged to lead such a great team.

The Department of National Defence has a rich tradition in the history of Canada and represents a uniquely respected national institution. The Canadian Armed Forces has an exceptional track record of

operational excellence, both abroad and here at home. Our men and women in uniform have worked tirelessly to respond to wild fires and floods, provide safe and secure Olympic Games, and to promote freedom, democracy, human rights and the rule of law around the world.

Today's challenges must be tackled with the same professionalism and commitment. Going forward, Canadians can continue to rely on a modern and effective military

- a Canadian Armed Forces prepared to answer the call whenever and wherever it comes.

Our efforts will shape the way the Government responds to tomorrow's defence and security challenges. I know that our integrated Defence Team - civilians and military - will ensure we deliver.

This is a proud and truly unique organization. I am honoured and privileged to lead such a great team.

Before I conclude, I would like to recognize the contributions of my colleague, the Honourable Peter MacKay, who has also accepted a new challenge as Minister of Justice and Attorney General of Canada. His leadership and commitment to the men and women of the armed forces has enabled the Department of National Defence, the Canadian Armed Forces and the entire defence portfolio to achieve excellence at home and abroad.

As we continue to provide security for Canada, I will count on your expertise, support and experience.

Rob Nicholson,
Minister of National Defence

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NEWS Nuggets

New procedures for DND/CAF Personnel Abroad

New procedures are now in place for Department of National Defence and Canadian Armed Forces personnel travelling abroad for business.

Personnel are now required to fill out a Visit Clearance Request (VCR). The new process has been implemented to reduce unnecessary personal risk and avoid diplomatic embarrassment.

Electronic VCR forms can be found on the Vice Chief of Defence Staff website at <http://vcds.mil.ca>.

U.S. and Canadian Military Police Train to Handle POWs in Joint Exercise

Two hundred and twenty U.S. Army Reserve soldiers and members of the Canadian Forces Military Police are taking part in Exercise Guardian Justice, a joint exercise that focuses on training for the handling of detainees and prisoners of war.

The four-month exercise began in May and takes place over 12-day increments.

Each rotations commences with two days of classes that features presenta-

tions on history of detainee operations, Geneva Convention, law of war, rules of engagement and much more.

Soldiers going through the training receive a refresher on the basic concepts of conducting detainee operations prior to hands-on classes.

New Branding for Canadian Army

The Canadian Army has unveiled a new look with the introduction of a new primary badge, visual identifier, and tagline.

The new primary badge, based on the pre-Unification badge of the Canadian Army, is encased in a modern version of the badge frame and features crossed swords bounded by three maple leaves.

The identifier, derived from the primary badge, features a crown atop the maple leaves and swords. The words "Canadian Army" are featured on either side in both French and English.

Earlier this month, it also announced the restoration of features of the Canadian Army identity. These various symbols will help strengthen ties between present-day soldiers and previous generations of warriors.



The British Flag flies aboard HMCS Algonquin to honour the birth of Prince George Alexander Louis, son of Prince William and Kate Middleton, the Duke and Duchess of Cambridge. The new prince was born last Monday.

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Capt Andrew Doepner, Contributor

Capt Henry Graham, a CC-115 Buffalo pilot from 442 Transport and Rescue Squadron, receives a flying lesson from a real pro after this bird decided to join the crew mid-flight during an exercise near Sandspit, B.C.

Bird in hand for Buffalo pilot

2Lt Tyler Molloy
19 Wing PA OJT

Search and rescue crews of the Royal Canadian Air Force's CC-115 Buffalo at 442 Transport and Rescue Squadron are used to dropping things out the back of their aircraft, such as life rafts, flares and even Search and Rescue Technicians (SARTechs).

But it isn't everyday that something drops in.

That is precisely what happened during an exercise near Sandspit in the Haida Gwaii Islands on July 9, when a bird unexpectedly flew in for a visit.

The Buffalo crew was practicing parachute drops laden with rescue supplies on a remote beach to simulate the response to a coast-line emergency; members of

The bird must have got caught in our wake and sucked in the back door. He was a pretty lucky bird.

-Capt Andrew Doepner

the Canadian Coast Guard (CCG) stood by to receive the bundles and parachutists.

The SAR Techs were preparing to parachute onto the scene when over the intercom they heard a bird was in the cabin of the plane.

"The bird eventually hopped its way to the cockpit and landed on my finger while I was still flying the plane," said co-pilot Captain

Henry Graham.

The Buffalo crew postponed the parachute drop long enough for Capt Graham and aircraft commander Capt Andrew Doepner to catch and secure the bird.

From approximately 2,000 feet above the ground, the SAR Techs parachuted onto the small beach where they were picked up by their colleagues in the CCG.

After landing in Sandspit, the bird was released and continued on its way as the SAR Techs boarded the plane ready for their next mission.

"We were flying low and slow with the door open; the bird must have got caught in our wake and sucked in the back door," Capt Doepner later remarked. "He was a pretty lucky bird."

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Doors to ADAC Pacific close

Shawn O'Hara
Staff Writer

After supporting the Pacific fleet and honing the analysis skills of Sonar Operators for 45 years, the Acoustic Data Analysis Centre Pacific (ADAC (P)) closed on June 28.

The unit's responsibilities have been assumed by the consolidated ADAC in Halifax, with local acoustics training transferred to Canadian Forces Fleet School Esquimalt (CFFSE).

"The thought process was it didn't make sense to have two identical branches doing the same work," says CPO2 Main. "Bringing the two branches together into one allows a greater degree of efficiency in the administration of the organization, as well as a more consolidated degree of leadership."

Formed in 1968 as a detachment of the original ADAC based in Halifax, the unit's mission was to collect, catalogue, and report on acoustic information from ships, submarines,

and aircraft. That information was then used to help Royal Canadian Navy Sonar Operators and Royal Canadian Air Force Acoustic Sensor Operators enhance their knowledge of acoustic signatures through advanced courses and continuation training.

"We helped bring the knowledge and skills of a basic Sonar Op to a more advanced level," says CPO2 Brad Main, Senior Sonar Operator Instructor at Canadian Forces Fleet School Esquimalt (CFFSE), and the final Unit Chief of ADAC (P). "By enhancing what they already knew through an advanced acoustics course, we were able to give them a broader and more detailed knowledge of sonar operation and identification."

ADAC (P) became a formed unit in 1995, with its own heraldic crest and unit motto, Scientia per sonum – "Knowledge through sound." A joint RCN/RCAF unit, it had air force officers as the Commanding Officer and department heads, with a

navy Unit Chief and staff of Sonar Operator analysts and trainers.

With the unit's close-out, several positions were transferred to ADAC Halifax to help with the additional workload of supporting both coasts, and two training positions were transferred to Fleet School to address the increased responsibility for continuation training.

The close-out ceremony mirrored the stand-up, with the staff on parade in front of the Henderson building, which was built specifically for ADAC Pacific in 1995. It was a fitting and poignant end to a unit with a proud history.

CPO2 Main is cautiously optimistic about the future.

"It's a little early to know whether anything will be lost without a dedicated ADAC branch on the west coast, but the same resources and information are available. The organization has a good head on its shoulders, and with CFFSE backing it up I think we're more than up to the task."



Maj Aaron Novecosky, Commanding Officer of Acoustic Data Analysis Center (ADAC) (Atlantic), and CPO2 Brad Main retire the ADAC(P) unit kisby ring to the Naval and Military Museum representative Clare Sharpe during the closing parade on June 28.

Cpl Stuart MacNeil, MARPAC Imaging Services



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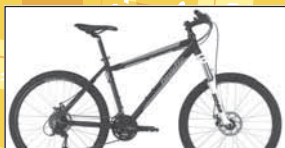
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Rooting out the invaders

Lt(N) Peggy Kulmala

Cadet Clayton Leone and Cadet Kyle Baird, both from Ladysmith, work together to remove the daphne laurel at Fort Rodd Hill and Fisgard Lighthouse National Historical Site. Cadet Leone is on the three-week Basic Drill and Ceremonial Course, graduating July 26, and Cadet Baird is on the six-week Ceremonial Instructor Course, graduating Aug. 16.



Garry Oak Ecosystems (left) are under threat from invasive species such as daphne laurel (right), which chokes out native plants such as Camas (far right).





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Lt(N) Peggy Kulmala
AHACSTC Public Affairs

More than 120 air cadets spent the day toiling in the sun, all for the betterment of one of our local treasures – Fort Rodd Hill and Fisgard Lighthouse National Site.

As one of the largest groups to volunteer their time and muscles, the cadets helped remove invasive plants that threaten the Garry oak ecosystem, did a bit of gardening and built a sandbag wall on July 19.

“It was wonderful to have so many dedicated and well organized cadets help us with the Garry Oak ecosystem work we do here at Fort Rodd Hill and Fisgard Lighthouse National Historic Site,” said Susan MacIsaac, Species at Risk Communications Officer with Parks Canada. “It would have taken my staff of three a month to do what the cadets accomplished in one day.”

After the teens piled off the three buses, they were split into three groups.

The first group started removing daphne laurel – a particularly invasive plant that grows as high as a metre, choking and shading out other plants that the Garry oak ecosystem needs to thrive and remain healthy. This activity was certainly more than just weeding – requiring gloves and pruning shears.

The second group went to the nursery, and working side by side with their flight-mates, helped thin out camas bulb beds. Cadets carefully sorted through moist earth looking for camas bulbs, an indigenous plant that grows only in Garry oak ecosystems. Once they found the bulbs, they were set aside for planting.

Yet another group spent the morning helping build one of two sandbag walls at the entrance to Fort Rodd Hill. The project involved moving and carefully placing

heavy sandbags.

“The wall will stand as a reminder that this is a military historic site, and that young men and women not much older than these cadets were overseas fighting behind structures much like this,” said Bob Campbell, Collections Manager and Historic Weapons Supervisor with Parks Canada.

After their day of work, the cadets got a brief moment to relax, but were surprised by an unscheduled historic weapons demonstration, which included firing of blank rounds. The arsenal includes various rifles (one that looks very similar to what the cadets use for drill), a pistol and, as the grand finale, a BREN light machine gun that fires bursts at nine rounds a second.

After the display, Parks Canada had one final request – to help move all the cut daphne laurel debris into one spot. Lightening quick, 15 cadets volunteered, willing to give their muscles one last workout. The strapping young cadets lifted the large tarp filled with cut daphne laurel, working together to move the heavy load hundreds of metres across uneven terrain – even through a narrow gate.

And then – mostly on time – the day with Fort Rodd Hill and Fisgard Lighthouse National Historic Site was done, and the community service project successfully complete. With tired muscles, a sense of achievement (and a nice red Parks Canada cap for each and every cadet), the cadets climbed their bus for the trip back to Albert Head.

“We had fun,” said Cadet Josh Burneau (386 Squadron in Lazo), a cadet on the six-week Drill and Ceremonial Instructors Course. “Even though the work was hard, we learned how to work as a team, and how fun helping the community really can be.”



Lt(N) Peggy Kulmala

Parks Canada show staff air cadets how to build a sandbag wall at the entrance of Fort Rodd Hill and Fisgard Lighthouse National Historic Site.

The cadets are completing the three-week Basic Drill and Ceremonial Course and six-week Ceremonial Instructor Course at Albert Head Air Cadet Summer Training Centre. Their contribution to Fort Rodd Hill and Fisgard Lighthouse National Historic Site – coincidentally in time for Canada’s Parks Day on Saturday July 20 – satisfied program requirements for their community service project.

The development of responsible and caring citizens is one of the most important aspects of the Cadet Program. Cadets participate in citizenship activities in Victoria and other cities and towns across Canada throughout the year.



Lt(N) Peggy Kulmala

Air cadets sort camas bulbs in the nursery.



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Civilian workers from Fleet Maintenance Facility (FMF) Cape Scott perform routine maintenance on the controllable reversible pitch propeller system on board HMCS Toronto while alongside in Kuwait City July 25. Thirty-seven technicians from FMF Cape Scott were flown overseas to carry out repairs while the ship was undergoing a crew replacement. Ships require routine maintenance after a sustained period of operations to address/repair defects and other mechanical issues before resuming operations. FMF Cape Scott supports the operations of the Atlantic fleet and is responsible for repair and maintenance services, as well as naval engineering support. It has a highly skilled work force with a broad range of capabilities. Toronto is currently deployed on Operation Artemis in the Arabian Sea region.

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Training for training - getting divers ready

Shawn O'Hara
Staff Writer

Standing along the edge of a 10-foot pier, finned feet dangling over the briny water, a group of HMCS Winnipeg sailors prepare to jump.

They're prospective Ship's Team Divers, and if they're going to make the cut they're going to have to get their feet wet.

"The Ship's Team Diver qualification course has something like a 50 per cent fail rate. It's hugely physically demanding," says PO2 Clint Mack,

Senior Diver in HMCS Winnipeg. "I wanted to give Winnipeg sailors looking to become a diver a chance to prepare for what is a truly gruelling course."

To do this, PO2 Mack takes Winnipeg sailors interested in the Ship's Team Diver course out to the Fleet Dive Unit up to twice a week for specialized training.

Prospective divers, along with current team divers, go through rigorous callisthenics such as running, jumping jacks, or wind sprints. PO2 Mack says intermingling prospective divers with current team members promotes a team cohesiveness not always found.

"As Ship's Team Divers we are trained to save lives and work under water while manipulating extremely heavy gear, so a higher level of physical fitness is required of our divers," he says. "The training I have instigated promotes team cohesiveness, camaraderie, and fitness between the new divers and the experienced ones. A physically fit team will do the job faster safely."

Part of the training also involves the traditional one mile swim around the harbour, in which divers swim a predetermined course around a series of floating checkpoints, each attempting to get a better time than the last.

"This is a swim that Clearance Divers do all the time, and they get very competitive about it," says PO2 Mack. "I want these guys to have a

firm grasp on how to swim it properly, so when the time comes to take the qualification course they can get the best time possible."

The waterborne race around the harbour is then immediately followed by a more brutal, wetter version of the "burpy."

"They have to jump in the water at the same time, pop up, pull themselves back onto the pier, and then do push ups. Then they do it about 15 more times," says PO2 Mack. "It's tough, but this is the kind of thing they'll be doing when they take the qualification course. I'm just trying to get them ready."

AB Thomas Davis, a Naval Electronic Senior Operator (NESOP) in Winnipeg, says PO2 Mack's pre-training training has helped him get a handle on what will be needed from him as a diver.

"I always kind of knew it would be hard on the body, but I've never worked this hard in my life," he says. "The swim alone is hard enough, but the workouts you have to do after puts it right over the edge. It's tough, but I know every day I train like this I'm getting better."

While many sailors go into the qualification course at a base level of fitness, AB Thomas says PO2 Mack's training is giving him an advantage.

"Not many people train like this before the course," he says. "I'll be doing this training until I take the course in September, and I'll have a real advantage."



Top: OS Harrison Fownes climbs up the "Dolphins" for some rope work.

Left: OS Fownes swims across Esquimalt Harbour to prepare for the upcoming ship's diver course.

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MARPAC welcomes new officers

Commander Maritime Forces Pacific (MARPAAC) RAdm Bill Truelove (right) presented the Canadian Armed Forces Enrolment Certificate to eight new future officers during a ceremony at the Nixon building in Work Point on July 18.



Top student of the class for the latest NES OP course: OS Siler is the recipient of the Rising Crow award for his outstanding leadership, team work and academic marks.



Twelve newly qualified NES OP students: Back row from left to right: OS Peralty, OS Morin, OS Smallwood, OS Masson, OS Boertjes, and OS Siler. Middle row: OS Hart, OS Evans, OS Fralick, OS Nicholson, OS D'Aguilar, and OS Morin. Front row: PO2 Gougeon, CPO2 Frerichs, and MS Tremblay



PO1 Lisa Peverelle receives a Canadian Forces Decoration 2nd clasp from Base Commander, Capt(N) Luc Cassivi.



Emma Bouvier



David Harmsworth



Andrew Friesen



Colton Manton receives his certificate from Maj Gordon Manton.



Daniel McCall



Garrett McDonald



Jacob Millward



Alexander Webb

Bravo Zulu HMCS Algonquin



AB Butchers is promoted to his current rank by Cdr Tettemanti.



AB Chalifoux is promoted to his current rank by Cdr Tettemanti.



AB De Pinto is promoted to his current rank by Cdr Tettemanti and PO2 Rosadiuk.



AB Santos is promoted to his current rank by Cdr Tettemanti and PO2 Rosadiuk.



Cpl Massana is promoted to her current rank by Cdr Tettemanti and CPO2 Campbell.



LS Eskildsen receives the Auxilliary Machinery Operator Certificate from Cdr Tettemanti.



LS Noonan receives the Junior Weapons Engineering Certificate from Cdr Tettemanti.



LS Parsons is promoted to her current rank by Cdr Tettemanti and CPO2 Campbell.



LS Tietge receives the Auxilliary Machinery Operator Certificate from Cdr Tettemanti.



LS Worth receives the Auxilliary Machinery Operator Certificate from Cdr Tettemanti.



Lt(N) Chunn is promoted to his current rank by Cdr Tettemanti and Lt(N) Ruggles.



Lt(N) Fraser receives the Marine Systems Engineering Certificate from Cdr Tettemanti.



Lt(N) Schmidt receives the MARS Operations Room Officer Certificate from Cdr Tettemanti.



MS Styles is promoted to his current rank by Cdr Tettemanti.



OS Galpin receives the Junior Weapons Engineering Certificate from Cdr Tettemanti.



PO1 Kiraly is promoted to his current rank by Cdr Tettemanti.



SLt Michaud receives an award from the Mexican Navy from Cdr Tettemanti. He also received the Naval Combat Systems Engineer Certificate.



Commissionaire Gerard (Gerry) Ratchford receives a certificate of recognition from Capt(N) Don Smith for his service during the Korean War.

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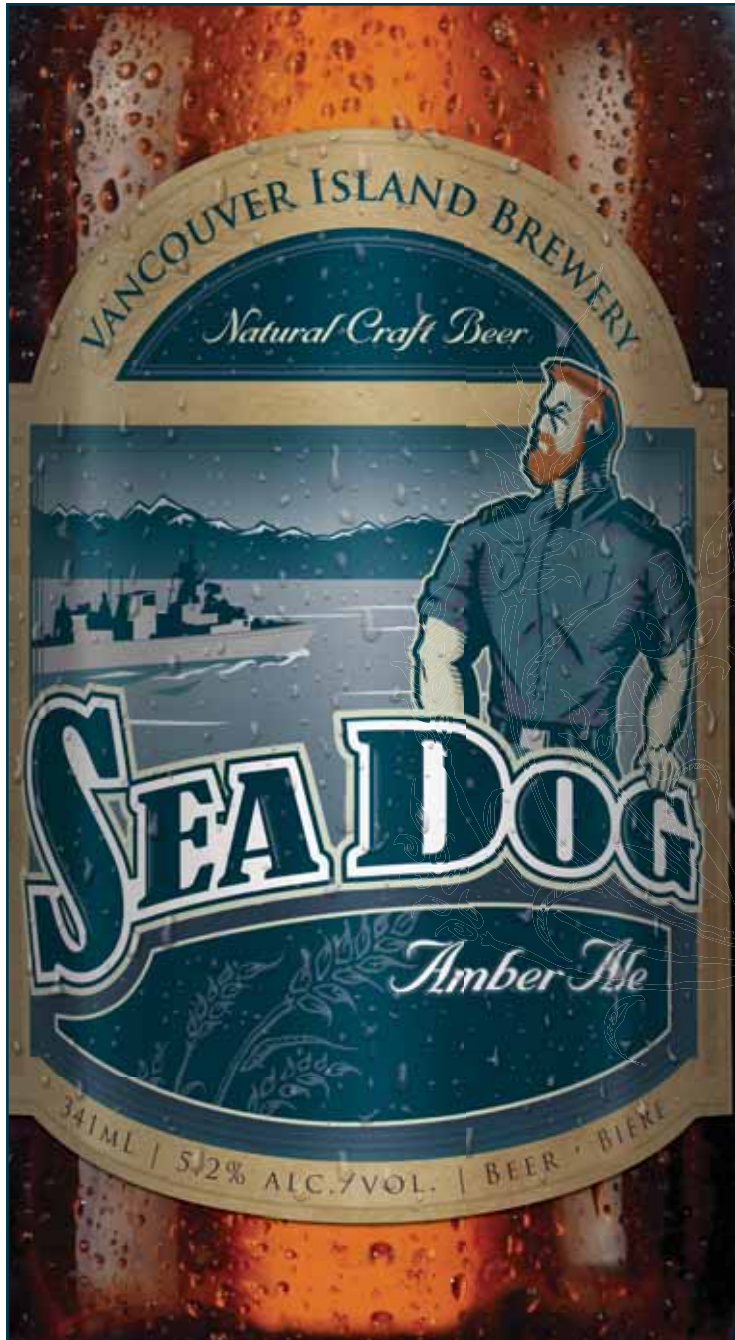
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